

# Personal Health Perspectives Lifestyles

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worldwide more than 50 million people die each year and it is estimated on the basis of the conditions leading to death that up to 60 of them could benefit from some form of palliative care it is a public health challenge to ensure that these people can access good palliative or end of life care pursuing good population health essentially also implies striving for a good enough death and a good quality of care at the end of life safeguarding a good quality of the end of life for patient populations for whom it is appropriate requires a public health approach in most developed countries ageing populations that increasingly die

from chronic diseases after a prolonged often degenerative dying trajectory make up the public health challenges for palliative care the very large baby boom generation will soon reach old age and can be expected to pose strong demands regarding the circumstances and care at their end of life only by applying a public health approach to palliative care instead of individual patient perspectives can societies successfully help to organize and plan end of life care in accordance with these aspirations a public health perspective on end of life care presents a synthesis and overview of relevant research and empirical data on the end of life that can bear a basis for a more systematic public health of the end of life the book focuses on population health rather than clinical interventions or other aspects of individual health and discusses studies using different methodologies not only epidemiological research the focus is on the quality of the end of life of populations in particular from social sciences environmental sciences and humanities perspectives

the first book to consider the connections among biological psychological and environmental influences on health in the context of development over the lifespan

lifestyle medicine is an evidence based approach to helping individuals and families adopt and sustain healthy behaviors in preventing treating and oftentimes reversing chronic diseases this fast growing specialty operates off six main principles including nutrition physical activity stress resilience cessation or risk reduction of substance use quality sleep and social connectivity nurses are the primary providers of hospital based patient care and deliver most of the nation's long term care within healthcare nurses are often tasked with educating patients and families and are thereby well positioned to address lifestyle intervention with patients lifestyle nursing examines the concepts of lifestyle medicine and nursing practice it is specifically designed to help nurses introduce the concepts of lifestyle medicine to readers while also encouraging them to focus on their own wellness this book features nutritional guidelines and supplemental materials operationalizing this basic nutrition knowledge into personal and patient wellness it addresses evidence based findings of chronic diseases including heart diseases and stroke type 2 diabetes and cancers which can often be prevented by lifestyle interventions drawing from nursing and medical literature this volume in the lifestyle medicine series encourages incorporation of lifestyle principles into nursing practices professionally and personally which will lead to overall improved patient outcomes and happier healthier nurses

as healthcare shifts from fee for service to value based care clinicians need to be adequately prepared to provide evidence based and cost effective preventative care using an interprofessional approach this textbook emphasizes an evidence based approach to health promotion and disease prevention by applying environmental behavioral and motivational concepts to

the management of health problems related to lifestyle behaviors

this book represents the third in a series of springer textbooks on lifestyle medicine by dr mechanick and dr kushner the first book focused on theory and practice concepts the second book focused on implementation with a specific tactic of building a lifestyle medicine center this third book focuses on scientific evidence to close research gaps knowledge gaps and practice gaps the general intent is to imbue the field of lifestyle medicine with scientific evidence the other intent is to continue advancing a culture of preventive care for chronic disease using lifestyle medicine but again through a tactic of emphasizing science evidence and critical thinking lifestyle medicine closing research practice and knowledge gaps is organized into three sections in the first section driver based chronic disease models and other elements that pertain to lifestyle medicine are explored in terms of current levels of scientific substantiation in the second section educational modalities are presented that can improve awareness of scientific and experiential knowledge by healthcare professionals topics include innovative teaching models web based activities training and accreditation programs and certification exams in the third section a variety of clinical scenarios are presented to highlight practice gaps implementation issues where there is inadequate clinical action despite an awareness of the pertinent knowledge the topics span critical domains that must be addressed so that lifestyle medicine can lead to favorable outcomes in people and populations at risk these domains include alcohol and substance abuse colitis brain health environmental risk pharmacotherapy de escalation routine change socioeconomics transculturalization advanced analytics home cardiac rehabilitation digital twin technology and a highly referenced discussion of the lifestyle medicine ecosystem and infrastructure care is taken to provide not only theoretical foundations but also case studies where appropriate to emphasize critical aspects in conclusion this third book on lifestyle medicine will complement the previous two springer books and define a compendium of resources necessary for anyone interested in this field

emphasizes the individual s personal responsibility for wellness by presenting general core and current health information to guide decision making from publisher description

it s not about the years you live it s about how much life you put in each year we live longer than our ancestors did thanks to modern medicine yet building a society with a healthy life expectancy has become our greatest challenge in alive lifestyle changes to age proof your mind and body nutritional therapist and cancer coach rachna chhachhi shares a holistic living plan that can help slow down the ageing process fend off disease and improve quality of life focused on building the mind body connection and opting for an unhurried pace to heal yourself this nutrition exercise sleep and stress management programme follows four steps 1 eliminate what harms you 2 imbibe what heals

you 3 discover your mind body balance 4 nurture your healing lifestyle alive is essential reading in a post covid 19 world where an integrated approach towards strengthening our immune system has become even more critical

weight training for life is designed to help beginners men and women of all ages build a solid foundation of current knowledge and practice in weight training filled with full color photos demonstrating exercises this text shows readers how to design and continue a safe personalized effective and enjoyable weight training program

this book emphasizes the individual s personal responsibility for wellness by presenting general core and current health information to guide decision making the focus of the text is to present health topics including cultural racial ethnic and gender diversity identify risk factors and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves friends and family filled with practical advice stimulating discussion questions and self assessment exercises this text takes an applied approach and empowers students to take control of their own health concentrated emphasis on health issues as they relate to various cultural differences make this text one of the most up to date resources for health related culture gender ethnic and age issues

this reader provides both fascinating comparative ethnographic detail and a theoretical framework for organizing and interpreting information about health while there are many health related fields represented in this book its core discipline is medical anthropology and its main focus is the comparative approach cross cultural comparison gives anthropological analysis breadth while the evolutionary time scale gives it depth these two features have always been fundamental to anthropology and continue to distinguish it among the social sciences a third feature is the in depth knowledge of culture produced by anthropological methods such as participant observation involving long term presence in and research among a study population the first part of the book explores healing systems in different cultures the second and third provide a strong grounding in evolutionary and culture oriented analysis making clear the connections between biology and culture as they affect health the final part emphasizes case studies that apply the theoretical principles presented earlier to particular health topics for medical anthropology medical sociology public health nursing and medical training professionals

in this exciting new book william cockerham a leading medical sociologist assesses the evidence that social factors have direct causal effects on health and many diseases he argues that stress poverty unhealthy lifestyles and unpleasant living and work conditions can all be directly associated with illness noting a new emphasis upon social structure in both theory and multi level

research techniques he argues that a paradigm shift is now emerging in 21st century medical sociology which looks beyond individual explanations for health and disease as the old gives way to the new in medical sociology the field is headed toward a fundamentally different orientation william cockerham's clear and compelling account is at the forefront of these changes this lively and accessible book offers a coherent introduction to social epidemiology as well as challenging aspects of the existing literature it will be indispensable reading for all students and scholars of medical sociology especially those with the courage to confront the possibility that society really does make people sick

this long respected reference reflects the latest developments in the field and surveys current topics in medical sociology including ecological factors in illness and disease technology in medical care and health care in developing countries comprised of readings by leading specialists these selections probe into specific policy issues concerning medical care mental health and addictive diseases students receive a historical as well as contemporary perspective of the field provides students with topics of gender and health disability emotions and health experience of illness managed care quality of life sociology and bioethics and intersections between medical sociology and other social science health disciplines new a diverse group of authors both institutionally and geographically gives students a balance of different perspectives in the field coverage of a wide variety of topics e.g. the history of medical sociology social epidemiology aging and medical technology and education

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