CAPITOLO	TESTO
OLD AGE	 When does Old Age begin? (p. 214-215) Staying healthy as you age (p. 215-216) Myths about healthy aging (p. 216-217) Senior blogs (p.218-219) Tips for exercising as people age (p. 219-220) Tips for sleeping well as people age (p. 220) Menopause (p. 223/224) Andropause (p. 226)
MINOR PROBLEMS OF OLD AGE	 Depression in older adults and the elderly (p. 228-229) Dementia vs. depression (p. 230) Normal memory loss vs. dementia (p. 232-233) About falls (p. 234) Persbyopia: "the aging eye" (p. 236) Eye cataracts and glaucoma (p. 236-237) Aging and smell loss (p. 237) Problems affecting taste (p. 238) Urinary incontinence (p. 240) Age-related hearing loss (p. 240-241) Aging changes in the bones, muscles and joints (p. 241-242)
MAJOR DISEASE	 Alzheimer's disease (p. 244-245) Parkinson's disease (p. 249)

• What are learning disabilities? (p. 172)

What is dyscalculia (p.177-178)What is dysgraphia (p. 179)

disability (p. 173)What is dyslexia (p. 176)

• What causes the, and how do you know it is a learning

LEARNING DISABILITIES