

CONTENTS

	pages
1. Introduction	2
1.1. The basics	5
1.2. Systemic Approach and Practice of Gerontology	14
2. Biogerontology	30
2.1. Biogerontology: Basics and Overview	30
2.2. Theoretical Gerontology: Aging Hypothesis	34
2.3. Molecular Gerontology: Proteins and aging	42
2.4. Genetics of Aging: Determinants	58
2.5. Geriatrics	89
2.5.1. Geriatrics I: Aging and diseases, Examination	89
2.5.2. Geriatrics II: Alterations of Organs and Systems I.	111
2.5.3. Geriatrics III: Alterations of Organs and Systems II	125
3. Society Gerontology	133
3.1. Sociopolitical Gerontology I: Sociology, Demographics	133
3.2. Sociopolitical Gerontology II: Graying Societies	143
3.3. Antropagogy: Gerontagogy	150
3.4. Social Gerontology I: Care and Handling	158
4. Psychogerontology	171
4.1. Gerontopsychology	171
4.2. Gerontopsychiatry	178
5. Gerontological Prevention	184
5.1. Prevention I: Geroprevention	184
5.2. Prevention II: Way of Thinking, Life Long Learning	191
5.3. Prevention III: Geroalimenterology, Herbs, Recreation	197