

# Contents

<b>Preface</b> .....	xi
<b>The Editors</b> .....	xiii
<b>Contributors</b> .....	xv
<b>Chapter 1</b> The Aging Society and Nutrition Epidemiology .....	1
<i>Shailaja Pulisetty and John E. Morley</i>	
<b>Chapter 2</b> Molecular Theories of Aging and Nutritional Interventions.....	11
<i>H.J. Armbrecht</i>	
<b>Chapter 3</b> The Role of Nutrition in the Prevention of Age-Associated Diseases.....	29
<i>John E. Morley</i>	
<b>Chapter 4</b> Obesity in Older Adults.....	45
<i>Gary A. Wittert</i>	
<b>Chapter 5</b> Sarcopenia and Cachexia.....	59
<i>John E. Morley and Matthew T. Haren</i>	
<b>Chapter 6</b> Immunity and Nutrition.....	69
<i>Chantri Trinh</i>	
<b>Chapter 7</b> Nutritional Requirements in Older Adults .....	103
<i>David R. Thomas</i>	
<b>Chapter 8</b> Energy Balance .....	123
<i>John E. Morley</i>	
<b>Chapter 9</b> Water Metabolism.....	131
<i>David R. Thomas and John E. Morley</i>	

<b>Chapter 10</b> Vitamin Disorders .....	137
<i>Ramzi R. Hajjar and Zeina Nahhas</i>	
<b>Chapter 11</b> Trace Elements.....	179
<i>John E. Morley</i>	
<b>Chapter 12</b> Nutritional Assessment in Older Persons .....	197
<i>David R. Thomas</i>	
<b>Chapter 13</b> Geriatric Assessment and Its Interaction with Nutrition.....	217
<i>Julie K. Gammack</i>	
<b>Chapter 14</b> Nutritional Assessment in the European Community .....	235
<i>Juergen Martin Bauer and Dorothee Volkert</i>	
<b>Chapter 15</b> The Oral Cavity and Nutrition .....	249
<i>Nathalia Garcia and D. Douglas Miley</i>	
<b>Chapter 16</b> Management of Protein-Energy Undernutrition in Older Adults.....	267
<i>David R. Thomas</i>	
<b>Chapter 17</b> Prescription for Enteral Nutrition.....	291
<i>Zareen Syed and Syed H. Tariq</i>	
<b>Chapter 18</b> Prescription for Parenteral Nutrition .....	311
<i>David R. Thomas</i>	
<b>Chapter 19</b> Nutrition Management in Nursing Homes .....	323
<i>Devaraj Munikrishnappa</i>	
<b>Chapter 20</b> Providing Optimal Nutrition in the Assisted Living Environment....	341
<i>Connie W. Bales, Gwendolen T. Buhr, Victoria H. Hawk, Linda S. Evanko, and Heidi K. White</i>	
<b>Chapter 21</b> Nutritional Factors in Dementia .....	359
<i>Seema Joshi</i>	

<b>Chapter 22</b> Nutrition and Depression.....	373
<i>Mehret Gebretsadik and George T. Grossberg</i>	
<b>Chapter 23</b> Nutrition and Behavior .....	397
<i>John E. Morley</i>	
<b>Chapter 24</b> Nutritional Management of Hypertension.....	409
<i>Ramzi R. Hajjar</i>	
<b>Chapter 25</b> Nutrition and Cancer: Some Practical Approaches to Management.....	421
<i>Heidi McKean and Aminah Jatoi</i>	
<b>Chapter 26</b> Nutrition and Type 2 Diabetes Mellitus in the Geriatric Patient .....	433
<i>Angela Mazza</i>	
<b>Chapter 27</b> COPD and Undernutrition: A Complex Interaction.....	441
<i>Oscar A. Cepeda</i>	
<b>Chapter 28</b> Nutrition and Gastrointestinal Function .....	451
<i>M. Louay Omran and Wasseem Aneed</i>	
<b>Chapter 29</b> Drug–Nutrient Interactions .....	469
<i>David R. Thomas</i>	
<b>Chapter 30</b> Nutrition and the Endocrine System .....	479
<i>Neelavathi Senkottaiyan and John E. Morley</i>	
<b>Chapter 31</b> Nutritional Anemia in Older Persons .....	487
<i>David R. Thomas</i>	
<b>Chapter 32</b> The Role of Nutrition in Prevention and Management of Pressure Ulcers .....	497
<i>David R. Thomas</i>	
<b>Chapter 33</b> Nutrition and Fracture Risk.....	511
<i>Kent R. Wehmeier</i>	

**Chapter 34** Multicultural Issues..... 537  
*Nina Tumosa*

**Chapter 35** Choice and Nutritionals: Ethical Issues ..... 547  
*Rafi Kevorkian*

**Index**..... 571