
CONTENTS

<i>Preface</i>	<i>xiii</i>
<i>Acknowledgement</i>	<i>xv</i>
<i>Abbreviations</i>	<i>xvii</i>
1. Scope of Geriatrics	1
<i>Dr. Purushottam Giri and Dr. Vikas Kshirsagar</i>	
2. Physical Fitness in Elderly	4
<i>Dr. Bharti Koria and Dr. Shreya Trivedi</i>	
3. Socio-cultural Factors, Legal Issues, Economic Issues in the Old Age	22
<i>Dr. Sanjeev Mahajan and Dr. Kamaljiyoti</i>	
4. Nutrition in Elderly	40
<i>Dr. Renu Agrawal</i>	
5. Diabetes Mellitus and Hypertension in the Old Age	67
<i>Dr. Maya Kshirsagar</i>	
6. Cardiovascular Diseases and Stroke in Old Age	83
<i>(Maj.) Dr. Ashlesha Tawade-Kelkar (Retd.)</i>	
7. Common Geriatric Cancers	109
<i>Prof. (Dr.) Bobby Paul</i>	
8. Geriatric Otolaryngology	146
<i>Dr. Bharti Koria and Dr. Chinmayee Joshi</i>	
9. Geriatric Ophthalmology	171
<i>Dr. Bharti Koria and Dr. Gunjan Tank</i>	
10. Surgeries in Geriatrics	186
<i>Dr. Ramnika Aggarwal, Dr. Manuja, and Dr. Kewal Aditya</i>	

11. Mental Health in Geriatrics	198
<i>(Maj.) Dr. Ashlesha Tawade - Kelkar (Retd.)</i>	
12. Community and Family Care of Elders	216
<i>Dr. Renu Agrawal</i>	
13. Healthy Aging	226
<i>Dr. Renu Agrawal</i>	
14. National Program for the Health Care of the Elderly; and the Way Forward in the Geriatrics	243
<i>Dr. Purushottam Giri, Dr. Vikas Kshirsagar, and Dr. Ramnika Aggarwal</i>	
INDEX	251