

● A New View of the Old

Answer the following questions using information from the textbook.

1. What physical conditions and diseases are generally associated with the aging process?

2. According to the traditional view of aging, what physical limitations do the elderly have?

3. What is a centenarian? _____

4. What did recent studies of centenarians reveal? _____

5. According to the researchers, what can an older person do to promote his or her health?

6. How do genes affect the aging process? _____

7. What did studies of centenarians show regarding the cells of the oldest of old?

8. What traditional assumption has been made by the health care industry regarding the elderly? _____

9. How do recent research findings affect this assumption? _____
