

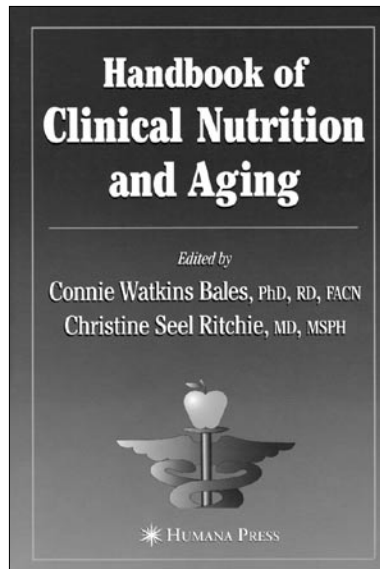
Book review

Handbook of Clinical Nutrition and Aging edited by **Connie Watkins Bales, PhD, RD, FACN, and Christine Seel Ritchie, MD, MSPH**

720 pp. Totowa, NJ: Humana Press, 2004.

Research has shown that many primary causes of chronic morbidity and mortality in older adults are influenced by nutritional intake; however, elderly persons with chronic disease often receive minimal nutritional evaluation and management. The *Handbook of Clinical Nutrition and Aging* provides a comprehensive review of applied nutrition as related to health conditions frequently seen by clinicians in the burgeoning elderly population.

The need for a continuum of nutrition services to the geriatric population is detailed in the introductory chapter. A demographic overview describes how “global graying” has shifted a significant proportion of elderly health care needs from the prevention and treatment of infectious disease to the management of age-related chronic disease. Almost 90% of people over the age of 65 have at least one medical condition in which nutritional intervention is indicated, such as cardiovascular disease, hypertension, hyperlipidemia, diabetes, or cancer.



This text is a clinician-friendly reference containing both the fundamentals of geriatric nutrition as well as the nutritional implications of common conditions in the elderly. For busy clinicians, helpful features at the end of each chapter are the “recommendations for clinicians” and an extensively documented reference list that includes current research articles, Internet resources, and books. Among the topics covered in the *Handbook of Clinical Nutrition and Aging* are the impact of nutrition on health in older adults from the progression of physiologic aging to disease, geriatric syndromes and nutritional consequences, and clinical disorders with nutritional implications.

Based on the optimistic view that nutritional interventions have the potential to improve health care scenarios for the elderly and the recognition that the incidence of chronic disease increases as a function of age, clinicians are encouraged to seek and to provide nutritional interventions for older individuals. The *Handbook of Clinical Nutrition and Aging* contains up-to-date, well-researched, and meticulously referenced information necessary for health care practitioners to provide nutritional management for the specialized high-risk geriatric population.

Reviewed by the registered dietitians on staff at the Baylor Senior Health Centers.