**Topic:**

Physiology of Successful Aging

**Faculty:**

Brent C. Williams, MD, MPH

**Required Reading:**

None.

**Lecture Time:**

Spring 2009 M1 Human Growth and Development

**Learning Objectives:**

- Distinguish usual from successful aging.
- Describe the major age-associated changes in human physiology.
- Understand the “anti-aging” effects of exercise.
• Be able to assess nutritional status of older adults, including risks from medications.
• Appreciate the importance of functional assessment of older individuals.

Suggested Additional (NOT REQUIRED) Reading:


Sample Exam Question:

True/False.

A majority of individuals in the US who are age 65 and older describe their health status as good. (Answer: True)