

# Integrative Geriatric Medicine: The Key to Aging Well



## Integrative Geriatric Medicine (Weil Integrative Medicine Library)

★ ★ ★ ★ ☆	4.5 out of 5
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As we age, our bodies and minds change. We may experience a decline in physical function, mental sharpness, and overall health. But what if there was a way to slow down the aging process and live a longer, healthier life?

Integrative geriatric medicine is a field of medicine that focuses on the care of older adults. It takes a holistic approach to health, considering the physical, mental, and emotional needs of each patient. Integrative geriatric medicine practitioners use a variety of evidence-based therapies to improve the health and well-being of older adults.

## The Benefits of Integrative Geriatric Medicine

Integrative geriatric medicine has been shown to provide a number of benefits for older adults, including:

- Improved physical function: Integrative geriatric medicine can help older adults improve their physical function by reducing pain, increasing mobility, and improving balance.
- Enhanced mental sharpness: Integrative geriatric medicine can help older adults improve their mental sharpness by improving memory, attention, and concentration.
- Reduced risk of chronic diseases: Integrative geriatric medicine can help reduce the risk of chronic diseases such as heart disease, stroke, cancer, and diabetes.
- Improved quality of life: Integrative geriatric medicine can help older adults improve their quality of life by reducing symptoms of depression and anxiety, improving sleep, and increasing social interaction.

## **How Integrative Geriatric Medicine Works**

Integrative geriatric medicine practitioners use a variety of evidence-based therapies to improve the health and well-being of older adults. These therapies include:

- Traditional medical treatments: Integrative geriatric medicine practitioners use traditional medical treatments such as medications, surgery, and rehabilitation to treat the physical and mental health conditions of older adults.
- Complementary and alternative therapies: Integrative geriatric medicine practitioners also use complementary and alternative

therapies such as acupuncture, massage therapy, and yoga to improve the health and well-being of older adults.

- Lifestyle modifications: Integrative geriatric medicine practitioners recommend lifestyle modifications such as exercise, nutrition, and stress management to improve the health and well-being of older adults.

## **Who Can Benefit from Integrative Geriatric Medicine?**

Integrative geriatric medicine can benefit all older adults, regardless of their health status. However, it is particularly beneficial for older adults who are experiencing:

- Multiple chronic conditions
- Frailty
- Cognitive impairment
- Depression
- Anxiety

## **How to Find an Integrative Geriatric Medicine Practitioner**

If you are interested in learning more about integrative geriatric medicine, you can find a practitioner in your area by visiting the website of the American Geriatrics Society.

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improve the health and well-being of older adults. If you are an older adult who is looking to improve your health and well-being, integrative geriatric medicine may be right for you.



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