



## Taking Care of Our Folks: A Manual for Family Members Caring for the Black Elderly (Hardback)

By Deborah Y Liggan MD

iUniverse, United States, 2009. Hardback. Book Condition: New. 218 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With the growing concern over healthcare in America, studies show that elderly African- Americans often come out on the losing end of the system due to lack of health insurance. Because of this growing population, taking care of elderly patients in the African-American community has become the responsibility of their family. If you re facing such a situation, your questions may be many and your answers few. Taking Care of Our Folks is a definitive guide to caring for your elderly relatives. Drawing on comprehensive and detailed research, this essential resource aims to ensure that elderly African-Americans receive culturally competent healthcare and live more productive, independent, and pain-free lives. Deborah Y. Liggan, MD, discusses the major health issues and offers case studies of how each illness affects this ethnic group. She offers up-to-date information on nutrition, pharmacology, technological advances, and self-help for each disease. Topics focus specifically on elderly African-Americans and include: Neurology of aging Cardiovascular problems Mental health and aging Approach to gastrointestinal problems Prominent cancers With clear and concise language, Taking Care of Our Folks will...



**READ ONLINE**  
[ 3.09 MB ]

### Reviews

*This ebook will be worth buying. It usually fails to charge too much. You will not sense monotony at at any time of your time (that's what catalogs are for regarding when you check with me).*

-- **Retha Frami V**

*It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly.*

-- **Timothy Johnson DVM**