



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

By Deborah Y Liggan MD

iUniverse, United States, 2009. Paperback. Book Condition: New. 229 x 152 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 are 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...



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