



## Alcohol and Coffee Use in the Aging (Modern Nutrition)

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As we age, our physiology changes. Also, we tend to place less emphasis on proper nutrition. The more elderly we grow, the less resistant we become to major diseases such as cancer and heart disease. This state of affairs renders the elderly more vulnerable to alcohol and other drugs of abuse. Alcohol and tobacco are routinely used together. Chronic exposure to these substances bring devastating consequences to bear on the elderly and often lead to their premature death.

Alcohol and Coffee Use in the Aging provides a detailed discussion of how alcohol affects the elderly, particularly in regard to the major health problems it causes. The book also examines the many physiological and cognitive changes that alcohol brings about. This book also addresses the role and effects of caffeine as a major factor contributing to insomnia in the elderly, as well as its association with hypertension and cancer.



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