

As You Grow Older

The Essential Guide to Successful Ageing

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"As You Grow Older" published in 2006 by Dato' Dr Balasundaram is a three volume guide which is intended to help guide toward successful ageing. There is a lot of hard work and great deal of time invested to get these 705 pages, 79 chapters of information out as a three parts book. It covers almost every aspect of ageing as to the "why", "how" and "what" about ageing. It includes some aspects of health problems in ageing. Details about diet, nutrition and ageing are described in Volume Two and in Volume Three. There is emphasis on aspects of successful ageing covering even community care. It is a very useful guide for those heading toward "old age" to read. Paramedic and staff venturing into caring of older people will be able to find good ideas and ways of handling their older people via this three part book. For General Practitioners interested in care of older people this may be a good book to start off with. There is an excellent appendix on the some useful websites to get help and I am most impressed with the list of support groups and their contact together with addresses in the last Volume. There are also abundant references.

However, there are some weaknesses, which if attended to could improve the text considerably if the author is intending to have subsequent editions. Some of the topics appear to lack detail and are not lucid enough. The book may have been more interesting to read through the use of figures, tables or illustrations while paying attention to arrangement and layout. It would also be more helpful if more recent references had been used especially pertaining to up-to-date guidelines and references from reputable journals. Conventional and orthodox trained health professionals may find parts of the book unacceptable owing to some of the information lacking accuracy. Nevertheless, the author needs to be commended for the efforts he has put in to write these three Volume book.

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