

## **Bookmarks Health Resources for Seniors in Japan by Hokkaido Hartmanns**

### **AD and Dementia**

[10 Early Symptoms of Dementia: Be Aware of Subtle Signs](#)

[Alzheimer's Disease and Dementia - Helpguide.org](#)

[Alzheimer's Disease Genetics Fact Sheet | National Institute on Aging](#)

[Antimicrobial Mechanism Gone Rogue May Play a Role in Alzheimer's Disease - Scientific](#)

[American Could Alzheimer's Stem From Infections? It Makes Sense, Experts Say - The New York](#)

[Times](#)

[Early Detection of Alzheimer's Disease - Gary Small, MD | #UCLAMDChat Webinar - YouTube](#)

[Jagust Lab @ UC Berkeley](#)

[Men's Y Chromosome Loss Tied to Alzheimer's Risk](#)

[Preventing Alzheimer's Disease: | National Institute on Aging](#)

[The Rogue Immune Cells That Wreck the Brain](#)

### **Cancer**

#### **Palliative Care**

[Japanese Health Cosmology - Okamoto.pdf](#)

[Narratives in Support Groups for Families of Patients in a Palliative Care Unit](#)

[Palliative care Outcome Scale \(POS\) - Visit of Dr Nobuhisa Nakajima](#)

[Recent Advances in Palliative Cancer Care at a Regional Hospital in Japan](#)

[Sapporo City General Hospital](#)

[Sapporo Conference for Palliative and Supportive Care in Cancer](#)

[SCSF Sapporo Cancer Seminar Foundation - Cancer Consultation](#)

[Survival Prediction - The Oncologist](#)

### **Death**

[Mourning the Death of a Spouse](#)

### **Finances**

[Downsizing for Seniors](#)

## **Food and Diet**

[Benefits of Fruits and Vegies](#)

[Diet Solution Program](#)

[Diets and Weight Loss - Helpguide.org](#)

[Eater's Quest](#)

[Foods that cause gout](#)

[Fruits | Buzzle.com](#)

[Healthy Eating - Helpguide.org](#)

[Is Your Diet Making You Anxious or Depressed? Thrive: The Kripalu Blog](#)

[The Nutrition Source](#)

## **Medical General**

[American Heart Association](#)

[Elders In Action | Sharing experience. Staying engaged.](#)

[Find the Right Care](#)

[How Excess Weight Affects Your Health: Understanding the Increased Risks to Your Health](#)

[Living To 100 Calculator](#)

[MedicineNet - Health and Medical Information Produced by Doctors](#)

[Multilingual Medical Questionnaire](#)

[Practical Wisdom: Learning how to live smart, the HPP Blog](#)

[Precision medicine? - Genetics Home Reference](#)

[Radiculopathy \(Arm Pain\) - USC Spine Center - Los Angeles](#)

[Revolutionary Act](#)

[Seniors helping Seniors](#)

## **Meditation**

[Meditation for Strivers : The New Yorker](#)

[Meditation Tips And Benefits - mindbodygreen.com](#)

[Ram Dass Love Serve Remember](#)

## **Somatics & Yoga Exercises**

[Daily Yoga for Men](#)

[Exercises you can do at home | Healing Connections](#)

[Hanna Somatics Exercise Video Library — Essential Somatics](#)

[Somatic Systems Institute | What is Somatics?](#)

[Somatics](#)

[Walking: Health and Disease Prevention](#)

[Yoga Journal](#)

[Yoga Videos](#)

[Yoga-Meditation: Ananda Washington](#)