1. ___________________________ is the study of aging. It is different from
________________________ which is the study of the diseases of the aging.

2. A ___________________________ is a scientist who studies gerontology and focuses on
________________________ - the combination of processes of deterioration.

3. Middle adulthood is considered that period of time between ages __ and __.

4. A ___________________________ is and _____________ state of doubt and
anxiety in which a person becomes uncomfortable with the realization that life is
halfway over.

5. Symptoms of a mid-life crisis may include:
a. ___________________________________________________________________
b. ___________________________________________________________________
c. ___________________________________________________________________
d. ___________________________________________________________________
e. ___________________________________________________________________

6. Psychologists ____________________________ coined the term “midlife crisis” and
described the crisis as __________________________ in the process of maturing.

7. The 5 stages of mid-life are:
a. ___________________________ - the different ways people present themselves to
   others.
b. ___________________________ - deals with the evaluation of the different personas and
   masks.
c. ___________________________ - the person may feel unsure of his/her identity.
d. ___________________________ - occurs when the person begins to feel comfortable
   with him/herself.
e. ___________________________ - recognition of inner conflict, accepts it, and attempts to
discover a balance.

8. ___________________________ refers to feelings experienced by parents and
caregivers after children leave their childhood home.
9. __________________________ refers feelings experienced when grown children return to their childhood home.

10. __________________________ during middle age presents risks including the increased risk of having a child with __________________________ or __________________________.

11. __________________________ is the physical cessation of menstrual cycles associated with advancing age in women and is sometimes referred to as change of life or __________________________. This occurs when ovaries stop producing estrogen causing a shutdown of the reproductive system.

12. The body must adapt to the decreasing levels of hormones __________________________, __________________________, and __________________________ which causes symptoms such as hot flashes and fast heartbeat.

13. HRT or __________________________ __________________________ provides the best relief for symptoms related to menopause. A woman has officially reached menopause when she has not had a period for __________________________.

14. A __________________________ is an operation where women have their uterus surgically removed. There are 3 different types of hysterectomies:
   a. __________________________ - removes uterus but not cervix
   b. __________________________ - removes uterus and cervix
   c. __________________________ - removes all reproductive tissues as well as top of vagina and surrounding lymph nodes.

15. __________________________ is a biological change experienced by men during their mid-life - often compared to the female menopause.

16. Currently, one in every _____ middle age adults are providing care and assistance for an aging parent.

17. Aging family members can be a source of both __________________________ and __________________________ support. However, they may also be seen as __________________________ as they age and need more daily care.
18. Psychologist _______________________ developed the 8 stage theory of _______________________ development.
   a. The 7th stage is called ____________________ which individuals experience during middle adulthood.
   b. This stage focuses on giving back to __________________ through raising children, being productive, and involved in the community.

19. The ___________________________ is a social organization for women over 50.

20. ___________________________ is the property of a living organism to regulate its internal environment to maintain a stable, constant condition. There are 3 things human bodies need to regulate:
   a. ___________________________ - the ability to keep body temperature
   b. ___________________________ - the active regulation of body fluids
   c. ___________________________ - the maintenance of blood sugar levels

21. Beginning at age 40, individuals need to take care of their health by:
   a. ___________________________________________________________________
   b. ___________________________________________________________________
   c. ___________________________________________________________________
   d. ___________________________________________________________________
   e. ___________________________________________________________________

22. Men over _____ need a yearly rectal exam to screen for colon and prostate cancer. Women over ____ should continue regular check-ups and schedule a ______________ to check for breast cancer.

23. Coronary ____________________ __________________ is the #1 cause of death in the US.

24. ___________________________ is a condition of loss of normal bone density and fragile bones associated with aging.

25. ___________________________ is the leading cause of blindness and is prevalent in middle adulthood.

26. Research shows that intellectual development ________________ in middle adulthood in perception ad numerical abilities but shows to maintain stability in
__________________, verbal memory, inductive reasoning, and _____________ orientation.

27. ______________ ________________ is the ability to find meaning in confusion and solve new problems.

28. __________________ __________________ is the ability to use skills, knowledge, and experience.

29. _________________ is an organism's ability to store, retain and subsequently recall information.

30. ______________________ memory refers to the amount or bits of information we can hold in our head at any given time and lasts up to 24 hours.

31. ______________________ memory is separated into 3 types:
   a. ________________________________ - facts one makes conscious effort to learn and remember at will.
   b. ________________________________ - information you draw on automatically to perform actions.
   c. ________________________________ - facts that are so deeply ingrained they require no effort to recall.

32. ______________ ________________ is performed to improve appearance and _________________.