

# GERIATRIC NURSING

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*Earlie McClain Hale, Eva Smith,*

*James St. James, and*

*Anne W. Wojner-Alexandrov*

The Beverley-Travis natural laxative mixture is easy to use, cost-effective, and more effective than daily prescribed laxatives at producing normal bowel movements.

- 112** **Ageing, Health, and Physical Activity in Korean Americans**

*Kyung-Choon Lim, Jeanie S. Kayser-Jones,*

*Catherine Waters, and Grace Yoo*

The aim of this paper was to provide a sociocultural context for understanding aging, health, and physical activity among older Korean Americans. Studies that focused on physical activity and exercise among older adults, older Koreans, or older Korean Americans were reviewed.