



A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active (A Johns Hopkins Press Health Book)

Edward H. Thompson Jr., Lenard W. Kaye

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As they reach middle age, most men begin looking forward to "what's next." They gear up to experience renewed productivity and purpose and are more conscious of their health. *A Man's Guide to Healthy Aging* is an authoritative resource for them, and for older men, as well. In collaboration with a variety of medical experts, the authors provide a comprehensive guide to healthy aging from a man's perspective.

Edward H. Thompson, Jr., and Lenard W. Kaye—a medical sociologist and a gerontologist and social worker—offer invaluable information in four parts: • "Managing Our Lives" describes the actions men can take to stay healthy. Here is information about how to eat well, reduce stress, and stay active for better overall health. • "Mind and Body" considers how physical health and state of mind are connected. It explores sleep, drug and alcohol use, spirituality, and attitudes about appearance—and explains how all of these factors affect mental health. • "Bodily Health" examines how body systems function and what changes may occur as men age. It covers the body from head to toe and reviews how to manage chronic diseases such as cancer, diabetes, and heart conditions. • "Living with Others" shows the importance of interacting with friends and family. Topics include sexual intimacy, friendship, and caregiving, as well as how men can make the best decisions about end-of-life issues for themselves and their loved ones.

Refuting the ageist stereotype that men spend their later years "winding down," this book will help men reinvent themselves once, twice, or more—by managing their health, creating new careers, and contributing their skills and experiences to their communities.

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