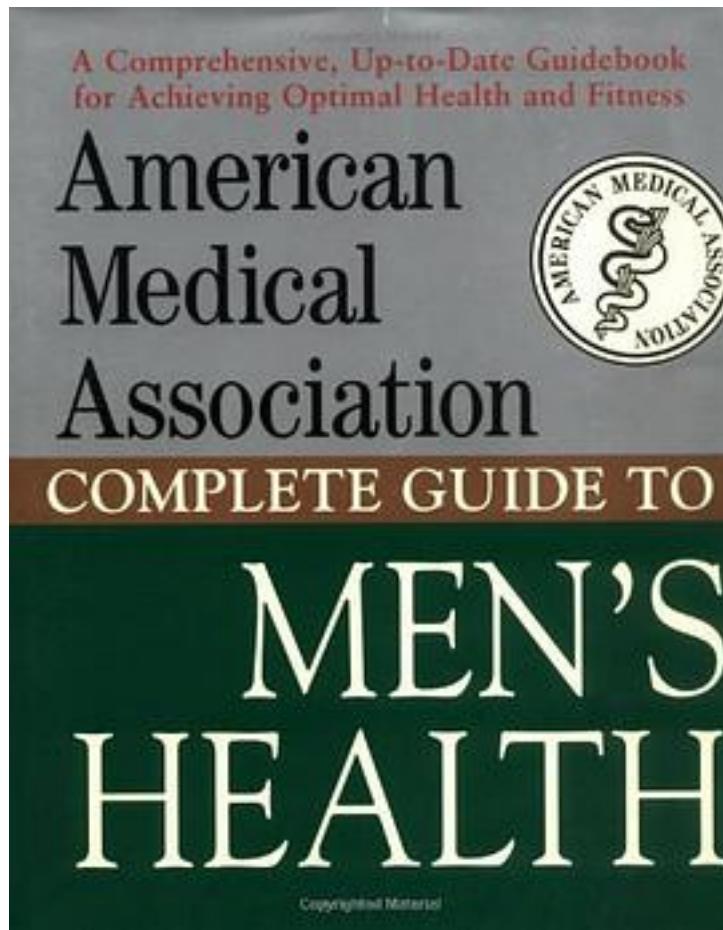


American Medical Association Complete Guide to Men's Health



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"Men are often reluctant to discuss issues that are important to their general health and well-being. This one-of-a-kind guide provides helpful information, in an

easy-to-read format, on major health concerns including diet and nutrition, exercise, sexuality, and emotional health. This guide should help men make better decisions about their health."--Jeffrey P. Koplan, M.D., M.P.H., Director, Centers for Disease Control and Prevention (CDC)

- * Guidelines for staying healthy at any age
- * Overviews of the body's systems and organs--heart and lungs, reproductive system, brain and nervous system, urinary system, bones and joints, and the immune system
- * Explanations of the major diseases and their treatments, including heart disease, diabetes, high blood pressure, cancer, drug abuse, and depression
- * Sensitive discussions of sexuality and reproduction, including sexual dysfunction, prostate health, stds, birth control, and age-related changes to sex and sexuality
- * Diet and exercise guidelines
- * Dozens of tables, boxes, and charts on key topics
- * Quick-reference format for finding the answers you need

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