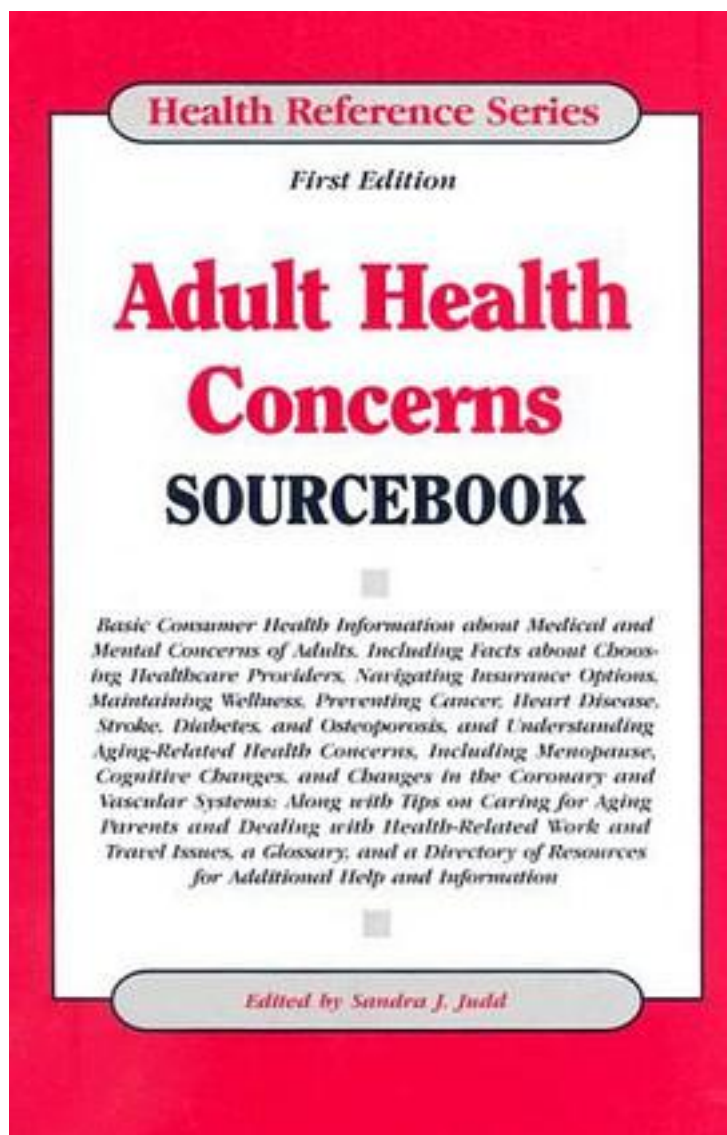


# Adult Health Concerns Sourcebook



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This reference provides information for adults who need to make health-related choices. It gives background and advice on choosing healthcare providers, understanding insurance options, maintaining a healthy weight, breaking free of high-risk behaviors such as smoking, and preventing cancer and other serious illnesses. It describes recommended screening tests, and touches on other aging-related concerns, including menopause, prostate problems, and cognitive changes. A glossary, a directory of resources, and tips on caring for aging parents are also included. Material is drawn from publications issued by the National Institutes of Health and other agencies and associations.

作者介绍:

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