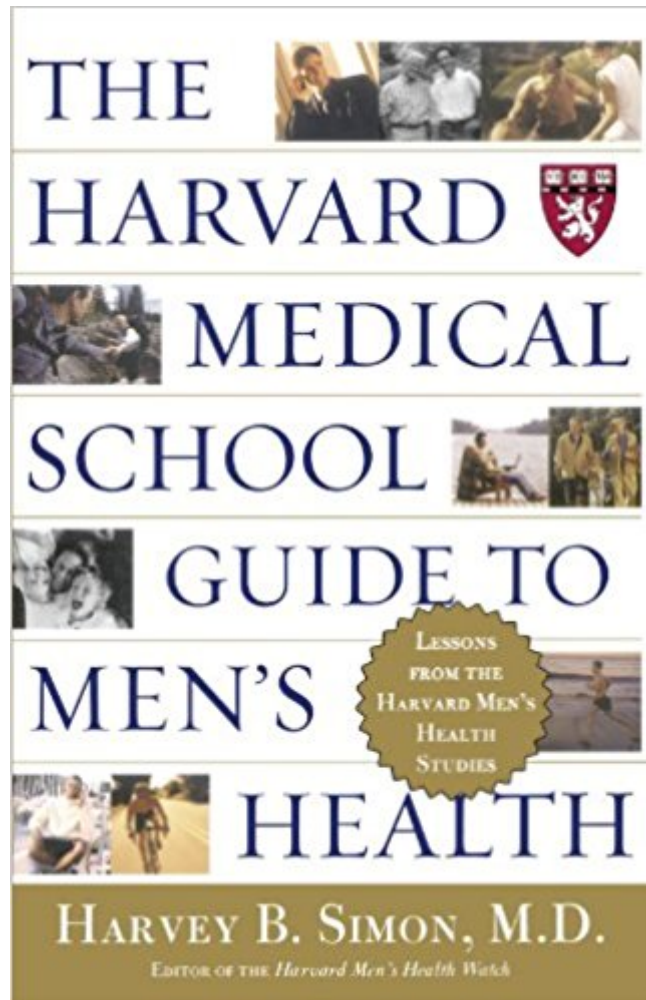


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# The Harvard Medical School Guide To Men's Health: Lessons From The Harvard Men's Health Studies (Well-Being Centre = Centre Du Mieux-Etre (Collection))





## Synopsis

The Harvard Medical School Guide to Men's Health assembles into a single volume a quarter-century's worth of hard-won knowledge about men's health -- knowledge that men need to lead longer, healthier lives. More than twenty-five years ago, researchers at Harvard Medical School and the Harvard School of Public Health began what have become the largest aggregate studies ever of men's health. Tracking 96,000 American men over decades, these studies provide the ultimate resource on what keeps men healthy -- and what doesn't. The result is The Harvard Medical School Guide to Men's Health: • Features the most current information on the health-preserving functions of diet, exercise, and over-the-counter drugs and supplements • Gives straight answers to questions like when drinking alcohol is beneficial and when it's not • Offers advice on behavior modification and stress control • Includes all the crucial information on diseases that are particularly important to men, including prostate cancer, testicular cancer, erectile dysfunction, and kidney and bladder problems • Provides an easy-to-navigate guide to the health-care system that gives balanced views on the benefits and drawbacks of common medical tests With the authority that only the world's largest and best-known medical school can provide, and the lively, clear presentation that is the hallmark of Harvard Men's Health Watch, the monthly newsletter edited by Dr. Simon, The Harvard Medical School Guide to Men's Health is an essential reference for every man -- and for everyone who cares about a man's health.

## Book Information

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## Customer Reviews

While it may not be as hot as the latest issue of Maxim, this new health guide should be required reading for any man between the ages of 18 and 80. The book's success is rooted in the no-nonsense approach of author Simon, the founding editor of the wildly successful Harvard Men's Health Watch newsletter, who has long been urging men to get in shape and stay that way. Simon uses the results of three Harvard studies of more than 95,000 men over the last 25 years to provide five main "answers" (diet, exercise, aspirin and other supplements, moderate alcohol, and behavior modification and stress control) to five main "maladies of men" (disorders of the genital area, sexuality and reproduction, benign prostate disorders, prostate cancer, and kidney and bladder disorders). Along the way, he discusses other topics such as reproductive anatomy, vitamins, depression, Viagra and herbal medications. Though it's packed with provocative data (e.g., "every one of the ten leading causes of death in America is substantially more common in men than women

While this excellent men's health guide stands on its own, its research is based on the Harvard Men's Health Watch newsletter and shares common goals with the Harvard Family Health Guide. Simon (medicine, Harvard Medical Sch.; Staying Well), the newsletter's founding editor, aims to empower men to improve their health and to motivate them to change lifestyles for the better. Basing his advice on three long-term Harvard studies that have tracked more than 96,000 men for many years, Simon reviews programs of diet, exercise, supplements, stress control, and medical care, and addresses frequently asked questions (e.g., should I take a daily aspirin?, is wine really good for me?, and should I have a PSA blood test?). Much like a very caring family doctor, Simon presents both sides of issues and lets the reader know what the evidence recommends as best practice. This comprehensive, informative, engagingly written guide is a standout among a slew of similar titles. Highly recommended for most consumer health collections. James Swanton, Harlem Hosp. Lib., New York

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This book is a darn shame. I returned the item because the text is microscopic and too difficult to read. I realized it once I turned to the first page and needed a magnifying glass! Worst than the typeface is the fact that you'll receive only a few dollars back after returning the book to them in new condition. I WOULD NOT RECOMMEND BUYING THIS BOOK!!

Purchased for a college course I was assigned to teach. It could use some updating as some information is out-of-date.

The book is a solid read - covering the landscape for health related issues and concerns for men - ranging from obesity and heart disease, to prostate, testicular and penile cancer and other critical male health concerns. The book is illustrated occasionally, and the writing style is far more approachable than a medical journal. However, the book also bears the burden of trying to cover a broad set of topics in both a secular and scientific way - and doesn't quite make it for either. Probably a bit too detailed and heavy for the typical reader, and probably getting too dated and too general for the person looking for research on a specific topic. Worth the read, at used values, if you have a strong interest in the topic.

Excellent book in real-world language. I needed it for a college class (got an A!) and plan to read it cover-to-cover. Well written, valuable information.

This is an excellent medical reference book for men. The information is very well organized into three separate parts: 1) what makes men different, 2) what makes men healthy, and 3) men's main diseases, how to prevent them, test for them, and treat them. The book is quite long at 470 pages. But, it reads easily. And, it makes for an excellent medical reference to go back to when you want specific scientific information on various men's health topics. The best part about the book is that it is based on extensive medical studies. The advice provided is the result of statistically significant conclusions derived from these studies. Thus, the objectivity, integrity, and intelligence derived from this book is so much greater than from any of the medical authors positioning themselves as the current diet or health care guru. The book confirms the value of EFV. The ultimately healthy lifestyle consists of a lot of Exercise with a diet that includes lots of Fruits and Vegetables. These three factors (exercise, fruits, vegetables) appear to be universal protectors against all age related diseases such as cardiovascular diseases and cancer. Similarly, the high risk factors regardless of the health risk considered seemed to be always the same, including: smoking, obesity, lack of exercise, lots of saturated fats and trans fats in the diet. The book has a ton of information besides the self-evident basics mentioned above. There are lots of tables, graphs, and summaries that make the information easy to retrieve. These include info on BMI, PSA test levels, blood pressure and cholesterol levels, recommended frequencies of screening tests, recommended dosage and toxic levels of vitamins and minerals, Glycemic index, life expectancy charts, and lots more

interesting stuff. With the medical knowledge derived from this book, you will be in a far better position to take care of your health and initiate a mutually productive dialogue with your general practitioners and specialists. The World is getting increasingly complex. Technology and science evolve rapidly. Nowhere does this increasing complexity have a greater impact than on healthcare. This book will help you understand your health, risk factors, relevant testing, and cures to be considered. As we age, we will invariably be faced with some challenging options and decisions. This book is a great road map to help us out along the way. If you are well informed, it takes a lot of anxiety out of the equation. That takes care of a major health risk already [stress and anxiety]. This book is good for you! Along the same line of excellent health related information, I also strongly recommend another great book from Harvard Health Publications: "Eat, Drink, and Be Healthy" by Walter C. Willett. It is the best book on diet and nutrition I have ever read. And, that is also because it is based on scientific studies, and not on subjective opinions from egocentric blowhards.

This is a very informative book. I recommend every man to read this book.

excellent

The other reviewers have said it all. This is an amazing book packed with beneficial information for all men. I am young (almost 20), but I still find this book to be incredibly useful and informative. I plan to get some more copies of this book to give as gifts to my father and uncles. This book is well worth the money.

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