



spotlight on health

New Medical Encyclopedia For Baby Boomers

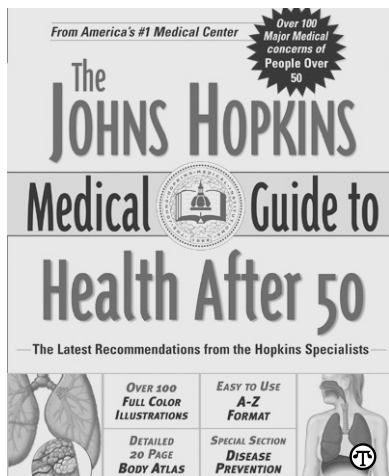
(NAPSA)—Many people over the age of 50 have more than one chronic medical condition—high blood pressure, arthritis, high cholesterol, etc. To help make sure they get effective therapy for what ails them, many seniors are reaching for a handy reference book that contains reliable information on each condition. With it, they can understand their options, and know what to discuss with their doctors.

The Johns Hopkins Medical Guide to Health After 50 (Rebus, Inc., \$39.95), edited by Simeon Margolis, M.D., Ph.D., has been compiled from the vast resources of Johns Hopkins and the most advanced computer health database in the world.

The book offers thorough coverage of more than 100 ailments associated with aging, from arthritis to varicose veins. It has clear explanations of causes, symptoms, diagnostic measures, treatment options and prevention strategies in an easy-to-use, A-to-Z organization by health condition.

In addition to more than 100 full-color illustrations and a comprehensive directory of health information organizations, the guide also includes the Johns Hopkins Prescription for Longevity, which covers disease prevention and healthy aging topics such as exercise, diet, weight control and screening tests for early disease detection.

This helpful resource answers medical questions on such topics as early detection of Alzheimer's, as well as how often one should be tested for skin cancer.



There's now a single source for the latest information on medical conditions prevalent in people over 50.

The Johns Hopkins Medical Guide to Health After 50 also offers the latest information available, including the newest treatments for shingles, how a nicotine patch can help with the treatment of Parkinson's disease, and natural alternatives to the \$725 million that Americans spend on laxatives each year.

Each entry in the encyclopedia has been reviewed by specialists at Johns Hopkins who are recognized for their clinical expertise in a particular field of medicine. The result is the most current information available in a published book on the most common disorders affecting baby boomers.

For more information, please visit www.hopkinsafter50.com. To order the book, phone 1-800-829-9170.