

Health Bulletin

Improving Men's Health

(NAPSA)—Studies show that today, the average man lives a longer and healthier life than ever before.

Yet doctors say many men are still unaware of their personal risk factors for common chronic conditions, such as heart disease and type 2 diabetes.

A Comprehensive, Up-to-Date Guidebook
for Achieving Optimal Health and Fitness

American
Medical
Association



COMPLETE GUIDE TO

MEN'S
HEALTH 

A new book addresses a variety of important men's health issues.

A new book sheds light on such conditions and helps more men reach their optimum levels of health. *American Medical Association Complete Guide To Men's Health* (Wiley, \$34.95) covers a wide variety of health issues that are especially important to men.

This comprehensive guide addresses such lifestyle issues as the building blocks of healthy diets, the warning signs of disease, and screening tests men should take at different stages of life.

In addition, it covers harmful behaviors (such as smoking, alcohol-and drug-abuse) and gives information on specific health systems—from reproductive, to digestive, to the immune system.

The guide also identifies the most common male disorders, their risk factors and symptoms and discusses effective treatment options.

For more information visit www.wiley.com.