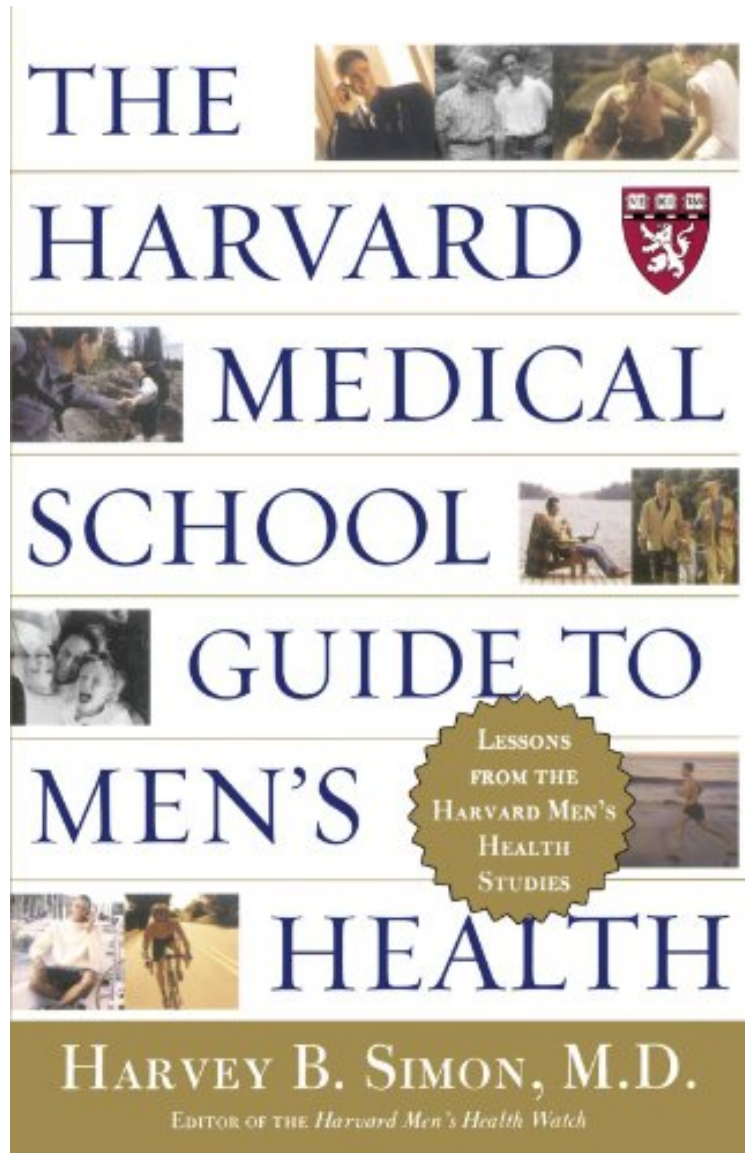



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The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies (Well-Being Centre = Centre Du Mieux-Etre (Collection))

Harvey B. Simon

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Harvey B. Simon : 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)) before purchasing it in order to gauge whether or not it would be worth my time, and all praised 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)):

1 of 1 people found the following review helpful. Worst than the typeface is the fact that you'll receive ...By PROThis 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!!1 of 1 people found the following review helpful. Decent review, but needs updatingBy R. HillPurchased for a college course I was assigned to teach. It could use some updating as some information is out-of-date.1 of 1 people found the following review helpful. Good Information. Getting Dated and OverloadedBy Edward J. BartonThe 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.

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: bull; Features the most current information on the health-preserving functions of diet, exercise, and over-the-counter drugs and supplements bull; Gives straight answers to questions like when drinking alcohol is beneficial and when it's not bull; Offers advice on behavior modification and stress control bull; 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 bull; 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.

From Publishers WeeklyWhile 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"; "even committed teetotalers who review the data will have to agree that light to moderate drinking appears to reduce a man's risk of angina, heart attack, sudden cardiac death, and ischemic stroke"), the book stays focused on Simon's main message: "Above all, men should concentrate on the basics, on the core issues that remain constant in a sea of change." (Sept.) Forecast: Neither overly serious nor laced with chirpy beer-and-babes humor, this tome should remain a steady seller after trendier books are gone. Copyright 2002 Reed Business Information, Inc.From Library JournalWhile 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 Copyright 2002 Reed Business Information, Inc. From Booklist Simon's comprehensive, informative book is based on three major studies of U.S. men's health carried out during several decades. The subjects studied were mostly white, well-educated, and well-to-do, so the results aren't broadly applicable, yet they provide a solid base from which the book's users may benefit. Major areas covered include the prostate, vitamins and supplements, depression, and the very fine line between healthful and hazardous drinking. The contents are disposed in three parts on basic information, what keeps men healthy, and what can go wrong. Occasional illustrations and tables clarify and emphasize important points. Simon is optimistic throughout, sometimes almost overly optimistic--for example, in his discussion of potential diagnoses and treatments of Alzheimer's disease. Also, he seems to suggest that longevity is more important than quality of life, an attitude with which many readers may differ. Still, he offers much that will help many men and the members of their families who may need to do a little arm-twisting to make them seek help. William Beatty Copyright copy; American Library Association. All rights reserved