

Over-50s Men's Health Check

Dr Roger Henderson

Why is it that many men spend more time looking after their cars than themselves? How much do they actually know about their health, and can they spot the danger signs? In this helpful and authoritative book, GP and well known medical columnist Dr Roger Henderson looks at the crucial areas of health for men over the age of 50 and shows exactly how all men can become more aware, so that they will know how to help themselves enjoy longer, healthier and more fulfilling lives. Key areas where danger signs and symptoms are all too easily missed include:

- prostate problems
- heart disease
- osteoporosis
- sexual difficulties
- stress and mental health
- diabetes

Read this book to find out the answers to questions that men over the age of 50 should ask - but often prefer not to - and discover how to feel better, stay healthy and live longer.

Over-50's Men's Health Check is published by **Piatkus Books**

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