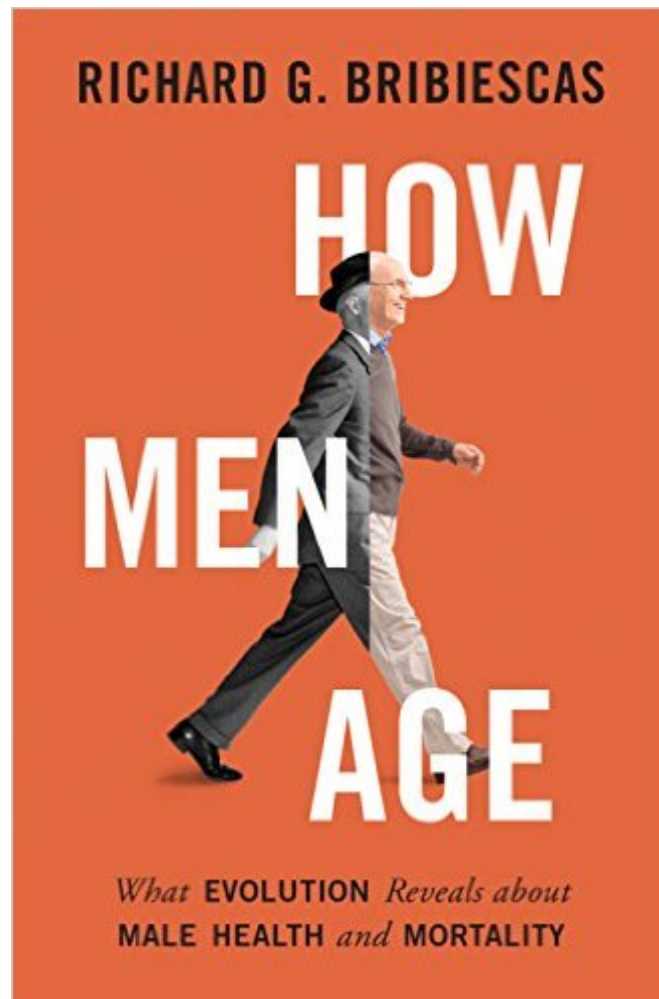


The book was found

# How Men Age: What Evolution Reveals About Male Health And Mortality



## Synopsis

While the health of aging men has been a focus of biomedical research for years, evolutionary biology has not been part of the conversation until now. *How Men Age* is the first book to explore how natural selection has shaped male aging, how evolutionary theory can inform our understanding of male health and well-being, and how older men may have contributed to the evolution of some of the very traits that make us human. In this informative and entertaining book, renowned biological anthropologist Richard Bribiescas looks at all aspects of male aging through an evolutionary lens. He describes how the challenges males faced in their evolutionary past influenced how they age today, and shows how this unique evolutionary history helps explain common aspects of male aging such as prostate disease, loss of muscle mass, changes in testosterone levels, increases in fat, erectile dysfunction, baldness, and shorter life spans than women. Bribiescas reveals how many of the physical and behavioral changes that we negatively associate with male aging may have actually facilitated the emergence of positive traits that have helped make humans so successful as a species, including parenting, long life spans, and high fertility. Popular science at its most compelling, *How Men Age* provides new perspectives on the aging process in men and how we became human, and also explores future challenges for human evolution and the important role older men might play in them.

## Book Information

File Size: 3418 KB

Print Length: 185 pages

Publisher: Princeton University Press (August 23, 2016)

Publication Date: August 23, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01EBEIKHU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #61,435 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21 in Kindle Store > Kindle eBooks > Nonfiction > Science > Biological Sciences > Anatomy #36 in Kindle

## Customer Reviews

With all the health scares, articles, studies and scandals, it is good to be able to step back and look at the overall picture of mankind, and in particular, men. Richard Bribiescas has provided a nicely rounded overview, that tells us we really don't have a handle on aging yet " but here's what we think.-The symptoms of aging seem to be similar in all mammals (which is not much comfort as there is no species to model or aspire to).-Higher metabolic rates and constant oxidative stress in men leads to shorter lifespans than women who show surges of oxidative stress (pregnancy/childbirth/lactation) but lower overall metabolisms.-Death is U-shaped. There is huge risk of death after birth. It lessens and flattens in the prime of life, then rockets again as we age.-Hormone therapy for men might help them bulk up, but it also might be an outsized strain on aging organs to maintain that bulk. In Bribiescas's analogy, at some point Ferraris can become too expensive to maintain.-Testosterone suppresses immune functions in men, leading to more infections and autoimmune diseases. Higher levels of it are a potential predictor of prostate cancer when considered with greater energy intake, western diet, sedentary lifestyle and higher testosterone levels (so taking it as a supplement might not be the best choice).-Fat is far less demanding to maintain than muscle, so muscle gives way to fat when it is no longer needed to find a mate.-Gray hair is a result of oxidative stress and lifelong doses of testosterone and DHT " a sort of super testosterone." •How Men Age is Darwinian; Bribiescas rationalizes everything that happens to a male in terms of reproductive attraction and natural selection. Often, it is like hammering a square peg into a round hole.

[Download to continue reading...](#)

How Men Age: What Evolution Reveals about Male Health and Mortality The Blind Watchmaker: Why the Evidence of Evolution Reveals a Universe without Design The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger Audition Songs for Male and Female Singers: Gilbert and Sullivan (Book & CD) (Audition songs for male & female singers) How to Cure Baldness and Prevent Male Hair Loss (Mens Hair Loss, Propecia, Minoxidil, Receding Hair Line, Hair Regrowth, male pattern baldness, mens hair) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Dating: Becoming Alpha To The Core 3rd Edition - Dominate the Dating Scene Through Developing the Six Key Alpha Male

Traits Fast (Alpha Male, How to Attract ... Self Discipline, how to be a Success) Denial of the Soul: Spiritual and Medical Perspectives on Euthanasia and Mortality The Canyon Ranch Guide to Men's Health: A Doctor's Prescription for Male Wellness Effects of Infant and Child Mortality on Fertility Brain Surgeon: A Doctor's Inspiring Encounters with Mortality and Miracles Mortality The Great Mortality: An Intimate History of the Black Death, the Most Devastating Plague of All Time The Black Death: The Great Mortality of 1348-1350: A Brief History with Documents (Bedford Cultural Editions Series) The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies by Simon, Harvey B. unknown Edition [Paperback(2004)] Entropy, Information, and Evolution: New Perspective on Physical and Biological Evolution (Bradford Books) Infectious Diseases in Primates: Behavior, Ecology and Evolution (Oxford Series in Ecology and Evolution) Inside The Mind of An Alpha Male: 16 Attitudes That Attract Women, Win Friends, Increase Confidence, Gain Charisma, Master Leadership, and Dominate Life ... and Dating Advice for Men Book 3) Male Midlife Crisis: Why It Causes Men To Destroy Their Families, Finances and Even Commit Suicide, and What You Should Do The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney

[Dmca](#)