

The Real Truth
about
AGING

A Survival Guide for
OLDER ADULTS AND CAREGIVERS

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LEARN to navigate through the confusing health care system • LEARN which vitamins may make a difference in your health • LEARN safe new approaches to getting a good night's sleep • LEARN important health tips that can save you money • LEARN about cutting-edge research that even a geriatric specialist may not know • LEARN vital tips on how to prevent injuries while exercising • LEARN important tips about medications that every senior should know •

Neil Shulman, MD (Decatur, GA), is associate professor of medicine at Emory University School of Medicine. Among his many responsibilities, he was medical director of a nursing home for over 23 years. Dr. Shulman has published 21 books, including *Your Body, Your Health*, (with Rowena Sobczyk, MD), *Healthy Transitions* (with Edmund S. Kim, MD), and *Your Body's Red Light Warning Signals* (now in its ninth printing). He is also the author or coauthor of over 100 scientific papers.

Michael Silverman, MD, MPH (Miami Beach, FL), is the president of the Florida Geriatrics society and a voluntary professor of clinical medicine at the University of Miami Miller School of Medicine. He is the medical director of the Miami Jewish Home and Hospital for the Aged.

Adam G. Golden, MD, MBA (Miami Beach, FL), is an Investigator in the Miami Geriatric Research, Education, and Clinical Center (GRECC) and an assistant professor of clinical medicine at the University of Miami Miller School of Medicine.

In this authoritative, user-friendly guide, three experts in geriatric medicine provide the latest evidence on: healthy aging, an understanding of the modern and often confusing health care system, and information about the medical issues affecting frail older adults.

"I was getting frustrated searching on the internet for information about a particular type of hip fracture, when I gave up and went to open *The Real Truth About Aging* and it opened right to the page where there were a series of drawings of the location of different types of hip fractures that can be such an important source of disability for older people. This book is chock full of useful information, like taking a look at nursing homes from all angles: what do the patients think? Or the staff? Are nursing homes REALLY understaffed? Why are older people on too many prescription medications? This book goes beyond the usual fluff of 'aging gracefully' books and provides real information that you can use."

—J. Douglas Bremner MD, Author of *Before You Take That Pill: Why The Drug Industry May Be Bad For Your Health*, is also Professor of Psychiatry and Radiology at Emory University School of Medicine

"Neil Shulman is a multi-talented author whose writings touch everybody, from the youngest to the oldest, and who can deliver important information on serious topics in a very readable and accessible way."

—Daniel S. Blumenthal, MD, MPH, Professor and Chair, Department of Community Health & Preventive Medicine, Associate Dean for Community Programs, Morehouse School of Medicine

"It is refreshing to find a book that is honest and courageous enough to fly against the 'happy-talk' genre of books for the elderly. I've never seen anything to match the straight-talking authenticity that explodes off of every page."

—Barry Farber, Veteran Radio Talk Show Host

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