



How Men Age: What Evolution Reveals About Male Health and Mortality (Hardback)

By Richard G. Bribiescas

Princeton University Press, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. 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...



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