



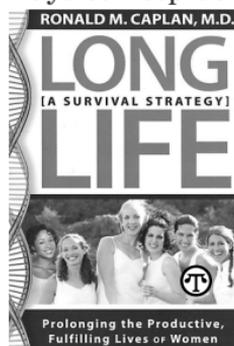
# WOMEN'S HEALTH

## Prolonging The Productive Lives Of Women

by *Ronald M. Caplan, M.D.*

(NAPSA)—In this age of rapidly advancing technology, the idea of living decades longer than ever before is becoming more than just a dream.

Breakthroughs in knowledge about the cells that make up our bodies are bringing about new ways to keep us healthy and stop



disease before irreversible harm is done.

The ability to keep cells alive that would normally die may change our life and health, and have a major effect on our life span.

**Breakthroughs in medicine may soon make it possible to live decades longer.**

Soon it will become possible to decrease the incidence of the serious diseases

that traditionally occur as we age—including heart disease, stroke and cancer. When these diseases do occur, it may be possible to manage them as chronic conditions for long periods of time.

What you can expect from your doctor will change. In medicine, doctors are progressing beyond the point of making people “feel better about themselves” and “look their best,” to actually being able to offer people longer, more productive lives.

In my new book, “Long Life: Prolonging the Productive,

Fulfilling Lives of Women: A Survival Strategy” (Morgan James Publishing), I present a new way of thinking about life and health—one that will make it possible for women to live much longer than we’ve ever imagined possible.

Life expectancy is increasing dramatically. In 2000, in the U.S., over 45 million of us were aged 60 or beyond. By 2025, that could increase to over 83 million, with over 2 million women aged 90 or more. Current research on aging and medical breakthroughs may one day make it possible for a woman to reach the unbelievable age of 137 years.

To even begin to achieve this, a woman needs a survival strategy, including advice on nutrition and fitness, guidelines on disease prevention, targeted diagnosis and designer treatments, as well as ways to address the physical, mental and social concerns that arise as she grows older.

Combining extensive medical research and practical guidelines, “Long Life” may be the blueprint that enables generations of women to survive to an age never dreamed possible.

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For more information, visit [www.livinglonger.wordpress.com](http://www.livinglonger.wordpress.com).