Aging. A 65-year-old man has a 41 percent chance of living to age 85; for women, the likelihood is 53 percent (Society of Actuaries). A lot can happen in those 20 years, and there is a good quantity of information available to you about staying healthy and active across those years. Whether it’s you or a loved one in that time span, it’s best to stay informed about potential issues with aging and steps you can take to maintain your health. In The News. Fairmont begins mall walking perks program. Mayo Clinic Mile at Five Lakes Centre encourages area residents to walk at the mall and earn perks

Health Books. Healthy Living Program. Mayo Clinic Health Letter. Mayo Clinic Voice Apps. Healthy Lifestyle. Featured conditions. At Mayo Clinic, research drives everything for patients. From providing the best individualized care to addressing the world’s most challenging health care problems, our researchers relentlessly pursue discoveries that will deliver hope and better health to people today and for generations to come. Our center’s culture of collaboration and teamwork speeds the transformation of promising laboratory discoveries into lifesaving treatments. Request a medical appointment or consultation online or by phone with an aging expert at Mayo Clinic, explore clinical trials, and connect with resources on aging. Make a Patient Appointment. Clinical Trials. I trust Mayo Clinic and found useful info in this book but any medical info in it I consider outdated as this is a book that is 16 years old. Read more. 4 people found this helpful. Kindle Customer. 4.0 out of 5 stars Highly recommended! 10 February 2016 - Published on Amazon.com. Verified Purchase. I am a big fan of the work of the Mayo Clinic. The book was very well written, and very well organized, and covered the topic very thoroughly. I would recommend any person for whom aging is now a topic of interest to read this book. Read more. 5 people found this helpful. James R. Jackson. 1.0 out