Aging with HIV: A Gay Man's Guide, 2010, 248 pages, James Masten, 0199781516, 9780199781515, Oxford University Press, 2010

With improvements in the treatment of HIV disease, gay men in great numbers are surviving--and thriving--into middle and older age. While increased longevity brings new hope, it also raises unanticipated challenges, particularly for gay men who never thought they would live this long: How do I deal with all the physical changes? Who can I rely on as I get older? Is a relationship still in the cards for me? What about sex? How should I prepare for old age? A one-of-a-kind guide for gay men aging with HIV, Aging with HIV offers an upbeat, down-to-earth approach for adapting to change, whether driven by age, AIDS, or both. Psychotherapist James Masten and physician James Schmidtberger shed light on the many common assumptions and fears of aging with HIV. Aging with HIV provides concrete solutions for facing midlife with a positive outlook, offering a wealth of advice for breaking unhealthy habits and coping mechanisms. The book describes the nine changes common to gay men as they age with HIV, discusses the four challenges of aging, and offers a unique ten-step path to optimal aging with HIV, helping the reader to tailor the book's suggestions to the realities of their lives. Woven throughout the book are first-person narratives from men who recount what worked--and did not work--for them. In addition, Rapid Research, Fast Fact, and Self-Reflection boxes highlight the latest research and challenge readers to take stock of the present--and plan for the future. An invaluable tool to keep handy and to refer to often, Aging with HIV is an inviting, confident companion to navigating midlife and beyond with HIV.

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