businesses | tarun@tarundenniz.com

didn't get any gifts.

Hopefully, if all goes well in 2021, I will turn 40 - but if it's a repeat of 2020, then I'm staying 39 for another year.

Now turning 40 is a big deal. Technically you're at the halfway point of your life.

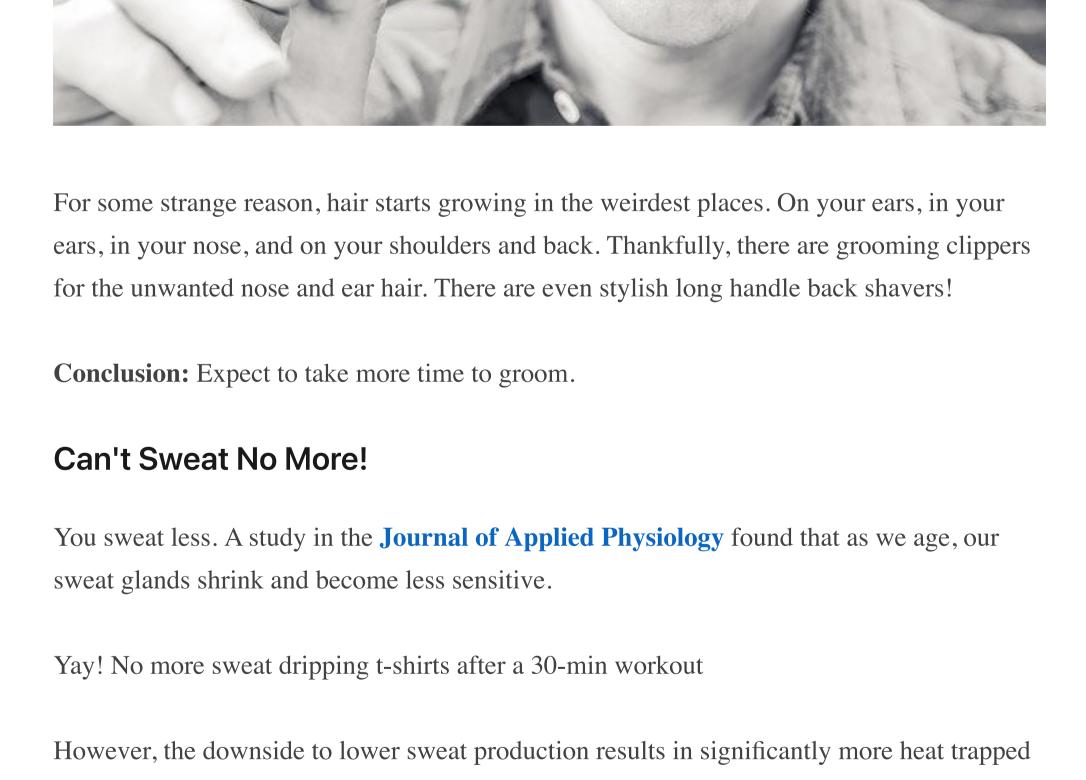
Your kids have grown up faster than you thought. That retirement plan feels like a distant dream. And, your bills, like your weight never seem to go away.

Life is priming you for that mid-life crisis.

So in order (more hope really) to avoid this, I decided to find out what really happens to a man's body - both mentally and physically, after you've turn 40.

Hair Growth In All The Wrong Places

inside our bodies.



colon resulting in everything from gas to bloating. Conclusion: Cut out dairy products, consume more probiotics. and try some new sources

Your small intestine helps digest lactose by producing an enzyme called Lactase. Getting

older results in lower levels of lactase being produced. This means more lactose hits your

If you haven't noticed, you've started shrinking. In some cases, people began to shrink in their thirties.

osteoporosis causes the spinal column to become shorter,

Conclusion: Time to consider moving to a colder country.

Lactose Is Your New Enemy

like almond, goat, or rice milk.

Have You Become Shorter?

if your 5"7 like me, that inch is huge!

Conclusion: Eat healthier and join a yoga class.

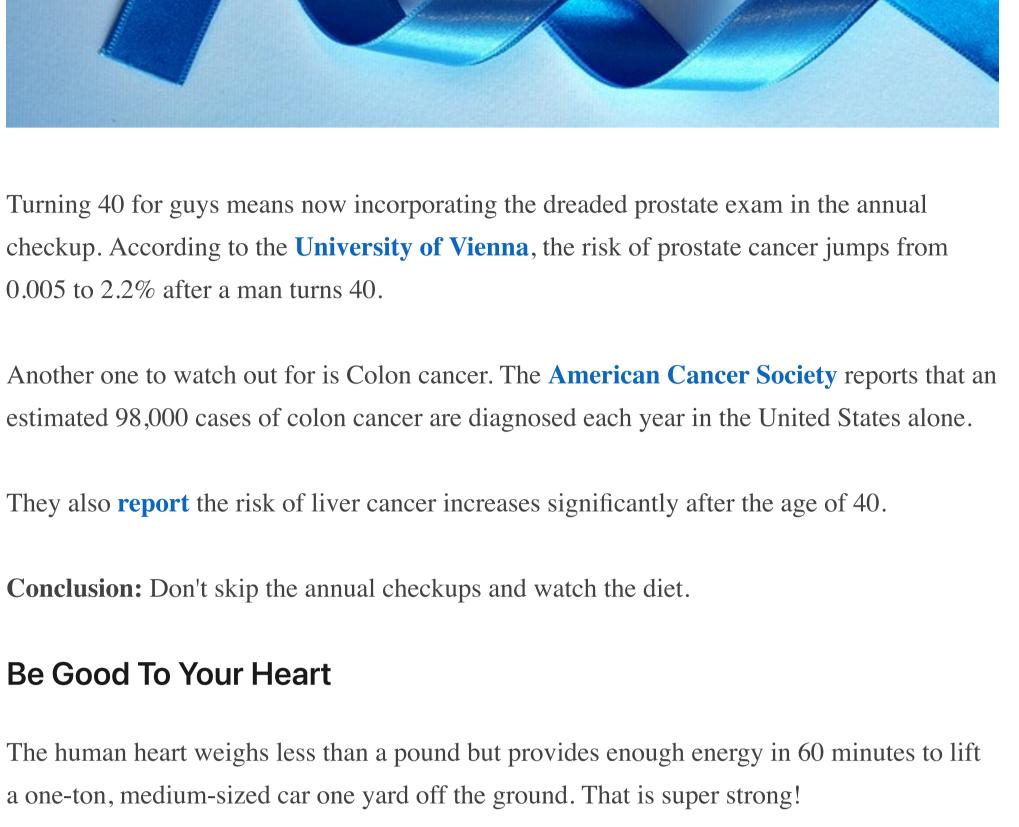
A pilot study published in the American Journal of Public Health showed that yoga can help straighten spines. In addition to this, eating foods rich in calcium and Vitamin D can help keep your bones strong.

Some of the reasons we shrink are because the cartilage between the joints get worn out or

On average, men gradually lose an inch between the ages of 30 to 70. So it's not much. But



The Big C



Clogged arteries can lead to a heart attack and erectile dysfunction.

According to a 2011 study in the Journal of the Americans Geriatrics Society, after the

But like the rest of your body is ages and sometimes it can age faster than the rest of your

If you aren't keeping those three in check then your chances of heart disease are high.

body. This could be due to lack of exercise, unhealthy diets, and stress.

age of 45, the risk of sustaining a stroke doubles each decade.

Conclusion: Better diet, more exercise, and less stress!

I Kid You Not

affect your kidney's health.

is a crazily high 50%.

American Kidney Fund, one in three individuals is at risk. Sadly, this disease fails to present any of its symptoms until your kidney has lost much of its functions. Other medical issues like diabetes, high blood pressure, and heart disease can

The chances of forming a second kidney stone within five to seven years of passing the first

Cometh the age, cometh the disease. In this case, it's Kidney disease. According to the

Conclusion: Book that annual checkup NOW! **Keep Calm And Carry On**

Scary fact - Men are twice more likely than women to get kidney stones!

We've all read numerous articles and tried various programs to

remove stress but there is no permanent solution to getting rid of it.

In our 40s it's almost impossible to avoid stress - family, work, society, pandemics. The side effects of stress can lead to hair loss (but on the ears or back), weight gain, high blood pressure, and even depression. Conclusion: Learn to manage stress better - looks like that yoga class may have more than one benefit. **Nobody Wants To Be Lonely** Many men in their 40s find themselves with very few close friends - I did a count and mine is 2. Yikes! Much of our socializing time taken up by work and family commitments. And, the pandemic hasn't helped the situation.

According to a study published in Perspectives on Psychological Science, social isolation

Loneliness causes the amount of cortisol to increase in your body. This increase can affect

your immune system and result in diabetes, sleep issues, heart problems, and obesity.

Conclusion: Make new friends. If you want to be my friend, just add me to your

Prolonged loneliness is also a factor in the development of depression

Mid-life crisis? What mid-life crisis? I'm not having a mid-life crisis!

is associated with "increased risk or mortality."

Hello Darkness, My Old Friend

and it's usually the spirit.

network.

depression. According to the American Foundation for Suicide Prevention, the most common age for suicides is between 45 and 54.

Most men try to hide their emotions, try to be strong for their family. But with issues at

work, strained relationships with loved ones, and financial problems somethings gotta give

It's often used as the butt of a joke but the reality is there is an underlying impulse -

Does Turning 40 suck? Depends On How You Look At It

Conclusion: Talk to people - friends, family even a therapist. But talk.

Wow! I didn't expect that many potential medical conditions and I haven't even included: • Memory loss • Changes in vision • A decrease in bone density • Weight gain • A slower recovery period from injuries Now, there are two ways to look at living through your 40s - it's all downhill from here or I need to slow down and enjoy the ride.

"Crossroad Ahead" is a sliding door moment, "Hump" is things are going to bumpy but it will pass, and "Slow Down" is you're working too hard, have a break, have a KitKat.

Published by **Tarun Denniz** Freelance content writer and social media marketer for startups and small businesses | tarun@tarundenniz.com Published • 3mo Find out what challenges a guy faces when he hits his 40s! It ain't pretty!

♠ 2 · 65 Views Reactions

Tarun Denniz

Messaging

Sure, there may be serious issues around the corner, but I'm aware of them. So I'm gonna With the right exercise regime, proper diet, and with the support of friends and family, I'm Report this 1 article

Edit article ✓ View stats Tarun Denniz

Everyone knows the Birthday rule - if you don't get a gift, your birthday never happened.

Published on January 12, 2021

Last year I biologically turned 40 but given how crappy 2020 was, I considered it null and void.

I didn't have a party. I didn't go somewhere special to celebrate. And, most importantly, I





I'm going with the latter.

keep my eyes open for those signs.

gonna make sure I don't have a second mid-life crisis!

Tell them what you loved...

Freelance content writer and social media marketer for startups and small businesses | tarun@tarundenniz.com

#mensmentalhealth #midlifecrisis #menshealthawareness 0 Comments

#mensgrooming