Isolation Hurts Health

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The University of California at Los Angeles Center for Health Policy Research found that on the whole, older (age 50 to 70) gay people, both HIV-positive and -negative, suffer worse health than their heterosexual peers—and that isolation likely contributes to their poor health. So if you're older, gay and alone, consider seeking companionship and support. Find help at the National Resource Center on LGBT Aging (212.741.2247, lgbtagingcenter.org).

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