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SVW1B9 - DEANDRE MADDEN

This book is a practical guide for medical practitioners as they navigate through breastfeeding problems that occur in day-to-day practice. If mothers have a breastfeeding complication they are often directed to their GP. In complex situations, medical staff will be making decisions around what treatment plan to follow and whether a mother can keep breastfeeding. In recent years there has been growing evidence that medical professionals often advise mothers to stop breastfeeding while undergoing treatment, when in reality this was not a necessary step. In a time when breastfeeding rates are decreasing, it is important that medical professionals give accurate advice and support a mother's choice to breastfeed if the situation allows it. A Guide to Supporting Breastfeeding for the Medical Profession includes contributions from a wide range of medical professionals and each chapter is written with the practitioner in mind. Contributors include GPs, paediatricians, neonatologists, lactation specialists and midwives. Doctors have a vital role to play in supporting and facilitating breastfeeding, and without the appropriate knowledge they can often inadvertently sabotage it. This book will be of interest to GPs and paediatricians as well as nurse prescribers, midwives and health visitors.

This essential guide provides a lifeline to authoritative, reliable information on medical management, giving you all the skills you need whether managing a junior colleague as a lead doctor, or running multidisciplinary consortia in the NHS or private sectors. Learn key skills from leadership, managing change, quality control, and project management through to doctors in difficulty, appraisals and revalidation, managing exceptional performance, and poor performance Comprehensive coverage of NHS and private healthcare, primary care, acute and emergency care, mental

health, and many other sectors Gain insight into important topics such as healthcare innovations and technologies, implementing evidence-based medicine, medical education, patient safety, and primary care consortia Refine your management skills with advice, wisdom, and practical help from key opinion leaders, medical professionals, and management experts In this world of change, reforms and new government initiatives, can you afford not to build on your existing skills? Whether you are new to medical management or an experienced director wishing to stay up to date and refine your expertise, this book will be an invaluable source of advice to help you manage the delivery of high-quality care.

Incorporate genomics into every applicable area of your clinical practice with this complete how-to guide Doody's Core Titles for 2021! Precision Medicine: A Guide to Genomics in Clinical Practice is a comprehensive, yet succinct overview of the practice of genomic medicine. It is written for general healthcare practitioners, specialists, and trainees with the goal of providing detailed guidance on how to incorporate genomic medicine into daily practice. Features that make this book valuable to every practice: Intentionally avoids excessive technical content and consistently emphasizes real-life patient care and decision support Follows the course of a human life, beginning before conception through pregnancy, childhood, and adulthood, discussing the current and future applications of genomics and precision medicine at each stage Organization allows healthcare providers to quickly and easily find the information relevant to their practice. The authors highlight common pitfalls - technical and ethical - that might complicate the delivery of quality genomic healthcare Enhanced by eleven valuable appendices that cover important topics ranging from the basics of genetics to ethical issues to regulation and reimbursement If you are searching for a clinically relevant, non-

technical resource that will teach you how genomic medicine can and should be practiced in your specific field of interest, Precision Medicine: A Guide to Genomics in Clinical Practice belongs on your desk.

The first edition of this book (titled "The Clinician's Guide to Medical Writing") has become a standard in its field and remains an indispensable reference for any clinician, academic physician, or health professional who wishes to hone their writing skills. However, since its publication in 2004, significant changes have taken place in the way medical professionals communicate with each other and the world. Medical Writing: A Guide for Clinicians and Academicians, 2e retains all of the fundamental writing advice of the first edition and has been expanded to include two brand new chapters: How to Write a Research Protocol (including why a research project needs a written protocol, elements of the research protocol and common problems) How to Write a Grant Proposal (including sections on government and private grant funding sources, what you need to know about grant writing, and elements of a successful grant proposal) New information is also included throughout the book on becoming a successful writer, medical tables and figures, conflict of interest and disclosures, how to review a scientific article, statistical analysis, "pay-to-publish" journal publishing, electronic submission of manuscripts, issues in medical publishing and the future of medical writing and publication. New appendices address commonly encountered research and statistical terms and memorable aphorisms regarding writing, medical and otherwise.

The complete home reference to over 2,500 medicines - fully revised and updated. The BMA New Guide to Medicine & Drugs Ninth Edition is the fully updated, quick-reference guide to drugs for anyone wanting to know more about the medication they're taking, from Britain's leading authority. Jargon-free and easy-to-fol-

low, get all the vital information you need on 2,500 of today's prescription and over-the-counter drugs fast. Find advice on understanding and using medicines and learn how they work, what they treat, their risks, benefits, side effects, and how to use them safely and effectively. Plus, get detailed full-page profiles of 276 commonly used medicines and information about drugs new to the market. Essential guidance for anyone taking medication, or wanting to know more about the major drugs used in common medical practice. The BMA New Guide to Medicine and Drugs Ninth Edition is perfect for the family bookshelf and for healthcare professionals.

Scientific and Medical Communication: A Guide for Effective Practice prepares readers to effectively communicate in professional scientific communities. The material in this book is firmly grounded in more than 500 published research findings and editorials by scientific writers, authors, and journal editors. Thus, this text provides the broadest and most comprehensive analysis of scientific writing. In addition, carefully selected and thoroughly annotated examples from the scientific and medical literature demonstrate the recommendations covered in the text. These real-world examples were carefully selected so that the scientific content can be understood by those without a detailed background in any particular scientific or medical field—thus clearly illustrating the content organization and writing style. This text will prepare individuals to write and edit scientific manuscripts, conference abstracts, posters, and press releases according to journal and professional standards. Readers will also learn to conduct effective searches of the scientific and medical literature, as well as proper citation practices.

A reference on family medicine and health encompasses the latest advances in medical science and technology as it discusses more than seven hundred diseases and disorders, their symptoms, and treatment options.

The Blackwell Guide to Medical Ethics is a guide to the complex literature written on the increasingly dense topic of ethics in relation to the new technologies of medicine. Examines the key ethical issues and debates which have resulted from the rapid advances in biomedical technology Brings together the leading scholars from a wide range of disciplines, including philosophy, medicine, theology and law, to discuss these issues Tackles such topics as ending life, patient choice, selling body parts, resourcing

and confidentiality Organized with a coherent structure that differentiates between the decisions of individuals and those of social policy.

This field-guide handbook, based upon Dr. Auerbach's text Wilderness Medicine, 4th Edition, focuses on information that is needed when medical situations present in the wilderness setting. Perfect for the physician on the go, this new 2nd edition includes more chapters and appendixes for an even quicker more complete reference! Complements Wilderness Medicine, 4th Edition. Perfect for the physician on the go. Comprehensive coverage of outdoor medicine. New chapters include: Solar Radiation and Sunscreen, Emergency Airway Management, Emergency Oxygen Administration, Pain Management, Cardiopulmonary Emergencies, Neurological Emergencies, Improvised Litters and Carriers, Aeromedical Transport, Survival, Knots, Children in the Wilderness, Women in the Wilderness. Includes information on splints, slings, dressings, and hot spots. Expanded coverage of Animal Attacks and Zoonoses (diseases carried by animals that can be transmitted to humans, i.e. rabies). 6 Appendixes, including: Priority First Aid Equipment, Contingency Supplies for Wilderness Travel, and Medicine Specific to Women's Health.

Written by the top medical student rotators, this book provides medical students with the often elusive information and skills required to ace their clinical rotations. Chapters cover all major medical sub-specialties such as internal medicine, general surgery, cardiology, dermatology, orthopedics, neurosurgery, and ophthalmology. Additionally, the book offers many novel features including a review of core rotation skills for oral presentations and a walk-through of a day in the life of the medical student on a particular rotation. It focuses on the common cases that students actually encounter in the hospital. This format thereby administers a complete, concise overview of what is needed for each rotation. A unique resource, The Ultimate Medical School Rotation Guide is not only instructional and comprehensive, but also assuring and supportive as it encourages students to appreciate this rewarding time in their medical careers.

Based on Dr. Auerbach's renowned Wilderness Medicine text, Field Guide to Wilderness Medicine, 5th Edition, is your portable, authoritative guide to the full range of medical and emergency situations that occur in non-traditional settings. Useful for experienced physicians as well as advanced practice providers, this

unique medical guide covers an indispensable range of topics in a well-illustrated, highly condensed format – in print or on any mobile device – for quick access anytime, anywhere. An easy-access presentation ensures rapid retrieval and comprehension of wilderness medical information, with "Signs and Symptoms" and "Treatment" sections, bulleted lists, and quick-reference text boxes in every chapter. All chapters are thoroughly up to date, including new information on travel medicine, medications, immunizations, and field treatment of common conditions. Step-by-step explanations from wilderness medicine experts cover the clinical presentation and treatment of a full range of wilderness emergencies and show you how to improvise with available materials. Comprehensive coverage includes dive medicine and water-related emergencies, mountain medicine and wilderness survival, global humanitarian relief and disaster medicine, high-altitude medicine, pain management, and much more. Line drawings and color plates help you quickly and accurately identify skin manifestations, plants, poisonous mushrooms, snakes, insects, and more. Useful appendices address everything from environment-specific situations to lists of essential supplies, medicines, and many additional topics of care.

This text provides physicians with the basic business skills in order for them to become involved in the financial aspect of their practices. The text will help the physician decide what kind of practice they would like to join (i.e. private practice, small group practice, solo practice, hospital employment, large group practice, academic medicine, or institutional/government practice) as well as understand the basics of contracting, restrictive covenants and how to navigate the road to partnership. Additional topics covered include, monthly balance sheets, productivity, overhead costs and profits, trend analysis and benchmarking. Finally, the book provides advice on advisors that doctors will need to help with the business of their professional and personal lives. These include accountants, bankers, lawyers, insurance agents and other financial advisors. The Complete Business Guide for a Successful Medical Practice provides a roadmap for physicians to be not only good clinical doctors but also good businessmen and businesswomen. It will help doctors make a difference in the lives of their patients as well as sound financial decisions for their practice.

An alphabetically-arranged medical encyclopedia specifically aimed at the middle aged and elderly provides detailed informa-

tion regarding health conditions and ailments, including recommendations for treatment and prevention.

Master coding concepts related to medical necessity and report compliant codes for your services. Revenue loss, rework, payback demands—how much are medical necessity errors costing your practice? And that's to say nothing of potential civil penalties. Get medical necessity wrong and it's considered a "knowingly false" act punishable under the FCA. Stay liability-free and get reimbursed for your services with reliable medical necessity know-how. AAPC's Coding for Medical Necessity Reference Guide provides you with step-by-step tutorials to remedy the range of documentation and coding issues at the crux of medical necessity claim errors. Learn how to integrate best practices within your clinical processes—including spot-checks and self-audits to identify problems. Benefit from real-world reporting examples, Q&A, and expert guidance across specialties to master coding for medical necessity. Learn how to lock in medical necessity and keep your practice safe and profitable: Avoid Medical Necessity Errors with CERT Smarts Rules to Improve Provider Documentation Denials? Pay Attention to Procedure/Diagnosis Linkage Nail Down the Ins and Outs of Time-based Coding Expert Guidance to Fend Off RAC Audits and Denials Beat E/M Coding Confusion with Payer Advice Improve Your ABN Know How with This FAQ

The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

No one knows what the next disaster will be: earthquake, Coronavirus, flu epidemic, flood, terrorist attack. But everyone should know how to survive a medical emergency if a medical professional isn't available. From Dr. Joe Alton and Amy Alton ARNP comes an updated edition of their bestseller The Survival Medicine Handbook. This unique medical book is meant to enable the average person to handle injuries and illness in situations in which modern

medical facilities and professionals aren't available due to a disaster. This book is written by America's top medical preparedness experts: Joe Alton, MD, and Amy Alton, ARNP. Their mission: to put a medically prepared person in every family for when medical help is not on the way. Using decades of medical experience, they address, in plain language, dozens of medical issues associated with surviving disasters and epidemics. The Altons also discuss the medical supplies needed to become a medical asset to your family and community as well as alternative and natural strategies for when pharmaceuticals aren't available. Topics include: Appendicitis and Conditions that Mimic It Urinary Tract Infections Mosquito-Borne Illnesses Allergic Reactions and Anaphylaxis Head Injuries Animal Bites Snake Bites Head injuries Kidney Stones Dislocations and Fractures Nosebleeds Pain Medications Natural Pain Relief And much much more! Most medical books will send you to the doctor or hospital when an emergency happens. The Altons assume that the worst might actually happen—that the average person could be left without medical help in a disaster. With their book, you can keep your family healthy in times of trouble.

Easy to use first aid guide extensive self diagnosis charts for women's health preventive medicine and up to date facts on nutrition, stress and fitness.

The Medical Cannabis Guidebook is the most exhaustive guide to medicinal cannabis produced to date, with information regarding the types of illnesses and diseases that can be helped by cannabis, real case studies from medical users, grow information, legal advice and more. With many recipes for extracts, descriptions of administration techniques, and discussions of the therapeutic uses of cannabis throughout the ages, it serves as a handbook for cannabis use and also allows patients to make and grow their own medicine, dose correctly and educate themselves.

Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. The #1 guide to behavioral issues in medicine delivering thorough, practical discussion of the full scope of the physician-patient relationship "This is an extraordinarily thorough, useful book. It manages to summarize numerous topics, many of which are not a part of a traditional medical curriculum, in concise, relevant chapters."---Doody's Review Service - 5 stars, reviewing an earlier edition The goal of Behavioral Medicine is to help practitioners and students

understand the interplay between psychological, physical, social and cultural issues of patients. Within its pages readers will find real-world coverage of behavioral and interactional issues that occur between provider and patient in everyday clinical practice. Readers will learn how to deliver bad news, how to conduct an effective patient interview, how to care for patients at the end of life, how to clinically manage common mental and behavioral issues in medical patients, the principles of medical professionalism, motivating behavior change, and much more. As the leading text on the subject, this trusted classic delivers the most definitive, practical overview of the behavioral, clinical, and social contexts of the physician-patient relationship. The book is case based to reinforce learning through real-world examples, focusing on issues that commonly arise in everyday medical practice and training. One of the significant elements of Behavioral Medicine is the recognition that the wellbeing of physicians and other health professionals is critically important to caring for patients.

"Now in its third edition and thoroughly updated and redesigned, The Columbia University College of Physicians and Surgeons Complete Home Medical Guide is the most comprehensive, cutting edge, and convenient health guide. This book can help you and your family live a longer, healthier life." "The third edition includes new information about different treatments for men and women, a guide to alternative therapies and medicines, as well as a complete chart of commonly prescribed drugs. Packed with illustrations and useful information on every stage of human development, The Home Medical Guide weighs the pros and cons of different health insurance plans and explains medical vocabulary in terms a layman can understand. From medical emergencies to everyday health care, the guide can provide you with the information you need in an instant." "Complete with an 8-page color atlas to the human body, dozens of helpful charts, graphs, and tables, a glossary of medical terms, a table of commonly prescribed drugs, a lifelong Family Medical Record, and a complete and easy-to-use index, this third revised edition of The Columbia College of Physicians and Surgeons Complete Home Medical Guide is the medical encyclopedia every family needs: medical awareness is the best medicine of all."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

An accessible guide to family health care discusses drug interactions, symptoms, first aid, and how to choose a family doctor, in-

cluding a new research about hormone therapy and heart surgery.

This publication shows designated first-aid providers how to diagnose, treat, and prevent the health problems of seafarers on board ship. This edition contains fully updated recommendations aimed to promote and protect the health of seafarers, and is consistent with the latest revisions of both the WHO Model List of Essential Medicines and the International Health Regulations.--Publisher's description.

With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable.

Provides clear, detailed guidelines for evaluating family members' physical and mental conditions, approximately one hundred self-diagnosis symptom charts, more than 650 illustrated articles on minor and major diseases, and guidelines for home nursing

A comprehensive medical reference incorporates the latest trends in health care, emphasizing wellness and preventive medicine, updating current health issues, and featuring information on the latest in technology and treatment options.

With new medications, medical therapies, and increasing numbers of older and medically complex patients seeking dental care, all dentists, hygienists, and students must understand the intersection of common diseases, medical management, and dental management to coordinate and deliver safe care. This new second edition updates all of the protocols and guidelines for treatment and medications and adds more information to aid with patient medical assessments, and clearly organizes individual conditions under three headings: background, medical management, and dental management. Written by more than 25 expert academics and clinicians, this evidence-based guide takes a patient-focused approach to help you deliver safe, coordinated oral health care for patients with medical conditions. Other sections contain disease descriptions, pathogenesis, coordination of care between the dentist and physician, and key questions to ask the patient and physician.

The new edition of the BMA Complete Home Medical Guide is a jargon-free medical reference book that gives you all the information you need to help safeguard the present and future well-being of

your family. From viral infections to immune disorders, this essential medical guide contains in-depth coverage of over 750 medical conditions, with explanations of causes, symptoms, diagnosis, treatment, and prevention. This medical encyclopedia contains easy-to-use symptom charts for self-diagnosis and a separate section on child diseases and symptoms to safeguard the whole family's health. This edition is fully up-to-date with the latest medical information and advances, with over 1,800 images for reference. The most comprehensive and accessible health and medical guide around, this is a must for every home. Previous edition ISBN 9781405348836

Off Grid Medical Book Description This off grid guide to field medicine is designed to help the reader with diagnosing certain conditions while out in the wilderness. This guide also furnishes the reader with important information regarding the actions to be taken when in an active environment, such as a mass shooting event, a bomb detonation, etc. The information in this guide is designed to help uninjured caregivers with providing medical assistance for a wide variety of serious, and even potentially life threatening situations. This guide is not intended to help cover minor injuries and illnesses, but rather focuses on mending broken arms, legs, and bones, as well as stopping massive blood loss, which remains one of the leading causes of death when injuries occur in places where conventional medical care is unavailable. Caregivers will also discover what actions to take while in an active environment, and how to evacuate the injured to a safer location to perform more intensive life saving measures. They will also learn how to identify and treat shock and how to position patients and monitor them after treatment has been administered. Finally, this guide will discuss several methods of controlling blood loss from massive injuries, and how to treat them while in the field. Readers will also learn how to manage a patient's airway to maintain proper airflow and make it easier for the patient to breathe on their own. Caregivers will also discover how to properly manage penetrating chest wounds, which can be among the worst to contend with in an active environment, or in the wilderness.

The #1 guide to the principles and clinical applications of evidence-based medicine has just gotten better! A Doody's Core Title ESSENTIAL PURCHASE for 2011! No other resource helps you to put key evidence-based medicine protocols into daily clinical practice better than Users' Guides to the Medical Literature. An instant

classic in its first edition, this detailed, yet highly readable reference demystifies the statistical, analytical, and clinical principles of evidence-based medicine, giving you a hands-on, practical resource that no other text can match. Here, you'll learn how to distinguish solid medical evidence from poor medical evidence, devise the best search strategies for each clinical question, critically appraise the medical literature, and optimally tailor evidence-based medicine for each patient. The new second edition of this landmark resource is now completely revised and refreshed throughout, with expanded coverage of both basic and advanced issues in using evidence-based medicine in clinical practice. FEATURES: Completely revised and updated to reflect the enormous expansion in medical research and evidence-based resources since the first edition Innovative organization guides you from the fundamentals of using the medical literature to the more advanced strategies and skills for use in every day patient care situations Abundant and current real-world examples drawn from the medical literature are woven throughout, and include important related principles and pitfalls in using medical literature in patient care decisions Practical focus on the key issues in evidence-based practice: What are the results? Are the results valid? How to I apply to results to the care of my patients? More than 60 internationally recognized editors and contributors from the U.S., Canada, South America, Europe, and Asia -- the best of the best in the discipline NEW coverage on how to: --Avoid being misled by biased presentations of research findings --Interpret the significance of clinical trials that are discontinued early --Influence clinician behavior to improve patient care --Apply key strategies for teaching evidence-based medicine Also look for JAMAevidence.com, a new interactive database for the best practice of evidence based medicine.

For all skill levels, here is information on yards, gardens, soil, fertilizer, watering, tools, and more.

Written by experts and packed with user-friendly information and practical lifestyle advice, this is the ultimate guide for anyone interested in their health. Knowing which health checks and tests to get when can prevent illness and problems, and even save your life. This easy-to-use guide explains all the common health tests so that you can understand and manage your well-being. When you've had a physical, how often do you understand what the results really mean for your health and your lifestyle? You've probab-

ly heard of good cholesterol and bad cholesterol, but what does that mean? And what can you do if you're told your bad cholesterol is high? Why are there two figures to show your blood pressure? Is weight gain hereditary? Be proactive in managing your health by learning more about how it is measured. Discover what factors influence medical tests, and what lifestyle changes you can make to keep fit and healthy for longer. Explore the variety of tests and screenings you may undergo at a doctor's or workplace health assessment - find out what is tested, why it is tested, and what the results mean. The Medical Checkup Book is the only visual guide to explain all common medical tests and what preventative measures you can take to minimize the risks and maximize your health.

This book is for the clinician who wants to write. It is for the physician, physician assistant, or nurse practitioner who sees patients and who wants to contribute to the medical literature. You may be an assistant professor aspiring to promotion or a clinician in private practice who seeks the personal enrichment that writing can bring. If you are new to medical writing or even if you have been the author of some articles or book chapters and seek to improve your abilities, this book can help you. Who am I that I can make this assertion and write this book, both fairly presumptuous? Here's my reasoning. As a practicing physician, writing has been my avocation; unlike the authors of many other writing books, I am not a journal editor. Over 14 years in private practice and 26 years in academic medicine, I have written all the major models described in this book: review articles, case reports, editorials, letters to the editor, book reviews, book chapters, edited books, authored books, and reports of clinical research studies. Most have been published. Not all. Perhaps my most significant qualification is not that I have managed to produce a lengthy curriculum vitae. In my opinion, what is more important for you, the reader, is that I have made all the errors. That's right, the mistakes.

After decades of misinformation about cannabis largely due to the well-funded propaganda campaign in the 1930s, public attitudes toward the drug have finally begun to evolve. In 1996, California became the first state to legalize medical marijuana and since

then, 28 other states, 2 U.S. territories, and the District of Columbia have followed suit. Now countless patients are reaping the benefits of this amazing resource which has been used to effectively treat everything from chronic pain to debilitating illnesses. In *The Medical Marijuana Guide: Cannabis and Your Health*, Dr. Patricia Frye takes a direct, no-nonsense approach to educating readers about cannabis and its medicinal qualities. After having retired from medicine, Dr. Frye was offered an opportunity to practice cannabis treatment. Intrigued, she educated herself on this emerging alternative and is now ready to share with others what she has learned. In this book, using humorous and touching stories from the many situations she has encountered in her practice over the years, Dr. Frye provides valuable information about the undeniable medicinal qualities of cannabis. This book helps to destigmatize this misunderstood drug and educate readers on the history of cannabis and how it is used by the medical community today. This is an accessible, enjoyable resource that will not only entertain readers, but may change their lives for the better.

A Guide to Medical Computing aims to present an account of both the clinical applications and the computer science aspects of computing in medicine. It is intended to serve as a guide to medical computing first by introducing the reader to computers themselves and then by outlining to him the processes involved in applying them in a particular instance. It attempts to explain subject without excessive use of technical terminology. This book is organized into nine chapters. These chapters include an introduction to the hardware and software of computers along with a useful glossary of terms. There are also sections that deal the planning of computer-based projects and the introduction to the writing of computer programs that will be valuable for doctors who are new to computing techniques but need to make use of them in their clinical or research work. This book will be of interest to persons dealing with studies on medical computing and to medical students and practicing doctors.

America's #1 Medical Authority on Call at your Fingertips When you need the absolute best in health care, Johns Hopkins is the institute ranked #1 year after year. And when you want answers fast, turn to the Johns Hopkins Family Health Book for the knowl-

edge you need from a name you know. Developed in consultation with an advisory board of more than 100 Johns Hopkins physicians, nurses, and health professionals, this indispensable home and medical resource covers a broad range of family health issues and focuses on maintaining good health and preventing diseases. Read "How to Use this Book" first to learn how the book is organized and to find out where to look for information you need, whether you are trying to interpret symptoms, wish to know more about a medication, or are looking for general health and nutrition facts. Part 1. Staying Healthy provides the underpinnings of a healthy lifestyle, including recommendations on nutrition, exercise, everyday safety, smoking, alcohol, and addiction. Part 2. Health Over the Life Course details what you need to know about genetics and your family health history, and the special health concerns of pregnancy and childbirth, infancy, the preschool to preteen years, the teen years, adulthood, and the senior years. Part 3. First Aid and Emergency Care gives you the tools to evaluate health emergencies, from everyday cuts and bruises to life-threatening crises. Part 4. Body Systems and Disorders describes the functions of the body systems from head to toe and the most common problems related to them. You will learn what your symptoms mean, what signs a doctor looks for and the tests used during diagnosis, how a problem develops, and what can be done to treat or prevent it. Each chapter also discusses self-care measures and advises you on when to call a doctor. Part 5. Becoming a Partner in Your Health Care offers strategies for negotiating today's difficult health care environment, including finding the right doctor and health care plan. The Appendices include a comprehensive directory of the 80 most prescribed medications; glossary; growth chart; living wills and advance directives; measurement conversions and laboratory tests. Designed for instant access, the index highlights symptoms in red and primary entries in bold. A 48-page full-color insert of anatomy, disorders, and diseases, over 500 black-and-white and two-color illustrations, and endpapers featuring emergency first aid procedures--prepared by Johns Hopkins' renowned Art as Applied to Medicine department--complete this invaluable family reference.