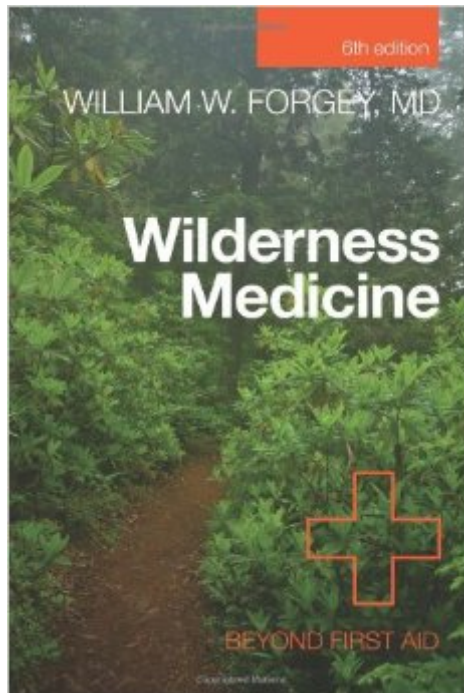


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# Wilderness Medicine: Beyond First Aid



## Synopsis

With Dr. William Forgey's comprehensive *Wilderness Medicine: Beyond First Aid* in hand, you can recognize, assess, and treat many kinds of medical emergencies. This fully revised and updated, illustrated text is essential reading for anyone from trip leaders, guides, and search and rescue groups to EMTs, paramedics, and physicians who must provide immediate care when access to a medical facility is difficult or impossible. Learn how to survey, assess, and stabilize the victim and the medical situation, what questions to ask to gain necessary vital information, how to manage physical symptoms as well as care for wounds and orthopedic injuries and much more.

## Book Information

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (81 customer reviews)

Best Sellers Rank: #46,390 in Books (See Top 100 in Books) #36 in Â Books > Sports & Outdoors > Hiking & Camping > Camping #36 in Â Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Viral #43 in Â Books > Medical Books > Medicine > Internal Medicine > Infectious Disease > Communicable Diseases

## Customer Reviews

I am one of those "crazy preppers" and an instructor in the field with military, survival and some medical experience. I needed/wanted a good, basic medical "How To" book for inclusion in my "Go Bag", which could also be recommended to others. This is the one. It covers a surprising number of problems, illnesses, and injuries in clear, concise, and lucid fashion, easily comprehensible by the lay person without any medical training and it is wonderfully free of jargon. More importantly, the topics are easily accessible (no fumbling through an extended index trying to find the right entry while your buddy bleeds to death). Of huge importance to the average person is the fact that Dr. Forgey goes out of his way to demystify this stuff - For instance, you do not have to spend hours (as I have) practicing suturing and "surgeons' knots" on raw (skin on) chicken breasts. The author, instead, shows you how to sew up a wound in a few paragraphs and with a handful of clear

illustrations and then helpfully notes, after showing you the best knots to use, that, when you tie off, "any knot will do". For the first timer whose hands are shaking and who is about to throw up because of all the blood, that is a d\*\*n good thing to know, because it takes the pressure off. Just sew it and tie it. This is not about making a pretty scar, it's about keeping you alive under exigent circumstances with minimal skills and minimal equipment, which is what you are going to need if and when the SHTF. In a book this size (and it's small enough to pack), there are going to be some omissions and this book has them, but they are surprisingly few and what it does have more than compensates for the occasional oversight.

I have a Master's Degree in Epidemiology and I'm a former EMT as well as having taught first aid (ARC) and CPR (ARC & AHA). Wilderness medicine has been a life-long fascination of mine and unfortunately (fortunately?) I've had ample opportunities to put my skills and training to the test in remote areas. I have approximately 100 wilderness medicine related books in my library and I've owned every edition of this book. Having said all that I like to think my opinion on this book is a qualified one. I asked myself a simple question: If I was in the bush with [insert name] and was injured or ill to a reasonable degree but unable to offer assistance of any kind, which book would I want [insert name] to have to effectively treat me? I chose this book, "Wilderness Medicine." Admittedly the decision was a close one. But when I took all mitigating factors into consideration, "Wilderness Medicine" edged out all the rest. The reasons for my choice are simple. It is "selectively thorough" meaning that Dr. Forgey addresses those situations you are most likely to see and omits that which is exceedingly uncommon. The book is approachable by non-medically trained people. Anyone with a modicum of education and with the proper supplies can use this book to provide effective medical treatment. Third, I wanted the author to keep in mind the circumstances and the treatment environment. There's more than a few brilliant wilderness medical texts that automatically assume you're going on an expedition to the Himalayas with a staff physician and an unlimited budget for medical gear and complete with a squad of Sherpas to carry it all. Dr.

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