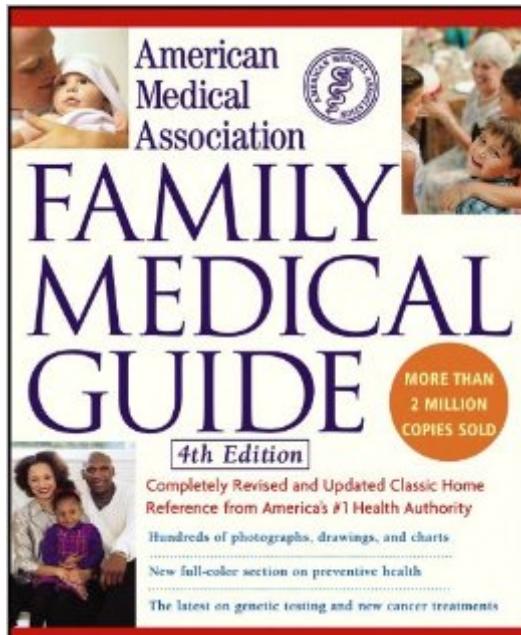


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American Medical Association Family Medical Guide



Synopsis

The Long-Awaited Revision of the Bestselling Family Health Guide" This completely updated fourth edition of our bestselling health reference is comprehensive, easy to understand, and even more user-friendly than the previous editions. We're excited to provide our patients with an invaluable resource to help them become more involved in their own health care. We think this is a book that belongs on the bookshelf in every home." -AMA President John C. Nelson, MD, MPH

The American Medical Association is the nation's premier health authority-an organization that both patients and doctors look to for state-of-the-art medical information and guidance. Now, for the first time in 10 years, the AMA has updated its landmark medical reference-a book that belongs in every home.

This new edition of the American Medical Association Family Medical Guide has been thoroughly revised to bring it up to date and make it more accessible than ever before. Opening with a brand-new full-color section that walks you through key health issues, it follows with several new and expanded sections on everything from staying healthy and providing first aid and home care to diagnosing symptoms and treating hundreds of different diseases and disorders. This classic guide is the definitive home health reference for the twenty-first century-an indispensable book to keep you and your loved ones healthy.* Authoritative guidance on hundreds of diseases and the latest tests, treatments, procedures, and drugs* New or greatly expanded coverage of genetic testing, sexuality, learning disabilities, preventive health, infertility, pregnancy and childbirth, substance abuse, home caregiving, and first aid* A host of new and updated features-including full-color spreads on important health topics, Q&A sections, first-person case histories, and newly designed symptoms flowcharts* New chapters on diet and health, exercise and fitness, maintaining a healthy weight, reducing stress, genetics, complementary and alternative medicine, staying safe and preventing violence, cosmetic surgery, and preventive health care* A new section on health issues at various life stages* 64 pages in full color and almost 1,000 illustrations and photographs

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Customer Reviews

It is no surprise that the latest edition of this excellent consumer reference is better than ever. For those who are newcomers to the power of this authoritative tome, its centerpiece is a series of symptom charts enabling users to conduct the equivalent of a differential self-diagnosis. Charts are available for the most common symptomologies--e.g. coughing, chest pain, abdominal pain, back pain. Through an interrogatory consisting of sequential questions which might be asked by a health professional presented with the symptoms in question, the charts guide the reader to action steps--ranging from reassurance and self-help options to advise to seek medical attention (urgently or in due course as the case may be). By saving unnecessary visits to the doctor's office or emergency room (thus helping to control medical costs) or spurring the overly complacent to imperative action, the AMA does a great service to the public and the profession by publishing this reference at an extremely affordable price. The bulk of the book consists of articles regarding various diseases and conditions encompassing symptomology, description diagnostic techniques (tests and such) likely to be employed, treatment options, and the range of expected prognoses--in a nutshell, what do I have, how will they find out, what will they do to treat me, and what's the outlook in terms of cure and survival. A wealth of reliable, understandable information is readily accessible to the lay person and accompanied by helpful illustrations. I have relied on this book for years to help me deal intelligently with health matters involving my friends, my family, and myself. I highly recommend it to anyone seeking to empower themselves to be a prudent steward of health and well being.

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