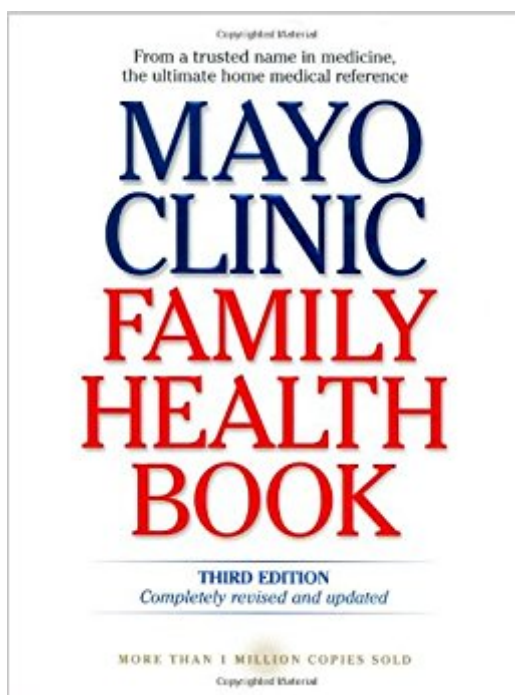


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Mayo Clinic Family Health Book, Third Edition



Synopsis

Since its initial publication in 1990, Mayo Clinic Family Health Book has become a classic home medical reference, selling more than 1 million copies. Now in its third edition, this completely revised, generously illustrated volume offers the latest in medical knowledge with a strong emphasis on self-care. From prevention to treatment, from infancy to old age, this comprehensive health guide offers reliable, easy-to-understand information in six convenient sections.

Part I: Living Well Filled with health-promotion strategies, this section details nutrition, fitness, stress management and other practices for healthy living.

Part II: Common Conditions and Concerns Through Life's Stages Here you'll find explanations of human growth and development, descriptions of health issues common to children and adults, and a discussion of issues related to death and dying.

Part III: Making Sense of Your Symptoms This all-new section is intended to help you better understand what may be causing certain signs or symptoms that you're experiencing. It includes information on frequent concerns and complaints common to adults, as well as those common to children.

Part IV: First Aid and Emergency Care Here you'll find guidance on how to respond to situations ranging from simple sprains and cuts to urgent events such as chest pain and choking.

Part V: Diseases and Disorders The largest section in the book, Part V includes discussions of more than 1,000 diseases and disorders. Here you can find detailed information about specific conditions. Each discussion lists common signs and symptoms, followed by a description of the condition, information on how it's diagnosed and a review of treatment options. Preceding this section are 40 pages of color illustrations to help you better understand human anatomy and common disorders.

Part VI: Tests and Treatments This section discusses tests commonly used to evaluate individual health and diagnose disease. It also includes a medications guide and information on surgery, various methods to manage pain and complementary and alternative therapies.

Book Information

Series: Mayo Clinic Family Health Book

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Customer Reviews

Mayo Clinic took root in farm fields near Rochester, Minn., in the late 1800s. It grew from the medical practice of a country doctor, William Worrall Mayo, and the partnership of his two sons, William J. and Charles H. Mayo #150; affectionately known as Dr. Will and Dr. Charlie. The brothers' innovative ideas and tireless work in learning and creating new surgical techniques attracted international attention. Physicians from around the world came to watch the Mayo brothers perform surgery. The Mayo brothers invited other doctors to join them, forming teams of medical experts. Today, Mayo Clinic #150; one of the world#146;s oldest and largest multispecialty group practices #150; comprises more than 45,000 physicians, scientists, nurses and other staff at its three locations in Rochester, Minn., Jacksonville, Fla., and Scottsdale, Ariz., and its regional community-based health care practices.

My 87-year-old mom likes to look up information on various health issues. She uses the web, but likes having this book around. According to her, this 3rd edition has been redesigned so it's easier to read, with larger type, and it's also easier and faster to find topics of interest, because the headings are clear. We're still an edition behind, but for common ailments and little troubles, it's a great resource, bargain-priced.

I'm a medical professional and overall, this a good book. It's got a wealth of many ailments, diseases, etc. It doesn't cover too many rare conditions, but does cover a ton. Not a bad book to have in your house for information or guidelines. I use it to refresh my brain when I don't remember certain things about a disease... easier to find it and some basic facts compared to some of my medical books. This is no substitute for medical advice, but no book is.

I was experiencing different health issues and was getting differing information from different tests, etc. I purchased this book and did research and compared what I read in this book with what I had been told, was able to understand the diagnosis and the treatment I wanted to receive. This book is

written in language that is easily understood by a layman.

Very informative, bought one for my sister and myself

The am Film is very hard to attach to ipad mini but once on does the job of protection. The Mayo Clinic Health Book is so interesting and has lots of information in it.

A great book that is very helpful on a daily basis with accurate information and articles. Mayo Clinic is well worth the price and it shipped just as described to me.

Find it very helpful when I need to look up a problem.

It provides minimal amount of information but is better than having no resource at all.

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