



Mayo Clinic Family Health Book, Revised Second Edition

Mayo Clinic, Howard Gallagher, Mayo Foundation F/medical Education

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Since its initial publication in 1990, *Mayo Clinic Family Health Book* has become a classic guide to your health concerns. *U.S. News & World Report* judged it the "number one book of its kind," and *The New York Times* stated, "Deserves a place on the shelf next to the dictionary and the encyclopedia." Now, revised and updated, with a new emphasis on selfhelp and prevention, this generously illustrated volume from one of the most trusted names in medicine offers the latest in medical expertise for your home reference. **Part I: Your Health Through the Years**

Here you'll find explanations of human growth and development, descriptions of health problems that you or your loved ones may face, and an informative Color Atlas of Human Anatomy.

Part II: Staying Well

Filled with prevention strategies, this section details nutrition, fitness, stress management, safety, and other subjects essential for healthy living.

Part III: First Aid and Emergency Care

This section offers accessible guidance on how you can respond to conditions ranging from sunburn and cuts to chest pain and choking.

Part IV: Human Diseases and Disorders

Includes detailed discussions of the symptoms, diagnosis, and treatment of more than 1,000 diseases and disorders, as well as the health concerns of men and women. An all-new Color Guide to the Diagnosis and Treatment of Common Disorders reveals facts about back pain, high blood pressure, breast lumps, prostate problems, joint trouble, genetics, and more. A Photographic Guide to Common Skin Disorders depicts almost 100 common ailments.

Part V: Modern Medical Care

This section offers perspectives on how to obtain the best medical care from our changing health care system, including information about tests, medications, cancer treatment, home care, and dealing with death.

Appendices

Look here for handy conversions of medical terms; names, addresses, and phone numbers of organizations offering health information; and guidance on how you can prepare a living will or a durable power of attorney for health care.

Mayo Clinic is known worldwide for providing comprehensive diagnosis, accurate answers, and detailed explanations to people seeking treatment for both common and uncommon medical problems. This reputation began more than 100 years ago when Mayo Clinic founders Drs. William and Charles Mayo established a system for a doctor to thoroughly investigate patient problems by seeking the opinions and help of other Mayo physicians. Today, Mayo Clinic experts in virtually every medical specialty work together to

meet patients' needs. With this depth of medical experience, Mayo* occupies a unique position as a health information resource. Mayo Clinic's major outpatient and hospital facilities are located in Rochester, Minnesota; Jacksonville, Florida; and Scottsdale, Arizona. Other landmark Mayo Clinic books include *Mayo Clinic Complete Book of Pregnancy & Baby's First Year* and *Mayo Clinic Heart Book*.

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