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Your family's health can tell you some things about your own. At family gatherings, talk about and write down diseases and conditions that others in your family have. Use tools like the U.S. Surgeon General's "My Family Health Portrait" to build a family medical tree: health.harvard.edu/familytree

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An accessible guide to family health care discusses drug interactions, symptoms, first aid, and how to choose a family doctor, including a new research about hormone

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therapy and heart surgery.

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

THE HARVARD MEDICAL SCHOOL FAMILY HEALTH GUIDE is a medical home reference book from the medical school of what many would say is the finest university in the whole world. More detailed and wide ranging in its coverage than any other available family health guide, it draws on the unrivalled expertise of 7000 health professionals working in the most respected hospitals and research centres in the US to deliver the most authoritative, comprehensive, accessible and up to date information about the diagnosis, treatment and prevention of disease at every stage of human life. Guidance is also given on how to make the

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Health Guide, 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

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Health Guide 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.

Too often, with Parkinson's disease, a loved one serves as medical interpreter, patient advocate, and caregiver. Sharma and Richman draw on the latest research

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and clinical practice techniques to offer valuable suggestions for managing patient care and, perhaps more important, for healing the family unit.

New information on diagnostic tests from the Harvard Medical School Family Health Guide. Helps patients understand what to expect when preparing for and undergoing diagnostic tests.

From a top wellness coach and a Harvard Medical School professor, comes this revolutionary book that will show you how to identify and decode your nine most basic emotional needs—and coach yourself to a calmer, healthier, and happier life. The more you thrive, the better your brain functions, and you 're able to perform at the best level. Your health improves. You enjoy life more. When you 're thriving, your stress level is

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down, your confidence is up, and the internal frenzy is tamed by a poised, self-assured mind. But if you 're like the majority of Americans, you may be, in psychological terms, languishing rather than flourishing—surviving instead of thriving. For many, feeling overwhelmed and out of balance has become normal, a consequence of overlooking basic emotional needs. The key to reaching a happy, healthy state is by tapping into, not tuning out, your distinct emotions, and listening to the inner monologue inside your mind. Organize Your Brain, Optimize Your Life combines the worlds of self-help, psychology, and medical science to guide you to a place of self-management and control. This insightful, approachable book will teach you how to identify, decode, and assess the nine most basic emotions that rule your brain and to recognize each of these voices and act

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Health Guide accordingly to achieve a wide range of goals—from weight loss to career management. Coach your brain to gain deeper insight of your individual needs and live life to your maximum potential.

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