

Bidmc Walking Club Pedometer

Lei Huang

Pedometer Walking Mark Fenton, David Bassett, 2006-01-01 Mark Fenton, television personality and author of the best-selling Complete Guide to Walking, teams up with top exercise researcher, David R. Bassett, to help readers get moving. These guys know what works, and they've got pedometers on the brain. During the last ten years, pedometer use has grown exponentially. Step counting broke into the exercise vocabulary when Oprah started sporting her own pedometer, and the mania has only grown. Ten years ago there were five pedometers on the market; today there are dozens. But what to do with them? Hearing the cries for solid information, authors David R. Bassett and Mark Fenton have stepped up. Covered in this guide are a history of step counting--Jefferson was a fan, and a pedometer was designed by Leonardo da Vinci--advice on choosing a pedometer, and a guide to starting a pedometer program, with looks at successful ones in the U.S., Australia, and Europe. Most important may be the chapters treating the tremendously successful 10,000-steps-per-day programs initiated in Japan, as well as the modifications it needs to work for children and senior citizens. Aside from the pedometer itself, Pedometer Walking may be one of the most important exercise tools in years.

Brain Repair After Stroke Steven C. Cramer, Randolph J. Nudo, 2010-10-28 Increasing evidence identifies the possibility of restoring function to the damaged brain via exogenous therapies. One major target for these advances is stroke, where most patients can be left with significant disability. Treatments have the potential to improve the victim's quality of life significantly and reduce the time and expense of rehabilitation. Brain Repair After Stroke reviews the biology of spontaneous brain repair after stroke in animal models and in humans. Detailed chapters cover the many forms of therapy being explored to promote brain repair and consider clinical trial issues in this context. This book provides a summary of the neurobiology of innate and treatment-induced repair mechanisms after hypoxia and reviews the state of the art for human therapeutics in relation to promoting behavioral recovery after stroke. Essential reading for stroke physicians, neurologists, rehabilitation physicians and neuropsychologists.

Diabetes and Exercise Judith G. Regensteiner, Jane E. B. Reusch, Kerry J. Stewart, Aristidis Veves, 2009-04-05 Diabetes is a major public health problem in the United States. This collection, Diabetes and Exercise, discusses the extent of the problem of diabetes and sedentary lifestyle and presents a compelling rationale for the importance of increased physical activity and exercise in persons with diabetes. The concept of exercise as medicine has a strong but underappreciated scientific basis for the prevention and treatment of diabetes. Diabetes and Exercise, compiled by a team of experts in the field, focuses on both the physiological and practical aspects of the beneficial effects of exercise. This thorough collaboration provides the why's and how's to implementing the physical activity and exercise changes so important in diabetes prevention and disease management.

MoneyBall Medicine Harry Glorikian, Malorye Allison Branca, 2017-11-20 How can a smartwatch help patients with diabetes manage their disease? Why can't patients find out prices for surgeries and other procedures before they happen? How can researchers speed up the decade-long process of drug development? How will Precision Medicine impact patient care outside of cancer? What can doctors, hospitals, and health systems do to ensure they are maximizing high-value care? How can healthcare entrepreneurs find success in this data-driven market? A revolution is transforming the \$10 trillion healthcare landscape, promising greater transparency, improved efficiency, and new ways of delivering care. This new landscape presents tremendous opportunity for those who are ready to embrace the data-driven reality. Having the right data and knowing how to use it will be the key to success in the healthcare market in the future. We are already starting to see the impacts in drug development, precision medicine, and how patients with rare diseases are diagnosed and treated. Startups are launched every week to fill an unmet need and address the current problems in the healthcare system. Digital devices and artificial intelligence are helping doctors do their jobs faster and with more accuracy. MoneyBall Medicine: Thriving in the New Data-Driven Healthcare Market, which includes interviews with dozens of healthcare leaders, describes the business challenges and opportunities arising for those working in one of the most vibrant sectors of the world's economy. Doctors, hospital administrators, health information technology directors, and entrepreneurs need to adapt to the changes effecting healthcare today in order to succeed in the new, cost-conscious and value-based environment of the future. The authors map out many of the changes taking place, describe how they are impacting everyone from patients to researchers to insurers, and outline some predictions for the healthcare industry in the years to come.

Delivering Superior Health and Wellness Management with IoT and Analytics Nilmini Wickramasinghe, Freimut Bodendorf, 2019-11-27 This in-depth book addresses a key void in the literature surrounding the Internet of Things (IoT) and health. By systematically evaluating the benefits of mobile, wireless, and sensor-based IoT technologies when used in health and wellness contexts, the book sheds light on the next frontier for healthcare delivery. These technologies generate data with significant potential to enable superior care delivery, self-empowerment, and wellness management. Collecting valuable insights and recommendations in one accessible volume, chapter authors identify key areas in health and wellness where IoT can be used, highlighting the benefits, barriers, and facilitators of these technologies as well as suggesting areas for improvement in current policy and regulations. Four overarching themes provide a suitable setting to examine the critical insights presented in the 31 chapters: Mobile- and sensor-based solutions Opportunities to incorporate critical aspects of analytics to provide superior insights and thus support better decision-making Critical issues around aspects of IoT in healthcare contexts Applications of portals in healthcare contexts A comprehensive overview that introduces the critical issues regarding the role of IoT technologies for health, Delivering Superior Health and Wellness Management with IoT and Analytics paves the way for scholars, practitioners, students, and other stakeholders to understand how to substantially improve health and wellness management on a global scale.

Artificial Intelligence for Information Management: A Healthcare Perspective K. G. Srinivasa, Siddesh G. M., S. R. Mani Sekhar, 2021-05-20 This book discusses the advancements in artificial intelligent techniques used in the well-being of human healthcare. It details the techniques used in collection, storage and analysis of data and their usage in different healthcare solutions. It also discusses the techniques of predictive analysis in early diagnosis of critical diseases. The edited book is divided into four parts - part A discusses introduction to artificial intelligence and machine learning in healthcare; part B highlights different analytical techniques used in healthcare; part C provides various security and privacy mechanisms used in healthcare; and finally, part D exemplifies different tools used in visualization and data analytics.

Primary Care: Evaluation and Management of Obesity Robert Kushner, 2020-12-22 Written by and for primary care professionals, this unique title presents step-by-step, evidence-based information for the assessment and treatment of patients who present with overweight or obesity. Highly practical and easy to use, Primary Care: Obesity helps you develop and hone the specific knowledge, skills, and clinical practices necessary to provide effective care to this highly prevalent and at-risk patient population. This comprehensive guide is an essential resource for today's internal medicine and family medicine physicians, pediatricians, nurse practitioners, physician assistants, and other healthcare professionals who practice outpatient primary care.

Obesity and Diabetes Joel Faintuch, Salomão Faintuch, 2020-12-14 Now in its second edition, this comprehensive handbook provides a state-of-the-art overview of recent advances in drug and non-drug therapies for obesity and diabetes. It also addresses major comorbidities, covering topics such as, cardiovascular diseases, renal and neuropsychiatric disorders, appetite control and micro RNAs. Special attention is also devoted to pediatric care, including the latest recommendations for therapy and prevention. Obesity and type 2 diabetes are among the top global health-care budget concerns worldwide and impact professional practice at all levels: in hospitals, clinics and physicians' offices alike. They prominently feature in headlines, and virtually no family, community or

country is exempt from their protean, deleterious consequences. Furthermore, given the multiple intersections in their pathways, they often go hand in hand. The good news is that scientific advances in all fields, including genomics, metabolomics, lipidomics and microbiomics, are increasing our understanding of these two disease areas. At the same time, artificial intelligence, machine learning, mobile health and advanced implantable and external devices are rendering prevention and management more available, safe and cost-effective. In addition, bariatric and metabolic surgery has evolved from a niche specialty to an officially endorsed option for several modalities of obesity and diabetes. This book presents the latest lifestyle, pharmacological, surgical and non-surgical treatment options, including endoscopic intervention and cell therapy. Objectively reviewing natural and artificial sweeteners and critically examining issues such as public health initiatives, government mandated taxes for unhealthy foods and environmental planning, no stone is left unturned in gathering the latest practical information. As such, the book will appeal to seasoned specialists, as well as students and healthcare professionals in training.

Recovery After Stroke Michael P. Barnes, Bruce H. Dobkin, Julien Bogousslavsky, 2005-03-10 Covering neuroscience and rehabilitation strategies, an essential handbook and reference for multidisciplinary stroke rehabilitation teams.

Geriatric Anesthesiology Jeffrey Silverstein, Alec Rooke, J. G. Reves, Charles H. McLeskey, 2008-04-16 Geriatric anesthesia is a rapidly growing and evolving field and this is the major revision of a classic anesthesia reference. The last few years have seen significant advancements and important new modalities for addressing the needs of an aging population. The editors of this second edition are uniquely situated to put together a text highlighting both essential knowledge and recent breakthroughs of importance to all who work with the elderly. This edition easily maintains the high standard for quality scholarship and useful material set by the first.

Cognitive-Behavior Therapy for Children and Adolescents Eva Szigethy, John R. Weisz, Robert L. Findling, 2012-09-24 Cognitive-Behavior Therapy for Children and Adolescents provides readers with the defining fundamentals of CBT in an accessible, down-to-earth style. In addition, a well-integrated, developmentally appropriate approach is detailed for a number of the mental disorders and conditions that are most common among children and adolescents. This unique work provides the following: Explications of innovative CBT techniques in the treatment of children with chronic physical illness and depressive, bipolar, anxiety (including OCD and PTSD), eating, elimination, and disruptive behavior disorders A comprehensive chapter features the clinical implications and applications of combining CBT with psychopharmacological treatment Videos on the accompanying DVD demonstrate CBT techniques with children or adolescents with depression, anxiety, OCD, eating disorder, medical illness, and disruptive behavior disorder Guidance for integrating parents and families into the child's treatment is shared for every disorder covered in the book Extensive case examples, key clinical points, and self-assessment questions and answers will further equip readers to effectively and thoughtfully apply CBT Useful chapter appendixes include accessible tables of CBT concepts; patient and parent handouts; and clinical exercises, activities, and tools that further augment the text Finally, because factors such as race, ethnicity, religion, immigration status, and sexual orientation may affect the therapeutic relationship, diagnosis, and treatment of patients, a separate chapter on conducting effective CBT with culturally diverse children and adolescents is provided. Clinicians will gain a robust understanding of CBT practice with children and adolescents -- so that they can also do it -- and do it effectively. This unique, easy-to-use guide is an invaluable and worthy reference for all mental health practitioners who work with children and adolescents. No other text on the subject will match it.

Diabesity Francine Ratner Kaufman, 2005 Experts now predict that more than one-third of American children born in 2000 will develop diabetes in their lifetime. Written by one of the world's leading authorities on the link between obesity and diabetes, this passionate, frightening-but ultimately hopeful-book points the way to a solution. To enter Dr. Francine Kaufman's clinic is to see the future of America: a 220-pound twelve-year-old boy...a 267-pound thirteen-year-old girl...their concerned but equally overweight parents...the human faces and human suffering behind the epidemic of type 2 diabetes that threatens to overwhelm our health care system. Once a disease of the elderly, type 2 diabetes now strikes adults in their prime-and, increasingly, children. It has nearly doubled in the last decade. The cause? Our soaring rates of obesity. Diabesity takes us to the front lines of the fight against this preventable but deadly disease. Through vivid patient stories, it explains how excess weight destroys the body's ability to process sugar properly-with life-threatening consequences. It shows what happens when the genes that evolved to protect us from famine collide with a sedentary lifestyle that has put bacon cheeseburgers on every corner. And it demonstrates why our usual blame-the-victim response is futile in face of the complex, worldwide forces behind this epidemic. Detailing the tools for change at every level-from families to school systems to government-and reporting on innovative programs that are already making a difference, Diabesity offers a compelling action plan for winning this battle.

Digital Health Homero Rivas, Katarzyna Wac, 2018-01-02 This book presents a comprehensive state-of-the-art approach to digital health technologies and practices within the broad confines of healthcare practices. It provides a canvas to discuss emerging digital health solutions, propelled by the ubiquitous availability of miniaturized, personalized devices and affordable, easy to use wearable sensors, and innovative technologies like 3D printing, virtual and augmented reality and driverless robots and vehicles including drones. One of the most significant promises the digital health solutions hold is to keep us healthier for longer, even with limited resources, while truly scaling the delivery of healthcare. Digital Health: Scaling Healthcare to the World addresses the emerging trends and enabling technologies contributing to technological advances in healthcare practice in the 21st Century. These areas include generic topics such as mobile health and telemedicine, as well as specific concepts such as social media for health, wearables and quantified-self trends. Also covered are the psychological models leveraged in design of solutions to persuade us to follow some recommended actions, then the design and educational facets of the proposed innovations, as well as ethics, privacy, security, and liability aspects influencing its acceptance. Furthermore, sections on economic aspects of the proposed innovations are included, analyzing the potential business models and entrepreneurship opportunities in the domain.

Handbook of Obesity Treatment, Second Edition Thomas A. Wadden, George A. Bray, 2019-11-07 Description: The leading clinical reference work in the field--now significantly revised with 85% new material--this handbook has given thousands of practitioners and students a comprehensive understanding of the causes, consequences, and management of adult and childhood obesity. In concise, extensively referenced chapters from preeminent authorities, the Handbook presents foundational knowledge and reviews the state of the science of evidence-based psychosocial and lifestyle interventions as well as pharmacological and surgical treatments. It provides guidelines for conducting psychosocial and medical assessments and for developing individualized treatment plans. The effects of obesity--and of weight loss--on physical and psychological well-being are reviewed, as are strategies for helping patients maintain their weight loss. Key Words: obesity medicine, obese, overweight, weight loss, weight management, reduction, eating disorders, binge-eating disorder, night-eating syndrome, behavioral therapy, behavioural therapies, psychosocial treatments, medical treatments, bariatric surgery, nonsurgical, pharmacological, adults, children, childhood, adolescents, assessments, lifestyle interventions, prevention, psychological treatments, evidence-based treatment programs, obesity epidemic, Albert J. Stunkard, severe weight problems, chronic weight problems, body mass index, health psychology, clinical psychology, behavioral medicine, weight loss devices, gastric balloons, gastric bypass, sleeve gastrectomy, public health problems, medical complications, health consequences, dietary options, weight loss diets, bingeing, exercise, physical activity, addictions, leptin--

Endocrine Secrets Michael T. McDermott, MD, 2013-04-18 The thoroughly updated Endocrine Secrets, 6th Edition

continues the tradition of the highly popular Secrets Series®, offering fast answers to the most essential clinical endocrinology questions. A user-friendly Q&A format, replete with valuable pearls, tips, and memory aids, helps you to learn and study efficiently. It all adds up to a perfect concise board review or handy clinical endocrinology resource. Expedite your reference and review with a question-and-answer format that's conversational and easy to read. Zero in on key information with bulleted lists, mnemonics, practical tips from prominent endocrinologists, and Key Points boxes that provide a concise overview of important board-relevant content. Quickly review essential material with a chapter containing the Top 100 Secrets in endocrinology. Take your Secrets anywhere thanks to a convenient, pocket-sized design! Remain at the forefront of medical endocrinology with updates on new techniques and technologies, as well as changing treatment options and drug information. Equip yourself for effective practice with coverage of the most current developments in obesity management, weight loss drugs, and bariatric surgery; the newest guidelines for the pharmacological treatment of type 2 diabetes mellitus; and much more. Make use of practical tips on intensive insulin therapy, and apply evidence-based techniques to achieve appropriate glucose control in hospitalized patients and effectively manage thyroid cancer. Access the latest research concerning the benefits and risks of the wide range of osteoporosis therapies.

The No-fad Diet ,2005 A balanced, sensible approach to a heart-healthy lifestyle introduces a simple method for calculating a person's ideal caloric intake, along with two weeks of menus, nutritional analyses, and two hundred new recipes, ranging from Sole Champignon to Vanilla Soufflé with Brandy-Plum Sauce. 50,000 first printing.

An Essay on the Shaking Palsy James Parkinson,1817

Maternal-Fetal Evidence Based Guidelines Vincenzo Berghella,2022-03-29 This new edition of an acclaimed text reviews the evidence for best practice in Maternal-Fetal Medicine, to present the reader with the right information, with appropriate use of proven interventions and avoidance of ineffectual or harmful ones. The information is presented in the right format by summarizing evidence succinctly and clearly in tables and algorithms. The aim is to inform the clinician, to reduce errors and to make it easy to do it right. The volume can be purchased separately or together with the companion volume on Obstetric Evidence Based Guidelines (set ISBN 9780367567033). The Series in Maternal-Fetal Medicine is published in conjunction with the Journal of Maternal-Fetal and Neonatal Medicine. From reviews of previous editions: An excellent resource with quick and easy protocols... this book has a permanent spot on my shelf. -Doody’s Review Service

What We Believe but Cannot Prove John Brockman,2009-10-13 More than one hundred of the world's leading thinkers write about things they believe in, despite the absence of concrete proof Scientific theory, more often than not, is born of bold assumption, disparate bits of unconnected evidence, and educated leaps of faith. Some of the most potent beliefs among brilliant minds are based on supposition alone -- yet that is enough to push those minds toward making the theory viable. Eminent cultural impresario, editor, and publisher of Edge (www.edge.org), John Brockman asked a group of leading scientists and thinkers to answer the question: What do you believe to be true even though you cannot prove it? This book brings together the very best answers from the most distinguished contributors. Thought-provoking and hugely compelling, this collection of bite-size thought-experiments is a fascinating insight into the instinctive beliefs of some of the most brilliant minds today.

OxyContin, Balancing Risks and Benefits United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions,2002

Embark on a transformative journey with is captivating work, **Bidmc Walking Club Pedometer** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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