

BMI CALC

ANATOMICAL CHART COMPANY, ROBERT KUSHNER

Body Mass Index (BMI)., PRESENTS INFORMATION ON THE BODY MASS INDEX (BMI), A RATIO BETWEEN WEIGHT AND HEIGHT. OFFERS AN INTERACTIVE FORM FOR DETERMINING ONE'S BMI AND NOTES EXCEPTIONS, SUCH AS PREGNANT WOMEN AND GROWING CHILDREN. CONTAINS A BMI CHART AND INFORMATION ON IMPROVING HEALTH. LINKS TO OTHER HEALTH-RELATED SITES.

BMI AND WAIST CIRCUMFERENCE ANATOMICAL CHART COMPANY,ROBERT KUSHNER,2006-11 BMI AND WAIST CIRCUMFERENCE CHART IS AN ESSENTIAL TOOL FOR PRIMARY CARE PROFESSIONALS AND ANYONE INVOLVED IN WELLNESS AND WEIGHT COUNSELING. WITH THIS TOOL, IT'S EASY TO FIND THE PATIENT'S BODY MASS INDEX (BMI) SCORE BASED ON THEIR HEIGHT AND WEIGHT AND TO DISCOVER IF THE PATIENT HAS A HIGH-RISK WAISTLINE. THE CHART PROVIDES: A DEFINITION OF BMI ENGLISH AND METRIC FORMULAS FOR BMI LIMITATIONS OF BMI TABLE OF CLASSIFICATIONS OF BMI SCORES, FROM UNDERWEIGHT TO EXTREME OBESITY INFORMATION AND DIRECTION TO DISCOVER IF A PATIENT HAS A HIGH-RISK WAIST CIRCUMFERENCE. THE WAIST CIRCUMFERENCE MEASURE IS USEFUL IN ASSESSING RISK FOR ADULTS WHO ARE NORMAL OR OVERWEIGHT ACCORDING TO THE BMI TABLE. MADE IN THE USA. AVAILABLE IN THE FOLLOWING VERSIONS : 20 x 26 HEAVY PAPER LAMINATED WITH GROMMETS AT TOP CORNERS ISBN 9780781772273 20 x 26 HEAVY PAPER ISBN 9780781772266

OBESITY EVELYN B. KELLY,2018-04-19 THIS BOOK EXPLORES WHAT OBESITY IS, ITS CAUSES AND IMPLICATIONS FOR HEALTH, AND THE MANY ISSUES AND CONTROVERSIES SURROUNDING IT, BOTH IN THE MEDICAL COMMUNITY AND WITHIN SOCIETY AS A WHOLE. OBESITY IS DEFINED AS THE STATE OF HAVING A BODY MASS INDEX (BMI) GREATER THAN 30. ALTHOUGH IT MAY BE EASY TO IDENTIFY WHAT OBESITY IS, HOWEVER, IDENTIFYING ITS CAUSES AND EFFECTS CAN BE MORE CHALLENGING. GENETIC, HORMONAL, ENVIRONMENTAL, AND BEHAVIORAL FACTORS ALL PLAY A ROLE IN DEFINING OUR WEIGHT, AND THE CONSEQUENCES OF OBESITY GO FAR BEYOND MEDICAL COMPLICATIONS, TO INCLUDE IMPACTS ON PSYCHOLOGICAL WELL-BEING AND SOCIAL HEALTH, AND HOW WE THINK ABOUT AND ADDRESS THIS GROWING EPIDEMIC HAS BECOME JUST AS CONTROVERSIAL AS IT IS IMPORTANT. THIS SECOND EDITION OF OBESITY OFFERS A WEALTH OF NEW INFORMATION AND FEATURES. COVERAGE OF GENETIC AND HORMONAL CAUSES OF OBESITY HAS BEEN GREATLY EXPANDED, AS HAS DISCUSSION OF MEDICATIONS AND SURGICAL TECHNIQUES TO MANAGE OBESITY. THE BOOK REFLECTS OUR EXPANDED SCIENTIFIC UNDERSTANDING OF OBESITY AND DELVES INTO MEDICAL AND SOCIETAL DEBATES ABOUT WEIGHT THAT HAVE EMERGED IN RECENT YEARS. ALSO NEW IN THIS EDITION IS A COLLECTION OF CASE STUDIES, EACH OF WHICH HELPS TO MAKE THE TOPICS DISCUSSED IN THE BOOK MORE ACCESSIBLE TO READERS.

To Weigh and Measure,2008

RAPID REFERENCE FOR NURSES KARREN KOWALSKI,PATRICIA S. YODER-WISE,2005-07 THIS TEXT EQUIPS NURSING STUDENTS WITH THE FACTS AND FIGURES THEY NEED FOR EARLY CLINICAL EXPERIENCES. CONTAINS A WEALTH OF INFORMATION, RANGING FROM CPR, MEDICAL TERMINOLOGY, AND ABBREVIATIONS TO PROFESSIONAL REFERENCES, ORGANIZATIONS, AND LICENSURE.

NEW NUTRITION FOR ATHLETES MITCHELL V. KAMINSKI JR. M.D.,ROSE LOPEZ DE VAUGHAN PH.D.,

PREVENTION OF CARDIOVASCULAR DISEASE EUGENE DEFELICE,2005-09 PREVENTION OF CARDIOVASCULAR DISEASE IS A STATE-OF-THE-ART/SCIENCE REVIEW PROVIDING A NUMBER OF KEY WEB RESOURCES/WEBSITES FOR ADDITIONAL INFORMATION. IT MAY BE USED TO OBTAIN CURRENT AND USEFUL INFORMATION ON PREVENTION OF CARDIOVASCULAR DISEASE, AND TO QUICKLY AND EASILY SEARCH THE WEB. WITH THIS BOOK ONE MAY TAKE CHARGE, CONTROL AND RESPONSIBILITY FOR PREVENTION OF CARDIOVASCULAR DISEASE AND MAKE INFORMED DECISIONS WITH THEIR HEALTHCARE PROVIDER/PHYSICIAN, AND LIVE A HEALTHIER, HAPPIER, LONGER AND MORE PRODUCTIVE/ENJOYABLE LIFE. EUGENE A. DEFELICE, M.D., IS AN INTERNATIONALLY RECOGNIZED AUTHOR, EDUCATOR, AND FORMER DISTINGUISHED CLINICAL PROFESSOR OF MEDICINE, ROBERT WOOD JOHNSON MEDICAL SCHOOL 1977-2003. HE IS LISTED IN THE PRESTIGIOUS MARQUIS' WHO'S WHO IN MEDICINE AND HEALTHCARE, WHO'S WHO IN AMERICA, AND WHO'S WHO IN THE WORLD. DR. DEFELICE IS THE AUTHOR OF 65 MEDICAL/SCIENTIFIC ARTICLES PUBLISHED IN PROFESSIONAL JOURNALS AND BOOKS, PLUS 11 KEY BOOKS ON MEDICINE, NUTRITION, AND WEB HEALTH RESOURCES.


PEDIATRIC NURSING PROCEDURES VICKY R. BOWDEN,CINDY SMITH GREENBERG,2012 FAMILY-CENTERED CARE (FCC) IS A PHILOSOPHY OF CARE THAT ACKNOWLEDGES THE IMPORTANCE OF THE FAMILY UNIT AS THE FUNDAMENTAL FOCUS OF ALL HEALTHCARE INTERVENTIONS (CHART 1-1). THIS MODEL OF CARE RECOGNIZES THE COLLABORATIVE RELATIONSHIP BETWEEN THE FAMILY AND THE PROFESSIONAL CARE PROVIDER IN THE PURSUIT OF BEING RESPONSIVE TO THE PRIORITIES AND NEEDS OF FAMILIES WHEN THEY SEEK HEALTHCARE--PROVIDED BY PUBLISHER.


EARLY CHILDHOOD OBESITY PREVENTION POLICIES INSTITUTE OF MEDICINE,COMMITTEE ON OBESITY PREVENTION POLICIES FOR YOUNG CHILDREN,EARLY CHILDHOOD OBESITY PREVENTION POLICIES,2011-10-31 CHILDHOOD OBESITY IS A SERIOUS HEALTH PROBLEM THAT HAS ADVERSE AND LONG-LASTING CONSEQUENCES FOR INDIVIDUALS, FAMILIES, AND COMMUNITIES. THE MAGNITUDE OF THE PROBLEM HAS INCREASED DRAMATICALLY DURING THE LAST THREE DECADES AND, DESPITE SOME INDICATIONS OF A PLATEAU IN THIS GROWTH, THE NUMBERS REMAIN STUBBORNLY HIGH. EFFORTS TO PREVENT CHILDHOOD OBESITY TO DATE HAVE FOCUSED LARGELY ON SCHOOL-AGED CHILDREN, WITH RELATIVELY LITTLE ATTENTION TO CHILDREN UNDER AGE 5. HOWEVER, THERE IS A GROWING AWARENESS THAT EFFORTS TO PREVENT CHILDHOOD OBESITY MUST BEGIN BEFORE CHILDREN EVER ENTER THE SCHOOL SYSTEM. EARLY CHILDHOOD OBESITY PREVENTION POLICIES REVIEWS FACTORS RELATED TO OVERWEIGHT AND OBESE CHILDREN FROM BIRTH TO AGE 5, WITH A FOCUS ON NUTRITION, PHYSICAL ACTIVITY, AND SEDENTARY

BEHAVIOR, AND RECOMMENDS POLICIES THAT CAN ALTER CHILDREN'S ENVIRONMENTS TO PROMOTE THE MAINTENANCE OF HEALTHY WEIGHT. BECAUSE THE FIRST YEARS OF LIFE ARE IMPORTANT TO HEALTH AND WELL-BEING THROUGHOUT THE LIFE SPAN, PREVENTING OBESITY IN INFANTS AND YOUNG CHILDREN CAN CONTRIBUTE TO REVERSING THE EPIDEMIC OF OBESITY IN CHILDREN AND ADULTS. THE BOOK RECOMMENDS THAT HEALTH CARE PROVIDERS MAKE PARENTS AWARE OF THEIR CHILD'S EXCESS WEIGHT EARLY. IT ALSO SUGGESTS THAT PARENTS AND CHILD CARE PROVIDERS KEEP CHILDREN ACTIVE THROUGHOUT THE DAY, PROVIDE THEM WITH HEALTHY DIETS, LIMIT SCREEN TIME, AND ENSURE CHILDREN GET ADEQUATE SLEEP. IN ADDITION TO PROVIDING COMPREHENSIVE SOLUTIONS TO TACKLE THE PROBLEM OF OBESITY IN INFANTS AND YOUNG CHILDREN, *EARLY CHILDHOOD OBESITY PREVENTION POLICIES* IDENTIFIES POTENTIAL ACTIONS THAT COULD BE TAKEN TO IMPLEMENT THOSE RECOMMENDATIONS. THE RECOMMENDATIONS CAN INFORM THE DECISIONS OF STATE AND LOCAL CHILD CARE REGULATORS, CHILD CARE PROVIDERS, HEALTH CARE PROVIDERS, DIRECTORS OF FEDERAL AND LOCAL CHILD CARE AND NUTRITION PROGRAMS, AND GOVERNMENT OFFICIALS AT ALL LEVELS.

 ***HEALTH PROMOTION THROUGHOUT THE LIFE SPAN*** CAROLE LIUM EDELMAN, CAROL LYNN MANDLE, ELIZABETH C.


KUDZMA, 2013-01-01 UP TO DATE AND EASY TO READ, THIS TEXTBOOK PROVIDES COMPREHENSIVE COVERAGE OF ALL MAJOR CONCEPTS OF HEALTH PROMOTION AND DISEASE PREVENTION. IT HIGHLIGHTS GROWTH AND DEVELOPMENT THROUGHOUT THE LIFE SPAN, EMPHASIZING NORMAL DEVELOPMENT AS WELL AS THE SPECIFIC PROBLEMS AND HEALTH PROMOTION ISSUES COMMON TO EACH STAGE. ALL POPULATION GROUPS ARE ADDRESSED WITH SEPARATE CHAPTERS FOR INDIVIDUALS, FAMILIES, AND COMMUNITIES. -- PROVIDED BY PUBLISHER.

 ***HEALTH PROMOTION THROUGHOUT THE LIFE SPAN - E-BOOK*** CAROLE LIUM EDELMAN, ELIZABETH CONNELLY KUDZMA, CAROL LYNN MANDLE, 2013-10-01 WITH THE ADVENT OF HEALTH CARE REFORM AND AN EMPHASIS ON REDUCING HEALTH CARE COSTS, HEALTH PROMOTION AND DISEASE PREVENTION IS A PRIORITY IN NURSING CARE. BE PREPARED WITH *HEALTH PROMOTION THROUGHOUT THE LIFE SPAN*, 8TH EDITION, YOUR COMPREHENSIVE GUIDE TO MAJOR HEALTH PROMOTION CONCEPTS. FEATURING PRACTICAL GUIDANCE – INCLUDING BOXES ON DIVERSITY AWARENESS, EVIDENCE-BASED PRACTICE, INNOVATIVE PRACTICE, HOT TOPICS, AND QUALITY AND SAFETY AS WELL AS CASE STUDIES AND CARE PLANS – OUR EXPERIENCED AUTHORS GIVE YOU ALL THE TOOLS YOU NEED TO STAY CURRENT ON THE LATEST RESEARCH AND TRENDS IN HEALTH PROMOTION. EXTENSIVE COVERAGE OF GROWTH AND DEVELOPMENT THROUGHOUT THE LIFESPAN EMPHASIZES THE UNIQUE PROBLEMS AND HEALTH PROMOTION NEEDS OF EACH AGE AND STAGE OF DEVELOPMENT. SEPARATE CHAPTERS ON EACH POPULATION – GROUP, INDIVIDUAL, FAMILY, AND COMMUNITY – STRESS THE UNIQUE ISSUES FACED WHEN PROVIDING CARE TO EACH GROUP. EVIDENCE-BASED PRACTICE BOXES EMPHASIZE CURRENT RESEARCH EFFORTS AND OPPORTUNITIES IN HEALTH PROMOTION. HOT TOPICS AND INNOVATIVE PRACTICE BOXES ENGAGE STUDENTS' INTEREST BY INTRODUCING SIGNIFICANT ISSUES, TRENDS, AND CREATIVE PROGRAMS AND PROJECTS IN HEALTH PROMOTION PRACTICE. DIVERSITY AWARENESS BOXES ADDRESS VARIOUS CULTURAL PERSPECTIVES AND PROVIDE IMPORTANT INFORMATION THAT NEEDS TO BE CONSIDERED IN PLANNING CARE. CASE STUDIES AND CARE PLANS PRESENT REALISTIC SITUATIONS THAT CHALLENGE STUDENTS TO REFLECT UPON IMPORTANT HEALTH PROMOTION CONCEPTS. THINK ABOUT IT BOXES DIG DEEPER INTO THE CHAPTER TOPIC AND ENCOURAGE CRITICAL THINKING. NUMEROUS PEDAGOGICAL FEATURES SUCH AS OBJECTIVES, KEY TERMS, AND TEXTUAL SUMMARIES HIGHLIGHT THE MOST IMPORTANT CONCEPTS AND TERMS IN EACH CHAPTER. UPDATED NUTRITION COVERAGE INCLUDES MY PYRAMID FROM THE FDA, AS WELL AS THE LATEST INFORMATION ON FOOD SAFETY AND FAD DIETS. EXPANDED HEALTH POLICY COVERAGE FOCUSES ON GLOBAL HEALTH, HISTORICAL PERSPECTIVES, FINANCING HEALTHCARE, CONCIERGE MEDICAL PRACTICES, AND THE HOSPITALIST MOVEMENT. *HEALTH PROMOTION FOR THE TWENTY-FIRST CENTURY* EXPLORES CURRENT AND FUTURE HEALTH PROMOTION CHALLENGES AND RESEARCH INITIATIVES. UPDATED HEALTHY PEOPLE 2010 DATA INCLUDES MIDCOURSE REVIEW OBJECTIVES AND AN INTRODUCTION TO HEALTHY PEOPLE 2020. CASE STUDIES AND CARE PLANS SUMMARIZE KEY CONCEPTS AND SHOW HOW THEY APPLY TO REAL-LIFE PRACTICE.

 ***SAVE YOUR HEARING NOW*** MICHAEL D. SEIDMAN, MARIE MONEYSMITH, 2009-06-27 AFTER 20 YEARS OF RESEARCH, LEADING OTOLARYNGOLOGIST DR. MICHAEL SEIDMAN HAS DEVELOPED A BREAKTHROUGH ALL NATURAL ALTERNATIVE TREATMENT PROGRAM TO BATTLE HEARING LOSS SAFELY AND EFFECTIVELY. USING A SPECIFIC COMBINATION OF ANTIOXIDANTS, DIET, EXERCISE, AND BASIC LIFESTYLE CHANGES, DR. SEIDMAN'S PROGRAM CAN HELP TO PREVENT--AND POSSIBLY REVERSE--HEARING LOSS. THE BOOK OFFERS A SIMPLE SELF-ASSESSMENT TEST THAT IDENTIFIES THE TYPE, SEVERITY, AND PROGNOSIS OF HEARING LOSS, COMPREHENSIVE ADVICE ON DIET AND SUPPLEMENTS, AND NATURAL REMEDIES AND IMPORTANT LIFESTYLE CHANGES THAT CAN MAKE A DIFFERENCE. THIS IS THE ULTIMATE RESOURCE PROVIDING ANSWERS--AND HOPE--TO THE MILLIONS OF HEARING IMPAIRED.

 ***BATES' POCKET GUIDE TO PHYSICAL EXAMINATION AND HISTORY TAKING*** LYNN S. BICKLEY, PETER G.

SZILAGYI, 2008-12-01 THIS CONCISE POCKET-SIZED GUIDE PRESENTS THE CLASSIC BATES APPROACH TO PHYSICAL EXAMINATION AND HISTORY TAKING IN A QUICK-REFERENCE OUTLINE FORMAT. IT CONTAINS ALL THE CRITICAL INFORMATION NEEDED TO OBTAIN A CLINICALLY MEANINGFUL HEALTH HISTORY AND CONDUCT A THOROUGH PHYSICAL ASSESSMENT. FULLY REVISED AND UPDATED TO REFLECT CURRENT HEALTH CARE LITERATURE, THE SEVENTH EDITION WILL HELP HEALTH PROFESSIONALS ELICIT RELEVANT FACTS FROM THE PATIENT'S HISTORY, REVIEW EXAMINATION PROCEDURES, HIGHLIGHT COMMON FINDINGS, LEARN SPECIAL ASSESSMENT TECHNIQUES, AND SHARPEN INTERPRETIVE SKILLS. THE BOOK FEATURES A VIBRANT FULL-COLOR ART PROGRAM AND AN EASY-TO-FOLLOW TWO-COLUMN FORMAT WITH STEP-BY-STEP EXAMINATION TECHNIQUES ON THE LEFT AND ABNORMALITIES WITH DIFFERENTIAL DIAGNOSES ON THE RIGHT.

 ***HEALTH PROMOTION AND DISEASE PREVENTION IN CLINICAL PRACTICE*** STEVEN H. WOOLF, STEVEN JONAS, EVONNE KAPLAN-

Liss, 2008 INCORPORATING THE LATEST GUIDELINES FROM MAJOR ORGANIZATIONS, INCLUDING THE U.S. PREVENTIVE SERVICES TASK FORCE, THIS BOOK OFFERS CLINICIANS A COMPLETE OVERVIEW OF HOW TO HELP PATIENTS ADOPT HEALTHY BEHAVIORS AND TO DELIVER RECOMMENDED SCREENING TESTS AND IMMUNIZATIONS. CHAPTERS PROVIDE PRACTICAL GUIDANCE ON COUNSELING PATIENTS ABOUT EXERCISE, NUTRITION, TOBACCO USE, SUBSTANCE USE, SEXUALLY TRANSMITTED INFECTIONS, AND DEPRESSION AND ON GATHERING INFORMATION FROM THE PATIENT, ORDERING EVIDENCE-BASED SCREENING TESTS, DESIGNING A PERSONALIZED HEALTH MAINTENANCE PLAN, FACILITATING BEHAVIOR CHANGE, AND THE WORK-UP OF ABNORMAL RESULTS FROM SCREENING TESTS. THIS NEW EDITION INCLUDES UPDATED CHAPTERS ON PRACTICE REDESIGN, THE USE OF ELECTRONIC MEDICAL RECORDS, AND REIMBURSEMENT; UPDATED PATIENT RESOURCE MATERIALS AND INSTRUCTIONS; AND NEW AUTHORS WITH DEEP EXPERTISE ON THE TOPICS. A COMPANION WEBSITE (www.healthpromodisprev.com) FEATURES FULLY SEARCHABLE TEXT ONLINE.


📖 **GUIDED PARTICIPATION IN PEDIATRIC NURSING PRACTICE** KAREN PRIDHAM, PhD, RN, FAAN, RANA LIMBO, PhD, RN, CPLC, FAAN, MICHELE SCHROEDER, PhD, RN, CPNP, 2018-05-28 THE FIRST BOOK ABOUT GUIDED PARTICIPATION WRITTEN FOR NURSES THIS AUTHORITATIVE PUBLICATION DELIVERS AN IN-DEPTH EXAMINATION OF GUIDED PARTICIPATION (GP), A DYNAMIC PROCESS OF TEACHING AND LEARNING THAT PARENTS AND GUARDIANS HAVE USED FOR GENERATIONS TO HELP THEIR CHARGES BECOME SELF-RELIANT. GP IS HELPING ANOTHER PERSON BECOME COMPETENT BY PROVIDING EXPERTISE WORKING ALONGSIDE THE LEARNER. FOR THE NURSE SPECIFICALLY, THIS MEANS EDUCATING AND WORKING ALONGSIDE PARENTS AND CHILDREN WITHIN AN ENVIRONMENT THAT SUPPORTS HEALTH. CONSISTENT WITH CLIENT- AND FAMILY-CENTERED PRACTICE, THIS FRESH APPROACH TO NURSE/CLIENT TEACHING IS DRAWN A BROAD SPAN OF DISCIPLINES, INCLUDING EDUCATION, SOCIAL AND CULTURAL ANTHROPOLOGY, RELATIONSHIP-BASED ATTACHMENT-CAREGIVING THEORY, AND DEVELOPMENTAL SCIENCE. WRITTEN FOR STUDENTS AND PRACTITIONERS WHO WISH TO INCORPORATE GP INTO THEIR PRACTICE, AND FOR MANAGERS, ADMINISTRATORS, AND POLICY MAKERS WHO SUPPORT ITS IMPLEMENTATION, THIS RESOURCE DEMONSTRATES THE VALUE OF GP AS A NEW AND EMERGING HEALTH CARE MODEL THAT INTEGRATES CARE ACROSS HEALTH CARE SETTINGS. THE TEXT DESCRIBES, STEP-BY-STEP, HOW TO PRACTICE GP DISCUSSES SUPPORT SYSTEMS TO MAINTAIN GP PAST THE INITIAL TREATMENT. WITH ABUNDANT CASE STUDIES, EXAMPLES AND RESEARCH FINDINGS, CHAPTERS ANALYZE HOW GP CAN PROMOTE HEALTH, PREVENT ACUTE AND CHRONIC ILLNESS, AND ADJUST OLD PATTERNS OF LIVING AND BEHAVIORS. KEY FEATURES: INCLUDES VIDEO CLIPS THAT ILLUSTRATE HOW GUIDED PARTICIPATION IS APPLIED IN A VARIETY OF CLINICAL PRACTICE SETTINGS PROVIDES ACCESS TO SELF-DIRECTED ONLINE INSTRUCTION LINKS TO ONLINE JOURNAL, CASE STUDIES, ADDITIONAL CHAPTERS, AND REFERENCES FEATURES DOWNLOADABLE PARENT CHECKLISTS AND TEACHING GUIDES DISCUSSES EFFECTIVE APPLICATION OF GUIDED PARTICIPATION TO ALL ASPECTS OF PEDIATRIC NURSING CARE IN A VARIETY OF PRACTICE SETTINGS INCLUDES NUMEROUS CASE STUDIES AND EXAMPLES WITH SPECIFIC COMPONENTS IDENTIFIED TO HELP READERS LEARN THEORY AND RELATED CONCEPTS LEARN TO APPLY GUIDED PARTICIPATION BY JOINING THE CASE-BASED ONLINE COURSE OFFERED AT UNIVERSITY OF WISCONSIN-MADISON!

📖 **TEXTBOOK OF FAMILY MEDICINE E-BOOK** DAVID RAKEL, ROBERT E. RAKEL, 2011-03-24 EDITED BY ROBERT E. RAKEL, MD AND DAVID P. RAKEL, MD, TEXTBOOK OF FAMILY MEDICINE REMAINS YOUR #1 CHOICE FOR COMPLETE GUIDANCE ON THE PRINCIPLES OF FAMILY MEDICINE, PRIMARY CARE IN THE COMMUNITY, AND ALL ASPECTS OF CLINICAL PRACTICE. IDEAL FOR BOTH RESIDENTS AND PRACTICING PHYSICIANS, IT INCLUDES EVIDENCE-BASED, PRACTICAL INFORMATION TO OPTIMIZE YOUR PATIENT CARE AND PREPARE YOU FOR THE ABFM EXAM. THE FULL-COLOR FORMAT FEATURES A CLEAN, QUICK-REFERENCE LAYOUT THAT MAKES IT EASY FOR YOU TO PUT INFORMATION TO WORK IMMEDIATELY IN YOUR PRACTICE. YOU CAN ALSO ACCESS THE COMPLETE CONTENTS ONLINE AT [WWW.EXPERTCONSULT.COM](http://www.expertconsult.com), PLUS 30 VIDEOS OF COMMON OFFICE PROCEDURES, ADDITIONAL CHAPTERS ON TIMELY TOPICS, AND FIGURES, TABLES, AND PHOTOGRAPHS THAT SUPPLEMENT THE TEXT. PREPARE FOR SUCCESS ON THE ABFM EXAM WITH COMPLETE COVERAGE OF ALL ASPECTS OF FAMILY MEDICINE. ACCESS INFORMATION QUICKLY WITH AN EFFICIENT, FULL-COLOR LAYOUT THAT MAKES IT EASY TO APPLY THE LATEST KNOWLEDGE IN YOUR PRACTICE. TAKE ADVANTAGE OF TODAY'S MOST USEFUL ONLINE RESOURCES WITH A CONVENIENT LIST OF OUTSTANDING CLINICAL WEBSITES. QUICKLY SPOT BEST EVIDENCE RECOMMENDATIONS WITH SPECIAL BOXES LOCATED THROUGHOUT THE TEXT. GLEAN HELPFUL TIPS ON DIAGNOSIS AND THERAPY FROM KEY POINTS BOXES FOUND ON EVERY PAGE. ACCESS THE COMPLETE CONTENTS AND ILLUSTRATIONS ONLINE AT [WWW.EXPERTCONSULT.COM](http://www.expertconsult.com) - FULLY SEARCHABLE - PLUS ADDITIONAL FIGURES, TABLES, AND PHOTOGRAPHS ONLINE, AS WELL AS ONLINE-ONLY CHAPTERS THAT COVER TOPICS SUCH AS PRESCRIBING NUTRITIONAL SUPPLEMENTS AND BOTANICALS. VIEW 30 VIDEOS ONLINE COVERING COMMON OFFICE PROCEDURES SUCH AS VASECTOMY, THE PROPER USE OF TODAY'S DIABETIC EQUIPMENT, AND ENDOMETRIAL BIOPSY. GAIN A NEW UNDERSTANDING OF THE PATIENT-CENTERED MEDICAL HOME AND HOW TO ACHIEVE THIS STATUS IN OUTPATIENT CLINICS. MAKE THE MOST EFFECTIVE CARE DECISIONS WITH HELP FROM EVIDENCE VS. HARM ICONS THAT GUIDE YOU THROUGH KEY TREATMENTS OF COMMON MEDICAL CONDITIONS.

📖 **TEN COMMANDMENTS OF FAITH AND FITNESS** HENRY G. BRINTON, VIKRAM KHANNA, 2008 BUILDING ON THE TEN COMMANDMENTS THAT GUIDE OUR SPIRITUAL LIVES, HENRY BRINTON AND VIKRAM KHANNA HAVE DEVISED TEN COMMANDMENTS OF FAITH AND FITNESS, A SCIENTIFICALLY SOUND RESOURCE THAT TEACHES HOW TO PROPERLY INCORPORATE PHYSICAL ACTIVITY INTO DAILY LIFE AND HOW TO EAT BETTER, WHILE BUILDING FAITH IN THE PROCESS.

📖 **INTEGRATIVE MEDICINE** DAVID P. RAKEL, VINCENT MINICHELLO, 2022-08-12 WRITTEN BY PHYSICIANS WHO ARE EXPERTS IN BOTH TRADITIONAL AND COMPLEMENTARY MEDICINE, INTEGRATIVE MEDICINE, 5TH EDITION, USES A CLINICAL, DISEASE-ORIENTED APPROACH TO SAFELY AND EFFECTIVELY INCORPORATE ALTERNATIVE THERAPIES INTO PRIMARY CARE PRACTICE. DRAWING ON AVAILABLE SCIENTIFIC EVIDENCE AND THE AUTHORS' FIRST-HAND EXPERIENCES, IT COVERS THERAPIES SUCH AS BOTANICALS, SUPPLEMENTS, MIND-BODY, LIFESTYLE CHOICES, NUTRITION, EXERCISE, SPIRITUALITY, AND OTHER INTEGRATIVE MEDICINE

MODALITIES. THIS HIGHLY REGARDED REFERENCE OFFERS PRACTICAL GUIDANCE FOR REDUCING COSTS AND IMPROVING PATIENT CARE WHILE FOCUSING ON PREVENTION AND WELLNESS FOR A BETTER QUALITY OF LIFE. EXPLAINS HOW TO MAKE THE BEST USE OF INTEGRATIVE MEDICINE AND THE MECHANISMS BY WHICH THESE THERAPEUTIC MODALITIES WORK, KEEPING YOU AT THE FOREFRONT OF THE TREND TOWARD INTEGRATIVE HEALTH CARE. TEMPLATED CHAPTERS MAKE IT QUICK AND EASY TO FIND KEY INFORMATION SUCH AS DOSING, PEARLS, THE PREVENTION PRESCRIPTION, AND THERAPEUTIC REVIEWS THAT INCORPORATES THE EVIDENCE VS HARM ICON. USES THE RELIABLE SORT METHOD (STRENGTH OF RECOMMENDATION TAXONOMY) TO PROVIDE EVIDENCE-BASED RATINGS, GRADING BOTH THE EVIDENCE AND THE RELATIVE POTENTIAL HARM. THOROUGHLY UPDATED, ENSURING THAT YOU REMAIN WELL INFORMED REGARDING THE LATEST EVIDENCE. CONTAINS 10 NEW CHAPTERS COVERING CLINICIAN RESILIENCE, SUPPORTING IMMUNITY, NASH/FATTY LIVER, HAIR LOSS, RETHINKING THE MOVEMENT PRESCRIPTION, COMPASSION PRACTICES, PRESCRIBING LOW-DOSE NALTREXONE, PSYCHEDELICS, TAPERING OFF PPIs AND OPIOIDS, AS WELL AS AN EXPANDED OSTEOPATHY CHAPTER. COVERS TIMELY TOPICS AIMED AT REDUCING THE EPIDEMICS OF POLYPHARMACY AND OPIOID OVERUSE, AS WELL AS SUPPORTING IMMUNITY IN THE FACE OF INFECTIOUS DISEASES. PROVIDES ONLINE ACCESS TO MULTIPLE-CHOICE QUESTIONS FOR EVERY CHAPTER—PERFECT FOR BOARD EXAM REVIEW.

 **THE SUGAR SOLUTION** EDITORS OF PREVENTION, ANN FITTANTE, 2006-09-19 AN EASY-TO-FOLLOW, DRUG-FREE PROGRAM THAT CAN BRING BLOOD SUGAR INTO BALANCE IN JUST ONE MONTH. AS MANY AS 16 MILLION AMERICANS ARE LIVING WITH HIGH-NORMAL BLOOD SUGAR. THEY AREN'T DIABETIC, BUT THEY ARE EXPERIENCING SYMPTOMS—including WEIGHT GAIN, FATIGUE, DEPRESSION, AND POOR CONCENTRATION—THAT ARE UNDERMINING THEIR QUALITY OF LIFE. LEFT UNCHECKED, THESE SYMPTOMS COULD LEAD TO MORE SERIOUS MEDICAL CONDITIONS SUCH AS HEART DISEASE, CANCER, AND DIABETES. DRAWING ON THE VERY LATEST MEDICAL SCIENCE, THE SUGAR SOLUTION HELPS READERS DETERMINE WHETHER THEY'RE AT RISK FOR BLOOD SUGAR PROBLEMS AND SHOWS THEM HOW TO REIN IN THEIR BLOOD SUGAR LEVELS WITHOUT DRUGS OR INJECTIONS. THE EXCLUSIVE 30-DAY LIFESTYLE MAKEOVER GUIDES THEM EVERY STEP OF THE WAY, WITH COMPLETE DAILY MENUS, EXERCISE STRATEGIES, AND STRESS-REDUCTION TECHNIQUES. POUNDS WILL MELT AWAY, ENERGY WILL SOAR, AND MENTAL SHARPNESS WILL RETURN AS BLOOD SUGAR STABILIZES.

 **RESEARCH ACTIVITIES**, 2003

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