



# Examine Your Doctor

**Brent Agin, Sharon Perkins**



## Examine Your Doctor:

*The Complete Book of Men's Health* Men's Health Books,2000-08-22 Provides information on health related topics exercise diet and personal grooming     [The Natural Rotator Cuff Healing Guide - Heal Your Cuff, Rid the Pain All On Your Own With Natural Exercises](#) Steven Kaiser,2011-11-11 Just had torn rotator cuff surgery Don t want to suffer rotator cuff pain again Cure your rotator cuff injury all on your own with effective rotator cuff exercises Learn what medical professionals don t want you to know     **The Doctor's Complete College Girls' Health Guide** Jennifer Wider,2006 From the common cold to tattooing to what every girl should pack in her campus health kit you ll find it here Written in consultation with college grads who ve been there and done that From publisher description     *Healthy Aging For Dummies, Mini Edition* Brent Agin,Sharon Perkins,2010-12-09 Set healthy aging goals take action and get on the road to lifelong wellness Find the secrets for keeping your body fit and your mind sharp Packed with proven strategies to slow down the aging process from good nutrition and exercise to stress reduction and mental exercises this fun and easy guide shows you how to stay fit and vigorous no matter what your age Open the book and find How to eat healthfully How to keep your whole body healthy and strong Ways to be proactive on disease prevention Advice for maintaining vitality as you age     **English in Medicine** Eric H. Glendinning,Beverly Holmström,2005-01-06 Offers a course for doctors medical students and other medical professionals who need to communicate with patients and medical colleagues The course is at an intermediate level and develops all four skills with several activities This third edition in colour takes account of developments in medicine and the impact of information technology     *Medical Tests Sourcebook, 7th Ed.* James Chambers,2021-12-01 Provides basic consumer health information about endoscopic imaging laboratory and other types of medical testing for disease diagnosis and monitoring along with guidelines for screening and preventive care testing in children and adults     *Sexual and Reproductive Health Information for Teens, 6th Ed.* James Chambers,2022-05-01 Offers basic consumer health information for teens about puberty development and sexuality maintaining sexual health and preventing pregnancy and sexually transmitted diseases     *The Women's Healthy Heart Program* Nieca Goldberg,2006-01-31 WINNER OF THE BOOKS FOR A BETTER LIFE AWARD One out of every two women will die of heart disease It is the single greatest health risk for women today more than stroke and all cancers combined In the course of her practice and as chief of Women s Cardiac Care at New York s Lenox Hill Hospital Dr Nieca Goldberg has come to a startling realization Women experience heart disease in a fundamentally different way than men do The physiology of a woman s heart attack is not the same as a man s the symptoms of heart disease and signs of impending heart attack differ for women and once heart disease has been recognized women often do not get the treatment and medications they require Now here are detailed age specific programs that give women the facts and the guidance they need to recognize treat and prevent heart disease including how you can rate your risk of heart disease the effects of menopause on your heart risk factors you can change starting today a heart healthy exercise plan that works for you a

complete guide to heart healthy supplements the truth about hormone replacement therapy and the heart recovering from a heart attack or surgery Authoritative caring and up to the minute this is the women s health book for the new millennium

**American Medical Association Complete Guide to Men's Health** Angela Perry, M.D.,2008-04-21 Men are often reluctant to discuss issues that are important to their general health and well being This one of a kind guide provides helpful information in an easy to read format on major health concerns including diet and nutrition exercise sexuality and emotional health This guide should help men make better decisions about their health Jeffrey P Koplan M D M P H Director Centers for Disease Control and Prevention CDC Guidelines for staying healthy at any age Overviews of the body s systems and organs heart and lungs reproductive system brain and nervous system urinary system bones and joints and the immune system Explanations of the major diseases and their treatments including heart disease diabetes high blood pressure cancer drug abuse and depression Sensitive discussions of sexuality and reproduction including sexual dysfunction prostate health stds birth control and age related changes to sex and sexuality Diet and exercise guidelines Dozens of tables boxes and charts on key topics Quick reference format for finding the answers you need Taking Charge of Asthma Betty B. Wray,2008-05-02 Asthma touches all ages races and walks of life and it is on the rise both in frequency and in severity Taking Charge of Asthma provides practical up to date information to help you develop an effective personal strategy for managing your symptoms World renowned asthma expert Dr Betty Wray outlines specific steps you can take to control your environment and reduce the onset and severity of attacks She lists clinically tested foods fabrics and substances that can trigger asthma Dr Wray also explains the connection between asthma and allergies details occupational hazards lists alternative strategies and tells how to work with your doctor and how to make the most with the least medication She also offers authoritative advice on helping children with asthma lead healthier happier lives This fact packed handbook includes 800 numbers helplines Web sites asthma organizations and treatment centers Taking Charge of Asthma includes everything you need to know about The causes of asthma The best diagnostic methods The latest treatments Mayo Clinic Family Health Book Mayo Clinic,2019-09-09 Now updated With more than a million copies sold this comprehensive guide lets you quickly check symptoms learn about treatments and prevent illnesses The information in this invaluable reference is easy to understand and organized into convenient sections Injuries and Symptoms Pregnancy and Healthy Children Healthy Adults Diseases and Disorders Tests and Treatments Also included is a forty eight page color section to help understand human anatomy From infancy to old age from prevention to treatment from standard practices to alternative medicine the comprehensive fifth edition of the Mayo Clinic Family Health Book is a must have for every family from a world leader in patient care and health information that employs more than 4 500 physicians scientists and researchers advancing medical science *Dr. Susan Love's Breast Book* Susan M. Love,2015-09-08 The Bible for women with breast cancer New York Times For more than two decades readers faced with a diagnosis of breast cancer have relied on Dr Susan Love s Breast Book to guide them through

the frightening thicket of research and opinion to find the best options for their particular situations This sixth edition explains advances in targeted treatments hormonal therapies safer chemotherapy and immunologic approaches as well as new forms of surgery and radiation There is extensive guidance for the many women now living for years with metastatic breast cancer With Dr Love s warm support readers can sort the facts from the fads ask the right questions and recognize when a second opinion might be wise Alcoholism Sourcebook, 6th Ed. James Chambers,2021-09-01 Consumer health information about alcohol abuse addiction and related health effects with facts about treatment and recovery Includes index glossary of related terms and other resources **American Holistic Nurses' Association Guide to Common Chronic Conditions** Carolyn Chambers Clark,2007-07-17 go beyond standard medical treatment to treat yourself to wellness Suffering from a serious condition Do you have questions that your doctor may not have answered and are you wondering if you re doing everything you possibly can to get and stay well Turn to this authoritative compassionate resource when you re seeking further guidance and reassurance Written by a certified holistic nurse and approved by the most respected professional association of holistic nurses American Holistic Nurses Association Guide to Common Chronic Conditions offers a blend of traditional alternative and complementary advice that works in conjunction with your doctor s care Based on the latest scientific research this holistic self care guide covers twenty chronic conditions providing you with the total picture of your condition and explaining in clear friendly language what you can do to complement your doctor s prescribed treatment Holistic nurses engage in therapeutic partnerships with their clients and this book will work with you to help you understand your condition and teach you specific safe actions you can take to feel better and improve your health Offers a host of self care measures Presents thorough explanations of each condition from diagnosis to enhanced wellness Addresses side effects and reactions to medicines treatments and surgery Includes cutting edge research that supports each self care approach Breast Cancer ,1988 Asthma Penny Hutchins Paquette,2003-05-19 Asthma is growing at an alarming rate with a 75 percent increase between 1980 and 1993 Today 17 million Americans have been diagnosed with this potentially deadly disease Many of them are teenagers This easy to read handbook helps teens understand asthma and provides them with the history medical treatment options and cutting edge research about asthma that will allow them to take a proactive role in the management of their illness Teens will not only find the factual information they are looking for but will also enjoy reading loads of interviews with other teenagers who have asthma and find out how they feel about taking medication what it feels like to have an asthma attack and how they deal with inquiries from their friends **Crohn's and Colitis For Dummies** Tauseef Ali,2022-10-25 Get relief from your inflammatory bowel disease symptoms Crohn s disease and ulcerative colitis are diseases that disrupt your body s ability to digest food absorb nutrition and eliminate waste in a healthy manner Crohn s And Colitis For Dummies is the ultimate reference to these common forms of inflammatory bowel disease IBD including tips on how to recognize and control the symptoms so you can get your life back Get ideas for keeping disease in check through diet

and lifestyle changes learn about the various medical and surgical treatment options and discover healthier living with this friendly Dummies guide This updated edition covers the latest research on IBD and new therapies that are helping today's Crohn's and colitis patients You'll also find resources that will help and offer hope as you navigate your diagnosis Learn about the different forms of inflammatory bowel disease Ask the right questions at the doctor's office Make simple changes that will improve your symptoms Know that there's hope and that you are not alone This book is perfect for anyone who has been recently diagnosed with Crohn's or colitis and for those who suspect they may have an IBD If you're a caregiver or family member of an IBD sufferer you'll also love the easy to understand information inside

**Understanding and Treating PCOS** Louise Parker, 2006      Patient Power Richard N. Podell, William Proctor, 1996-07-16 For the increasingly confused patient this empowering informative and easy to understand guide to anticipating preventing and overcoming common errors in medical tests diagnoses and procedures confronts the tough practical issues which most popular medical guides omit or gloss over Dr Gerald Lazar Associate Professor Harvard Medical School      *7 Steps to Pain-Free Sex* Claudia Amherd, 2013-10-05 This book was written for you if you experience vaginal tightness or suffer from vaginismus vulvodynia sexual pain after giving birth vaginal stenosis after radiation of the pelvis pain after gynaecological surgery and other conditions concerning chronic pelvic pain The main part of this book is an easy to follow program to overcome these conditions In 7 simple steps you will learn how to overcome successful sexual pain vaginismus or chronic pelvic pain using empowering exercises You'll learn how you activate train and relax the pelvic floor the muscles that surround your vagina You'll learn a short but effective relaxation technique the progressive muscle relaxation After these steps you will learn how you insert your finger or a medical dilator without pain or a burning sensation Yes it takes time practice and effort If you want to get results using this programme you will have to do something You will have to take action But if you are willing to follow these 7 simple Steps of the author's programme and don't give up when you run into challenges or setbacks you will be amazed by the results just like so many women who've followed this program have been

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