



American Medical Association Family Medical Guide

By American Medical Association

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The Long-Awaited Revision of the Bestselling Family Health Guide

"This completely updated fourth edition of our bestselling health reference is comprehensive, easy to understand, and even more user-friendly than the previous editions. We're excited to provide our patients with an invaluable resource to help them become more involved in their own health care. We think this is a book that belongs on the bookshelf in every home."

-AMA President John C. Nelson, MD, MPH

The American Medical Association is the nation's premier health authority—an organization that both patients and doctors look to for state-of-the-art medical information and guidance. Now, for the first time in 10 years, the AMA has updated its landmark medical reference—a book that belongs in every home.

This new edition of the American Medical Association Family Medical Guide has been thoroughly revised to bring it up to date and make it more accessible than ever before. Opening with a brand-new full-color section that walks you through key health issues, it follows with several new and expanded sections on everything from staying healthy and providing first aid and home care to diagnosing symptoms and treating hundreds of different diseases and disorders. This classic guide is the definitive home health reference for the twenty-first century—an indispensable book to keep you and your loved ones healthy.

* Authoritative guidance on hundreds of diseases and the latest tests, treatments, procedures, and drugs

* New or greatly expanded coverage of genetic testing, sexuality, learning disabilities, preventive health, infertility, pregnancy and childbirth, substance abuse, home caregiving, and first aid

* A host of new and updated features—including full-color spreads on important health topics, Q&A sections, first-person case histories, and newly designed symptoms flowcharts

* New chapters on diet and health, exercise and fitness, maintaining a healthy weight, reducing stress, genetics, complementary and alternative medicine, staying safe and preventing violence, cosmetic surgery, and preventive health

care

* A new section on health issues at various life stages

* 64 pages in full color and almost 1,000 illustrations and photographs

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Editorial Review

From Publishers Weekly

Medical "bibles" go out of date quickly. Diseases don't change, but our understanding of them does. So a new volume of a standard guide for the nonphysician is certainly welcome. What's perhaps most gratifying about this updated reference is that, based on new understanding of how much regular people can do to keep body and mind whole, it advises readers to take an active approach. For those already suffering a particular medical condition—and the book covers a great deal of territory, from blood to heart to brain diseases—this volume will serve as a source of real understanding. Armed with the basics, patients may be less embarrassed to ask more of their physicians or surgeons. The authors acknowledge the benefits of yoga and meditation (which they call the relaxation response) and offer a rundown of homeopathic medicine. Other new additions include expanded coverage of genetic testing, learning disabilities, ADD and stem cell transplants. The authors discuss sexually transmitted diseases, sexual orientation, contraception and abortion with forthrightness. Self-help charts that will supposedly lead readers from symptom to diagnosis are a kind of maze game and will keep hypochondriacs busy for hours. This is a well-organized volume, considering the amount of information it covers. By educating patients, the book may be as much a help to physicians as it is to their charges. Photos, illus.

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Review

* "...a very nice update". (*Library Journal*, October 1, 2004)

Diet, exercise, heart disease, cancer, stress reduction—these are among the key health issues facing contemporary American families. These issues and more are the centerpiece of the first revision in a decade of the AMERICAN MEDICAL ASSOCIATION FAMILY MEDICAL GUIDE (Wiley; September 10, 2004; Cloth/\$45.00). Selling more than 2 million copies since it was first published twenty years ago, the AMERICAN MEDICAL ASSOCIATION FAMILY MEDICAL GUIDE has established itself as the gold standard of family health references. With more than 90% new material, 50% more pages, thousands of illustrations, and 64 pages of full color, the new 4th Edition reflects the enormous advances in medical care over the past decade.

“Everyday, Americans hear news of the latest medical study or another medical breakthrough,” writes Michael D. Maves, MD, MBA and Executive Vice President and CEO of the American Medical Association in the Foreword to this new edition. “These scientific advances, along with the latest techniques for diagnosing and treating diseases, are helping us live longer and in better health than ever before. With this all-new, completely revised fourth edition of our best-selling AMERICAN MEDICAL ASSOCIATION FAMILY MEDICAL GUIDE, you have the tools you need to make sense of this abundance of information, enabling you to take charge of your health and health-care needs and make informed medical decisions.” Organized into six major categories, the AMERICAN MEDICAL ASSOCIATION FAMILY MEDICAL GUIDE puts a wealth of information on health and disease directly into your home, including:

Part One: What You Should Know: Information to Keep You Healthy: This all-new, full-color section highlights current key health issues such as preventive data on nutrition, exercise, weight, and stress reduction, as well as cutting-edge information about cancer treatments and genetics. You’ll find a body mass index (BMI) chart, vitamin-mineral charts, and screening tests with recommendations for different sexes and ages.

Part Two: Your Healthy Body: Provides up-to-the-minute specifics on preventive medicine. Why eating a

healthy diet, exercising regularly, maintaining a healthy weight, reducing stress, and getting sufficient sleep have a profound effect on your health. This section concludes with a 32-page full-color section containing an Atlas of the Body (a handy reference for locating bones, muscles and other parts of the body), Visual Aids to Diagnosis (photos of sores, rashes and other recognizable signs and symptoms, with brief descriptions of conditions to which they might be linked), and Diagnostic Imaging Techniques (the different types of procedures your doctor might recommend, such as ultrasound and magnetic resonance imaging, how each test is done, and which disorders the test might help diagnose).

Part Three: First Aid and Home Caregiving: Gives you step-by-step advice on how to handle injuries and emergencies including choking, bleeding, burns and heatstroke. This section includes advice on how to care for a person who is ill or disabled and modifying your home to make it easier to care for an older family member who has a disabling chronic disease such as Alzheimer's.

Part Four: What Are Your Symptoms? Organized like flow charts, the symptoms in this completely revised and updated section direct you through a series of questions with yes or no answers relating to specific symptoms to reach a possible diagnosis or recommendation. The charts help to know when it's important to call your doctor, when to go to a hospital emergency department, or when you can take care of the problem yourself at home.

Part Five: Health Issues Throughout Life: This all-new section presents comprehensive chapters on children's health, adolescent health, sexuality, infertility, pregnancy and chil

From the Inside Flap

The American Medical Association is the nation's premier health authority—the organization both patients and doctors look to for state-of-the-art medical information and guidance. Since its first publication in 1982, the American Medical Association Family Medical Guide has been the gold standard of home medical references for American families. The book's first three editions have sold well in excess of 2 million copies. Now, with this updated Fourth Edition, the nation's #1 health authority has completely revised its flagship guide for the first time in a decade.

This major, long-awaited revision—almost 50 percent longer than the previous edition—is brimming with up-to-date information and new features that make the book even easier to use. It offers authoritative guidance on hundreds of diseases as well as the latest tests, treatments, procedures, and drugs, and it provides new or greatly expanded coverage of weight loss, preventive health, infertility, pregnancy and childbirth, learning disabilities, genetic testing, home caregiving, and first aid, among other topics. It includes revised symptoms flowcharts, helpful Q&As, first-person case histories, 64 full-color pages including spreads on important health topics, and hundreds of new illustrations and photographs. The guide is divided into six user-friendly sections:

Part One: What You Should Know: Information to Keep You Healthy is a new four-color 32-page section that highlights the most important health issues including heart disease, cancer, osteoarthritis, and nutrition; provides tips for quitting smoking and staying healthy as you age; and presents a fully illustrated primer on genetics.

Part Two: Your Healthy Body features new chapters on topics such as diet and health, exercise and fitness, losing weight, reducing stress, staying safe, preventing violence, and complementary and alternative medicine. There's also a full-color section on preventive health care.

Part Three: First Aid and Home Caregiving describes first-aid techniques and procedures and gives step-by-step advice on how to provide quality home care for a family member who is ill, disabled, or recovering from surgery.

Part Four: What Are Your Symptoms? features a revised version of the AMA's highly popular diagnostic flowcharts, which guide you from specific symptoms through a series of questions to help you decide whether to treat yourself, make a doctor's appointment, or get immediate medical attention.

Part Five: Health Issues Throughout Life is an all-new section that covers children's health, adolescent health, sexuality, infertility, pregnancy and childbirth, and dying and death.

Part Six: Diseases, Disorders, and Other Problems covers all the body systems, featuring essential advice on hundreds of disorders of the heart and circulation, the brain and nervous system, the respiratory system, the digestive system, the immune system, the urinary tract, and the male and female reproductive systems. This part also covers hormonal disorders; emotional and mental health; cosmetic surgery; infections; behavioral disorders; genetic disorders; disorders of the bones, muscles, and joints; and problems with the ears, eyes, skin, and teeth.

Complete with descriptions of the 200 most frequently prescribed drugs and a glossary of common medical terms, the American Medical Association Family Medical Guide is an essential health reference every family needs.

Users Review

From reader reviews:

Patrick Adkins:

A lot of people always spent their very own free time to vacation or go to the outside with them family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity honestly, that is look different you can read a book. It is really fun for you. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book American Medical Association Family Medical Guide it doesn't matter what good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book from your smart phone. The price is not very costly but this book has high quality.

Joseph Taylor:

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get wide range of stress from both lifestyle and work. So , when we ask do people have spare time, we will say absolutely yes. People is human not a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, typically the book you have read is actually American Medical Association Family Medical Guide.

Mary Tiller:

This American Medical Association Family Medical Guide is new way for you who has fascination to look for some information since it relief your hunger associated with. Getting deeper you onto it getting

knowledge more you know otherwise you who still having little digest in reading this American Medical Association Family Medical Guide can be the light food in your case because the information inside this kind of book is easy to get by simply anyone. These books create itself in the form which is reachable by anyone, sure I mean in the e-book application form. People who think that in e-book form make them feel sleepy even dizzy this guide is the answer. So there is not any in reading a guide especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the item! Just read this e-book kind for your better life and also knowledge.

Carmen Pinto:

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