

Healthy Traveler

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the adventurous traveler s guide to health is just what every traveler needs a straight forward look at what you can do to stay healthy during your travels from start to finish whether headed to the urban centers of africa or the jungles of southeast asia there are precautions to be taken even before setting foot on a plane as well as important things to remember once your travels are over chris sanford aids travelers in first finding a travel health specialist and then knowing exactly which questions to ask the adventurous traveler s guide to health will also serve as a take along guide to help deal with illnesses or symptoms that may arise while you re on the road and as a post trip reference for any delayed symptoms aside from infectious diseases sanford also looks at the more common

and overlooked problems travelers are likely to encounter such as health risks in cities pollution and motor vehicle accidents for example traveling if chronically ill or immuno compromised and high altitude sickness each of the book s chapters includes a question and answer section based on real questions that dr sanford s patients have asked him general travelers including students going abroad to study or backpack through the developing world and travelers who want to get off the beaten path as well as explore the cities of the world will find this an invaluable resource

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selected for doody s core titles 2024 in public health the new public health has established itself as a solid textbook throughout the world translated into seven languages this work distinguishes itself from other public health textbooks which are either highly locally oriented or if international lack the specificity of local issues relevant to students understanding of applied public health in their own setting fully revised the fourth edition of the new public health provides a unified approach to public health appropriate for graduate students and advance undergraduate students especially for courses in mph community health preventive medicine community health education programs community health nursing programs it is also a valuable resource for health professionals requiring an overview of public health provides a comprehensive overview of the field illustrated with real life specific examples updated with new case studies and examples from current public health environment in north american and european regions includes detailed companion website elsevier com books and journals book companion 9780128229576 featuring case studies image bank online chapters and video as well as an instructors guide

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the pacific crossing guide is a complete reference for anyone contemplating sailing the pacific in their own boat from ideal timing suitable boats routes methods of communication health and provisioning to seasonal weather departure and arrival ports facilities likely costs and dangers the comprehensiveness of this new edition will both inspire dreamers and instil confidence in those about to depart this new edition has been completely restructured with part 1 covering thorough preparation for a pacific crossing and part 2 covering pacific weather patterns major routes and landfall ports with useful website links throughout there are completely new sections on rallies coral atolls and atoll navigation the cyclone season and laying up use of electronic charts satellite phones versus hf radio ongoing maintenance and pacific festivals completely updated expanded and refreshed for the new generation of pacific cruisers this is the definitive reference relied upon by many thousands of cruisers

a doody s core title for 2024 2023 the most practical up to date guide available for accurately diagnosing and effectively treating child patients from birth to adolescence the authoritative resource to pediatric medical conditions most often encountered in daily practice current diagnosis and treatment pediatrics provides the evidence based information readers need to deliver effective care in every situation packed with 200 photos and illustrations this evidence based text offers succinct accurate overviews of important pediatric health concerns such as childhood nutrition and eating disorders substance use psychiatric disorders child abuse oral medicine and dentistry immunization and emergencies and injuries complete with an invaluable guide to normal laboratory values it provides detailed descriptions of diseases as well as diagnostic and therapeutic procedures and present all information in the time saving style that makes lange current books so popular problem essentials of diagnosis clinical findings differential diagnosis treatment and prognosis new to this edition

the most up to date easy to use guide to the diagnosis understanding and treatment of the medical problems of children from birth through adolescence for more than 70 years professors students and clinicians have trusted lange for high quality current concise medical information in a convenient affordable portable format whether for coursework clerkships usmle prep specialty board review or patient care there s a lange book that guarantees success all topics thoroughly updated with the latest research and findings organized by general topics and by organ systems provides concise evidence based information on a wide range of pediatric medical conditions most often encountered in daily clinical practice includes detailed descriptions of diseases as well as diagnostic and therapeutic procedures presented in the time saving lange current style problem essentials of diagnosis clinical findings differential diagnosis treatment and prognosis features numerous tables and figures that provide quick access to important information such as acute and critical care procedures in the clinic emergency room and critical care unit delivers succinct authoritative overviews of important pediatric health concerns such as childhood nutrition and eating disorders substance abuse psychiatric disorders child abuse oral medicine and dentistry immunization and emergencies and injuries complete with valuable guide to normal laboratory values

the classic on the go guide to pediatric practice and most up to date resource on the diagnosis understanding and treatment of the medical problems of children from birth through adolescence a doody s core title for 2017 known as the go to resource for pediatric care current diagnosis and treatment pediatrics is updated every two years to keep it relevant concise and practical enough for everyday use as always the 23rd edition contains critical updates current diagnosis and treatment pediatrics twenty third edition features the popular easy to follow lange current outline format problem essentials of diagnosis and treatment clinical findings differential diagnosis treatment and prognosis the content is organized by general topics as well as by organ systems this guide provides concise evidence based information on a wide range of pediatric medical conditions and topics including childhood nutrition and eating disorders substance abuse psychiatric disorders child abuse oral medicine and dentistry immunization and emergencies and injuries with its comprehensive scope and clinical focus there is no better more usable resource for your pediatric practice and no text so up to date why current diagnosis and treatment pediatrics is the ultimate clinical companion all topics are thoroughly updated with the latest research findings includes specific disease prevention recommendations extensive use of decision speeding diagnostic and treatment algorithms and tables up to date references with unique identifiers pubmed pmid numbers allow for rapid review of the evidence based source material written by experienced pediatricians to ensure that every chapter reflects the needs and realities of practice complete with valuable guide to normal laboratory values

the most comprehensive text available on the use of evidence based medication therapies for optimal patient outcomes updated with the latest breakthroughs and guidelines a doody s core title for 2019 pharmacotherapy a pathophysiologic approach is written to help you advance the quality of patient care through evidence based medication therapy derived from sound pharmacotherapeutic principles the scope of this trusted classic goes beyond drug indications and dosages to include the initial selection proper administration and monitoring of drugs you will find everything you need to provide safe effective drug therapy across the full range of therapeutic categories presented in full color the tenth edition is enriched by more than 300 expert contributors and every chapter has been updated to reflect the latest in evidence based information and recommendations this sweeping updates include tables charts algorithms and practice guidelines this edition is also enhanced by a timely all new chapter on travel health here s why this is the perfect learning tool for students patient focused pharmacists and other health care providers all chapters have been updated to provide the most current reliable and relevant information possible key concepts at the beginning of each chapter clinical presentation tables summarize disease signs and symptoms clinical controversies boxes examine the complicated issues faced by students and clinicians in providing drug therapy color coded diagnostic flow diagram treatment algorithms dosing recommendations and monitoring approaches clearly distinguish treatment pathways most disease oriented chapters include updated evidence based treatment guidelines that often include ratings of the level of evidence to support the key therapeutic approaches edition after trusted edition pharmacotherapy a pathophysiologic approach has been unmatched in its ability to clearly and impartially impart core pathophysiological and therapeutic elements that students and practitioners must be familiar with

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