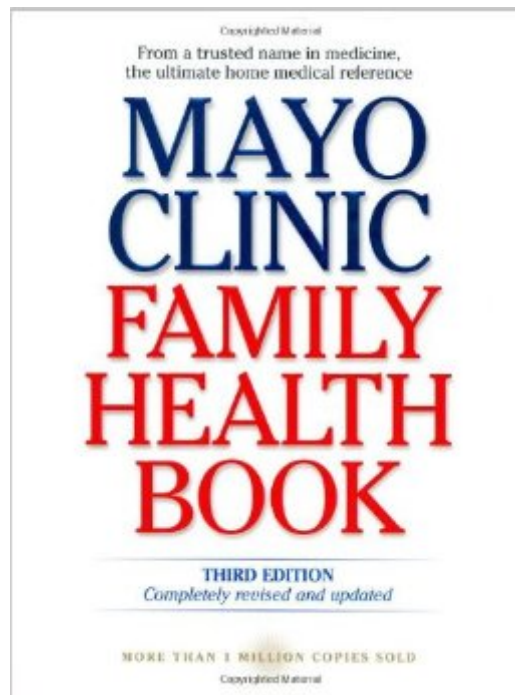


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# Mayo Clinic Family Health Book, Third Edition



## Synopsis

Since its initial publication in 1990, Mayo Clinic Family Health Book has become a classic home medical reference, selling more than 1 million copies. Now in its third edition, this completely revised, generously illustrated volume offers the latest in medical knowledge with a strong emphasis on self-care. From prevention to treatment, from infancy to old age, this comprehensive health guide offers reliable, easy-to-understand information in six convenient sections.

**Part I: Living Well** Filled with health-promotion strategies, this section details nutrition, fitness, stress management and other practices for healthy living.

**Part II: Common Conditions and Concerns Through Life's Stages** Here you'll find explanations of human growth and development, descriptions of health issues common to children and adults, and a discussion of issues related to death and dying.

**Part III: Making Sense of Your Symptoms** This all-new section is intended to help you better understand what may be causing certain signs or symptoms that you're experiencing. It includes information on frequent concerns and complaints common to adults, as well as those common to children.

**Part IV: First Aid and Emergency Care** Here you'll find guidance on how to respond to situations ranging from simple sprains and cuts to urgent events such as chest pain and choking.

**Part V: Diseases and Disorders** The largest section in the book, Part V includes discussions of more than 1,000 diseases and disorders. Here you can find detailed information about specific conditions. Each discussion lists common signs and symptoms, followed by a description of the condition, information on how it's diagnosed and a review of treatment options. Preceding this section are 40 pages of color illustrations to help you better understand human anatomy and common disorders.

**Part VI: Tests and Treatments** This section discusses tests commonly used to evaluate individual health and diagnose disease. It also includes a medications guide and information on surgery, various methods to manage pain and complementary and alternative therapies.

## Book Information

Series: Mayo Clinic Family Health Book

Hardcover: 1424 pages

Publisher: William Morrow; 3 Sub edition (May 1, 2003)

Language: English

ISBN-10: 0060002506

ISBN-13: 978-0060002503

Product Dimensions: 8.5 x 2.2 x 10.9 inches

Shipping Weight: 9.4 pounds

Average Customer Review: 4.8 out of 5 stars (31 customer reviews)

Best Sellers Rank: #1,045,648 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #816 in Books > Reference > Encyclopedias & Subject Guides > Medical #1090 in Books > Health, Fitness & Dieting > Reference

## Customer Reviews

The Mayo Clinic Family Health Book is like having six resource books in one. Information from Mayo is reliable, easy-to-understand and reviewed by some of the most respected physicians in the world. Part I: Living Well Part II: Common Conditions and Concerns Through Life's Stages Part III: Making Sense of Your Symptoms Part IV: First Aid and Emergency Care Visual Guide: Anatomy and Common Disorders (color photos and illustrations) Part V: Diseases and Disorders Part VI: Tests and Treatments Glossary and Resources Index Each disease mentioned contains information about key signs and symptoms, a basic description of the disease, illustrations, how the disease is diagnosed, potential consequences, information on treatment, and information on prevention. The comprehensive index in the third edition is easy to use. For example, information on "scoliosis" can be found on pages 235, 603, 774, 980, and 981. (Page 980 features an illustration.) There is also a complete listing of resources for more information including addresses, phone numbers and Web sites. I particularly like the section on symptoms. You can just look up a symptom such as "back pain" and learn more about conditions that cause back pain. The book then directs you to the page containing detailed information about that condition. I'm looking forward to what I hope will be the interactive DVD version of the Mayo Clinic Family Health Book in the future.

This is an excellent resource book that covers a large majority of health conditions and treatments. It gives a thorough explanation of Symptoms, First Aid, Diseases and Disorders, Tests and Treatments. What is especially nice are the chapters on common conditions based on your age group and how to Live Well. The information is covered thoroughly with illustrations and diagrams. There is a full-color photograph and illustrations section in the book called the Visual Guide. This section is helpful when trying to identify things like rashes and skin disorders and for reviewing anatomy. The other two books you should possess for starting your medical/health library should include a good drug/medication book (or use a website like [...]) and a good medical dictionary (recommend Taber's, but MedlinePlus also has an encyclopedia/dictionary).

The Mayo Family Health book is a "wealth of information." My husband recently became ill and was hospitalized. We were able to pinpoint symptoms in the book which helped us along with our health provider get appropriate testing and treatment for his condition. With healthcare today, we must be "informed consumers". I have worked nearly 35 years in clinical laboratory medicine and I still learn something new everyday....this book certainly helps.

I have had an older edition of this book for years. Recently my husband has had a variety of health problems and the book translates what the doctor says, provides a "second opinion" whether the suggested treatment is appropriate and normal, and also helps self-identify conditions and whether they need medical attention or home remedy. The recent purchase is the new edition that we are going to give to his daughter and family in Canada. With two young daughters, they face a myriad of situations that need quick decisions, and they live in a rural area, so an authoritative source will be welcome.

I was very impressed with this book. It contains tons of information about our bodies. My husband recently had major surgery and I looked his condition up in the book. It helped me understand what was going on with him and what the surgery would entail.

My 87-year-old mom likes to look up information on various health issues. She uses the web, but likes having this book around. According to her, this 3rd edition has been redesigned so it's easier to read, with larger type, and it's also easier and faster to find topics of interest, because the headings are clear. We're still an edition behind, but for common ailments and little troubles, it's a great resource, bargain-priced.

I'm a medical professional and overall, this a good book. It's got a wealth of many ailments, diseases, etc. It doesn't cover too many rare conditions, but does cover a ton. Not a bad book to have in your house for information or guidelines. I use it to refresh my brain when I don't remember certain things about a disease... easier to find it and some basic facts compared to some of my medical books. This is no substitute for medical advice, but no book is.

We purchased the Mayo Clinic Eeference guide to serve as a family medical book. We are very pleased with the descriptions and information about comon medical issues. I highly recommend this book for individuals who want more information about common and not so common medical

difficulties.

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