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JA Banks

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Rheumatoid Arthritis FAQs Eric D. Newman, Cynthia K. Matzko, 2006-09 Rheumatoid Arthritis FAQs part of the Geisinger Healthcare System FAQs series is intended as a patient education tool for those afflicted with the joint inflammation stiffness and pain that accompany rheumatoid arthritis There are more than 100 types of arthritis and this book will help you and your doctor develop an effective treatment programme after diagnosis The authors provide brief focused answers to common questions raised by their patients from how joints work to how other organ systems can be affected by this autoimmune disease The text offers discussions of the different methods of treating rheumatoid arthritis while discussing the everyday symptoms tests and challenges that affect patients The text includes a detailed discussion of available anti inflammatory medications their strengths and weaknesses A gentle exercise regimen is outlined in detail As with all titles in the FAQ series this book works to educate patients and provide concise current information for common ailments

Pediatric Obesity FAQs William J. Cochran, 2007 Pediatric obesity is an epidemic in the USA and other developed countries affecting more than 30% of children Pediatric Obesity FAQs part of the Geisinger Healthcare System FAQs series is intended as a patient education resource for patients family members and the physicians who treat them The book succinctly explains what obesity is what contributes to so many children being obese and how to determine if your child is obese The authors provide brief focused answers to common questions and important tips on what you can do as a parent to help you your child and your family live healthier lives The text offers discussions of the different methods of treating childhood obesity before it creates significant problems into adulthood The focus is on treating obesity through awareness lifestyle changes physical activity and nutrition As with all titles in the FAQ Series this book works to educate patients and provide concise current information for common health conditions Menopause FAOs Valerie J. Weber, 2007 Menopause FAOs part of the Geisinger Healthcare Systems FAQs series is intended as a patient education resource for women who are entering or experiencing the change of life It is an educational tool provided to answer the physical and emotional challenges of menopause while helping to maintain overall health in mid life and beyond The author provides focused answers to common questions raised by patients their partners friends and loved ones The answers are brief and contain gentle explanations to guide the reader in consultation with medical professionals The text offers crisp detailed graphics that provide the reader with a thorough understanding of each question. The final section covers treatment options and a discussion of the relationship between menopause and risk factors for cancer heart disease and osteoporosis As with all titles in the FAQ Series this book works to educate patients and provide concise current information for common ailments

Depression FAQs Susan L. Paolucci, Stephen J. Paolucci, 2007 This book is intended as a starting point for anyone who wishes to understand depression and the profound suffering in brings to depressed patients their families and loved ones Drs Susan and Stephen Paulucci offer sussinct descriptions of symptons causes available tratments and antidepressant

medications along with concrete suggestions on how you can help depressed patients to get well all the way well The authors shed light on the social stigma of depression emphasising that depression is a common terrible but treatable illness As with all titles in the FAQ series this book works to educate patients and provide concise current information for common health Low Back Pain FAQs David R. Gutknecht, 2007 Chronic pain in the lower back is the most common cause of disability for persons under 45 years of age Low Back Pain FAQs part of the Geisinger Healthcare System FAQs series is intended as a patient education resource for those who suffer from the acute or chronic misery associated with this troublesome condition The authors provide brief focused answers to common questions raised by their patients with the goal of empowering patients to cope more effectively and ease the pain Sometimes back pain signals that a more serious problem may be present The book helps patients understand when surgery is necessary and when relief can be achieved through exercise and lifestyle changes only The most effective strategy is of course prevention. The text offers crisp detailed graphics that enhance the presentation of key concepts diagnosis CT MRI and various treatment modalities As with all titles in the FAQ Series this book works to educate patients and provide concise current information for common ailments The Busy Adult's Guide to Healthy Eating and Weight Loss J. Matthews, 2024-03-08 The Busy Adult's Guide to Healthy Eating and Weight Loss is your ultimate companion in navigating the complex world of nutrition and fitness amidst a hectic lifestyle Tailored specifically for those who are always on the go this eBook demystifies diet trends offers practical meal prep strategies and introduces efficient time saving workouts It understands the challenges of balancing work family and personal time providing actionable advice to integrate healthy habits seamlessly into your daily routine Whether you re looking to lose weight improve your eating habits or simply maintain a healthier lifestyle without sacrificing your precious time this guide is the empowering resource you we been searching for Unlock the secrets to a healthier you even with a packed schedule and embark on a journey towards a more vibrant energetic life Weight Management Adults Christopher D. Still, 2007 The Nurse Practitioner's Guide to Nutrition Lisa Hark, Kathleen Ashton, Darwin Deen, 2012-12-03 The Nurse Practitioner's Guide to Nutrition is a comprehensive clinical resource for nurse practitioners working in a variety of clinical care settings Emphasizing practical nutrition information this accessible guide provides guidance on incorporating nutrition history questions and counselling techniques into routine care across all clinical settings The book begins by discussing fundamental concepts in nutrition assessment giving readers a solid framework from which to approach subsequent chapters Section Two focuses on nutrition from a lifespan perspective organizing information by the issues most pertinent to patients at different stages of life Section Three presents nutrition counselling across clinical care settings ranging from cardiology endocrinology oncology and gastroenterology to caring for the obese patient Each chapter includes essential information distilled in quick access tabular format and clinical scenarios that apply key concepts discussed to real world examples Ideal for both in training and qualified advanced practice nurses The Nurse Practitioner's Guide to Nutrition is an essential tool for assessing

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