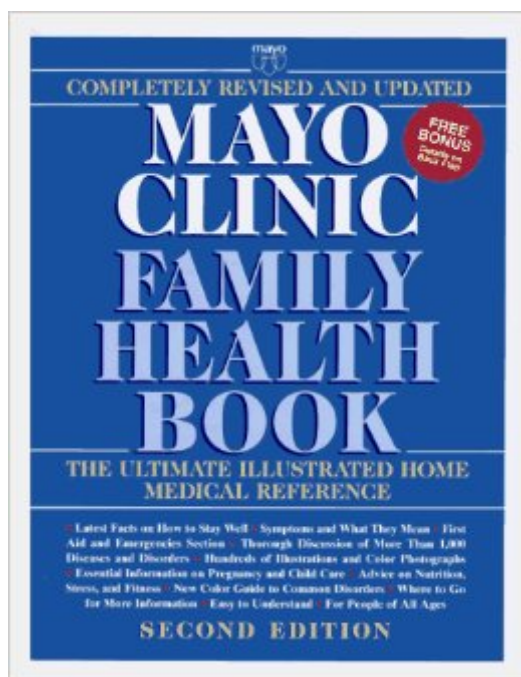


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# Mayo Clinic Family Health Book, Revised Second Edition



## Synopsis

Since its initial publication in 1990, Mayo Clinic Family Health Book has become a classic guide to your health concerns. U.S. News & World Report judged it the "number one book of its kind," and The New York Times stated, "Deserves a place on the shelf next to the dictionary and the encyclopedia." Now, revised and updated, with a new emphasis on selfhelp and prevention, this generously illustrated volume from one of the most trusted names in medicine offers the latest in medical expertise for your home reference.

**Part I: Your Health Through the Years** Here you'll find explanations of human growth and development, descriptions of health problems that you or your loved ones may face, and an informative Color Atlas of Human Anatomy.

**Part II: Staying Well** Filled with prevention strategies, this section details nutrition, fitness, stress management, safety, and other subjects essential for healthy living.

**Part III: First Aid and Emergency Care** This section offers accessible guidance on how you can respond to conditions ranging from sunburn and cuts to chest pain and choking.

**Part IV: Human Diseases and Disorders** Includes detailed discussions of the symptoms, diagnosis, and treatment of more than 1,000 diseases and disorders, as well as the health concerns of men and women. An all-new Color Guide to the Diagnosis and Treatment of Common Disorders reveals facts about back pain, high blood pressure, breast lumps, prostate problems, joint trouble, genetics, and more. A Photographic Guide to Common Skin Disorders depicts almost 100 common ailments.

**Part V: Modern Medical Care** This section offers perspectives on how to obtain the best medical care from our changing health care system, including information about tests, medications, cancer treatment, home care, and dealing with death.

**Appendices** Look here for handy conversions of medical terms; names, addresses, and phone numbers of organizations offering health information; and guidance on how you can prepare a living will or a durable power of attorney for health care.

Mayo Clinic is known worldwide for providing comprehensive diagnosis, accurate answers, and detailed explanations to people seeking treatment for both common and uncommon medical problems. This reputation began more than 100 years ago when Mayo Clinic founders Drs. William and Charles Mayo established a system for a doctor to thoroughly investigate patient problems by seeking the opinions and help of other Mayo physicians. Today, Mayo Clinic experts in virtually every medical specialty work together to meet patients' needs. With this depth of medical experience, Mayo\* occupies a unique position as a health information resource. Mayo Clinic's major outpatient and hospital facilities are located in Rochester, Minnesota; Jacksonville, Florida; and Scottsdale, Arizona. Other landmark Mayo Clinic books include Mayo Clinic Complete Book of Pregnancy & Baby's First Year and Mayo Clinic Heart Book.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (10 customer reviews)

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## Customer Reviews

Having been to Mayo Rochester, I was thrilled to get this book. It is MASSIVE. There is so much good info in here it's hard to know where to start. There are detailed illustrations of all of the body's systems, pictures of various skin disorders, instructions on how to deal with all types of illnesses and symptoms, info on healthy eating and diet, and info on various drugs used to treat a myriad of ailments. This book should be in EVERY home.

It's very difficult to look up anything--you have to be able to decide correctly in which division your query may fit--the book is divided into five parts--then turn to it and hope it will be included. Try, for example, to research "scoliosis." The next edition should include a complete index.

What an amazing source of information!! It is a definite must have for new parents. This detailed, yet easy to understand book offers specific chapters by age including newborns. It gives preventative information on health & safety including tooth care, controlling stress and traveling abroad. Of course first aid and diseases and disorders are the bulk of the book. It is well written, easy to use and includes helpful illustrations and photos. Every household should have one, but certainly families with children, of any age should have this book to refer to.

This book gave me a lot of information on illnesses and such. They list the cause(s), symptoms,

diagnoses, treatments, and preventions. I think this book should be owned by all families. It's a great reference and is simple to read!

We have had this book for 10 years and cannot imagine it being any better. Clear, direct, worth the price 50 times over. I am now buying the latest edition to stay up-to-date.

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