The ultimate visual compendium of optimal suturing and wound repair practice, covering 25 must-know techniques Atlas of Suturing Techniques: Approaches to Surgical Wound, Laceration, and Wound Repair presents the building blocks of suturing and wound repair in an at-a-glance, economical atlas format. In its pages, the author shares his vast expertise and it is his intention to help physicians across many specialties to improve outcomes for patients requiring repair of any wound. Starting with chapters on principles of wound management and wound repair, the atlas then moves on to equipment, positioning, and other key principles. The next section covers 25 suture techniques, providing detailed step-by-step instructions adjacent to drawings and photos of the techniques. Finally, the last section covers each area of anatomy, guiding you in what suture to use when, how to modify certain sutures in specific locations, and even how to prepare and execute skin grafts. Atlas of Suturing Techniques: Approaches to Surgical Wound, Laceration, and Wound Repair goes beyond the scope of other texts, which often limit their focus to either general operative principles or the specific use of flaps in particular reconstructive areas, such as facial and nasal reconstruction. While these texts provide insufficient coverage of actual suture placement techniques, *Atlas of Suturing Techniques* provides a clear, easy-to-follow guide to prevent scars and other negative patient outcomes. Unfortunately, even the best designed repair can be undone by less-than-optimal suturing techniques. Reviews the fundamental principles of suturing and wound repair in an accessible, affordable atlas format Covers 25 suture techniques Provides unique, step-by-step instructions with precise drawings and photos of the techniques Includes 80 videos Helpful anatomical orientation in last section specifies what suture to use in a wide range of clinical scenarios

Drug Stereochimistry: Analytical Methods and Pharmacology, Third Edition covers all aspects of chiral drugs from academic, governmental, industrial, and clinical perspectives, reflecting the many advances in techniques and methodology. Topics include: The use of enzymes in the synthesis and resolution of enantioselectively pure compounds in drug discovery How stereochemistry impacts decisions made in the absorption, distribution, metabolism, excretion, and toxicity (ADMET) stages of drug discovery Pharmacokinetics and pharmacodynamics and the issues faced during the final stages of the drug development process The impact of the International Conference on Harmonisation (ICH) on the use of single isomer drugs Chiral switches The concept of molecular chiral recognition and how it affects the separation and behavior of stereochimically pure drugs Patent issues surrounding chiral switches and the marketing of single enantiomer switches The book provides a solid background on stereochimistry, from its early history, including an overview of terms and concepts, to the current drug development process, legal and regulatory issues, and new trends in the stereoisomeric drugs. It is a one-stop reference for pharmaceutical scientists and chemists working with chiral drugs.

Introduction to molecular medicine -- Cardiovascular disease -- Pulmonary and critical care medicine -- Preoperative and postoperative care -- Renal disease -- Gastrointestinal disease -- Diseases of the liver and biliary system -- Hematologic disease -- Oncologic disease -- Endocrine disease and metabolic disease -- Women's health -- Men's health -- Diseases of bone and bone mineral metabolism -- Musculoskeletal and connective tissue disease -- Infectious disease -- Neurologic disease -- Geriatrics -- Palliative care -- Alcohol and substance abuse

Experts on a wide range of medical conditions explain how exercise influences the course of illness, and how illness affects the performance of the exercising patient. Among the conditions covered: hypertension and antihypertensive drugs; myocardial infarction; cardiac transplantation; cancer and side effects of therapy; anxiety, depression, and type A behavior; rheumatoid arthritis; neuromuscular diseases; orthopedic injuries; diabetes; dyslipidemias and obesity; osteoporosis; pregnancy; pulmonary disease; end-stage renal disease and renal transplantation. An important and useful reference. Annotation copyright by Book News, Inc., Portland, OR

Action learning is a continued process of learning and reflection with the support of a group of colleagues, working on real issues. The action learning method is increasingly used to bring innovation to many different fields of work. The principles of action learning can achieve improvement and transformation in a wide range of applications and disciplines, including professional training and educational contexts. This book is a comprehensive guide to action learning which maintains an accessible, practical focus throughout. It is packed with useful resources, including case studies and ideas for workshop sessions. Key topics covered include: * action learning in professional and educational settings * setting up, facilitating and evaluating an action learning programme * the roles and skills required to practice successfully * use of action learning in relation to the individual, the group and the organisation * the role of reflection; and action learning theory. Newcomers to the area of action learning will find this an essential introduction which can be put to use straight away, while more experienced practitioners seeking a deeper understanding will value the thorough analysis of action learning theory.

A shocking look at the link between sugar, inflammation, and a host of preventable chronic diseases—perfect for fans of bestselling author Gary Taubes’ *The Case Against Sugar*—from leading nerve surgeon Dr. Richard Jacoby. What Grain Brain did for wheat, this book by a leading peripheral nerve surgeon now goes for sugar, revealing how it causes crippling nerve damage throughout the body—in our feet, organs, and brain—why sugar and carbohydrates are harmful to the body's nerves, and how eliminating them can mitigate and even reverse the damage. If you suffer from ailments your doctors can’t seem to diagnose or help—mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tiredness—nerve compression is the likely cause. Sugar Crush exposes the shocking truth about how a diet high in sugar, processed carbohydrates, and wheat compresses and damages the peripheral nerves of the body, leading to pain, numbness, and tingling in the hands and feet, along with a host of related conditions, including migraines, gall bladder disease, and diabetes. Over the years, Dr. Richard Jacoby has treated thousands of patients with peripheral neuropathy. Now, he shares his insights as well as the story of how he connected the dots to determine how sugar is the common denominator of many chronic diseases. In Sugar Crush, he offers a unique holistic approach to understanding the exacting toll sugar and carbs take on the body. Based on his clinical work, he breaks down his highly effective methods, showing how dietary changes reducing sugar and wheat, coinciding with an increase of good fats, can dramatically help regenerate nerves and rehabilitate their normal function. Sugar Crush includes a quiz to assess your nerve damage, practical dietary advice, and the latest thinking on ways to prevent and reverse neuropathy. If you have diabetes, this essential guide will help you understand the dangers and give you the tools you need to...
make a difference beyond your doctor's prescriptions. If you have the metabolic syndrome or prediabetes, or are just concerned about your health, it will help you reverse and prevent nerve damage.

From clean drinking water, to seat belts, to immunizations, the impact of public health on every individual is undeniable. For undergraduates, an understanding of the foundations of public health is an essential step toward becoming an educated citizen. Public Health 101: Healthy People—Healthy Populations provides a big-picture, population perspective on the determinants of health and disease and the tools available to protect and promote health. It examines the full range of options for intervention including use of the healthcare system, the public health system, and society-wide systems such as laws and taxation. Through case studies, vignettes, and extensive examples, readers will come away with a clear understanding of how public health affects them in their everyday lives. They will learn and apply frameworks for thinking about the issues of public health and gain a deeper understanding about the health news they are exposed to each day. Key Features: Public Health 101 fully implements the curriculum framework, learning objectives, and "enduring understandings" of undergraduate public health education as recommended by the Association of American Colleges and Universities (AAC&U) and the Association for Prevention Teaching and Research (APTR). Frameworks for thinking, checklists, and step-by-step examples provide students with hands-on practice. Case studies, vignettes, and extensive illustrations reinforce the materials and provide interactive exercises for classroom discussions, homework, and examinations. A full package of instructor resources is available online at http://pubhealth.bpub.com/essential/rigelman. * To learn more about the AAC&U initiative, The Educated Citizen and Public Health, or to download the curriculum guide, log on to: www.aacu.org/public_health. Looking for more real-life evidence? Check out Essential Case Studies in Public Health, Putting Public Health into Practice.

Searchable electronic version of print product with fully hyperlinked cross-references.

National expenditures for medical care in the months and days preceding death are enormous. But we do not know whether that money is buying good quality care or optimizing the quality of life of those dying, or whether the situation is getting better or worse over time. The information that exists describing death at a national level is "though some of it is very informative" is fragmentary. This report recommends ways to fill the information gaps by better use of existing nationally-representative data, and through some new measures, in particular, a new, ongoing National Mortality Followback Survey. The aim is to allow us to benchmark where we are today as a society, and what goals we can set to minimize pain and suffering and maximize the quality of life of all of us who will die in the years to come.

This comprehensive text addresses a number of important issues. It features extensive coverage of psychological principles as they relate to illness, injury, and rehabilitation. It covers key concepts relevant to psychological care in physical therapies, with special focus on approaches to client care. This unique text also includes material on specific client populations. Easy-to-read style and format make the text a helpful reference for experienced practitioners brushing up, or for newcomers seeing a condition for the first time. Information effectively relates the theoretical and research foundation to the practical experiences of the physical therapist. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed.

Craniocaccel therapy (CST) has become an important modality in treating trauma and promoting wellness. With its gentle approach to working with the spine, the skull and its cranial sutures, diaphragms, and fascia, CST has proven equally useful for physical therapists, massage therapists, naturopaths, chiropractors, and osteopaths. One reason for its success has been its underlying theory, as explained by CST pioneer John Upledger. According to Upledger, bodily tissues and cells have individual memories, and traumatic memories can be stored in these cells and tissues. Cell Talk, written for the layperson, explores this concept in depth and shows practitioners how to use it in healing their patients. The book offers simple strategies for treating disease and dysfunction by communicating with these cells to uncover the memories and then follow the healing path they suggest. Upledger blends the scientific aspects of cell biology with insights into the nature of inner consciousness, in the process uncovering the deep links between physiology, energy, health, and healing. Fascinating case studies—from people rescued from serious ailments to “talking” with AIDS cells—show how these ideas can be turned into useful medical treatment. Focusing anecdotes from the author's personal and work life add an intimate, human touch to this helpful book.

NEW YORK TIMES BESTSELLER - Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed.

Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed.

An anatomy of writing for publication for nurses, second edition, is designed to help nurses bridge the gap between incomplete sentences and a published manuscript. The book’s contributors include the best and the brightest society, and what goals we can set to minimize pain and suffering and maximize the quality of life of all of us who will die in the years to come. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no
style for a new generation of professionals.

Enlarged to describe more than a decade of advances in the immunotherapy of allergic diseases and asthma, this Third Edition contains the most recent studies on the mechanisms, manufacture, and standardization of various allergen groups and their utilization in the treatment of allergic diseases-containing 8 new chapters detailing various pharmacoeconomic, regulatory, manufacturing, administration, and safety issues concerning new and emerging immunotherapy techniques.

Quick reference for the writing style guidelines from the American Medical Association for the medical sciences community. The need-to-know essentials of the guidelines in 6 laminated pages, designed for quick access and durability. Suggested uses: Students - handy reference while writing papers where AMA is the required or suggested style Professors - require students to write in AMA Style to prepare for a future in the science or medical sciences field Authors/Editors - reference while writing or editing pieces to be published in the science or medical science fields

The AMA Manual of Style is a must-have resource for anyone involved in medical, health, and scientific publishing. Written by an expert committee of JAMA Network editors, this latest edition addresses issues that face authors, editors, and publishers in the digital age. Extensive updates are included in the References chapter, with examples of how to cite digital publications, preprints, databases, data repositories, podcasts, apps and interactive games, and social media. Full-color examples grace the chapter on data display, with newer types of graphic presentations and updated guidance on formatting tables and figures. The manual thoroughly covers ethical and legal issues such as authorship, conflicts of interest, scientific misconduct, intellectual property, open access and public access, and corrections. The Usage chapter has been revised to bring the manual up-to-date on word choice, especially in writing about individuals with diseases or conditions and from various socioeconomic, racial/ethnic, and sexual orientation populations. Specific nomenclature entries in many disciplines are presented to guide users in issues of diction, formatting, and preferred terminology. Guidance on numbers, SI units, and math has been updated, and the section on statistics and study design has undergone a major expansion. In sum, the answer to nearly any issue facing a writer or editor in medicine, health care, and related disciplines can be found in the 11th edition of the AMA Manual of Style. Available for institutional purchase or subscription or individual subscription. Visit AMAManualofStyle.com or contact your sales rep for more details.

How to Report Statistics in Medicine presents a comprehensive and comprehensible set of guidelines for reporting the statistical analyses and research designs and activities commonly used in biomedical research. Containing elements of a reference book, a style manual, a dictionary, an encyclopedia, and a textbook, it is the standard guide in the fields of medical writing, scientific publications, and evidence-based medicine throughout the world. Features: Specific, detailed guidelines for reporting and interpreting statistics and research designs and activities in biomedical science. Sample presentations that guide you in reporting statistics correctly and completely. Coverage of current and emerging topics in statistics and trial design. Written by a senior medical writer and a senior biostatistician, the text is both clear and accurate, and the information is complete and pragmatic. Designed for anyone who needs to interpret or report statistics in medicine.

The AMA Manual of Style is a must-have guide for those seeking to publish research findings and anyone involved in medical or scientific publishing. But more than just a style manual, it offers guidance on how to navigate the dilemmas that authors, researchers and their institutions, medical editors and publishers, and members of the news media who cover scientific research confront on a daily basis. Written by an expert committee of JAMA and Archives editors, this 10th edition thoroughly covers ethical and legal issues, authorship, conflicts of interest, scientific misconduct and intellectual property, in addition to preparation of articles for publication, style, terminology, measurement, and quantitation.

Evidence-based medicine aims to apply the best available evidence gained from the scientific method to medical decision making. It is a practice that uses statistical analysis of scientific methods and outcomes to drive further experimentation and diagnosis. The profusion of evidence-based medicine in medical practice and clinical research has produced a need for life scientists and clinical researchers to assimilate biostatistics into their work to meet efficacy and practical standards. Practical Biostatistics provides researchers, medical professionals, and students with a friendly, practical guide to biostatistics. With a detailed outline of implementation steps complemented by a review of important topics, this book can be used as a quick reference or a hands-on guide to effectively incorporate biostatistics in clinical trials. Customized presentation for biological investigators with examples taken from current clinical trials in multiple disciplines Clear and concise definitions and examples provide a pragmatic guide to bring clarity to the applications of statistics in improving human health Addresses the challenge of assimilation of mathematical concepts to better interpret literature, to build stronger studies, to present research effectively, and to improve communication with supporting biostatisticians

Extensive coverage of the Internet as a source of and distribution means for drug information, and detailed sections on evaluating medical literature from clinical trials Audience includes Pharmacists, Pharmacy students and Pharmacy schools Updated to include using PDAs for medication information Covers the ethical and legal aspects of drug information management Nothing else like it on the market

Leading experts in various areas of nursing research discuss the current state and future of the field.

The first edition of this book (titled “The Clinician’s Guide to Medical Writing”) has become a standard in its field and remains an indispensable reference for any clinician, academic physician, or health professional who wishes to hone their writing skills. However, since its publication in 2004, significant changes have taken place in the way medical professionals communicate with each other and the world. Medical Writing: A Guide for Clinicians and Academicians, 2e retains all of the fundamental writing advice of the first edition and has been expanded to include two brand new chapters: How to Write a Research Protocol (including why a research project needs a written protocol, elements of the research protocol and common problems) How to Write a Grant Proposal (including sections on government and private grant funding sources, what you need to know about grant writing, and elements
of a successful grant proposal) New information is also included throughout the book on becoming a successful writer, medical tables and figures, conflict of interest and disclosures, how to review a scientific article, statistical analysis, “pay-to-publish” journal publishing, electronic submission of manuscripts, issues in medical publishing and the future of medical writing and publication. New appendices address commonly encountered research and statistical terms and memorable aphorisms regarding writing, medical and otherwise.

The Search for the Legacy of the USPHS Syphilis Study at Tuskegee is a collection of essays from experts in a variety of fields seeking to redefine the legacy of the infamous Tuskegee Syphilis Study. The essayists place the legacy of the study within the evolution of racial and ethnic relations in the United States. Contributors include two leading historians on the study, two former United States Surgeons General, and other prominent scholars from a wide range of fields.

Provides guidelines and examples for handling research, outlining, spelling, punctuation, formatting, and documentation.

“The AMA Manual of Style, 11th edition, is a must-have guide for those seeking to publish research findings and anyone involved in medical, health, or scientific writing and publishing. The manual offers guidance on nuts-and-bolts topics including punctuation, capitalization, and grammar. It also provides guidance on how to navigate the dilemmas that authors, researchers and their institutions, medical editors and publishers, writers, and members of the news media who cover scientific research confront on a daily basis. Written by an expert committee of JAMA and Archives editors, this 10th edition thoroughly covers ethical and legal issues, authorship, conflicts of interest, scientific misconduct, and intellectual property, in addition to preparation of articles for publication, style, terminology, measurement, and quantification”--

In the time since the second edition of The ACS Style Guide was published, the rapid growth of electronic communication has dramatically changed the scientific, technical, and medical (STM) publication world. This dynamic mode of dissemination is enabling scientists, engineers, and medical practitioners all over the world to obtain and transmit information quickly and easily. An essential constant in this changing environment is the requirement that information remain accurate, clear, unambiguous, and ethically sound. This extensive revision of The ACS Style Guide thoroughly examines electronic tools now available to assist STM writers in preparing manuscripts and communicating with publishers. Valuable updates include discussions of markup languages, citation of electronic sources, online submission of manuscripts, and preparation of figures, tables, and structures. In keeping current with the changing environment, this edition also contains references to many resources on the internet. With this wealth of new information, The ACS Style Guide’s Third Edition continues its long tradition of providing invaluable insight on ethics in scientific communication, the editorial process, copyright, conventions in chemistry, grammar, punctuation, spelling, and writing style for any STM author, reviewer, or editor. The Third Edition is the definitive source for all information needed to write, review, submit, and edit scholarly and scientific manuscripts.

The AMA Manual of Style is a must-have guide for those seeking to publish research findings and anyone involved in medical or scientific publishing. But more than just a style manual, it offers guidance on how to navigate the dilemmas that authors, researchers and their institutions, medical editors and publishers, and members of the news media who cover scientific research confront on a daily basis. Written by an expert committee of JAMA and Archives editors, this 10th edition thoroughly covers ethical and legal issues, authorship, conflicts of interest, scientific misconduct, and intellectual property, in addition to preparation of articles for publication, style, terminology, measurement, and quantification. Customers who purchase the Special Online Bundle Package receive the hardcover 10th edition, as well as a one-year subscription to the Online Edition.

Frank Bowden, a specialist in the field of infectious disease and sexual health, looks at one bug at a time, weaving around them the stories of his patients and their families, the doctors and the difficulties they face and the horrors and successes of hospitals and health care programs.

“We think of English as a fortress to be defended, but a better analogy is to think of English as a child. We love and nurture it into being, and once it gains gross motor skills, it starts going exactly where we don’t want it to go: it heads right for the goddamned electrical sockets.” With wit and irreverence, lexicographer Kory Stamper cracks open the obsessive world of dictionary writing, from the agonizing decisions about what to define and how to do it to the knotty questions of ever-changing word usage. Filled with fun facts—for example, the first documented usage of “OMG” was in a letter to Winston Churchill—and Stamper’s own stories from the linguistic front lines (including how she became America’s foremost “irregardless” apologist, despite loathing the word), Word by Word is an endlessly entertaining look at the wonderful complexities and eccentricities of the English language.

Long before Oliver Sacks became a distinguished neurologist and bestselling writer, he was a small English boy fascinated by metals—also by chemical reactions (the louder and smellier the better), photography, squids and cuttlefish, H.G. Wells, and the periodic table. In this endlessly charming and eloquent memoir, the author of The Man Who Mistook His Wife for a Hat and Awakenings chronicles his love affair with science and the magnificently odd and sometimes harrowing childhood in which that love affair unfolded. In Uncle Tungsten we meet Sacks’ extraordinary family, from his surgeon mother (who introduces the fourteen-year-old Oliver to the art of human dissection) and his father, a family doctor who imbeds in his son an early enthusiasm for housecalls, to his “Uncle Tungsten,” whose factory produces tungsten-filament lightbulbs. We follow the young Oliver as he is exiled at the age of six to a grim, sadistic boarding school to escape the London Blitz, and later watch as he sets about passionately reliving the exploits of his chemical heroes—in his own home laboratory. Uncle Tungsten is a crystalline view of a brilliant young mind springing to life, a story of growing up which is by turns elegiac, comic, and wistful, full of the electrifying joy of discovery.

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