

# MAYO CLINIC FAMILY HEALTH BOOK

## FOURTH EDITION *Completely revised and updated*

There's nothing more important than your health and that of your family. Drawing on the knowledge and expertise of more than 3,600 physicians, scientists and researchers from Mayo Clinic, this thoroughly updated medical reference provides information and answers you need to care for yourself and those you love.

From infancy to old age, from prevention to treatment, from standard practices to alternative medicine, this comprehensive medical guide is a must-have for every family. The book provides easy-to-understand advice you can use both during times of sickness and good health. For ease of use, the information is organized into these convenient sections:

### I Injuries and Symptoms

Information on first aid and possible causes of your symptoms

### II Pregnancy and Healthy Children

Practical advice on pregnancy and tips for raising healthy children

### III Healthy Adults

Staying healthy as you age — from diet and fitness to exams and vaccinations

#### + Special Section

How to prepare for and respond to pandemic flu

#### + Visual Guide

A 40-page color section to help you better understand human anatomy

### IV Diseases and Disorders

Detailed information on conditions that concern you most

### V Tests and Treatments

Your guide to common medical procedures and therapies

#### You'll also find...

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# Mayo Clinic Family Health Fourth Edition

**M Carnoy**



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