



Mayo Clinic

GUIDE TO SELF-CARE

SEVENTH EDITION



Answers for everyday health problems

Cindy A. Kennott, M.D., M.P.H., and Martha P. Millman, M.D., M.P.H.

Mayo Clinic Guide To Self Care

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Mayo Clinic Embody Health Guide to Self-Care Philip Hagan,2006-01-01 Mayo Clinic Guide to Home Remedies Soft Cover/bookazine Cindy Kermott,Gail Boriel,2025-08 An easy to use self care guide for managing common health conditions safely at home **Mayo Clinic Healthquest** ,1999 **Mayo Clinic Guide to Pain Relief** Mayo Clinic,2020-10-01 When pain interferes with daily life find the latest advances on treating arthritis migraines fibromyalgia and more from an authoritative source Mayo Clinic doctors know how pain interferes with sleep work social life and simple daily life and help patients meet these challenges every day This book is based on the take charge approach to managing

chronic pain practiced at Mayo's Comprehensive Pain Rehabilitation Center Inside this book you'll find thorough easy to read information about the solutions we offer to our patients Mayo Clinic Guide to Pain Relief is divided into three parts Part 1 Understanding chronic pain To control your pain you need to understand how it develops Part 1 discusses the parts of your body involved in the development of pain and why some people respond to pain differently than others Part 2 Treating chronic pain Learn about the various drugs used to treat pain why some medications are more effective for certain types of pain potential side effects and more In addition you'll learn about other types of treatments that are available such as pain site injections nerve stimulators and medication pumps as well as alternative and complementary therapies Part 3 Managing chronic pain Part 3 focuses on strategies for managing chronic pain so it doesn't interfere with your life This self care section covers steps that you can take on your own to get yourself on course to a life with less pain including details for designing your personal pain control program

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Mayo Clinic on Arthritis Gene G. Hunder, 1999 Covers the causes and symptoms of arthritis offers tips on pain control diet and exercise and describes such treatment options as medications surgical procedures and alternative therapies

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