



Taking Care: Self-Care for You and Your Family

Michael B. Jacobs

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The most important member of your health care team is **you**. As a more effective medical consumer, you'll get the best care at the most reasonable cost, avoiding time-consuming, unnecessary trips to the doctor.

Taking Care will help you take charge of your health and medical care.

HELP FOR WHAT AILS YOU

Is your headache, rash, or other symptom nothing to worry about? Or should you bring it to the attention of a health professional? Part I describes common symptoms, from headache, fever, and rash to weight gain or loss, abdominal pain, and heartburn. Each symptom is explained, with possible causes and a simple flow chart of treatment options. You'll know when to call a doctor or nurse information service, seek emergency care, or apply self-care measures.

COPING WITH CHRONIC CONDITIONS

If you have a long-term ailment, you know that understanding your condition, following your treatment program, and monitoring your progress can have an impact on your quality of life. Part II explains how to manage chronic ailments, from asthma, low back pain, and Alzheimer's disease to depression, heart disease, and diabetes. You'll learn about symptoms, possible causes, prevention, the latest treatment information, how you can effectively manage your condition, and when to seek professional advice.

AND THESE SPECIAL FEATURES, TOO

Take Charge of Your Health Your rights as a health care consumer as well as how to find the right doctor, make the most of each doctor visit, choose the right health care program, and more

Ten Strategies for a Healthy Lifestyle How to prevent illness and stay fit

Treating Your Child Special advice on caring for the health needs of children

This essential guide has been reviewed by faculty members of the renowned Stanford University School of Medicine. The straight-talking health information and practical guidance in **Taking Care** will make you an effective, active participant in quality health care.

From the Trade Paperback edition.

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As people who live in the modest era should be upgrade about what going on or facts even knowledge to make all of them keep up with the era which is always change and make progress. Some of you maybe can update themselves by reading through books. It is a good choice in your case but the problems coming to you actually is you don't know what type you should start with. This Taking Care: Self-Care for You and Your Family is our recommendation so you keep up with the world. Why, as this book serves what you want and want in this era.

Carolyn Lutz:

The experience that you get from Taking Care: Self-Care for You and Your Family could be the more deep you excavating the information that hide inside words the more you get serious about reading it. It does not mean that this book is hard to comprehend but Taking Care: Self-Care for You and Your Family giving you joy feeling of reading. The article writer conveys their point in a number of way that can be understood by means of anyone who read the idea because the author of this book is well-known enough. This particular book also makes your own personal vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this Taking Care: Self-Care for You and Your Family instantly.

Opal Moffett:

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