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#### THE CLEVELAND CLINIC FOUNDATION INTENSIVE REVIEW OF INTERNAL MEDICINE

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Lippincott Williams & Wilkins Now in its revised, updated Fifth Edition, *The Cleveland Clinic Intensive Review of Internal Medicine* offers thorough preparation for board certification and recertification exams in internal medicine. It is written by distinguished Cleveland Clinic faculty and serves as the syllabus for the Cleveland Clinic's esteemed internal medicine board review course. Clinical vignettes and bulleted lists throughout the book highlight key clinical points. This edition also includes boxed "Points to Remember". Board simulations appear at the end of each section. An updated mock board exam containing over 200 multiple-choice questions appears at the end of the book. A companion Website will offer an interactive question bank with 200 additional questions.

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#### APPOINTMENT WITH DOCTOR DEATH

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Momentum Books Llc Examines the life, career, and motives of Dr. Kevorkian, and discusses the debate surrounding doctor-assisted suicide for terminal patients

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#### ESSENCE OF ANESTHESIA PRACTICE

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W.B. Saunders Company Every page covers a single clinical topic - over 550 in all - presenting important information in an extremely accessible fashion. A consistent format allows for efficient consultation. Divided into 4 sections - Diseases, Procedures, Drugs, and Tests - *Essence of Anesthesia Practice* allows you to approach a given problem from any of these directions to find the answers you need. Key references point the way to further reading.

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#### ANDROLOGICAL EVALUATION OF MALE INFERTILITY

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#### A LABORATORY GUIDE

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Springer This state-of-the-art laboratory manual includes 20 clinical protocols used daily for the investigation of the infertile male, presented with easy to understand, step-by-step methodology. The protocols are arranged from routine to advanced laboratory procedures common to clinical practice, including computer-assisted semen analysis, sperm preparation for IUI by density gradient and swim-up, sperm cryopreservation, and sperm DNA fragmentation test by TUNEL method, among others. The methodology in each protocol follows best practice guidelines made clearer by professionally hand-drawn illustrations covering most of the important steps and equipment. The authors, hailing from the world-renowned Andrology Center at Cleveland Clinic, have over 50 years of combined first-hand experience in managing very busy diagnostic and research facilities in male infertility and andrology. The book will be an indispensable resource for thousands of laboratory technologists, clinicians and reproductive professionals (andrologists, embryologist, etc.) engaged in the diagnosis and management of infertile men around the world.

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#### CHILDREN, ADOLESCENTS, AND MEDIA

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#### THE FUTURE OF RESEARCH AND ACTION

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Routledge Bringing together the leading researchers on children, adolescents, and the media, this books offers their cutting-edge, 'big picture' ideas for the future of research and scholarship in the field. Individual chapters focus on topics such as the role of big data in media research, digital literacy, parenting in the era of mobile media, media diversity in the digital age, the impact of media on child development, children's digital rights, the implications of 'intelligent' characters and parasocial relationships, and the effectiveness of transmedia for informal education. Several chapters also explore the theoretical and methodological challenges facing children's media researchers. Offering new directions for research, the contributors consider the implications of the changing media landscape for parents, educators, advocates, and producers. Leading scholars from North America, Europe and Asia, grounded in different theoretical and methodological traditions, join forces to discuss the impact of growing up in a media-saturated world, and to stimulate thinking about the field of children and media in unexpected ways. This book was originally published as two special issues of the *Journal of Children and Media*.

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#### CHANGE YOUR BRAIN, CHANGE YOUR LIFE

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#### THE BREAKTHROUGH PROGRAM FOR CONQUERING ANXIETY, DEPRESSION, OBSESSIVENESS, ANGER, AND IMPULSIVENESS

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Harmony BRAIN PRESCRIPTIONS THAT REALLY WORK In this breakthrough bestseller, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain you're born with. Here are just a few of neuropsychiatrist Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life: To Quell Anxiety and Panic: , Use simple breathing techniques to immediately calm inner turmoil To Fight Depression: , Learn how to kill ANTs (automatic negative thoughts) To Curb Anger: , Follow the Amen anti-anger diet and learn the nutrients that calm rage To Conquer Impulsiveness and Learn to Focus: , Develop total focus with the "One-Page Miracle" To Stop Obsessive Worrying: , Follow the "get unstuck" writing exercise and learn other problem-solving exercises

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#### ESSENCE OF ANESTHESIA PRACTICE E-BOOK

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Elsevier Health Sciences *Essence of Anesthesiology Practice* makes it easy to formulate anesthesia plans through a consistent format and discussions of the problems, causes, comorbidities, and anesthesia implications for over 600 clinical topics. Drs. Fleisher and Roizen present a completely revised new edition that includes coverage of many new conditions, procedures, and drugs. Easily formulate anesthesia plans through a consistent format that covers a single clinical topic on each page, with a review of its problems, causes, comorbidities, and anesthesia implications. Get state-of-art, reliable coverage from an international team of experts who discuss common and rare conditions and how to manage them. Understand the interactions of common drugs and alternative medicine so that you can develop anesthesia plans accordingly. Quickly reference key information using the carefully templated text that highlights the most important anesthetic considerations in a consistent, user-friendly layout. Stay current on the latest anesthetic implications in regards to coexisting diseases, procedures, drugs, and alternative and complementary therapies, including coverage of mitochondrial

myopathy, atrial fibrillation ablation, awake craniotomy, stereotactic neurosurgery, neuroprotection, dexmedetomidine, and other hot topics.

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### **UNDERSTANDING ASSESSMENT IN MEDICAL EDUCATION THROUGH QUALITY ASSURANCE**

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**McGraw Hill Professional** Optimize your assessment processes through Quality Assurance. This is a ground-breaking guide to ensuring quality assurance in the movement toward competency-based medical education With the increasing globalization of medical education comes the need for mutual recognition of quality and standards. Understanding Assessment in Medical Education through Quality Assurance compiles and shares best practices from leading programs from around the globe. Authoritative approaches and processes that have been tested and refined show how to implement quality assurance of written, performance-and workplace-based assessments in medical education while maintaining regulatory standards. As leading experts in the medical education world on this issue, the authors provide specific suggestions and showcase how their methods can be implemented with representative case studies. Medical educators and their students will benefit from this suite of evidence-based QA processes that they can immediately put into action for monitoring and ensuring continuous quality improvement. Content highlights: The value of quality assurance (QA) and the role of QA assessors in assuring the quality of assessment International best practices in relation to quality assurance of programs of assessment, both within academic institutions and at national/international accreditation levels Quality assurance of Performance-based, workplace-based, written and programmatic assessment The role of technology in the quality assurance of assessment processes Approaches for assuring equivalence of assessment across diverse settings The ways in which medical education has changed in response to the disruption caused by the COVID-19 pandemic

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### **LEGAL AND ETHICAL ISSUES FOR HEALTH PROFESSIONALS**

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**Jones & Bartlett Learning** Legal and Ethical Issues for Health Professionals, Fifth Edition is a concise and practical guide to legal and ethical dilemmas facing healthcare professionals in the real-world today. Thoroughly updated and featuring new case studies, this dynamic text will help students to better understand the issues they will face on the job and the implications in the legal arena. With contemporary topics, real-world examples, and accessible language, this comprehensive text offers students an applied perspective and the opportunity to develop critical thinking skills. Legal and Ethical Issues for Health Professionals provides an effective transition from the classroom to the reality of a clinical environment.

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### **THE OXFORD HANDBOOK OF REPRODUCTIVE ETHICS**

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**Oxford University Press** Intimate and medicalized, natural and technological, reproduction poses some of the most challenging ethical dilemmas of our time. This volume brings together scholars from multiple perspectives to address both traditional and novel questions about the rights and responsibilities of human reproducers, their caregivers, and the societies in which they live.

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### **NOT FADE AWAY**

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### **A MEMOIR OF SENSES LOST AND FOUND**

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**Gotham Books** A woman who is slowly losing her sight and hearing chronicles her amazing life—from trying to hide her disability as a teenager to fully embracing life as an adult with humor and gratitude, completing a 600-mile bike race and hiking the Inca Trail—in a book where the author reflects not just on what she has lost, but also what she has gained. 30,000 first printing.

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### **PEDIATRIC ADVANCED LIFE SUPPORT PROVIDER MANUAL**

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### **THE DANIEL PLAN**

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### **40 DAYS TO A HEALTHIER LIFE**

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**Zondervan** NEW YORK TIMES BESTSELLER The Daniel Plan is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith, food, fitness, focus, and friends. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. Your path to holistic health begins here, as Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman guide you to incorporate healthy choices into your current lifestyle. The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day. This results in gradual changes that transform your life as they help you: Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick-start your metabolism Lose weight Think more clearly Explore biblical principles for health . . . and ultimately create an all-around healthy lifestyle It's time to feast on something bigger than a fad. Start your journey to impactful, long-lasting, and sustainable results today! Plus, get more from The Daniel Plan with The Daniel Plan Cookbook, The Daniel Plan Journal, and The Daniel Plan 365-Day Devotional.

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### **CARDIAC, VASCULAR, AND THORACIC ANESTHESIA**

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Introducing the first text to integrate cardiac, thoracic and vascular anesthesia in one accessible resource. This comprehensive text provides a solid foundation of general principles, including preoperative assessment, cost-benefit effectiveness of preoperative workup, cardiac and pulmonary anatomy and physiology, as well as organ system effects of anesthetics. Expert contributors offer a clinical approach to a special section on postoperative considerations and focus on postoperative management. Also features helpful algorithms for decision making. Provides comprehensive, state-of-the-art, all in one integrated approach. Special section focuses on postoperative management considerations. Offers a multitude of algorithms for decision-making. Cost-effective clinical approach. Written by authoritative, leaders in the field of anesthesiology

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### **THE ART & SCIENCE OF ASSISTED REPRODUCTIVE TECHNIQUES (ART)**

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**J.P. Medical Ltd** This second edition has been extensively revised to bring clinicians fully up to date with the latest technologies and advances in the field of assisted reproductive techniques (ART). Each section is dedicated to a sub specialty, from polycystic ovary syndrome, ART procedures, and laboratory issues, to implantation, cryopreservation, endoscopy, ultrasound and more. A section entitled 'contemporary thoughts' examines the improvement of IVF outcome, ART and older women, and HIV and ART, and another discusses third party reproduction. Edited by internationally recognised experts in reproductive medicine, this comprehensive guide is highly illustrated with clinical photographs and diagrams to enhance learning. Previous edition (9781841844497) published in 2004. Key points Fully revised, second edition providing latest advances in ART Complete section dedicated to third party reproduction Highly experienced, internationally recognised editor and author team Previous edition (9781841844497) published in 2004

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### **UNEXPLAINED INFERTILITY**

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### **PATHOPHYSIOLOGY, EVALUATION AND TREATMENT**

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**Springer** Written and edited by leading, internationally recognized clinicians and scientists in reproductive medicine and related fields, this unique text is a practical and comprehensive review of the clinical and scientific significance of unexplained male and female infertility and its management. The book is divided into thematic sections to ensure the most useful presentation of topics, opening with definitions and epidemiology of unexplained infertility, including discussion of the WHO's cutoff values for human semen characteristics and its ramifications. Sections covering male and female reproductive pathophysiology follow respectively, covering biological, genetic and environmental causative factors, with a subsequent section on evaluative techniques for male and female patients. Expectant, medical and surgical treatment strategies comprise the fifth section of the book, where active interventions and outcomes of each treatment modality are carefully considered. The final section discusses assisted reproductive techniques to manage unexplained infertility, such as intrauterine insemination and in vitro fertilization, as well as future perspectives. Thoughtful and enlightening, Unexplained Infertility: Pathophysiology, Evaluation and Treatment will be an invaluable resource for all clinicians and scientists working in the fields of reproductive medicine and infertility.

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## THE ORGAN DONOR EXPERIENCE

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### GOOD SAMARITANS AND THE MEANING OF ALTRUISM

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Rowman & Littlefield Publishers *Organ donors are, by definition, altruists, and their act is even more generous when they remain anonymous. But altruism doesn't tell the whole story. There are myriad motivations, some subconscious, some conscious, that compel people to donate a part of themselves to someone they don't know. The Organ Donor Experience uncovers the desires, personalities and motivations of Good Samaritan organ donors and reveals much about the process of donating an organ to a needy recipient.*

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### MONTHLY CATALOGUE, UNITED STATES PUBLIC DOCUMENTS

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### MONTHLY CATALOG OF UNITED STATES GOVERNMENT PUBLICATIONS

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### VARCAROLIS ESSENTIALS OF PSYCHIATRIC MENTAL HEALTH NURSING - E-BOOK

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### A COMMUNICATION APPROACH TO EVIDENCE-BASED CARE

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Elsevier Health Sciences *Gain the essential knowledge and skills you need to succeed as a psychiatric nurse! Varc Carolis' Essentials of Psychiatric-Mental Health Nursing: A Communication Approach to Evidence Based Care, 5th Edition provides a concise, easy-to-understand guide to today's leading psychiatric theories and therapeutic modalities. Emphasizing evidence-based care, the book balances coverage of scientifically based treatment approaches with insights into effective communication skills, so you will be prepared to offer the best possible care when you enter practice. Written by nursing expert Chyllia D. Fosbre, this edition adds new Next Generation NCLEX® (NGN) examination-style case studies to help you develop critical thinking skills and prepare for the NGN exam. Applying Critical Judgment questions introduce clinical situations in psychiatric nursing and encourage critical thinking. Neurobiology of the Brain feature includes illustrations depicting how a disorder affects brain function and how drugs help to mitigate the symptoms. Applying Evidence-Based Practice boxes in the clinical chapters pose a question, walk you through the process of gathering evidence-based data from a variety of sources, and present a plan of care based on the evidence. Vignettes describe real-world psychiatric patients and their disorders. Assessment Guidelines boxes summarize the steps of patient assessment for various disorders. Applying the Art boxes offer clinical scenarios demonstrating the interaction between a nurse and a patient, the nurse's perception of the interaction, and the mental health nursing concepts in play. Potential Nursing Diagnoses tables list possible nursing diagnoses for a particular disorder, based on ICNP terminology, along with the associated signs and symptoms. Nursing Interventions tables list interventions for a given disorder or clinical situation, along with rationales for each intervention. DSM-5 Criteria boxes identify the diagnostic criteria for most major disorders. Integrative Care boxes highlight the different types of therapy may be used to enhance treatment. Giddens Concept boxes at the beginning of each chapter tie concepts to the topics to be discussed. NEW! Next Generation NCLEX® (NGN) examination-style case studies are included in the clinical disorders chapters to promote critical thinking and help to prepare you for the NGN exam.*

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### THE PEGAN DIET

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### 21 PRACTICAL PRINCIPLES FOR RECLAIMING YOUR HEALTH IN A NUTRITIONALLY CONFUSING WORLD

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Hachette UK *Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With The Pegan Diet's food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.*

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### PLAIN DEALING: CLEVELAND JOURNALISTS TELL THEIR STORIES

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Lulu.com *"Plain Dealing" is a book of essays by 25 accomplished Cleveland-area journalists. It's a book of stories, many never told before. It's a first-person account of journalism in Cleveland, life in the newsroom, the issues and events these journalists covered, and the characters they worked with and met. The stories begin in the 1950s and go up to 2013, covering the post-World War II era through the days when Cleveland was a three daily newspaper city, then two, then one. The book ends with the mass layoffs and resulting decline that ushered in "digital-first" age.*

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### ESSENTIALS OF PSYCHIATRIC MENTAL HEALTH NURSING - E-BOOK

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### A COMMUNICATION APPROACH TO EVIDENCE-BASED CARE

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Elsevier Health Sciences *A 2017 AJN Book of the Year Award winner, Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence Based Care, 4th Edition, offers the perfect balance of essential nursing interventions and clinical content. It incorporates a reader-friendly style, and an emphasis on therapeutic communication and evidence-based practice. Perfect for shorter psychiatric nursing courses, this streamlined psychiatric text includes need to know information and key DSM-5 content you need to pass your course and prepare for the NCLEX®. A neurobiology of the brain teaching tool provides a visual depiction of how the disorder affects brain function — and what drugs are used to treat it. Additionally, this new edition includes Giddens Concept boxes, Integrative Care boxes, updated clinical disorders chapters, and new use of nursing diagnosis language International Classification for Nursing Practice (ICNP) which smooths your transition into practice, as this is a common language shared with many electronic health record documentation systems Neurobiology of the brain feature provides a visual depiction on how the disorder affects brain function and what drugs are used to treat the disorder. Applying Evidence Based Practice boxes throughout the clinical chapters pose a question, walk you through the process of gathering evidence-based data from a variety of sources, and present a plan of care based on the evidence. Vignettes describing psychiatric patients and their disorders add more practical application to the chapter material. DSM-5 diagnostic criteria identify medical diagnostic criteria for most major disorders. Applying Critical Judgment introduces clinical situations in psychiatric nursing at the end of all chapters with thought provoking questions that engage critical thinking. NEW! Integrative Care boxes address alternative therapies to treat psychiatric illnesses. NEW! Giddens Concept boxes at the beginning of each chapter tie to the topics discussed in that chapter. UPDATED! Clinical disorders chapters such as Schizophrenia, Bipolar Disorders and Somatoform Disorders, and many others reflect the latest evidence-based research and practice. NEW! ICNP nursing diagnosis language smooths your transition into practice, as this is a common language shared with many electronic health record documentation systems. UPDATED! Cultural Considerations sections include more updated and relevant material, whenever possible in the clinical chapters, and address cultural considerations with various patients and appropriate care.*

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### NATIONAL LIBRARY OF MEDICINE AUDIOVISUALS CATALOG

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### NEW DIAGNOSTIC AND THERAPEUTIC APPROACHES FOR THE CARE OF THE SEVERELY INJURED PATIENT

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MDPI *Trauma represents a leading cause of death, particularly in the younger population. Traumatic brain injury and hemorrhage are the most common causes of early death, whereas complications such as infections, (multi-)organ failure and “persistent inflammation, immunosuppression, and catabolism syndrome” (PICS) represent relevant factors for late adverse outcomes. Pre- and intra-hospital diagnostic and therapeutic standard operating procedures have been shown to beneficially influence posttraumatic outcome. However, development of patient-specific diagnostic and therapeutic strategies remains challenging due to uncertainties regarding the assessment of the individual risk profile. Furthermore, the relevance of prevention and rehabilitation measures to avoid unfavorable long-term consequences of trauma is not fully elucidated. With this Special Issue, we wanted to reflect the current knowledge about the pathomechanisms associated with the impact of severe injury and its consequences for the further clinical course on the one hand, and to point out new insights in regard to diagnostic and therapeutic approaches on the other hand. Furthermore, interesting aspects for future directions for the care of severely injured patients are illustrated.*

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## A CHANCE IN THE WORLD

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### AN ORPHAN BOY, A MYSTERIOUS PAST, AND HOW HE FOUND A PLACE CALLED HOME

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Thomas Nelson A heart-rending but uplifting story of the human spirit's ability to prevail. From the day he is five-years-old and dropped off at his foster home of the next eleven years, Stephen is mentally and physically tortured. No one in the system can help him. No one can tell him if he has a family. No one can tell him why, with obvious African-American features, he has the last name of Klakowicz. Along the way, a single faint light comes only from a neighbor's small acts of kindness and caring—and a box of books. From one of those books he learns that he has to fight in any way he can—for victory is in the battle. His victory is to excel in school. Against all odds, the author succeeded. He attended college, graduated, became a successful corporate executive, and married a wonderful woman with whom he established a loving family of his own. Through it, he dug voraciously through records and files and found his history, his birth family—and the ultimate disappointment as some family members embrace him, but others reject him. Readers won't be the same after reading this powerful story. They will share in the hurts and despair but also in the triumph against daunting obstacles. They will share this story with their family, with their friends, with their neighbors.

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### CAMPBELL-WALSH UROLOGY

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Elsevier Health Sciences Since 1954, Campbell-Walsh Urology has been internationally recognized as the pre-eminent text in its field. Edited by Alan J. Wein, MD, PhD(hon), Louis R. Kavoussi, MD, Alan W. Partin, MD, PhD, Craig A. Peters, MD, FACS, FAAP, and the late Andrew C. Novick, MD, it provides you with everything you need to know at every stage of your career, covering the entire breadth and depth of urology - from anatomy and physiology through the latest diagnostic approaches and medical and surgical treatments. Consult this title on your favorite e-reader with intuitive search tools and adjustable font sizes. Elsevier eBooks provide instant portable access to your entire library, no matter what device you're using or where you're located. Be certain with expert, dependable, accurate answers for every stage of your career from the most comprehensive, definitive text in the field! Required reading for all urology residents, Campbell-Walsh Urology is the predominant reference used by The American Board of Urology for its board examination questions. Visually grasp and better understand critical information with the aid of algorithms, photographs, radiographs, and line drawings to illustrate essential concepts, nuances of clinical presentation and technique, and decision making. Stay on the cutting edge with online updates. Get trusted perspectives and insights from hundreds of well-respected global contributors, all of whom are at the top and the cutting edge of their respective fields. Stay current with the latest knowledge and practices. Brand-new chapters and comprehensive updates throughout include new information on perioperative care in adults and children, premature ejaculation, retroperitoneal tumors, nocturia, and more! Meticulously revised chapters cover the most recent advancements in robotic and laparoscopic bladder surgery, open surgery of the kidney, management of metastatic and invasive bladder cancer, and many other hot topics! Reference information quickly thanks to a new, streamlined print format and easily searchable online access to supplemental figures, tables, additional references, and expanded discussions as well as procedural videos and more at [www.expertconsult.com](http://www.expertconsult.com).

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### INFERTILITY IN THE MALE

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Cambridge University Press This extensively revised edition of the highly-respected reference book provides in-depth discussions on the latest developments in male reproductive medicine.

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### THE PATIENT WILL SEE YOU NOW

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### THE FUTURE OF MEDICINE IS IN YOUR HANDS

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Basic Books The essential guide by one of America's leading doctors to how digital technology enables all of us to take charge of our health A trip to the doctor is almost a guarantee of misery. You'll make an appointment months in advance. You'll probably wait for several hours until you hear "the doctor will see you now"-but only for fifteen minutes! Then you'll wait even longer for lab tests, the results of which you'll likely never see, unless they indicate further (and more invasive) tests, most of which will probably prove unnecessary (much like physicals themselves). And your bill will be astronomical. In *The Patient Will See You Now*, Eric Topol, one of the nation's top physicians, shows why medicine does not have to be that way. Instead, you could use your smartphone to get rapid test results from one drop of blood, monitor your vital signs both day and night, and use an artificially intelligent algorithm to receive a diagnosis without having to see a doctor, all at a small fraction of the cost imposed by our modern healthcare system. The change is powered by what Topol calls medicine's "Gutenberg moment." Much as the printing press took learning out of the hands of a priestly class, the mobile internet is doing the same for medicine, giving us unprecedented control over our healthcare. With smartphones in hand, we are no longer beholden to an impersonal and paternalistic system in which "doctor knows best." Medicine has been digitized, Topol argues; now it will be democratized. Computers will replace physicians for many diagnostic tasks, citizen science will give rise to citizen medicine, and enormous data sets will give us new means to attack conditions that have long been incurable. Massive, open, online medicine, where diagnostics are done by Facebook-like comparisons of medical profiles, will enable real-time, real-world research on massive populations. There's no doubt the path forward will be complicated: the medical establishment will resist these changes, and digitized medicine inevitably raises serious issues surrounding privacy. Nevertheless, the result-better, cheaper, and more human health care-will be worth it. Provocative and engrossing, *The Patient Will See You Now* is essential reading for anyone who thinks they deserve better health care. That is, for all of us.

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### WHO LABORATORY MANUAL FOR THE EXAMINATION OF HUMAN SEMEN AND SPERM-CERVICAL MUCUS INTERACTION

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Cambridge University Press The definitive and essential source of reference for all laboratories involved in the analysis of human semen.

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### ONE GREEN THING

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### DISCOVER YOUR HIDDEN POWER TO HELP SAVE THE PLANET

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Harper Horizon The climate crisis is the biggest challenge of our time, and we all have a unique role to play. Start here and now with this book. In this revolutionary call to action, unlock your superpower through a daily practice of sustainability. Noted environmentalist Heather White offers an easy-to-follow guide for climate action while brilliantly weaving together warm and funny stories from her childhood in East Tennessee, anecdotes from 20+ years of environmental advocacy, and scenes from parenting two GenZ daughters in Bozeman, Montana. In *One Green Thing*, White shows you how to contribute to the climate movement through self-discovery - your personality, interests, and strengths. First, you'll take the Service Superpower Profile Assessment, which will reveal your special gifts in service to others and the planet. Based on your profile, you'll then be equipped to: Begin your adventure with a 21-Day Kickstarter Plan that shares specific actions you can take Use the Eco-Impact Top Ten—the primary areas that can affect positive, lasting change—to develop an individualized Eco-Action Plan Log the mental health benefits and measure your progress with the Joy Tracker Write about your journey and your “why” for taking action with exercises and journal prompts that encourage you to reflect Listen and talk with members of Gen Z about their climate anxiety Commit to being an awesome ancestor for future loved ones as you inspire your family, friends, and community to work toward a regenerative, sustainable world Setting the intention each day to take a small step— a “one green thing” to care for the planet--can help ease your eco-anxiety, push the culture toward climate solutions, and create a sense of joy.

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### THE MAYO CLINIC

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### FAITH, HOPE, SCIENCE

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Rosetta Books Based on the PBS documentary by Ken Burns, Erik Ewers, and Christopher Loren Ewers. On September 30, 1889, W.W. Mayo and his sons Will and Charlie performed the very first operation at a brand-new Catholic hospital in Rochester, Minnesota. It was called Saint Marys. The hospital arose out of the devastation of a tornado that had struck the town six years earlier. After the storm, Mother Alfred Moes of the Sisters of Saint Francis told the Mayos that she had a vision of building a hospital that would “become world renowned for its medical arts.” Based on the film by acclaimed documentary filmmaker Ken Burns, *The Mayo Clinic: Faith, Hope, Science* chronicles the history of this unique organization, from its roots as an unlikely partnership between a country doctor and a Franciscan order of nuns to its position today as a worldwide model for patient care, research, and education. Featuring more than 400 compelling archival and modern images, as well as the complete script from the film, the book demonstrates how the institution's remarkable 150-year history continues to inspire the way medicine is practiced there today. In addition, a series of case studies reveals patients, doctors, and nurses in their most private moments as together they face difficult diagnoses and embark on uncertain treatments. The film and this companion book tell the story of an organization that has managed to stay true to its primary value—the needs of the patient come first. Together, they make an important contribution to the critical discussions about the delivery of health care today in America ... and the world.

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## ENCYCLOPEDIA OF AMERICAN RACE RIOTS

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**Greenwood Publishing Group** Race riots are the most glaring and contemporary displays of the racial strife running through America's history. Mostly urban, mostly outside the South, and mostly white-instigated, the number and violence of race riots increased as blacks migrated out of the rural South and into the North and West's industrialized cities during the early part of the twentieth-century. While most riots have occurred within the past century, the encyclopedia reaches back to colonial history, giving the encyclopedia an unprecedented historical depth. Though white on black violence has been the most common form of racial violence, riots involving other racial and ethnic groups, such as Asians and Hispanics, are also included and examined. Organized A-Z, topics include: notorious riots like the Tulsa Riots of 1921, the Los Angeles Riots of 1965 and 1992; the African-American community's preparedness and responses to this odious form of mass violence; federal responses to rioting; an examination of the underlying causes of rioting; the reactions of prominent figures such as H. Rap Brown and Martin Luther King, Jr to rioting; and much more. Many of the entries describe and analyze particular riots and violent racial incidents, including the following: Belleville, Illinois, Riot of 1903 Harlem, New York, Riot of 1943 Howard Beach Incident, 1986 Jackson State University Incident, 1970 Los Angeles, California, Riot of 1992 Memphis, Tennessee, Riot of 1866 Red Summer, Race Riots of 1919, Southwest Missouri Riots 1894-1906, Texas Southern University Riot of 1967. Entries covering the victims and opponents of race violence, include the following: Black Soldiers, Lynching of Black Women, Lynching of Diallo, Amadou Hawkins, Yusef King, Rodney Randolph, A. Philip Roosevelt, Eleanor Till, Emmett, Lynching of Turner, Mary, Lynching of Wells-Barnett, Ida B. Many entries also cover legislation that has addressed racial violence and inequality, as well as groups and organizations that have either fought or promoted racial violence, including the following: Anti-Lynching League Civil Rights Act of 1957, Economic Opportunity Act of 1964, Ku Klux Klan, National Association for the Advancement of Colored People (NAACP), Nation of Islam, Vigilante Organizations, White League. Other entries focus on relevant concepts, trends, themes, and publications. Besides almost 300 cross-referenced entries, most of which conclude with lists of additional readings, the encyclopedia also offers a timeline of racial violence in the United States, an extensive bibliography of print and electronic resources, a selection of important primary documents, numerous illustrations, and a detailed subject index.

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## FOOD

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### WHAT THE HECK SHOULD I EAT?

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**Little, Brown** #1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

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### DAMP INDOOR SPACES AND HEALTH

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**National Academies Press** Almost all homes, apartments, and commercial buildings will experience leaks, flooding, or other forms of excessive indoor dampness at some point. Not only is excessive dampness a health problem by itself, it also contributes to several other potentially problematic types of situations. Molds and other microbial agents favor damp indoor environments, and excess moisture may initiate the release of chemical emissions from damaged building materials and furnishings. This new book from the Institute of Medicine examines the health impact of exposures resulting from damp indoor environments and offers recommendations for public health interventions. *Damp Indoor Spaces and Health* covers a broad range of topics. The book not only examines the relationship between damp or moldy indoor environments and adverse health outcomes but also discusses how and where buildings get wet, how dampness influences microbial growth and chemical emissions, ways to prevent and remediate dampness, and elements of a public health response to the issues. A comprehensive literature review finds sufficient evidence of an association between damp indoor environments and some upper respiratory tract symptoms, coughing, wheezing, and asthma symptoms in sensitized persons. This important book will be of interest to a wide-ranging audience of science, health, engineering, and building professionals, government officials, and members of the public.

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### METHODS IN KIDNEY CELL BIOLOGY PART B

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**Academic Press** *Methods in Kidney Cell Biology, Part B, Volume 154* represents state-of-the-art techniques in renal research that are ideal for veterans, graduate students, postdoctoral fellows, clinical scientists and principal investigators. Topics in the new release include Single glomerular proteomics - a novel method in translational glomerular cell biology, Measurement of cytosolic and intraciliary calcium in live cells, Differentiation of human kidney organoids from pluripotent stem cells, Quantifying autophagic flux in kidney tissue using structured illumination microscopy, the Generation of primary cells from ADPKD and normal human kidneys, ADPKD cell proliferation and Cl-dependent fluid secretion, In vitro cyst formation of ADPKD cells, and much more. Written by experts in their field who have perfected stated methods Covers a wide range of topics, from state-of-the-art techniques that may require specialized equipment, to tried-and-true classic methods in their most refined form Includes cutting-edge, recently developed methods

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### STUDIES ON MEN'S HEALTH AND FERTILITY

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**Springer Science & Business Media** *Studies on Men's Health and Fertility* provides a comprehensive series of up-to-the-minute reviews addressing the role of oxidative stress in the aetiology of reproductive pathologies in the male. This volume represents by far the most detailed, authoritative review of the field that has been produced to date. The text encompasses the basic science of reactive oxygen species (ROS) production by mammalian spermatozoa, the way in which these highly reactive molecules are processed by the germ line and the physiological significance of this redox activity in the generation of a functional gamete. The factors responsible for perturbing the delicate balance between physiological redox signaling on the one hand and oxidative stress on the other are also extensively reviewed and some of the first clues concerning the underlying mechanisms (age, heat, infection, cryostorage, aberrant lipid metabolism), clearly identified. From a clinical perspective there are chapters setting out the methods we should be using to diagnose oxidative stress in the male germ line, a clinical perspective on the aetiology of this condition and detailed considerations of the most suitable means of ameliorating such stress from a therapeutic point of view. *Studies on Men's Health and Fertility* is intended to provide clinicians and scientists with a snap shot of the current status of this exciting, rapidly moving field. The book will be of value to clinicians interested in strategies for the management of oxidative stress in their infertility patients and scientists wishing to understand the molecular mechanisms underpinning the generation of ROS by these cells and its pathophysiological significance. It was not so long ago that the ability of spermatozoa to generate ROS was a hotly disputed topic. With the publication of this book such doubts can finally be laid to rest. There is now no doubt that these cells actively generate ROS, that oxidative stress is a major contributor to defects in male reproductive health and that the successful clinical management of this condition depends on developing a deeper understanding of the underlying molecular mechanisms. In this quest, *Studies on Men's Health and Fertility* will be seen as a clear and important milestone.

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## CANCER RESEARCH

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### FOOD FIX

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### HOW TO SAVE OUR HEALTH, OUR ECONOMY, OUR COMMUNITIES, AND OUR PLANET--ONE BITE AT A TIME

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**Hachette UK** An indispensable guide to food, our most powerful tool to reverse the global epidemic of chronic disease, heal the environment, reform politics, and revive economies, from #1 New York Times bestselling author Mark Hyman, MD—"Read this book if you're ready to change the world" (Tim Ryan, US Representative). What we eat has tremendous implications not just for our waistlines, but also for the planet, society, and the global economy. What we do to our bodies, we do to the planet; and what we do to the planet, we do to our bodies. In *Food Fix*, #1 bestselling author Mark Hyman explains how our food and agriculture policies are corrupted by money and lobbies that drive our biggest global crises: the spread of obesity and food-related chronic disease, climate change, poverty, violence, educational achievement gaps, and more. Pairing the latest developments in nutritional and environmental science with an unflinching look at the dark realities of the global food system and the policies that make it possible, *Food Fix* is a hard-hitting manifesto that will change the way you think about—and eat—food forever, and will provide solutions for citizens, businesses, and policy makers to create a healthier world, society, and planet.