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KEY=LISA - RAFAEL TOBY

Before Your Pregnancy A 90-day Guide for Couples on how to Prepare for a Healthy Conception *Random House Digital, Inc.* An updated edition of a classic guide to preconception advises prospective parents on how to maximize their chances for a healthy conception and pregnancy, providing the latest nutritional and medical recommendations and coverage of current tests. Original. **Before Your Pregnancy A 90-Day Guide for Couples on How to Prepare for a Healthy Conception** *Ballantine Books* Now completely revised and updated, the classic guide that helps mothers- and fathers-to-be conceive more easily and boost the odds of a healthy pregnancy Covering preconception and interconception (between-pregnancy) well-being for women and men, Amy Ogle and Lisa Mazzullo draw on new research from their complementary fields of expertise and reveal how good preconception health can lower the risk of pregnancy complications and improve lifelong health. Why a ninety-day guide? It takes that long for sperm to mature, and at least that much time for the prospective mother to ensure that her body becomes pregnancy-ready. In a warm, intelligent style, the authors address up-to-date topics such as age, heredity, vaccinations, supplements, and weight. In easily accessible chapters, this guide covers such topics as • Nutrition: meal makeovers plus new facts (and fiction) about fish, omega-3s, vitamins, and herbs • Personal readiness: how to assess emotional, financial, and physical readiness, including a preconception-friendly exercise program, plus advice for avid athletes • Becoming an informed patient: choosing a doctor, insurance coverage, baby-friendly medications, and the latest genetic screening guidelines • Women's health: expanded coverage of gynecologic and medical conditions affecting fertility and pregnancy (including bariatric surgery and physical disabilities), and steps to create a welcoming womb by optimizing immune health • Environment: a roundup of environmental exposures and travel tips • Men's health: practical lifestyle advice for men to help maximize the number and health of sperm • Conception: clear signs that predict when to "start trying," and the truth behind common myths • Infertility: reassuring options for reproductive assistance • Interconception health: the best plan for pregnancy recovery, before trying for another • Resources: questionnaires for your preconception medical visit, and charts to track fertility signs **Fertility Facts Hundreds of Tips for Getting Pregnant** *Chronicle Books* Fertility Facts is the ultimate compendium of pre-pregnancy advice, essential not only for the one in six couples struggling with fertility challenges, but also for anyone starting a family. This chunky volume offers hundreds of ways, sourced from doctors and the latest research by the experts at Conceive Magazine, for women to conceive faster. Each page offers a new and often surprising tip: women should avoid taking ibuprofen, while men looking to increase sperm count should double up on pumpkin seeds! With this highly accessible reference in hand, readers will be one step closer to parenthood. **The Zero Trimester Pre-Pregnancy Care and the Politics of Reproductive Risk** *Univ of California Press* -A healthy pregnancy is now defined well before pregnancy even begins. Public health messages promote pre-pregnancy health and health care by encouraging reproductive-age women to think of themselves as mothers before they think of themselves as women. This happens despite little evidence that such an approach improves maternal and child health. This book examines the dramatic shift in ideas about reproductive risk and birth outcomes over the last several decades, unearthing how these ideas intersect with the politics of women's health and motherhood at the beginning of the twenty-first century.---Provided by publisher. **The Unofficial Guide to Having a Baby** *John Wiley & Sons American Book Publishing Record* Good to Be Grand Making the Most of Your Grandchild's First Year *BenBella Books, Inc.* Becoming a grandparent is a major milestone, raising new questions, challenges, and opportunities. Prepare for this transformative stage of life—and make the baby's first year one of the most meaningful experiences for both of you. **Good to Be Grand** is the ultimate roadmap for today's grandparent, combining the latest information about infant care—from medical developments to equipment innovations to parenting practices—with honest, down-to-earth advice and anecdotes about grandparents' special role. Journalist and new grandmother Cheryl Harbour gets right to the point of what modern grandparents really need to know from the time they begin anticipating the birth to the end of the first year. Harbour takes the best and most relevant information from the latest research, expert interviews, and thick parenting books and tailors it specifically for grandparents, recognizing the unique bond they share with their children's children. Each chapter provides interesting facts and observations about what has remained the same and what has changed about childcare over the years, what you can do to support the physical and emotional well-being of your grandchild and, most important, what you can do to make the most of the experience. With a foreword by Hillary Rodham Clinton, including her personal reflections on the birth of her first grandchild, **Good to Be Grand** is for smart and sophisticated grandparents eager to embark on their grandparenting journeys with enthusiasm, knowledge, and confidence. **Library Journal** Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: **School library journal**, ISSN 0000-0035, (called **Junior libraries**, 1954-May 1961). Also issued separately. **Keeper** *Simon and Schuster* **Keeper** was born in the ocean, and she believes she is part mermaid. So as a ten-year-old she goes out looking for her mother—an unpredictable and uncommonly gorgeous woman who swam away when **Keeper** was three—and heads right for the ocean, right for the sandbar where mermaids are known to gather. But her boat is too small for the surf—and much too small for the storm that is brewing on the horizon. **Kathi Appelt** follows her award-winning and **New York Times** bestselling novel **The Underneath** with this stunning, mysterious, and breathtaking tale of a girl who outgrows fairy tales just a little too late—and learns in the end that there is nothing more magical and mythical than love itself. **Meeks** *ReadHowYouWant.com* No woman will have Ben without a proper bachelor's suit . . . and the tailor refuses to make him one. Back from war with a nameless enemy, Ben finds that his mother is dead and his family home has been reassigned by the state. As if that isn't enough, he must now find a wife, or he'll be made a civil servant and given a permanent spot in one of the city's oppressive factories. Meanwhile, **Meeks**, a foreigner who lives in the park and imagines he's a member of the police, is hunted by the overzealous **Brothers of Mercy**. **Meeks'** survival depends on his peculiar friendship with a police captain—but will that be enough to prevent his execution at the annual Independence Day celebration? A dark satire rendered with the slapstick humor of a **Buster Keaton** film, **Julia Holmes'** debut marries the existentialism of **Fyodor Dostoevsky's** "Notes from Underground" to the strange charm of a **Haruki Murakami** novel. "Meeks" portrays a world at once hilarious and disquieting, in which frustrated revolutionaries and hopeful youths suffer alongside the lost and the condemned, just for a chance at the permanent bliss of marriage and a slice of sugar-frosted Independence Day cake. **Julia Holmes** was born in Dhahran, Saudi Arabia, and grew up in the Middle East, Texas, and New York, where she is currently an assistant editor at "Rolling Stone." She is a graduate of Columbia University's MFA program in fiction. **The Sisters from Hardscrabble Bay** *Fiction Penguin* A tale of two sisters over seventy years that recovers the vibrant and unforgettable voice of **Beverly Jensen** In 1916, **Idella** and **Avis Hillock** live on the edge of a chilly bluff in **New Brunswick**—a hardscrabble world of potato farms and lobster traps, rough men, hard work, and baffling beauty. From "Gone," the heartbreaking story of their mother's medical crisis in childbirth, to the darkly comic "Wake," which follows the grown siblings' catastrophic efforts to escort their father, "Wild Bill" **Hillock's** body to his funeral, the stories of **Idella** and **Avis** offer a compelling and wry vision of two remarkable women. The vivid cast includes **Idella's** philandering husband **Edward**, her bewilderingly difficult mother-in-law- and **Avis**, whose serial romantic disasters never quell her irrepressible spirit. **Jensen's** work evokes a time gone by and reads like an instant American classic. **Beverly Jensen** died of cancer at the age of forty-nine without publishing her work. Since her death, her fiction has been championed by a dedicated group of supporters, including **Stephen King** and **Joyce Carol Oates**. **The Pregnant Body Book** *Dorling Kindersley Ltd* The complete illustrated guide from conception to birth. **The Pregnant Body Book** is a comprehensive visual guide to every aspect of conception, pregnancy and birth exploring the important changes that take place in a completely revolutionary way. State-of-the-art images, extraordinary photography and accessible text track each stage of both the mother and baby's development from fertilisation to birth week-by-week. This unprecedented guide covers everything you could possibly want to know from the science behind sex and conception to the intricacies of genetics and includes a detailed look at the anatomy and physiology of both the male and female reproductive systems and the groundbreaking medical advances that define the 21st-century understanding of pregnancy. **The Pregnant Body Book** is the first of its kind and an ideal reference for prospective parents, as well as both medical and midwifery students. **The Naked Woman A Study of the Female Body** *Macmillan* A tour of the female body by the best-selling behaviorist author of **Manwatching** places a particular emphasis on the evolutionary functions of various physiological traits, in a volume that also addresses societal perceptions of the ideal female form. Reprint. 20,000 first printing. **Chicago Medicine Making Babies A Proven 3-Month Program for Maximum Fertility** *Little, Brown Spark* **Making Babies** offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but **Dr. David and Blakeway** know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. **Making Babies** is a must-have for every woman trying to conceive, whether naturally or through medical intervention. **Dr. David and Blakeway** are revolutionizing the fertility field, one baby at a time. **Energy Medicine For Women Aligning Your Body's Energies to Boost Your Health and Vitality** *Piatkus* For more than three decades, **Donna Eden** has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In her long-awaited new book, **Donna** speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face. She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues. From PMS to menopause, from high blood pressure to depression, the book offers easy-to-follow solutions to women's health issues that traditional medicine often fails to provide. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, **Eden** presents what is sure to become a classic book on the subject of women's health. **Eating for Pregnancy The Essential Nutrition Guide and Cookbook for Today's Mothers-to-Be** *Da Capo Lifelong Books* A cookbook and nutrition guide for contemporary mothers-to-be shares more than 120 recipes accompanied by nutritional breakdowns and meal-planning tips. For **Hunger-proof Cities Sustainable Urban Food Systems** *IDRC* For **Hunger Proof Cities: Sustainable urban food systems** **Conquering Infertility** **Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility** *Penguin* Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In **Conquering Infertility**, Harvard psychologist **Alice Domar**—whom **Vogue** calls the "Fertility Goddess"—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, **Domar** helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With **Conquering Infertility**, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life. **The Thinking Woman's Guide to a Better Birth** *Penguin* As an intelligent woman, you are probably used to learning as much as you can before making

major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Cesarean Doula's Deciding on a doctor or midwife Choosing where to have your baby and much more . . . The Cat - E-Book Clinical Medicine and Management *Elsevier Health Sciences* Comprehensive in scope and exclusively devoted to feline medical care, Dr. Susan Little's *The Cat: Clinical Medicine and Management* is an essential resource for anyone who provides complete, state-of-the-art care to cats. In one convenient volume, you'll find authoritative, clinically-focused information enhanced by full-color illustrations, tables, boxes, algorithms, key points, and much more — all in a format designed for quick access. Dr. Little and her expert contributors address the unique concerns and challenges facing the feline practitioner, including the latest advances in feline medical diagnosis and management and their clinical applications to everyday practice. User-friendly and complete, *The Cat* is also available as an e-book, giving you easy access to the complete, fully-searchable contents online. Covers the latest advances in feline medicine from a systemic and adjunctive care perspective. It's the most comprehensive feline medical reference available with a strong clinical focus. Helps you meet the increasing demand for state-of-the-art medical care by cat owners — including advanced diagnostic services and treatments designed to extend and improve quality of life for feline companions. Features a full-color design with hundreds of schematic drawings, tables, boxes, key points, algorithms, and photographs for quick and easy access to information. Addresses key topics unique to feline medicine and not currently covered in other books, including: insights and clinical advances attributable to the mapping of the feline genome; medical conditions associated with behavioral problems; managing the feline patient with co-existing and chronic disease; special medical problems and care considerations for the geriatric cat; environmental enrichment for the indoor cat; feline zoonotic agents and implications for human health; and shelter medicine and overpopulation solutions. Provides in-depth information on indoor cats and senior cats, including timely guidance on meeting owners' expectations for longer, healthier lives for their cats. Addresses the challenges of pet overpopulation, particularly the impact of millions of feral cats on public health and the environment. Presents information written in the manner of expanded conference proceedings, delivering the latest insights and most current approaches to management of feline medical disorders. Includes contributions from approximately 60 contributors, drawing on the valuable expertise of those most knowledgeable in the field of feline medical care. Bears the full endorsement of the Winn Feline Foundation, a non-profit organization that supports studies about cat health and funds feline research projects worldwide, and is internationally regarded as a major contributor to the health and wellbeing of all cats. The complete contents also are available online through *Veterinary Consult*. *What to Feed Your Baby and Toddler A Month-by-Month Guide to Support Your Child's Health and Development* *Ten Speed Press* An easy-to-follow manual for feeding babies exactly what they need to hit physical and intellectual milestones from 6 to 24 months, with 60 simple and delicious recipes. The month-by-month format offers a clear understanding of what foods to incorporate and avoid in a baby's diet. World-renowned research neuroscientist, nutrition expert, and author of *What to Eat When You're Pregnant* Dr. Nicole M. Avena presents an essential guide for new parents on feeding babies during their critical first two years. Answering common questions about picky eaters, food allergies, diversifying baby's appetite, eating out or on the go, feeding baby at daycare or when with another caregiver, and food safety, this comprehensive guide offers easy monthly meal plans and baby-friendly, nutrient-rich recipes designed to support your baby's developmental milestones. *American Academy of Pediatrics New Mother's Guide to Breastfeeding* *Bantam* Provides answers to frequently asked questions about the physical, emotional, and psychological benefits of breastfeeding. *Ina May's Guide to Breastfeeding* *Bantam* Shares practical recommendations for rendering nursing a mutually beneficial experience, covering topics that range from breast pumps and sleeping arrangements to nursing multiples and returning to work. *Northern Sustainabilities: Understanding and Addressing Change in the Circumpolar World* *Springer* This edited volume examines the multiple dimensions of sustainability in the Circumpolar North, a territory facing unprecedented environmental and social challenges at the start of the 21st century. The chapters explore the cultural, economic, political and environmental aspects of sustainability, as well as examples of successful research collaboration with northern and indigenous communities. By examining a wide range of issues and places, the contributions highlight the diversity of the Circumpolar North, the challenges and opportunities it faces, and the ways in which people and communities are adapting to and influencing the changing circumstances of this dynamic region. Contributors include both Indigenous and non-Indigenous researchers from eleven different countries and from across the career spectrum. This book will appeal to an academic audience interested in the manifold facets of sustainability in the Arctic and sub-arctic regions of the world. *Sex Again Recharging Your Libido* *Workman Publishing Company* Despite what you see on movies and TV, Americans have less sex than people in any other country. One in three women, of all ages, reports a lack of interest in sex, and more than 40 million Americans in relationships are having no sex at all. But rather than feeling complacent about it, most couples would like to have that interest back. The desire for desire is a feeling few women forget—or abandon. Combining Eastern wisdom and techniques with a Western medical perspective, Jill Blakeway—called a “fertility goddess” by *The New York Times* for her bestseller, *Making Babies*—shows women how to revive their libidos and rekindle their sex lives. Assessments and quizzes help the reader place herself and her partner on the scale of yin and yang. Jill then shows how to keep these opposites—passive/active, accepting/initiating, cool/hot—in correct balance. Specific meditations and breathing techniques help unblock qi (pronounced chee), the essential energy that flows through the body. There are chapters on specific elements of love-making: massage, kissing, positions, orgasms—having them, holding them, making them last. And finally, “Sex in Six,” a six-week program of reclaiming an active, satisfying, and possibly better-than-ever-before sex life. The book is full of case studies, fun “Do It Now” suggestions, and “He Said” boxes written by the author's husband and medical partner, Noah Rubinstein. It addresses common sexual dysfunctions, healthy hormones, and herbal remedies. *Sex Again* provides a path to balance and emotional wisdom—individually and as a couple. *Key to Health* *Createspace Independent Publishing Platform* *Health Tips for You From Mahatma Gandhi* Written by the iconic world leader, Mahatma Gandhi, this booklet is full of little tips on how you can get a better body and health. Originally written in Gujarati, an Indian language, it is now available in English and several European languages. Gandhi gave it the name “Key to Health”, and he told, to paraphrase him, that anyone follows the tips and guidelines in the booklet would have a power key to an optimal health. And that the person doesn't have to spend time shuttling between home and hospital. This is much like “prevention is better than cure,” as well as “you can always get a better health when you come near to nature” Some aspects covered in the book: Human body Fresh Air Brahmacharya Tea Pure Water Natural and Well-chosen Food Coffee Intoxicants Tobacco Condiments Be with nature and be natural is the essence of this little book from this great man. Some excerpts from the book: 1. The human body is composed of what the ancient philosophers have described as the five elements. These are earth, water, vacancy, light and air. 2. The body has been described as a mine of dirt. Looked at in its proper perspective, there is no exaggeration in this statement. If the body was nothing else but this, there could be no point in taking such pains to look after it. But if this so-called mine of dirt can be put to its proper use, it becomes our first duty to cleanse it and keep it in a fit condition. 3. Hip bath brings down the temperature in high fever and given in the manner described above it never does any harm, and may do much good. It relieves constipation and improves digestion. The patient feels fresh and active after it. In cases of constipation, Kuhne advises a brisk walk for half an hour immediately after the bath. It should never be given on a full stomach. An Indirect Benefit: You also get to learn, at certain places, how India was at the time. Personally, you can draw from this a valuable inspiration as well: If some people from a country that was so tough to live at the time, could succeed, you too can. In one place Mahatma Gandhi, mentions this: “But everybody cannot afford to drink milk. And milk is not available in every place. I would like to mention here a very important fact with regard to milk. Contrary to the popular belief, skimmed milk is a very valuable article of diet.” Not even milk was available to many by then! With better conditions, you can reach much higher stations in your life. This booklet is a very quick read. *Scroll Up and Get Your Copy*. *The Postal Record The Christian Mom's Pregnancy Journal Week-By-Week Guide, Prayers, and Memory Book* Your pregnancy is a blessing. Record weekly milestones, find inspiration through scripture and prayer, and reflect on your growing miracle in this keepsake guided journal. No pregnancy care package is complete without a journal to record your pregnancy story. Track each week's developmental milestone, reflect on your faith and journey, and help baby grow in God's love. From the time you discover you're pregnant to the first few weeks of your newborn's life, this trimester-by-trimester pregnancy journal guides experienced and first-time moms who want to chronicle each precious moment. Simply start wherever you are in your pregnancy and continue through the first month after baby's arrival. *The Christian Mom's Pregnancy Journal* features: - Weekly devotions: 40 inspirational scriptures, prayers, and Bible studies to guide mom and nurture baby through each milestone - Guidance for expecting moms Weekly updates on baby's development, mom's changing nutrition and wellness needs, and important doctor's appointments - Help preparing for baby: Christian baby name ideas, lullabies, books, and tips for creating a spiritual birth plan - Beautiful design: Makes a great gift, with room to paste sonograms and bump photos, write letters to baby, and reflect on important pregnancy moments *Fetal Anomalies Ultrasound Diagnosis and Postnatal Management* *John Wiley & Sons* *FETAL ANOMALIES* Advances in ultrasound technology are reshaping the field of health care for obstetricians and pediatric specialists. Detailed fetal imaging has enabled medical professionals to detect fetal structural anomalies and research practical guidelines for prenatal diagnosis and postnatal management. *Fetal Anomalies: Ultrasound Diagnosis and Postnatal Management* is a practical sourcebook with images of structural fetal malformations on a continuum that begins at the stage of ultrasonographic identification, progressing to characterization in the newborn period, and culminating in repair and postoperative follow up. This comprehensive text correlates pre- and post-natal images with the type of treatment appropriate to structural anomalies of the different organ systems. Numerous examples from each organ system are included and the material is clinically oriented. *Fetal Anomalies: Ultrasound Diagnosis and Postnatal Management* reviews such topics as: Externally visible defects Skeletal dysplasia Central nervous, gastrointestinal, urinary, and genital systems Umbilical cord anomalies Abnormalities specific to multiple pregnancies Abnormalities of amniotic fluid volume Abnormalities that elude prenatal detection Incorporating the pictorial strengths of an atlas with the didactic utility of a reference work, *Fetal Anomalies: Ultrasound Diagnosis and Postnatal Management* is a unique book bridging various specialties that comprise maternal-fetal medicine, such as obstetrics, diagnostic imaging, neonatology, perinatology, surgery, and urology. *Gwynne's Latin The Ultimate Introduction to Latin Including the Latin in Everyday English* *Random House* ‘Latin is “it”, the most wonderful “thing”. It is mind-enhancing, character-improving, enthralling, exciting, deeply satisfying, and valuable. My solid determination is to spare no pains to do it the justice that its importance demands.’ Mr Gwynne, author of the Sunday Times bestselling phenomenon *Gwynne's Grammar*, is just as emphatic about the importance of Latin as he is about the importance of grammar. From the novice to the more well-versed, *Gwynne's Latin* is essential for anyone interested in learning Latin; Mr Gwynne promises to teach you more Latin in half an hour than you would learn from years of being taught Latin at school. He also includes a fascinating section on everyday Latin usage, which discusses all the Latin words and idioms we still use today, such as ‘quid pro quo’ and ‘sui generis’. Though we need no further convincing - as we know, Mr Gwynne is never wrong - here are just some of the many reasons why Latin is utterly wonderful: - Latin is an academic subject easy enough for the least intelligent of us to grasp all the basic elements of, and yet difficult enough to be demanding for its greatest scholars. - For well over a thousand years it was the means of communication that united the whole of Europe culturally and in every other significant way. - It is the direct ancestor of, between them, the five most widely-spoken European languages, and both of the official South American languages. - It is the ancestor and source of more than half of the English language, partly directly and partly through French, which for some centuries was England's official language. Following in the same beautifully designed footsteps of *Gwynne's Grammar*, *Gwynne's Latin* will teach you all the fundamentals of Latin quickly, thoroughly and better than all the competition. *The Natural Pregnancy Book, Third Edition Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices* *Ten Speed Press* A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, *The Natural Pregnancy Book* has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is

integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist. **Mechanisms of Disease in Small Animal Surgery** *Teton NewMedia* This text is an ideal resource for the individual performing or learning to perform a surgical procedure. The most qualified experts in the fields of surgery and pathophysiology explain in easy to understand and practical terms the mechanisms by which a disease affects each organ. **Mechanisms of Disease in Small Animal Surgery** not only helps the practicing veterinarian better understand the function of specific organs effected by disease; but also helps the practitioner explain it and the selected surgical treatment to the client in an easy to understand manner. The highly visual format contains over 500 highly quality illustrations and well conceived tables. It is enormously helpful to veterinary student studying for the boards. Published by Teton New Media in the USA and distributed by Manson Publishing outside of North America. **The Ultimate Survival Medicine Guide Emergency Preparedness for ANY Disaster** *Skyhorse* No one knows what the next disaster will be: earthquake, Coronavirus, flu epidemic, flood, terrorist attack. But everyone should know how to survive a medical emergency if a medical professional isn't available. From Dr. Joe Alton and Amy Alton ARNP comes an updated edition of their bestseller **The Survival Medicine Handbook**. This unique medical book is meant to enable the average person to handle injuries and illness in situations in which modern medical facilities and professionals aren't available due to a disaster. This book is written by America's top medical preparedness experts: Joe Alton, MD, and Amy Alton, ARNP. Their mission: to put a medically prepared person in every family for when medical help is not on the way. Using decades of medical experience, they address, in plain language, dozens of medical issues associated with surviving disasters and epidemics. The Altons also discuss the medical supplies needed to become a medical asset to your family and community as well as alternative and natural strategies for when pharmaceuticals aren't available. Topics include: Appendicitis and Conditions that Mimic It Urinary Tract Infections Mosquito-Borne Illnesses Allergic Reactions and Anaphylaxis Head Injuries Animal Bites Snake Bites Head injuries Kidney Stones Dislocations and Fractures Nosebleeds Pain Medications Natural Pain Relief And much much more! Most medical books will send you to the doctor or hospital when an emergency happens. The Altons assume that the worst might actually happen—that the average person could be left without medical help in a disaster. With their book, you can keep your family healthy in times of trouble. **Modern Pharmaceutics** *CRC Press* "Completely revised and expanded throughout. Presents a comprehensive integrated, sequenced approach to drug dosage formulation, design, and evaluation. Identifies the pharmacodynamic and physicochemical factors influencing drug action through various routes of administration." **Environmental Epidemiology, Volume 1 Public Health and Hazardous Wastes** *National Academies Press* The amount of hazardous waste in the United States has been estimated at 275 million metric tons in licensed sites alone. Is the health of Americans at risk from exposure to this toxic material? This volume, the first of several on environmental epidemiology, reviews the available evidence and makes recommendations for filling gaps in data and improving health assessments. The book explores: Whether researchers can infer health hazards from available data. The results of substantial state and federal programs on hazardous waste dangers. The book presents the results of studies of hazardous wastes in the air, water, soil, and food and examines the potential of biological markers in health risk assessment. The data and recommendations in this volume will be of immediate use to toxicologists, environmental health professionals, epidemiologists, and other biologists. **Narrative Matters Writing to Change the Health Care System** *JHU Press* Suresh, Abraham Verghese, Otis Warren, Leana S. Wen, Charlotte Yeh **The Kidney Warriors** *Notion Press* **The Kidney Warriors**, centred around chronic kidney disease (CKD), offers an insightful glimpse into life of people with kidney disease. Through numerous narrations of individuals' true stories of battle and survival, this book details different aspects of kidney diseases as well as the challenges faced by them. Their brave and inspiring stories opens the door to understanding various facets of kidney diseases - medical, social/familial, psychological and economic. The book poignantly bares their thoughts, emotions, struggles, strengths and hopes. This compilation of raw and real stories is based on people from across India who are part of the Facebook group 'The Kidney Warriors'. The book also includes valuable input from doctors on medical information and statistics about kidney diseases and their treatments. **The Kidney Warriors** is the go-to book for anyone who wants a comprehensive as well as easy understanding of CKD. **Communicating in a Crisis** . **The Impatient Woman's Guide to Getting Pregnant** *Simon and Schuster* Comforting and intimate, this "girlfriend" guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. **The Impatient Woman's Guide to Getting Pregnant** is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging— that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, **The Impatient Woman's Guide to Getting Pregnant** is the bedside companion to help you through it.