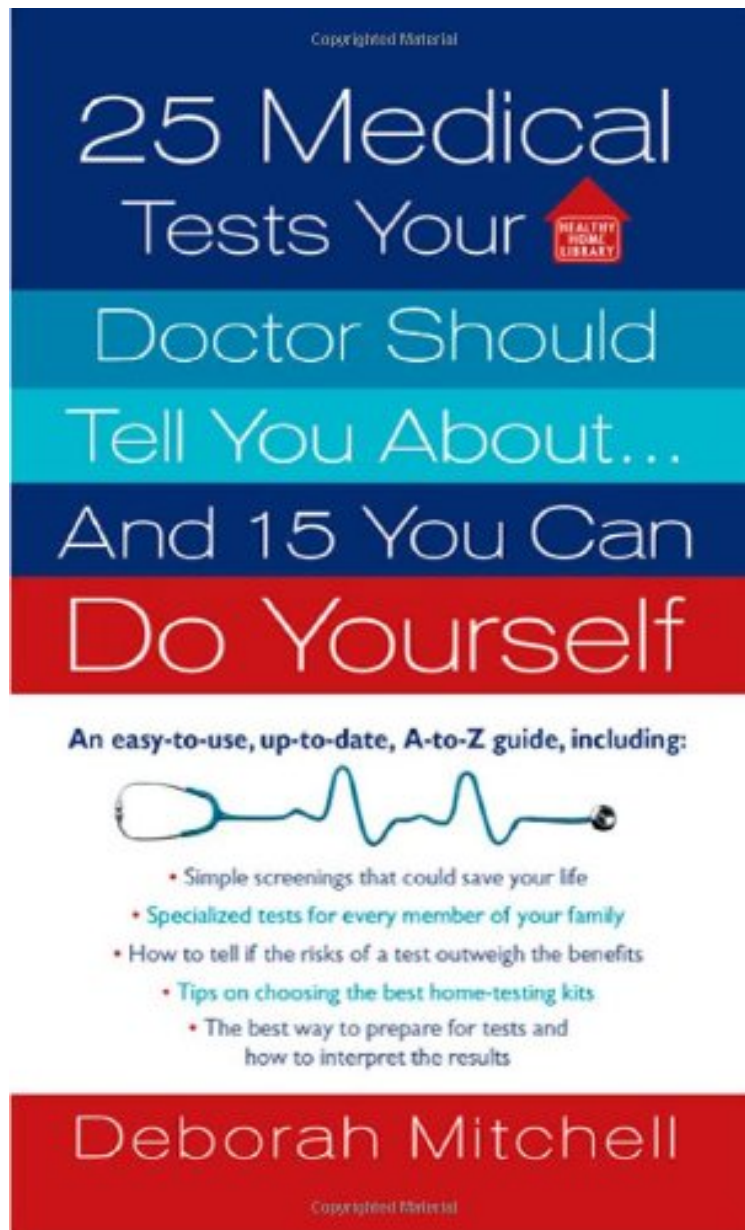


(Library ebook) 25 Medical Tests Your Doctor Should Tell You About...and 15 You Can Do Yourself
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25 Medical Tests Your Doctor Should Tell You About...and 15 You Can Do Yourself (Healthy Home Library)

Deborah Mitchell

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25 MEDICAL TESTS YOUR DOCTOR SHOULD TELL YOU ABOUT ...and 15 You Can Do Yourself is an easy-to-use, up-to-date, A-to-Z guide that is a must-have reference book for any home library. This compact guide will give families the basic information they need in the most everyday medical situations, and allow readers to approach doctor visits not with fear, but with the confidence of an informed patient. Author Deborah Mitchell has provided the essential information about both common and uncommon medical testings, and the key information required for understanding, including: Simple screenings that could save your life Specialized tests for every member of your family How to tell if the risks of a test outweigh the benefits. Tips on choosing the best home testing kits The latest in prevention and diagnosis of common medical conditions The best way to prepare for tests and how to interpret the results The book includes basic facts about conditions and diseases such as cancers, asthma, bronchitis, high cholesterol and many others.

From the Back Cover Which medical tests should I receive on a regular basis? How reliable are medical tests? When should I be screened for heart disease and other conditions? What are the most important tests for men, for women, and for children? Which over-the-counter home tests work best? Today's health-care consumers have faster, easier access to the widest range of medical tests than ever before. Learn the facts and live smarter, longer, and healthier with: 25 MEDICAL TESTS YOUR DOCTOR SHOULD TELL YOU ABOUT ...and 15 You Can Do Yourself Comprehensive, up-to-date information on the most essential tests for you and your family A-to-Z listings of screening and diagnostic tests, cross-referenced for easy use Simple life-saving screenings everyone should know about cholesterol, blood pressure, glucose, stress, thyroid, and other key indicators of common conditions How to talk to your doctor about side effects and whether a test is really needed.. What you should know about home testing kits pregnancy, male infertility, drug use, colon cancer, thyroid dysfunction, high cholesterol and glucose levels, and more Important information on side effects, and when you need to call your doctor About the Author Deborah Mitchell is a widely published health journalist. She is the author or coauthor of more than three dozen books on health topics, including books for St. Martin's Press's Healthy Home Library (A Woman's Guide to Vitamins, Herbs, and Supplements; The Complete Book of Nutritional Healing; and A Concise Encyclopedia of Women's Sexual and Reproductive Health) as well as The Wonder of Probiotics (coauthored with John R. Taylor, N.D.), Foods That Combat Aging, Your Ideal Supplement Plan in Three Easy Steps, and What Your Doctor May Not Tell You About Back Pain (coauthored with Debra Weiner, M.D.).