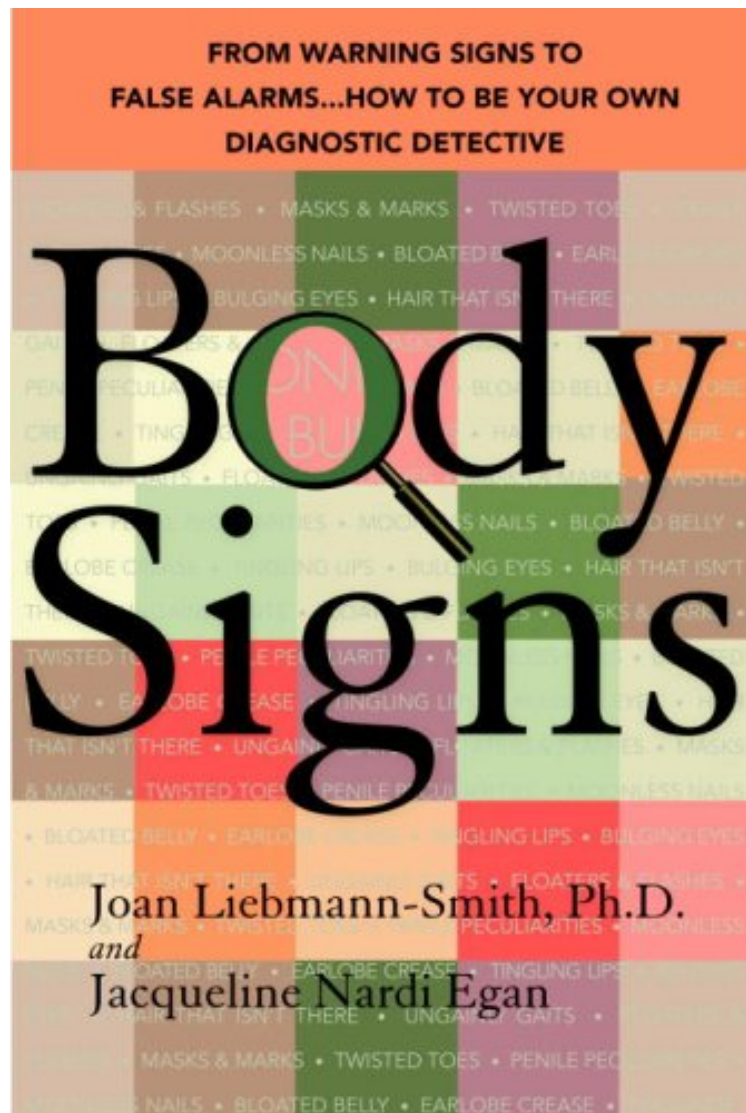


(Read download) Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective

Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective

Joan Liebmann-Smith, Jacqueline Egan

*Download PDF | ePub | DOC | audiobook | ebooks



DOWNLOAD



READ ONLINE

#1744090 in Books Bantam 2009-02-24 2009-02-24 Original language: English PDF # 1 9.00 x .70 x 6.00l, .97 #File Name: 0553384317336 pages | File size: 68.Mb

Joan Liebmann-Smith, Jacqueline Egan : **Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective** before purchasing it in order to gage whether or not it would be worth my time, and all praised Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective:

17 of 17 people found the following review helpful. Everything you ever wanted to know about bodily malfunctions

but were too embarrassed to ask. By ealovitt Pessimists and hypochondriacs should probably avoid "Body Signs." Anyone over the age of fifty will be horrified at the number of symptoms that are caused simply by getting old and wearing out. Too many places in the text state that "it [a particular disorder] affects people around the age of 60" or "nearly 90% of men will have this condition by the time they reach their 80s." This book has got everything from red palms to floating poop to something called "Sister Joseph's nodule." The latter, found in the navel, "usually signifies an advanced cancer in the abdominal cavity, but the malignancy can occur in virtually any organ." Cripes! I would have thought that a body sign named after a nun would have been benign, at the very least. If you have a symptom that you find too embarrassing to mention to your physician, "Body Signs" is a good place to check it out. The authors work their way through excrement, bladder functions, borborygmus (gurgling stomach), 'flatus vaginalis' and private parts. You have the option of looking up the anatomical feature that interests you, all the way from head hair to toe nails, or reading through this book from cover to cover. Not all of the symptoms mentioned within are fatal. In fact, a few of them are indicators of ruddy good health. Some of my favorite parts of this book are the anecdotes. Did you know that "The 16th-century German theologian Martin Luther claimed he could 'drive away the evil spirit with a single f*rt" or that former President Bill Clinton has a bent...well, read "Body Signs" and find out for yourself. 0 of 0 people found the following review helpful. Not a lot of new information. By AKNI read through this entire book in less than an hour. It was pretty good as far as telling such things as what changes in hair and fingernails mean and what changes in toilet signs mean. If you are noticing some changes in your body, such as too much sweating, or fatigue, or hair loss, this may be a good way for you to begin researching what exactly may be wrong with you. With the internet at everyone's fingertips now, it can be invaluable in your health care to take a proactive interest in getting to the bottom of what your symptoms mean. You know your own body so much better than your doctor ever will, sometimes. I could only give this three stars because it was such a lightweight read. While the information given was excellent, there wasn't enough of it. The print was large and the words were spaced out on the page to make the briefness of the text fill up the book. It should have contained twice as much information as it did. Still, if you want some very basic information about symptoms such as those involving hair, skin, nails, women's issues, sweating, dry skin, rashes, toilet issues and the like this is a very good way to start your research. 2 of 2 people found the following review helpful. Decent Reference for Novices. By D_shrink But then again, I doubt many MDs, Ph.D.s, or RNs would be in need of a reference manual of this caliber. Yet for the untrained it has a wealth of information, which although available in numerous other places and forms is neatly packaged and presented with insight and a definite humorous panache. The only problem I find with it is that it could turn a person into a hypochondriac or turn a hypochondriac into a super-hypochondriac. Yet I would score the book highly for ease of readability and information for the average reader of health fare, which is exactly for whom this book was intended. If you want more in-depth information you can always buy a copy of the Merck Manual and a good medical dictionary to help identify the medical phraseology in it. You won't need either to enjoy this book.

From brittle hair to hair in all the wrong places, a tingling tush, mismatched eyes, streaked nails, inverted nipples, and excessive flatulence, to name just a few, the body supplies endless signs regarding its state of health and wellness. When are these harmless and when is a visit to the doctor's office in order? Drawn from cutting-edge research and the latest scientific literature, and vetted by a panel of medical experts, this fascinating guide covers every body part from head to toe to help you decode the often mysterious messages your body sends you.

From Publishers Weekly Despite today's sophisticated diagnostic tools, doctors still rely on the same powers of observation they've used for hundreds of years, parsing visual and olfactory clues for information about their patients' health. In their latest collaboration (after 2005's *The Unofficial Guide to Getting Pregnant*), medical sociologist Liebmann-Smith and medical journalist Egan, with help from a panel of experts, discuss a huge list of garden variety symptoms like dry skin, persistent coughs, embarrassing flatulence and strange body odors, none of which are necessarily worrying, but which may indicate something more serious afoot. For example, dry eyes are easily treated with lubricants, but may signal an adverse reaction to medication or the onset of autoimmune disease; likewise, scaly red patches on the skin may signal relatively benign, squamous-cell skin cancer, but dark spots resembling moles can indicate life-threatening melanomas. Though they do not deal with children's diseases or obvious call-the-doctor-now signs like high fever and vomiting, this volume is otherwise quite thorough and packed with information, a handy and entertaining resource that fulfills its mission "to alert you, warn you, and maybe even scare you into going to the doctor... and save you the time, expense and anxiety of going" when one isn't needed. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Lively and engagingly written, *Body Signs* is the perfect book for people fascinated by how the human body works. Read it and you'll know what to worry about and what to ignore." Barbara Kantrowitz, co-author of *Is It Hot in Here? Or Is It Me? The Complete Guide to Menopause* "Body Signs is indispensable. It's the ultimate catalog of our bodies' quirks, symptoms, and trouble spots and a valuable guide to telling the amusing from the alarming. Written in a calm, clear voice, it's often funny, always informative, and potentially life-saving." Joel Gurin, former Editorial Director, Consumer Reports "Body Signs

is an exceptionally well written and topical book on health. I found it chock-full of informative and interesting tidbits, substantiated by scientific research. The book is easy to read and has something to offer for everyone. I certainly learnt some fascinating medical facts! "Gayatri Devi, MD Clinical Associate Professor of Neurology and Psychiatry, NYU School of Medicine; President, National Council on Women's Health Packed with information, a handy and entertaining resource that fulfills its mission to alert you, warn you, and maybe even scare you into going to the doctor and save you the time, expense and anxiety of going when one isn't needed. Publishers Weekly

About the Author Joan Liebmann-Smith, Ph.D. is a medical sociologist and award-winning medical writer. Her articles have appeared in American Health, Ms., Newsweek, Redbook, Self, and Vogue, and she has appeared on numerous television talk shows, including The Oprah Winfrey Show and The Today Show. She has a daughter, Rebecca, a cat, Fazelnut, and lives with her husband, Richard also a writer in New York City. Jacqueline Nardi Egan is a medical journalist who specializes in developing and writing educational programs with and for physicians, allied health professionals, patients, and consumers. She is also a former medical editor of Family Health magazine. She has a daughter, Elizabeth, two dogs, Coco and Abby, and divides her time between Darien, Connecticut, and Sag Harbor, New York.