

Clinical Preventive Medicine

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Clinical Preventive Medicine, 2nd Edition is an authoritative and comprehensive text on prevention. It succinctly reviews the state of the art in relevant prevention medicine, providing ways to integrate information into daily clinical practice. This second edition completely updated and expanded information from the best-selling, widely acclaimed first edition. Concise and well-written chapters define what is known and how best to apply prevention. Topics include: Herbal products, vitamins, dietary supplements, and minerals - What do we know? What is safe? How should we guide patients? * Prevention of dementia using medications, diet, and exercise - What works? What can we do? * Building strength - ergogenic aids - What is safe and not safe in fitness supplements? * Extensive chapters on state of the art developments in genetics and prevention. * Stress and depression - guide to screening and prevention. * New frameworks to assess and manage adolescent risks, home safety, and polypharmacy in the elderly. * Principles, risks, and benefits of using hormones in aging men and women. * Comprehensive information about nutrition, obesity, vitamins and minerals, and herbs and other dietary supplements. * Strong focus related to gender, ethnicity, and life stages included. * Latest technologic tools in screening including usefulness applied to varied clinical assessments.

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