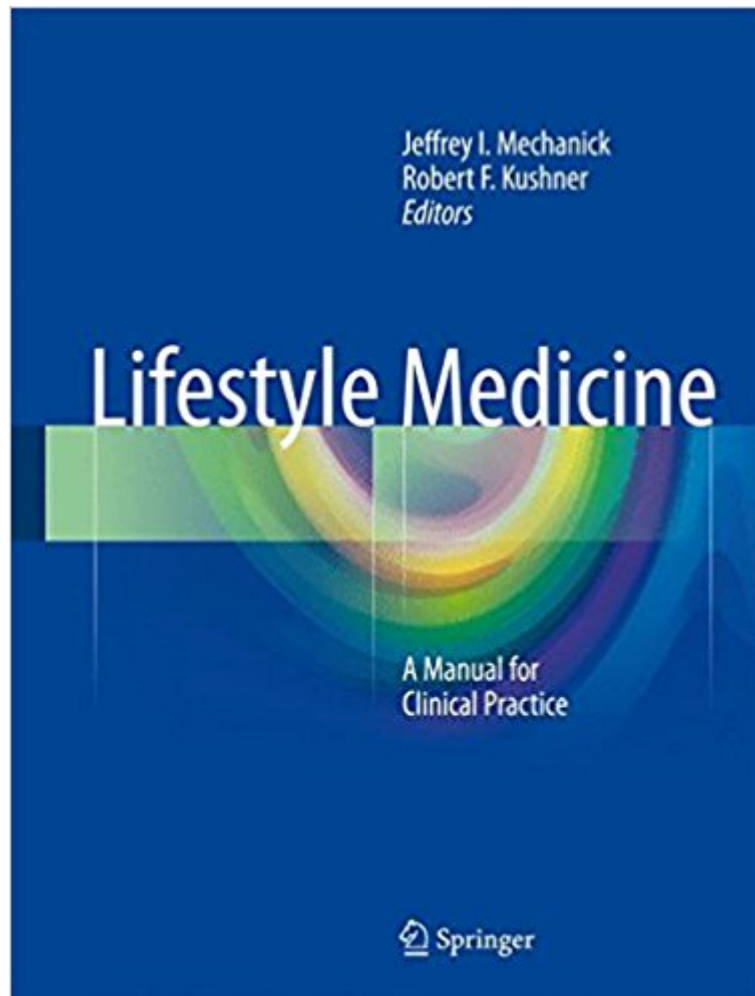




Ebook Directory
the best source of ebook

The book was found

Lifestyle Medicine: A Manual For Clinical Practice



Synopsis

Lifestyle is the manner in which people live and is fundamental to health, wellness, and prevention of disease. It follows that attention to lifestyle is critically important to effective and successful health care. But here is the challenge: health care professionals receive very little, if any, formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice. In response, "Lifestyle Medicine" is evolving as a means to fill this knowledge gap. Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle-related behaviors and influencing the environment we live in. It is a formal approach that promises to enhance and strengthen a re-invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity, diabetes, depression, hypertension, and cancer, among others. *Lifestyle Medicine: A Manual for Clinical Practice* presents this formal approach in a pragmatic context. This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine. The approach is both explanatory and pragmatic, providing case studies and bulleted translation of academic information into clinical practice recommendations. There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine. There is a "how-to" rationality to the book, consistent with a premise that any and all health care professionals should, and perhaps must, incorporate lifestyle medicine. A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters.

Book Information

Hardcover: 363 pages

Publisher: Springer; 1st ed. 2016 edition (March 18, 2016)

Language: English

ISBN-10: 3319246852

ISBN-13: 978-3319246857

Product Dimensions: 8.4 x 1 x 11.5 inches

Shipping Weight: 2.9 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #700,414 in Books (See Top 100 in Books) #54 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Preventive Medicine #134 in Books >

Textbooks > Medicine & Health Sciences > Medicine > Clinical > Endocrinology #149 in Books >

Customer Reviews

“In 32 chapters the authors review the influence of lifestyle on medical conditions, but more important is how changes in lifestyle may improve these diseases. An interesting approach which has led to formation of the American College of Lifestyle Medicine. For clinical practitioners. (Pediatric Endocrinology Reviews (PER), Vol. 14 (2), December, 2016)“

“Each chapter is a standalone monograph with an introduction, very short vignettes of a case history, followed by the psychological aspects, physical impact, some evidence-based management thoughts, resources, and references. | This book takes a comprehensive approach, covering many of areas that the single-issue monographs on this topic do not. As such this is a valuable overview that has tremendous value to primary care or specialist clinicians, and for supporting medical professionals such as nutritionists, physical therapists, and pharmacists. (Vincent F. Carr, Doody’s Book Reviews, July, 2016)

Lifestyle is the manner in which people live is fundamental to health, wellness, and prevention of disease. It follows that attention to lifestyle is critically important to effective and successful health care. But here is the challenge: health care professionals receive very little, if any, formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice. In response, “Lifestyle Medicine” is evolving as a means to fill this knowledge gap. Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle-related behaviors and influencing the environment we live in. It is a formal approach that promises to enhance and strengthen a re-invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity, diabetes, depression, hypertension, and cancer, among others. Lifestyle Medicine: A Manual for Clinical Practice presents this formal approach in a pragmatic context. This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine. The approach is both explanatory and pragmatic, providing case studies and bulleted translation of academic information into clinical practice recommendations. There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine. There is a “how-to” rationality to the book, consistent with a premise that any and all health care professionals should, and perhaps must, incorporate lifestyle medicine. A valuable checklist is included at the close of the book that summarizes key

points and provides a practical tool for routine patient encounters.

Based on best evidence available for a variety of common situations in primary care.

[Download to continue reading...](#)

Lifestyle Medicine, Third Edition: Lifestyle, the Environment and Preventive Medicine in Health and Disease Lifestyle Medicine: A Manual for Clinical Practice Roberts and Hedges – Clinical Procedures in Emergency Medicine, 6e (Roberts, Clinical Procedures in Emergency Medicine) Clinical Ethics: A Practical Approach to Ethical Decisions in Clinical Medicine, Seventh Edition (LANGE Clinical Science) How the Art of Medicine Makes the Science More Effective: Becoming the Medicine We Practice (How the Art of Medicine Makes Effective Physicians) Diagnosis and Treatment of the Lower Extremities: Nonoperative Orthopaedic Medicine and Manual Therapy (Nonoperative orthopaedic medicine & manual therapy) Manual of Clinical Psychopharmacology (Schatzberg, Manual of Clinical Psychopharmacology) Delmar's Clinical Lab Manual Series: Immunohematology (Clinical Laboratory Manual) Wong's Clinical Manual of Pediatric Nursing, 8e (Clinical Manual of Pediatric Nursing (Wong)) Manual of Clinical Periodontics: A Reference Manual for Diagnosis & Treatment (Lexi-Comp's Clinical Reference Library) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) Europe with Kids: Full-color lifestyle guide to traveling in Europe with children (Footprint - Lifestyle Guides) Kauai Lifestyle Magazine (Kauai Lifestyle Magazine) Bone Densitometry in Clinical Practice: Application and Interpretation (Current Clinical Practice) Alternative Medicine: Homeopathic Medicine, Herbal Medicine and Essential Oils for Total Health and Wellness Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Use and Impact of Computers in Clinical Medicine (Computers and Medicine) Underwater Investigations: Standard Practice Manual (Asce Manual and Reports on Engineering Practice) Clinical Ethics, 8th Edition: A Practical Approach to Ethical Decisions in Clinical Medicine, 8E (A & L Lange Series)

Contact Us

DMCA

Privacy

FAQ & Help