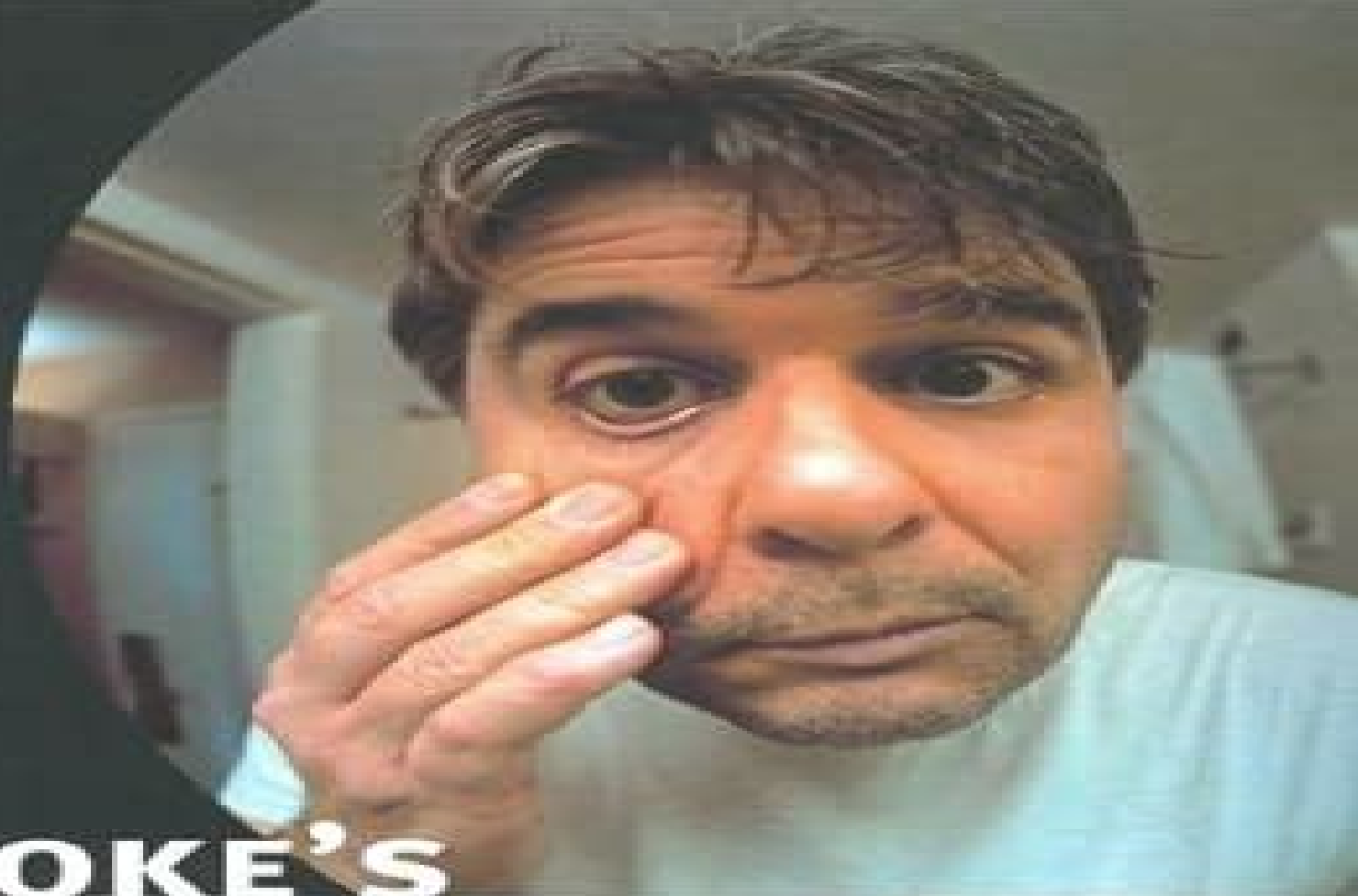




A BLOKE'S *DIAGNOSE IT YOURSELF* GUIDE TO HEALTH

DR KEITH HOPCROFT • DR ALISTAIR MOULDS

"The men who fought at Agincourt, Waterloo and Normandy have become a nation of flabby, wheezing, un-fit males. The British man needs to reclaim his health and this essential book is the first step towards his recovery." Tony Parsons

Blockes Diagnose It Yourself Guide To Health

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A Bloke's Diagnose-it-yourself Guide to Health Keith Hopcroft,A. J. Moulds,2000-01-01 By providing step by step flowcharts to self diagnosis of all the common symptoms a bloke experiences along with advice on what to do this book will sort him out from the pain in his bottom to the ache in his elbow from feeling down to not getting it up from loss of weight to loss of sex drive it s all here In just a few seconds he ll know what s wrong whether he needs urgent help or just a couple of paracetamol With a non preachy down to earth approach and an emphasis on enjoying life the book also offers some practical advice on how he can get help when he really needs it and how he can keep partying but live to an age to make those pension contributions worthwhile [The Harvard Medical School Guide to Men's Health](#) Harvey B. Simon,2004-02-03 Presents

practical health advice for men covering diet and exercise supplements alcohol stress control men s diseases and disorders and the health care system **Unlocking Peak Sexual Health: A Complete Guide for Men to Stay Vital and Vibrant**

at Any Age Michael Scott,2024-11-27 Are you ready to experience the best sex of your life no matter your age This book is the ultimate resource for men who want to optimize their sexual health and maintain vitality for years to come It goes beyond basic advice providing a comprehensive understanding of the male sexual system common challenges and practical solutions backed by science Many men struggle with sexual health concerns at some point in their lives often feeling alone and unsure where to turn Low libido erectile dysfunction and other issues can impact confidence relationships and overall well being This book cuts through the confusion and misinformation offering clear explanations and actionable steps to address these challenges This book is for men of all ages who want to take control of their sexual health Whether you re experiencing specific issues or simply want to learn how to maintain your vitality for the future this book provides the knowledge and tools you need You ll discover the latest research on lifestyle factors that impact sexual health including nutrition exercise stress management and sleep Learn how to identify potential problems explore natural remedies and medical treatments and communicate effectively with your partner about your needs It s time to unlock your full potential and live a life filled with passion and vitality **Journal of the Royal Army Medical Corps** ,1999 *Panic Disorder* Stanley Rachman,Padmal De

Silva,2004 Panic disorder is a remarkably common psychological condition characterised by sudden attacks of intense fear and panic Approximately 3% of the population will experience some signs of panic disorder during their lifetime It is a very distressing condition and if it persists has an adverse effect on most aspects of the person s life This new edition of *Panic Disorder The Facts* includes valuable new information on treatment and discusses the relationship between panic disorder and other anxiety conditions It also assesses the evidence for the available treatments drawing from the latest scientific research Information on self help has also been revised Up to date information on the nature symptoms causes theories and treatment of panic disorder is provided in a non technical language The chapters on treatment give a detailed account of psychological therapy and also discuss drug treatment A final chapter answers some commonly asked questions Numerous

personal accounts are given throughout the book highlighting various aspects of panic disorder and its treatment Though mainly intended for sufferers of panic disorder and their families and friends it will also be of interest to the general reader and to health care workers who have to deal with this problem Clearly written by two leading experts the book will remain a valuable source of information for anyone affected by this disorder

Multiple Sclerosis Walter Bryan Matthews, Margaret Rice-Oxley, 2001 This work explains in a clear and accessible manner the symptoms diagnosis and possible causes of multiple sclerosis This edition discusses the treatment options including the results from trials of Interferon

Muscular Dystrophy Alan E. H. Emery, 2000 The muscular dystrophies are a group of genetic diseases that severely affect children and adults For sufferers and their family the illness presents enormous physical and psychological challenges Written specifically for people with muscular dystrophy and their families this new edition of Muscular dystrophy the facts answers many of the questions asked about how and why it occurs and how it will affect the life of a recently diagnosed child Throughout the different types of muscular dystrophy are described with a minimum of technical jargon Questions relating to exercise physiotherapy surgery and the emotional effects of the diseases are answered and advice given on the problems of schooling and choice of career Since publication of the 1st edition the genes for almost all the different types of dystrophy have been identified enabling prevention through genetic counselling and relieving some of the worry for affected families Drawn from his many years of experience treating patients Professor Emery provides authoritative yet compassionate advice for people living with this illness From reviews of 1st edition A family visiting a genetic counsellor readied with information from this book would be well versed in the scope of concerns that can arise as families live with MD I applaud the effort to make this care package of information available to families The American Journal of Human Genetics

Ankylosing Spondylitis Muhammad Asim Khan, 2002 Ankylosing spondilitis is a chronic form of arthritis known to affect around 1 in 200 people over 1 million sufferers in the USA alone No cure has yet been found for the disease however early diagnosis and proper medical management can be important in reducing the risk of disability and deformity Ankylosing spondilitis the facts is the first mass market book to be published on this important disease It provides clear and accessible information on treatment diagnosis genetic counselling and daily life with this illness Professor Khan is one of the leading experts in the world on AS while also suffering from it This combination of scientific knowledge and personal experience of a debilitating disorder results in a unique book which will prove invaluable for sufferers wishing to know more about their condition and those that share their lives

Prostate Cancer Malcolm Mason, Leslie E. F. Moffat, 2003 Prostate cancer is fast becoming the most feared of all illnesses affecting older men Prostate Cancer The Facts is written by two leading experts on this illness In a clear and accessible style they answer the many questions that those at risk from the illness will have and the signs and symptoms to look out for This is a book that all men and their partners should read

China Tourism, 2001

Ankylosing Spondylitis: The Facts Muhammad Asim Khan, 2002-07-11 Ankylosing spondilitis is a chronic form of arthritis known to affect around 1 in 200

people over 1 million sufferers in the USA alone No cure has yet been found for the disease however early diagnosis and proper medical management can be important in reducing the risk of disability and deformity Ankylosing spondilitis the facts is the first mass market book to be published on this important disease It provides clear and accessible information on treatment diagnosis genetic counselling and daily life with this illness Professor Khan is one of the leading experts in the world on AS while also suffering from it This combination of scientific knowledge and personal experience of a debilitating disorder results in a unique book which will prove invaluable for sufferers wishing to know more about their condition and those that share their lives

Chronic Fatigue Syndrome (CFS/ME) Frankie Campling, Michael Sharpe, 2000 Chronic fatigue syndrome CFS remains one of the most controversial illnesses both in terms of its causes and the best ways to treat the illness For years sufferers have had to deal with scepticism from their families employers and even health care professionals The vast amount of conflicting advice that has been published up to now has served only to confuse sufferers and the professionals even more Chronic fatigue syndrome the facts presents a compassionate guide to this illness providing sufferers and their families with practical advice based solely on scientific evidence It is unique in being written by both a sufferer and a physician both of whom have had extensive experience talking to and helping patients Included in the book is a detailed guide to self help written from a patient's perspective but evidence based The book also deals with a number of special issues advising on how to choose therapies and therapists and how to deal with CFS in children The book additionally includes an overview of the history of the illness looking at the nature and causes of CFS and the opportunities of the future The book will be invaluable for sufferers from CFS their friends and families and the numerous health professionals who come into contact with sufferers from this illness

American Medical Association Complete Guide to Men's Health Angela Perry, M.D., 2008-04-21 Men are often reluctant to discuss issues that are important to their general health and well being This one of a kind guide provides helpful information in an easy to read format on major health concerns including diet and nutrition exercise sexuality and emotional health This guide should help men make better decisions about their health Jeffrey P Koplan M D M P H Director Centers for Disease Control and Prevention CDC Guidelines for staying healthy at any age Overviews of the body's systems and organs heart and lungs reproductive system brain and nervous system urinary system bones and joints and the immune system Explanations of the major diseases and their treatments including heart disease diabetes high blood pressure cancer drug abuse and depression Sensitive discussions of sexuality and reproduction including sexual dysfunction prostate health stds birth control and age related changes to sex and sexuality Diet and exercise guidelines Dozens of tables boxes and charts on key topics Quick reference format for finding the answers you need

Prostate Cancer: A Comprehensive Guide for Men's Health Kim Holding, Prostate cancer is a prevalent health concern affecting men worldwide While it is not always a life threatening condition it can significantly impact a man's quality of life and require significant adjustments to lifestyle and routine This book is designed to serve as a comprehensive guide

providing men with the knowledge and understanding they need to navigate this challenging diagnosis and treatment journey We will delve into the intricacies of prostate cancer exploring its causes symptoms risk factors and various screening options available for early detection You will gain a clear understanding of different treatment modalities including surgery radiation therapy hormonal therapy and chemotherapy Throughout this process we will emphasize the importance of emotional well being providing practical advice on coping with diagnosis managing treatment side effects and maintaining quality of life This book is written in a clear and concise language making complex medical information accessible to all We have combined factual information with personal anecdotes and patient stories to humanize the experience and make it more relatable By equipping you with the right information we aim to foster informed decision making and promote proactive healthcare practices ultimately leading to a more empowered and hopeful journey for men facing prostate cancer

The Aspie Girl's Guide to Being Safe with Men Debi Brown,2012-12-15 Aspie girls and women are incredibly vulnerable to having bad sexual experiences with men whether or not they are interested in pursuing dating and sexual relationships This must read book spells out the unwritten safety rules around dating relationships and sex informing and empowering them to live full and independent lives while staying safe

A Man's Guide to Healthy Aging Edward H. Thompson,Edward H. Thompson Jr.,Lenard W. Kaye,2025-10-07 This book offers practical strategies for men to maintain physical mental and social well being throughout aging It covers self care relationships career transitions cognitive health and financial planning Provided by publisher

Medical Therapy and Health Maintenance for Transgender Men: A Guide For Health Care Providers ,
The Fenway Guide to Lesbian, Gay, Bisexual and Transgender Health , *The Everything Parent's Guide to Raising Boys*
Cheryl L Erwin,2010-12-18 Potty training Violent video games Dating Raising a son is a wonderful adventure but it can also be a challenge You worry about your son s self image his values his relationship with them and with others You want your son to succeed and grow into a capable young man but how can you make sure that happens This comprehensive guide shows you how to help your son Strengthen his self image and resist peer pressure Identify and exhibit acceptable behaviors Build friendships and relationships Succeed in school and beyond Raising a son is no easy task But with patience perseverance and this guide you can see your son through challenging times and take pride in his successful transition from boy to man

The Rough Guide to Men's Health Lloyd Bradley,2013-01-01 Presents guidelines for men to lead a healthier lifestyle including advice on nutrition exercise relationships physical fitness and personal hygiene

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