

Wilderness And Travel Medicine A Complete Wilderness Medicine And Travel Medicine Handbook Escape Evasion And Survival

Glacier Travel & Crevasse Rescue
The Word for Woman Is
Wilderness
Salute to Adventurers
Health and Wellness
Tourism
Essential Travel Medicine
Travel Medicine, An Issue of
Infectious Disease Clinics - E-Book
Into the Wild
Wilderness and
Travel Medicine
Field Guide to Wilderness Medicine E-
Book
Expedition and Wilderness Medicine
Travel Medicine - Series
Oxford Handbook of Expedition and Wilderness Medicine
The
Wild Medicine Solution
In Desert and Wilderness
Wilderness
EMSLessons Learned II
High Yield Orthopaedics
Trekker's
Handbook
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Wilderness and
Environmental Medicine, An Issue of Emergency Medicine Clinics
of North America, E-Book
The Field Guide of Wilderness and
Rescue Medicine
Field Guide to Wilderness Medicine
Going
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Wilderness and Rescue Medicine
Wild
Fermentation
The Wilderness First Aid Handbook
Wilderness &
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NOLS Wilderness Medicine
Harper's Practical
Genetic Counselling, Eighth Edition
The Outward Bound
Wilderness First-aid Handbook
Pocket First Aid and Wilderness
Medicine
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Wilderness 911
Wilderness of Wildlife
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Advanced Bushcraft
Marine Medicine
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GPS Made Easy

Glacier Travel & Crevasse Rescue

Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health • Explains how 3 classes of wild

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plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them • Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures • Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Mas é explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes--from aromatic peppermint to bitter dandelion to tonic chocolate--Mas é provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing “ wild plant deficiency syndrome ” --that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual

The Word for Woman Is Wilderness

Salute to Adventurers

With an introduction by novelist David Vann Jon Krakauer ' s Into the Wild examines the true story of Chris McCandless, a young man, who in 1992 walked deep into the Alaskan wilderness and whose SOS note and emaciated corpse were found four months later. Internationally bestselling author and mountaineer Jon Krakauer explores the obsession which leads some people to discover the outer limits of self, leave civilization behind and seek enlightenment through solitude and contact with nature. In 2007, Into the Wild was adapted as a critically acclaimed film, directed by Sean Penn and Emile Hirsch and Kristen Stewart.

Health and Wellness Tourism

In John Buchan's thrill-a-minute novel Salute to Adventurers, hero Andrew Garvald makes his way from the dreary moors of his native land to the deceptively bucolic landscape of early colonial America. Faced with adversity, danger and social scorn, Garvald nevertheless stands firm in his commitment to bringing fairness and order to the burgeoning colony. Will he achieve this aim and live to tell the tale?

Essential Travel Medicine

-- Clear language and illustrations demystify GPS-- Completely revised edition includes extensive new material on using GPS with maps and in rough terrain-- GPS systems have seen exponential growth recently and the first edition has sold more than 33,000

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Travel Medicine, An Issue of Infectious Disease Clinics - E-Book

This field-guide handbook, based upon Dr. Auerbach's text Wilderness Medicine, 4th Edition, focuses on information that is needed when medical situations present in the wilderness setting. Perfect for the physician on the go, this new 2nd edition includes more chapters and appendixes for an even quicker more complete reference! Complements Wilderness Medicine, 4th Edition. Perfect for the physician on the go. Comprehensive coverage of outdoor medicine. New chapters include: Solar Radiation and Sunscreen, Emergency Airway Management, Emergency Oxygen Administration, Pain Management, Cardiopulmonary Emergencies, Neurological Emergencies, Improvised Litters and Carriers, Aeromedical Transport, Survival, Knots, Children in the Wilderness, Women in the Wilderness. Includes information on splints, slings, dressings, and hot spots. Expanded coverage of Animal Attacks and Zoonoses (diseases carried by animals that can be transmitted to humans, i.e. rabies). 6 Appendixes, including: Priority First Aid Equipment, Contingency Supplies for Wilderness Travel, and Medicine Specific to Women's Health.

Into the Wild

Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, this newly updated guide explains the best ways to respond to just about any medical problem when help is miles or days away. Logically organized, "Medicine for the Outdoors" may literally save a life.

Wilderness and Travel Medicine

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Based on Dr. Auerbach's renowned Wilderness Medicine text, *Field Guide to Wilderness Medicine*, 5th Edition, is your portable, authoritative guide to the full range of medical and emergency situations that occur in non-traditional settings. Useful for experienced physicians as well as advanced practice providers, this unique medical guide covers an indispensable range of topics in a well-illustrated, highly condensed format – in print or on any mobile device – for quick access anytime, anywhere. An easy-access presentation ensures rapid retrieval and comprehension of wilderness medical information, with "Signs and Symptoms" and "Treatment" sections, bulleted lists, and quick-reference text boxes in every chapter. All chapters are thoroughly up to date, including new information on travel medicine, medications, immunizations, and field treatment of common conditions. Step-by-step explanations from wilderness medicine experts cover the clinical presentation and treatment of a full range of wilderness emergencies and show you how to improvise with available materials. Comprehensive coverage includes dive medicine and water-related emergencies, mountain medicine and wilderness survival, global humanitarian relief and disaster medicine, high-altitude medicine, pain management, and much more. Line drawings and color plates help you quickly and accurately identify skin manifestations, plants, poisonous mushrooms, snakes, insects, and more. Useful appendices address everything from environment-specific situations to lists of essential supplies, medicines, and many additional topics of care.

Field Guide to Wilderness Medicine E-Book

THE OFFICIAL NORTH AMERICAN EDITION! "Beguiling, audacious rises to its own challenges in engaging intellectually as well as wholeheartedly with its questions about gender, genre and the concept of wilderness. The novel displays wide reading, clever writing and amusing dialogue." —The Guardian This is a new kind

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of nature writing — one that crosses fiction with science writing and puts gender politics at the center of the landscape. Erin, a 19-year-old girl from middle England, is travelling to Alaska on a journey that takes her through Iceland, Greenland, and across Canada. She is making a documentary about how men are allowed to express this kind of individualism and personal freedom more than women are, based on masculinist ideas of survivalism and the shunning of society: the “ Mountain Man. ” She plans to culminate her journey with an experiment: living in a cabin in the Alaskan wilderness, a la Thoreau, to explore it from a feminist perspective. The book is a fictional time capsule curated by Erin, comprising of personal narrative, fact, anecdote, images and maps, on subjects as diverse as The Golden Records, Voyager 1, the moon landings, the appropriation of Native land and culture, Rachel Carson, The Order of The Dolphin, The Doomsday Clock, Ted Kaczynski, Valentina Tereshkova, Jack London, Thoreau, Darwin, Nuclear war, The Letters of Last Resort and the pill, amongst many other topics. "Refreshingly outward-looking in a literary culture that turns ever inward to the self, although it still has profound moments of introspection. Uplifting, with a thirsty curiosity, the writing is playful and exuberant. Riffing on feminist ideas but unlimited in scope, Andrews focuses our attention on our beautiful, doomed planet, and the astonishing things we have yet to discover." —Ruth McKee, The Irish Times

Expedition and Wilderness Medicine

This 1st edition of Essential Travel Medicine provides an excellent concise introduction to the specialty of Travel Medicine. This core text will enable health care practitioners particularly those new to the clinical practice of Travel Medicine, to gain a fundamental understanding of the diverse and complex issues which can potentially affect the health of the many millions of people who

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undertake international travel. Jane N Zuckerman is joined by Gary W Brunette from CDC and Peter A Leggat from Australia as Editors. Leading international specialists in their fields have contributed authoritative chapters reflecting current knowledge to facilitate best clinical practice in the different aspects of travel medicine. The aim of Essential Travel Medicine is to provide a comprehensive guide to Travel Medicine as well as a fundamental knowledge base to support international undergraduate and postgraduate specialty training programmes in the discipline of Travel Medicine. The 1st edition of Essential Travel Medicine offers an indispensable resource of essential information for travel health practitioners, infectious disease specialists, occupational health specialists, public health specialists, family practitioners, pharmacists and other allied health professionals. This core text will appeal similarly to those training in Travel Medicine and to those who want a concise introduction to the subject or an ideal revision companion.

Travel Medicine - Series

Get your hands on this concise, visual guide to orthopaedics packed with the absolutely essential facts!. --Book Jacket.

Oxford Handbook of Expedition and Wilderness Medicine

* Cutting-edge information on how to prevent, diagnose, and treat altitude illness and hypoxia in everyday life * Interweaves fascinating research discoveries with dramatic first-person accounts * Authored by a celebrated mountaineer and physician who pioneered research in the field From the time of his historic expedition to Nanda Devi in the high Himalaya, Charles Houston, M.D., was fascinated by the effects of altitude on the human body.

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Why do people get sick in the mountains? What are the symptoms of hypoxia -- lack of sufficient oxygen -- that also occurs in everyday life, sometimes chronically due to disease? How can we decrease the incidence of illness and death? This edition incorporates current research on the effects of altitude on humans, and Houston (now deceased) joined forces with an educator and a medical writer in a text made even more accessible for the average reader while retaining the depth of material of particular use to the medical community. This edition of this seminal text added chapters on vision and the eye at altitude, chronic and subacute altitude illness, and the limits to work at altitude (with implications for athletic training). It presents information on genetics and gender differences and more on flight and space travel, on understanding and treating sea-level hypoxic illnesses, and on who can (or should not) go to high altitude, and much more. With an expanded glossary of terms.

The Wild Medicine Solution

Reproduction of the original: In Desert and Wilderness by Henryk Sienkiewicz

In Desert and Wilderness

It is extremely important that physicians be aware of the wide spectrum of tropical, infectious and parasitic diseases their patients may have been exposed to while traveling abroad. This volume of the ID Clinics is edited by 3 internationally renowned infectious disease physicians and provides an authoritative and comprehensive treatise on Travel Medicine.

Wilderness EMS

Revised for its second edition to include the latest national and

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international guidelines, the Oxford Handbook of Expedition and Wilderness Medicine continues to be the essential resource for expedition medics and all well-informed travellers, including gap-year students. Clear and concise, readers can rely on this handbook to provide the knowledge and practical advice they need. It enables efficient preparation and planning before the journey, advises on camp logistics, risk management, and medical problems during the trip, as well as highlighting rare but important risks to those visiting remote areas. Focusing on preventative measures, the handbook also contains chapters dealing with crisis management, emergency care, and evacuation from challenging environments. Now containing more guidance about the obligations of a clinician joining an expedition, and the ethical approach to such work, the second edition of the Oxford Handbook of Expedition and Wilderness Medicine also provides an increased emphasis on medicine in various extreme environments. With revised and additional illustrations, more colour plates, and an increased use of important algorithms, this edition will give you the confidence and skills you need to travel to any extreme or remote environment. Updated with the support of the Royal Geographical Society, and incorporating the combined knowledge and experience of a team of experienced clinicians and expeditioners, this is a practical, easy-to-use guide to all aspects of expedition and wilderness medicine. Anyone who might ever step into the natural countryside, away from tarmac or gravelled paths, to seek the freedom and beauty of unspoiled nature needs to be aware of the content of this book, to enhance their enjoyment, and minimise the risk of pursuing adventurous travel.

Lessons Learned II

Who cares for the caregivers? No matter what inspires a provider's commitment, the wise words found here will soothe and rejuvenate

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while offering practical advice. A new 10th anniversary expanded edition. It is estimated that nearly one-third of the U.S. adult population acts as informal caregivers for ill or disabled loved ones. We can add to these countless workers in the fields of health and human service, and yet there is still not enough help to go around. Sure to be welcomed by caregivers of all types, this new edition of the groundbreaking *Medicine and Compassion* can help anyone reconnect with the true spirit of their caregiving task. In a clear and very modern voice, Chokyi Nyima Rinpoche and Dr. David R. Shlim use the teachings of Tibetan Buddhism to present practical tools for revitalizing the caring spirit. Offering practical advice on dealing with people who are angry at their medical conditions or their care providers, people who are dying, or the families of those who are critically ill, *Medicine and Compassion* provides needed inspiration to any who wish to reenergize their patience, kindness, and effectiveness. The warmth and care in these pages is sure to strike a resonant cord with medical professionals, hospice workers, teachers and parents of children with special needs, and those caring for aging and infirm loved ones.

High Yield Orthopaedics

[CLICK HERE](#) to download the sections on abdominal injury, dislocations, and animal stings from *Marine Medicine* * Advice for sailing, pleasure boating, fishing, and diving emergencies * More than 100 illustrations * Near-shore or out-at-sea first aid covered * As vital a piece of gear as your PFD and signal flares This edition features the latest information on marine first aid. It includes chapters on hazardous marine life, submersion injury and dive medicine, rescue and evacuation of the sick and injured, wound cleaning and closing, and much more.

Trekker's Handbook

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Wildlife tourism is a growing multimillion-dollar industry within the hospitality and tourism industry. Wildlife tourism, in its simplest sense, is the creation of tour packages for watching wild animals in their natural habitats, and is particularly important in African and South American countries, Australia, India, Canada, Indonesia, Bangladesh, Malaysia, Sri Lanka, and Maldives, among others. This new book brings together the best voices in the field of wildlife tourism and provides a key understanding of wildlife tourism. It explores many important aspects of wildlife to date with related implications for various sectors, such as technology, education, corporations, and policymaking.

Medicine for the Outdoors

This conveniently sized guide is an invaluable point of reference for all who travel and take part in outdoor, wilderness and mountain activities. Written by doctors with a wealth of wilderness specific experience, it provides a comprehensive summary of wilderness first aid and medicine - that is, managing accident or illness in remote locations without immediate access to help - giving you confidence in your ability to deal with any situation that may arise. All topics are clearly referenced and easy to find, with chapters covering preparation, prevention, accident protocol, diagnosis, treatment and evacuation. From life-threatening emergencies to broken bones and sprains, infectious diseases, food poisoning, envenomation and respiratory problems, the book sets out all the crucial protocol and procedures to follow. It covers a wide range of different environments, including high altitude, desert, polar, tropical and marine, dealing with risk management and a variety of different scenarios. In addition, suggestions for first-aid kits and lists of medications and antibiotics (with dosage) can be found in the appendices.

Wilderness and Environmental Medicine, An Issue of Emergency Medicine Clinics of North America, E-Book

* Technical advice for traveling safely on glaciers and how to perform a rescue should the worst happen * Sidebars provide extra lessons on techniques presented * Large format with photographs showing the techniques discussed
Glacier Travel and Crevasse Rescue is a comprehensive course in understanding glaciers, crossing them, avoiding crevasses, and rescuing crevasse victims. Topics covered include: how glaciers form and how crevasses develop; basic principles of glacier travel; route finding; knots and harnesses; holding a fall; rescue techniques, including self-belay and what a victim should do; and glacier skiing and sled hauling. Sidebars feature descriptions of accidents and near-accidents to emphasize the importance of the techniques presented.

The Field Guide of Wilderness and Rescue Medicine

Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

Field Guide to Wilderness Medicine

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The Book That Started the Fermentation Revolution Sandor Ellix Katz, winner of a James Beard Award and New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. Since its publication in 2003, and aided by Katz's engaging and fervent workshop presentations, Wild Fermentation has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. In turn, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance, and has been called "one of the unlikely rock stars of the American food scene" by The New York Times. This updated and revised edition, now with full color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes--including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread--and updates and refines original recipes reflecting the author's ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: "The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship."--Deborah Madison, author of Local Flavors "Sandor Katz has proven himself to be the

king of fermentation." --Sally Fallon Morell, President, The Weston A. Price Foundation "Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century."--Gary Paul Nabhan, author of *Growing Food in a Hotter, Drier Land* "The fermenting bible." -- Newsweek "In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives." -- Grist

Going Higher

With an increase in visits to remote and dangerous locations around the world, the number of serious and fatal injuries and illnesses associated with these expeditions has markedly increased. Medical personnel working in or near such locations are not always explicitly trained in the management of unique environmental injuries, such as high-altitude sickness, the bends, lightning strikes, frostbite, acute dehydration, venomous stings and bites, and tropical diseases. Many health care professionals seek training in the specialty of wilderness medicine to cope with the health risks faced when far removed from professional care resources, and the American College of Emergency Medicine has recently mandated that a minimum level of proficiency needs to be exhibited by all ER physicians in this discipline. This book covers everything a prospective field physician or medical consultant needs to prepare for when beginning an expedition and explains how to treat a variety of conditions in a concise, clinically oriented format.

Wilderness

One of the finest first aid books I've seen. --Mel Otten, M.D.,
Wilderness Medical Society • New chapters on judgment and decision-making and mental health • First-aid topics--patient

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assessment, shock, soft tissue injury, burns, fractures and dislocations, and chest, head, and abdominal injury • How to handle environmental problems--heat, cold, water, altitude, and poisonous plants and animals

Wilderness and Rescue Medicine

"Accidents are probably the last thing on your mind when heading out for a wilderness adventure. But miles from nowhere the unthinkable can occur and suddenly leave you faced with a medical problem or emergency. What should you do?

Wild Fermentation

Trekking is an experience--and distinctly different than thru-hiking long trails in the preparation, lifestyle, and time commitments involved. Tilton takes readers from planning the route to making the most of the journey.

The Wilderness First Aid Handbook

With help just a quick 911 phone call away, it's hard to imagine the consequences of experiencing an emergency in remote lands. Wilderness Medicine: Beyond First Aid is a comprehensive text for the recognition, treatment, and prevention of wilderness emergencies.

Wilderness & Travel Medicine

[CLICK HERE](#) to download the section from Wilderness & Travel Medicine on "Chest & Abdominal Injuries" * Author is a nationally recognized expert in wilderness medicine * Covers both illnesses and injuries * Includes improvised techniques for when medical

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supplies aren't on hand * Every section has been updated and new illustrations added to this edition First published in 1992, Wilderness & Travel Medicine has been a staple of the emergency first-aid kits sold worldwide by Adventure Medical Kits. With this fourth edition, Mountaineers Books and Adventure Medical Kits have partnered to release an updated, standalone reference for anyone who ventures away from civilization. Topics covered include everything from CPR, shock, and fractures to head, eye, and dental injuries, poisonous reactions, frostbite, hypothermia, heat illness, and much, much more. Throughout the text, sidebars provide useful and improvised techniques for specific injuries. In addition, there is "When to Worry" advice explaining how to tell if an injury is advancing in severity, despite attempts to arrest or slow down dangerous symptoms.

NOLS Wilderness Medicine

Quickly and decisively manage any medical emergency you encounter in the great outdoors with Wilderness Medicine! World-renowned authority and author, Dr. Paul Auerbach, and a team of experts offer proven, practical, visual guidance for effectively diagnosing and treating the full range of emergencies and health problems encountered in situations where time and resources are scarce. Every day, more and more people are venturing into the wilderness and extreme environments, or are victims of horrific natural disasters and many are unprepared for the dangers and aftermath that come with these episodes. Whether these victims are stranded on mountaintops, lost in the desert, injured on a remote bike path, or ill far out at sea, this indispensable resource--now with online access at www.expertconsult.com for greater accessibility and portability--equips rescuers and health care professionals to effectively address and prevent injury and illness in the wilderness! This textbook is widely referred to as "The Bible of Wilderness

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Medicine." Be able to practice emergency medicine outside of the traditional hospital/clinical setting whether you are in remote environments, underdeveloped but highly populated areas, or disaster areas, are part of search and rescue operations, or dealing with casualties from episodes of extreme sports and active lifestyle activities. Face any medical challenge in the wilderness with expert guidance: Dr. Auerbach is a noted author and the world's leading authority on wilderness medicine. He is a founder and Past President of the Wilderness Medical Society, consultant to the Divers Alert Network and many other agencies and organizations, and a member of the National Medical Committee for the National Ski Patrol System. Handle everything from frostbite to infection by marine microbes, not to mention other diverse injuries, bites, stings, poisonous plant exposures, animal attacks, and natural disasters. Grasp the essential aspects of search and rescue. Respond quickly and effectively by improvising with available materials. Improve your competency and readiness with the latest guidance on volcanic eruptions, extreme sports, splints and slings, wilderness cardiology, living off the land, aerospace medicine, mental health in the wilderness, tactical combat casualty care, and much more. Meet the needs and special considerations of specific patient populations such as children, women, elders, persons with chronic medical conditions, and the disabled. Make smart decisions about gear, navigation, nutrition, and survival. Be prepared for everything with expanded coverage on topics such as high altitude, cold water immersion, and poisonous and venomous plants and animals. Get the skills you need now with new information on global humanitarian relief and expedition medicine, plus expanded coverage of injury prevention and environmental preservation. Get guidance on the go with fully searchable online text, plus bonus images, tables and video clips - all available on ExpertConsult.com.

Harper's Practical Genetic Counselling, Eighth Edition

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Explaining all the essential diagnostic and first-aid procedures needed when someone is injured in the wilderness, 'The Outward Bound Wilderness First-Aid Handbook' provides expert information on the latest first-aid methods and practices appropriate to wilderness care.

The Outward Bound Wilderness First-aid Handbook

This collection of papers describes the recent development of travel health and vaccination services delivered by pharmacists. It is the first dedicated collection of its type and provides a template for the continued growth of pharmacy practice in this area. The articles examine and report on aspects of such services in the UK, US, Canada, Australia, Switzerland, and South Africa, which will provide useful insight for those in other countries developing such pharmacy-based services.

Pocket First Aid and Wilderness Medicine

A Guide to Practicing Medicine in Challenging Environments
Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner provides the critical insight and tools required to practice medicine in remote or challenging environments. There is no place in field medicine for unreasonable restrictions on the practical application of medical judgment that is the guiding philosophy of this user-friendly guide. Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner teaches readers how to improvise, adapt and exercise reasonable judgment at any level of medical training and in any difficult environment, from the desert to the oceans, from the backwoods to cities stricken by disaster. Grounded in the collective wisdom of hundreds of instructors, rescue personnel and medical practitioners, this text explores medical problems in a broad

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wilderness context including cold injuries, altitude illness, diving and lightening injuries and toxins, among others and pairs that exploration with the realities of solving such problems in the field, well outside the confines and comforts of mainstream medicine. Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner provides: The most up-to-date guidance on practicing medicine in a wilderness context An introduction to critical body systems and the general principals of trauma Specific information on environmental and backcountry medicine An examination of the medical role in search and rescue missions"

Wilderness Medicine

The Wilderness First Aid Handbook is a handy, quick-reference guide easily accessible with basic wilderness first aid knowledge, but it does not require advanced degrees or experience with medicine and prehospital care. Recognizing that certain knowledge and procedures are outside the scope of a layperson ' s training, Dr. Grant Lipman limits the use of technical terms and advanced techniques that may be unfamiliar to some readers or beyond their comfort zone. This system-based, easy-to-follow guide assists the first aid provider when encountering most wilderness emergencies, from cold and heat concerns and blister treatments to high altitude illness and lightning injury prevention—and much more. Typically the most challenging decision in the wilderness environment is when to evacuate a sick or potentially sick person, and as such, each section has detailed decision-making steps to inform you of when to be concerned and when to get out. This guidance is based upon the recent evidence-based consensus statement published by the Wilderness Medical Society on the scope of practice of wilderness first aid. Filled with original, full-color artwork illustrating the techniques and procedures described and with internal-spiral binding and waterproof pages handy for travel into extreme

Access Free Wilderness And Travel Medicine A Complete Wilderness Medicine And Travel Medicine Handbook Escape Evasion And Survival environments, The Wilderness First Aid Handbook is a must-have for every back pocket or backpack.

Wilderness 911

This is the Only Wilderness Medicine Book You Need! Could you save yourself or a loved one when there are no doctors around? All too often travelers and outdoor enthusiasts get sick, injured, or worse. Learn how to prevent and cure a wide range of ailments whether at home, abroad, or in the wilderness. Discover how to heal yourself, because this comprehensive manual has the all the information you need. Get it now. A Wilderness Medicine Handbook Like No Other * Diagnoses and treatments for a wide range of injuries & illnesses * How to improvise what you need when modern medicine isn't available * Pharmaceuticals, medicinal plants, veterinary substitutes, and other alternative remedies * Preventative methods so you don't get sick/injured in the first place * Safe use and dosage instructions for suggested medications * Sample wilderness medicine kit that you can take on a commercial flight Information for Each Condition Contains * A brief description * Possible symptoms * Appropriate treatment(s) depending on the situation * Other supplementary information, e.g., causes, prevention, alternative remedies, complications A 2-Part Wilderness Medicine Field Guide Quickly find what you're looking for in an emergency situation. Part I is must-read information covering: * Anatomy: Learn how the body's systems work individually and as a whole. This makes diagnoses easier. * Prevention Medicine: Prevention is the best cure. Learn how to avoid getting sick and/or injured in the first place. * First Aid Kit: An inventory and simple explanation of a first aid kit for travelers. * Medications Guide: Information on the safe use of the medications in this book. * Immediate First Aid: What to do in life-threatening medical situations. * Secondary Exam: A secondary exam will help

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you to make an accurate medical diagnosis. * Moving a Patient: Safe ways to move a patient. Part II is diagnoses and treatments. It is uniquely categorized by cause and/or body area to enable quick searching. * Environmental: Tropical diseases, heat & cold injuries, plants & animals, jetlag, etc. * Head: Headaches, brain injuries, ears, eyes, and nose infections, dental issues, etc. * Circulation: Shock, dehydration, diabetes, etc. * Digestive: Diarrhea, constipation, food poisoning, motion sickness, etc. * Genitourinary: STI's, pregnancy, UTI's, etc. * Integumentary: Skin disorders, nail injuries, splinters, etc. * Musculoskeletal: Sprains, strains, fractures, dislocations, etc. * Respiratory: Asthma, strep-throat, bronchitis, cold and flu, pneumonia, etc. and much more. Includes 4 Free Bonuses Get your copy of Wilderness and Travel Medicine today and you will also receive: * An emergency first aid cheat sheet. * Daily health and fitness cheat sheet. Keep yourself healthy with this simple guide. * How to lash and other useful knots. Use these to improvise stretchers and other equipment. * Your "go-to" disaster response action plan. No matter where you go you need this book, because the information inside it saves lives. Get it now.

Wilderness of Wildlife Tourism

Wilderness EMS is designed for EMS providers and leaders who deliver medical care in the wilderness, and those practicing wilderness medicine as part of a formal team. The textbook is a comprehensive, expertly-written reference ideal for this fast-changing and multidisciplinary specialty. This first-of-its-kind text provides specialized instruction and best practices for wilderness EMS practitioners and students - crucial information for the success of today's rescue missions. A strong foundation in evidence-based medicine, clinical experience, and field applicability makes it especially useful for any EMS provider in a wilderness environment. Features: Addresses WEMS system needs: education, incident

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command, medical oversight, medicolegal considerations, equipment needs, research, and pharmacology, promoting strong skills in multiagency interactions and transitions of care. Extensive discussion of history of wilderness EMS, including first-ever comprehensive timeline. Covers wilderness, austere, and remote management of specific medical and traumatic conditions, including cold injuries and heat illnesses, lightning injuries, animal bites and envenomations, psychiatric emergencies, low-pressure altitude and high-pressure diving physiology and illnesses, drowning, infectious disease, and much more. Offers information on basic rigging and patient packaging; high- and low-angle rescue; swiftwater and open water rescue; use of ground and air-based rescue vehicles; caving rescue; Search and Rescue (SAR); mountaineering rescue; and wilderness management of special events and severe storms. Features a full-color format with abundant photographs, illustrations, tables, boxes, and references for further study. Includes the most comprehensive list available of WEMS abbreviations for clear communication, and extensive discussion of optimizing language use for clarity in wilderness EMS operations and publications. Presents the expert guidance and knowledge of contributing authors from throughout the U.S., including physicians, nurses, paramedics, EMTs, statewide and local EMS medical directors, therapists, rescue team chiefs, pharmacologists, SAR team members, swiftwater rescue technicians, and many more. Your book purchase includes a complimentary download of the enhanced eBook for iOS, Android, PC & Mac. Take advantage of these practical features that will improve your eBook experience: The ability to download the eBook on multiple devices at one time -- providing a seamless reading experience online or offline Powerful search tools and smart navigation cross-links that allow you to search within this book, or across your entire library of VitalSource eBooks Multiple viewing options that enable you to scale images and text to any size without losing page clarity as well as responsive design The ability to highlight text and add notes with one click x

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Drs. Eric Weiss and Douglas Sward have assembled an expert team of authors on the topic of Wilderness and Environmental Medicine. Article topics include: Advances in the Prevention and Treatment of High Altitude Illness; Out-of-hospital Evaluation and Treatment of Accidental Hypothermia; Arthropod Envenomation in North America; North American Snake Envenomation; Cutting Edge Management of Frostbite; Updates in Decompression Illness; Marine Envenomation; Is There a Doctor on Board: Medical Emergencies at 40,000 Feet; Translating Battlefield Medicine to Wilderness Medicine; The Application of Point-of-Care Ultrasound to Austere Environments; Wilderness EMS Systems; Preparing for International Travel & Global Medical Care; and Medical-legal Issues in Expedition and Wilderness Medicine.

Marine Medicine

Through careful examination of accident accounts, followed by analyses of what went wrong and what went right, author/editor Deb Ajango helps readers better understand how and why even seemingly best-laid plans sometimes fail.

Medicine and Compassion

Easy to use, and useful when kept close at hand in the room where you work. The book is a pleasure to read: the style elegant and authoritative.' Lancet 'this book is a wonderful reference to enable primary physicians to be informed about their patients.' Annals of Internal Medicine Universally used across the world by genetic counsellors, medical geneticists and clinicians alike, Harper's Practical Genetic Counselling has established itself as the essential guide to counselling those at risk from inherited disorders.

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Increasingly, common disorders are known to have a genetic component and this book provides invaluable and up to date guidance through the profusion of new information in this area and the associated psychosocial and ethical considerations and concerns. Within its established, tried and trusted framework, the book contains new chapters on: laboratory methods, new genetic sequencing techniques and the applications of genome-wide SNP association studies, genetic susceptibility, cross cultural aspects and the genetic counselling process. It has expand chapters on genetic screening and screening of newborn, treatment techniques and rational approaches to treatment, non-Mendelian inheritance, free fetal DNA in prenatal screening and diagnosis. Key features: - Fully updated to provide the very latest information when in a busy consulting room or clinic - Clear and authoritative advice applicable to everyday clinical practice - Reflects the rapid development of knowledge in this area, including the implications of the human genome project and related technology The eighth edition of this popular, best selling text continues to be an essential source of reference for trainee and practitioner genetic counsellors, medical geneticists and clinicians. Also it provides valuable background for specialist nurses, counsellors, social scientists, ethicists as well as genetics laboratory staff.

Wilderness Medicine E-Book

Wilderness provides a multidisciplinary introduction into the diverse ways in which we make sense of wilderness: how we conceptualise it, experience it, interact with, and imagine it. Drawing upon key theorists, philosophers, and researchers who have contributed important knowledge to the topic, this title argues for a relational and process based notion of the term and understands it as a keystone for the examination of issues from conservation to more-than-human relations. The text is organized around themed

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chapters discussing the concept of wilderness and its place in the social imagination, wilderness regulation and management, access, travel and tourism, representation in media and arts, and the use of wilderness for education, exploration, play, and therapy, as well as its parcelling out in parks, reserves, or remote "wastelands". The book maps out the historical transformation of the idea of wilderness, highlighting its intersections with notions of nature and wildness and teasing out the implications of these links for theoretical debate. It offers boxes that showcase important recent case studies ranging from the development of adventure travel and eco-tourism to the practice of trekking to the changing role of technology use in the wild. Summaries of key points, further readings, Internet-based resources, short videos, and discussion questions allow readers to grasp the importance of wilderness to wider social, cultural, political, economic, historical and everyday processes. Wilderness is designed for courses and modules on the subject at both postgraduate and undergraduate levels. The book will also assist professional geographers, sociologists, anthropologists, environmental and cultural studies scholars to engage with recent and important literature on this elusive concept.

GPS Made Easy

"Meant to follow "Bushcraft 101" by providing more advanced techniques for making tools, traps, shelters, and more, in the wilderness"--

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