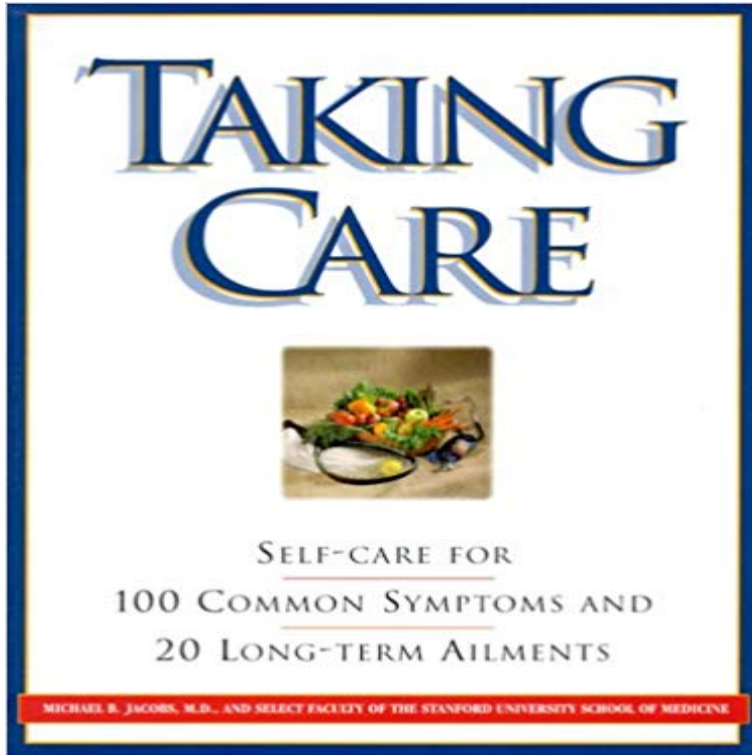


# Taking Care: Self-Care for 100 Common Symptoms and 20 Long-term Ailments



The most important member of your health care team is you. As a more effective medical consumer, you'll get the best care at the most reasonable cost, avoiding time-consuming, unnecessary trips to the doctor. Taking Care will help you take charge of your health and medical care.

**HELP FOR WHAT AILS YOU**Is your headache, rash, or other symptom nothing to worry about? Or should you bring it to the attention of a health professional? Part I describes common symptoms, from headache, fever, and rash to weight gain or loss, abdominal pain, and heartburn. Each symptom is explained, with possible causes and a simple flow chart of treatment options. You'll know when to call a doctor or nurse information service, seek emergency care, or apply self-care measures.

**COPING WITH CHRONIC CONDITIONS**If you have a long-term ailment, you know that understanding your condition, following your treatment program, and monitoring your progress can have an impact on your quality of life. Part II explains how to manage chronic ailments, from asthma, low back pain, and Alzheimer's disease to depression, heart disease, and diabetes. You'll learn about symptoms, possible causes, prevention, the latest treatment information, how you can effectively manage your condition, and when to seek professional advice.

**AND THESE SPECIAL FEATURES, TOO**Take Charge of Your Health Your rights as a health care consumer as well as how to find the right doctor, make the most of each doctor visit, choose the right health care program, and more

Ten Strategies for a Healthy Lifestyle  
How to prevent illness and stay fit  
Treating Your Child Special advice on caring for the health needs of children  
This essential guide has been reviewed by faculty members of the renowned Stanford University School of Medicine. The straight-talking health information and

practical guidance in Taking Care will make you an effective, active participant in quality health care.

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