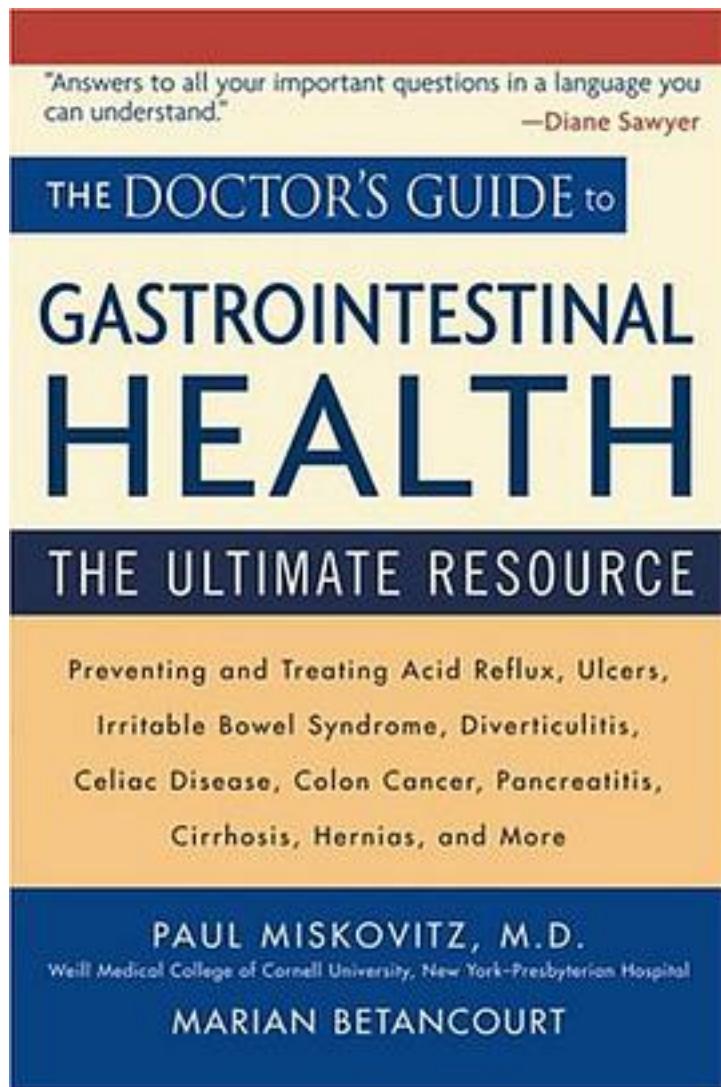


# The Doctor's Guide to Gastrointestinal Health



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出版者:Wiley

出版时间:2005-03-03

装帧:Paperback

isbn:9780471462378

'This is the reference guide you dream about - answers to all your important questions written in a language you can understand. For everyone who wants better health and peace of mind' - Diane Sawyer, Co-anchor of ABC News' "Good Morning America" and "PrimeTime Thursday". 'An important, practical, easy-to-read, and easy-to-understand source of information for anyone with a chronic gastrointestinal problem' - Isadore Rosenfeld, M.D., Rossi Distinguished Professor of Clinical Medicine at Weill Medical College of Cornell University and bestselling author. Digestive ailments, whether mild or life-threatening, are a major concern for millions of people - and they can be difficult to diagnose and treat. Now, in this essential reference book, Dr. Paul Miskovitz, a physician at one of the world's top medical institutions, helps you understand the causes, symptoms, diagnoses, and medical treatments for a wide range of gastrointestinal disorders - everything from heartburn to IBS to hepatitis C. This comprehensive, user-friendly guide begins with an overview of how your gastrointestinal system works and how it is affected by lifestyle, age, and emotions. Dr. Miskovitz then explains the disorders that can affect your esophagus, stomach, intestine, gallbladder, liver, pancreas, colon, and abdominal cavity - revealing how to identify and treat problems and, in most cases, prevent them. You'll also learn how to: maintain a healthy gastrointestinal system through diet, exercise, checkups, and screenings; find the right gastroenterologist for you; identify symptoms and get an accurate diagnosis; and, prevent gastrointestinal problems when you travel. Complete with a list of organizations that provide information and support, "The Doctor's Guide to Gastrointestinal Health" is the ultimate resource for you and your family.

作者介绍:

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