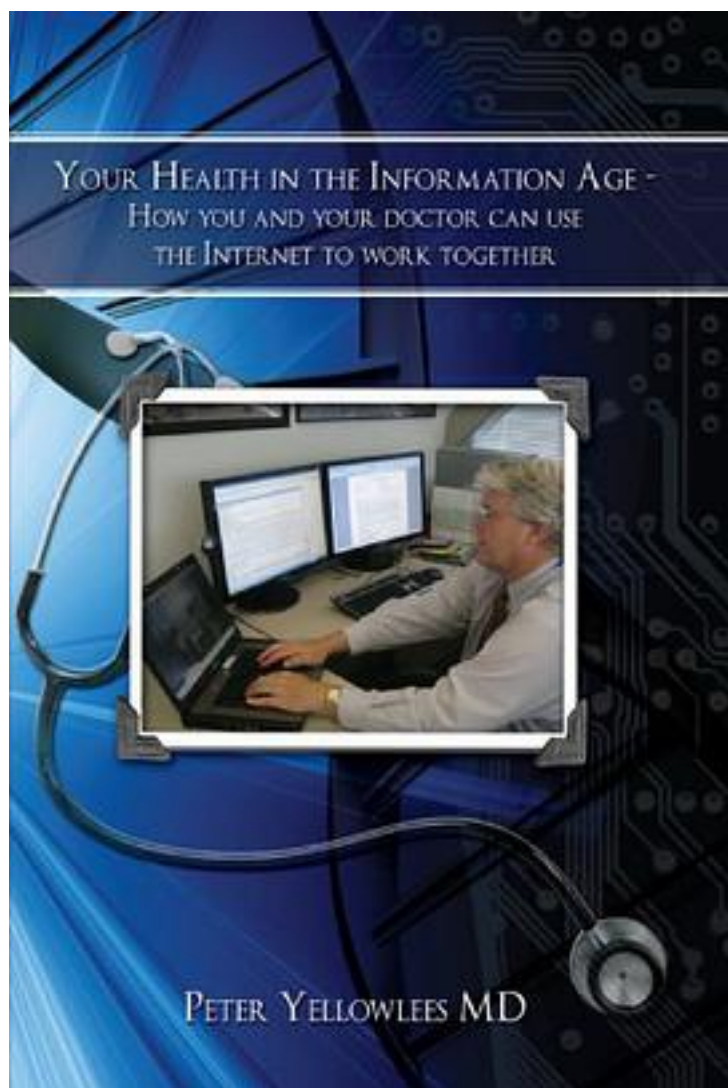


Your Health in the Information Age



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出版者:

出版时间:2008-11

装帧:

isbn:9780595527755

Welcome to Your health in the Information Age: How You And Your Doctor Can Work Together. This book has been written for the 120 million people in the USA who have already used the Internet to find health information for themselves or a loved one, and for the tens of millions of others whose medical records are now kept electronically by their doctor. This book is for all those who want to use the internet to improve their health, who want to improve their relationship with their doctor, and who want to use the power of knowledge gained from their doctor and the Internet, to improve their health. It is written in a practical way to allow you to understand and select the right type of health information and use it in your relationship with your doctor in a way that is most helpful for you.

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