

Contents

FOREWORD

HEALTH MATTERS & ACKNOWLEDGEMENTS

CONTENT BY AGE

CHAPTER 1: HEALTH AND WELLBEING

CHOLESTEROL

HEALTHY EATING

OBESITY AND OVERWEIGHT

SOCIAL ISOLATION

ANITBIOTICS

SHORT READS

CHAPTER 2: LIVING DANGEROUSLY

ALCOHOL

SUN AND HEALTH

HEALTH & SAFETY

FALLS IN THE ELDERLY

DATE RAPE

CHAPTER 3: CHECKUPS, VISITS AND INVESTIGATIONS

BLOOD TESTS

MRI SCAN

TEETH & CHILDREN

CIRCUMCISION

THE EAR

X-RAYS

SEEING THE DOCTOR?

CHAPTER 4: BUGS, BITES AND IRRITATIONS

ATHLETE'S FOOT

HEAD LICE

INSECT STINGS AND BITES

SCABIES

THREADWORMS

DOG BITES

TICK BITES

CHAPTER 5: SKIN PROBLEMS

ACNE

IMPETIGO

VITILIGO

MOLES AND MELANOMAS

SEBORRHOEIC DERMATITIS

MOLLUSCUM CONTAGIOSUM

CHAPTER 6: INFECTIONS

CHICKEN POX IN CHILDREN

MUMPS

GASTROENTERITIS IN CHILDREN

CYSTITIS

SHINGLES

GLANDULAR FEVER

TOSILLITIS

CHAPTER 7: INSIDE THE HEAD

EPILEPSY – DEALING WITH A SEIZURE

MIGRAINE

STROKE

CHAPTER 8: ABOVE THE NECK

EAR WAX

GLUE EAR

MOTION (TRAVEL) SICKNESS

DIZZINESS

PROMINENT EARS

NOSEBLEEDS

SQUINT

FOREIGN BODY IN EYE

BELL'S PALSY

CHAPTER 9: BREATHING PROBLEMS

ASTHMA

CYSTIC FIBROSIS

HAYFEVER

PLEURISY

COPD

CHAPTER 10: AFFAIRS OF THE HEART

ANGINA

MYOCARDIAL INFARCTION (HEART ATTACK)

ANGIOGRAM

CHAPTER 11: HORMONES AND OTHER CHEMICALS

TYPE 1 DIABETES

TYPE 2 DIABETES

GILBERT'S SYNDROME

GOUT

HYPERTHYROIDISM (OVERACTIVE THYROID)

HYPOTHYROIDISM (UNDERACTIVE THYROID)

CHAPTER 12: GUTSY STUFF

COELIAC DISEASE

CONSTIPATION IN CHILDREN

ULCERATIVE COLITIS

APPENDICITIS

GALLSTONES

CHAPTER 13: BIRDS AND BEES

CERVICAL SCREENING TEST

CONTRACEPTION INCLUDING EMERGENCIES

PERIODS AND SOME PERIOD PROBLEMS

CHAPTER 14: LOCOMOTION

BUNIONS

PLANTAR FASCIITIS

RESTLESS LEGS SYNDROME

BREAKING AN ANKLE

ARTHROSCOPY

CHAPTER 15: EMBARRASSING PROBLEMS

ALOPECIA AREATA

BAD BREATH (HALITOSIS)

BEDWETTING (NOCTURNAL ENURESIS)

HICCUPS

HYPERHIDROSIS (EXCESSIVE SWEATING)

FLATULENCE, WIND AND BLOATING

PRURITUS ANI (ITCHY BOTTOM)

ANAL FISSURES

CHAPTER 16: MATTERS OF THE MIND

AGORAPHOBIA

ANOREXIA NERVOSA

BULIMIA NERVOSA

AUTISM

OBSESSIVE COMPULSIVE DISORDER

PANIC ATTACK

SLEEP PROBLEMS

ALZHEIMER'S DISEASE

GERIATRIC DEPRESSION

DEPRESSION

CHAPTER 17: SYNDROMES

DOWN'S SYNDROME

GUILLAN-BARRE SYNDROME

GILLES DE LA TOURETTE SYNDROME

PATIENT EXPERIENCES

PATIENTS' ACCOUNTS OF THEIR ILLNESSES ON PATIENT UK – A DISCLAIMER

CREATIVE MEDICAL AUTHORIZING AT MOREWRITING

ABOUT OUR CREATIVE AUTHORS

ABOUT OUR MEDICAL AUTHORS

INDEX

