

Table of Contents

INTRODUCTION: Getting Started 4



Coming To Terms 6
 Information You Can Use 8
 Practicing Self-Care Essentials 10
 Dancing With Your Doctor 12

CHAPTER 1: Medical Emergencies 17



When Should You Call 911? 18
 What To Do In An Emergency 22
 Giving CPR 24
 Rescue Breathing 26
 Abdominal Thrusts 27
 Your Emergency Action Plan 28
 Assembling A First Aid Kit 30
 Preparing For A Disaster 31

CHAPTER 2: Emergency Conditions 33



Chest Pain 34
 Cuts, Scrapes, & Punctures 38
 Bites & Stings 40
 Burns 42
 Head Injuries 44
 Heat-Related Illnesses 46

CHAPTER 3: Common Conditions 49



Colds & Flu 50
 Sore Throat 54
 Coughs 58
 Fighting Fever 60
 Nausea & Vomiting 62

CHAPTER 4: Common Conditions II 65



Ear Infections 66
 Respiratory Conditions 70
 Urinary Tract Infections 74
 Eye & Vision Problems 78

CHAPTER 5: Aches & Pains 81



Back Pain 82
 Headaches 86
 Abdominal Pain 90
 Managing Pain 94

CHAPTER 6: Chronic Conditions 97



Cholesterol 98
 High Blood Pressure 100
 Heart Disease 102
 Diabetes 104
 Arthritis 106
 Cancer 108
 Asthma 110

CHAPTER 7: Medical Consumerism 113



Visiting Your Healthcare Provider 114
 Preventive Screenings 118
 Managing Your Medications 120
 Preventing Medical Errors 124
 Health Risk Appraisals 126