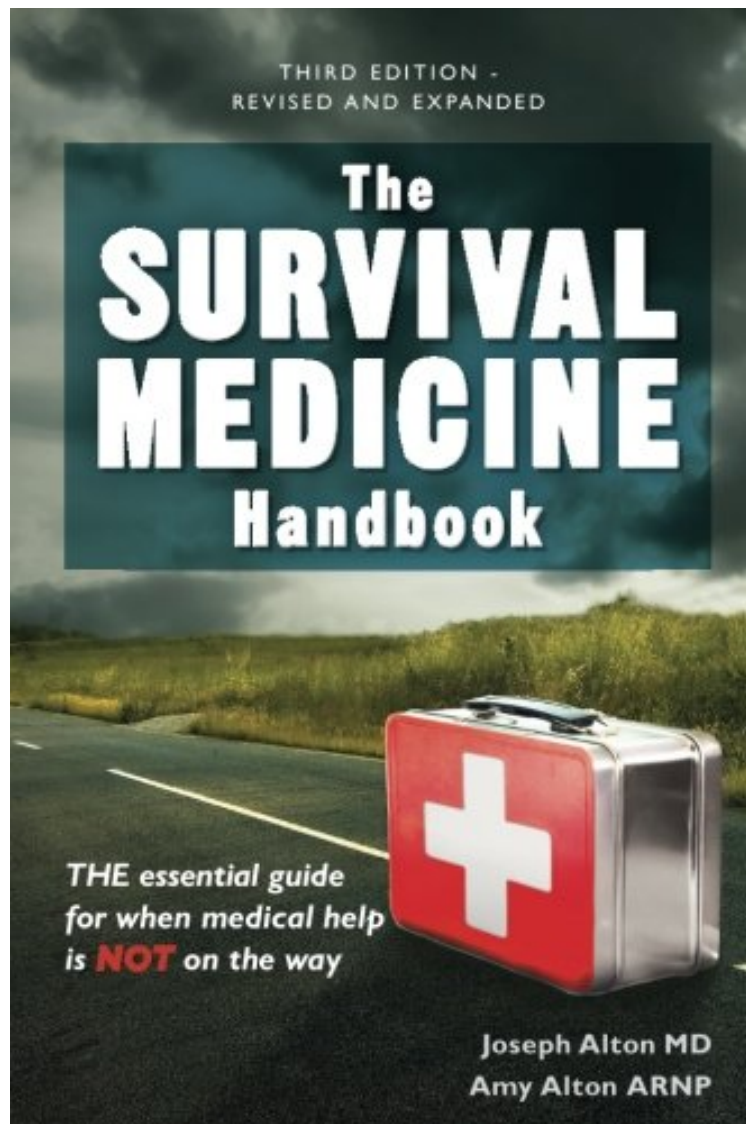


[Free download] The Survival Medicine Handbook: THE essential guide for when medical help is NOT on the way

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Joseph Alton MD, Amy Alton ARNP

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If you had to deal with an injury or illness in a disaster, would you know what to do? The Survival Medicine Handbook is a 670 page detailed guide for those who want to be medically prepared for any disaster where help is NOT on the way. This book is written by Joe Alton, M.D. and Amy Alton, A.R.N.P., the premiere medical preparedness professionals from the top ten survival website www.doomandbloom.net. The expanded third edition of the 3 category Amazon bestseller (Survival Skills, Disaster Relief, Safety/First Aid) is geared to enable the non-medical professional to deal with all the likely issues they will encounter in catastrophic short or long-term scenarios. The third (2016) edition of The Survival Medicine Handbook is not your standard first aid book: Unlike other so-called survival medical books, it assumes that a disaster, natural or man-made, has removed all access to hospitals or doctors for the foreseeable future; you, the average person, are now the highest medical resource left to your family. The Survival Medicine Handbook will give you the tools, in plain English, to competently handle injuries and illness for any situation that leaves you as the end of the line with regards to your family's medical well-being. Here are just some of the over 150 topics (175 illustrations) covered: PRINCIPLES OF MEDICAL PREPAREDNESS-HISTORY OF PREPAREDNESS-USING ALL THE TOOLS IN THE WOODSHED-SPIRITUALITY AND SURVIVAL-MODERN MEDICINE VS. SURVIVAL MEDICINE-THE IMPORTANCE OF COMMUNITY-HOW TO BECOME AN EFFECTIVE MEDIC-LIKELY MEDICAL ISSUES YOU'LL FACE-MEDICAL SKILLS YOU'LL WANT TO LEARN-MEDICAL BAGS, KITS, AND SUPPLIES-HOW TO STERILIZE MEDICAL SUPPLIES-NATURAL REMEDIES, LIKE OILS, TEAS, TINCTURES, AND SALVES-THE MEDICAL HISTORY AND PHYSICAL EXAM-THE MASS CASUALTY INCIDENT-THE ACTIVE SHOOTER EVENT-PATIENT TRANSPORT-HYGIENE-RELATED MEDICAL ISSUES-LICE, TICKS, AND WORMS-DENTAL ISSUES AND PROCEDURES-RESPIRATORY INFECTIONS-GUIDE TO PROTECTIVE MASKS-FOOD AND WATER-BORNE ILLNESS-WATER STERILIZATION-DIARRHEAL DISEASE AND DEHYDRATION-DEALING WITH SEWAGE ISSUES-RODENTS AS DISEASE VECTORS-FOOD POISONING-PATHOGENS (DISEASE-CAUSING ORGANISMS)-HOW INFECTIONS SPREAD-APPENDICITIS AND OTHER ABDOMINAL INFECTIONS AND CONDITIONS-HEPATITIS-URINARY TRACT INFECTIONS-INFECTIONS CAUSED BY YEAST-CELLULITIS-ABSCESSSES-TETANUS-MOSQUITO-BORNE ILLNESSES-PANDEMICS-THE SURVIVAL SICK ROOM -HYPERTHERMIA (HEAT STROKE)-HYPOTHERMIA-FROSTBITE/IMMERSION (TRENCH) FOOT-COLD WATER SAFETY-FALLING THROUGH THE ICE-AVALANCHE PREPAREDNESS-ALTITUDE SICKNESS-WILDFIRE PREPAREDNESS-SMOKE INHALATION-TORNADO PREPAREDNESS-HURRICANE PREPAREDNESS-EARTHQUAKE PREPAREDNESS-FLOOD PREPAREDNESS-MARITIME SURVIVAL-NEAR-DROWNING-VOLCANO PREPAREDNESS-ALLERGIC REACTIONS-ASTHMA-ANAPHYLACTIC SHOCK-POISON IVY, OAK, AND SUMAC-RADIATION SICKNESS-BIOLOGICAL WARFARE-INJURIES TO SOFT TISSUES-MINOR WOUNDS-HEMORRHAGIC WOUNDS-PHYSICAL EFFECTS OF BLOOD LOSS-HEMORRHAGE CONTROL-TOURNIQUETS-COMMERCIAL BLOOD-CLOTTING AGENTS-KNIFE AND BULLET WOUNDS-BODY ARMOR-THE MEDIC UNDER FIRE-SOFT TISSUE CHRONIC WOUND CARE-HOW TO SUTURE SKIN-HOW TO STAPLE SKIN-LOCAL NERVE BLOCKS-BLISTERS, SPLINTERS, AND FISHHOOKS-NAIL BED INJURIES-BURN INJURIES-ANIMAL BITES-SNAKE BITES-INSECT BITES AND STINGS-HEAD INJURIES-SPRAINS AND STRAINS-DISLOCATIONS-FRACTURES-PNEUMOTHORAX-AMPUTATION-THYROID DISEASE-DIABETES-HIGH BLOOD PRESSURE-HEART DISEASE-ULCER AND ACID REFLUX DISEASE-SEIZURE DISORDERS-JOINT DISEASE-KIDNEY AND GALL BLADDER STONES-SKIN RASHES-VARICOSE VEINS-HEMORRHOIDS-AIRWAY OBSTRUCTION-TRACHEOTOMY-CPR IN THE UNCONSCIOUS PATIENT-HEADACHE-EYE TRAUMA AND INFECTIONS-NASAL TRAUMA-EAR INFECTIONS-PREGNANCY AND DELIVERY-ANXIETY AND DEPRESSION-SLEEP DEPRIVATION-OVER THE COUNTER DRUGS-PAIN RELIEF-ANTIBIOTICS- EXPIRATION DATES When medical personnel are overwhelmed and modern technology is non-existent, The Survival Medicine Handbook is THE essential book for your library.