

Stanford 2025

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instant sunday times bestseller good health starts with what we buy our shopping trolley is a snapshot of our life we pick the same brands we cook our usual recipes and fall into patterns by default these small everyday decisions may seem trivial but they all add up over time in the good the bad and the healthy sunna van kampen founder of tonic health helps you press pause check the label and make smarter health choices that don't require a lifestyle overhaul each chapter focuses on a different aspect of your daily routine from the breakfast foods you eat to the way you wash your clothes he peels back the marketing veil and reveals what's really in the products you buy and shows you how to choose better practical myth busting and refreshingly doable this book isn't about perfection it's about recognising the best options avoiding the worst and finding a balance so healthy becomes easy one smart swap at a time

digital technologies are essential to future proof our health service with an ageing population and the landscape of the post pandemic world making increasing demands on an already stretched human workforce maximising the potential of a digital future is necessary this book introduces the concepts and underpinning technology behind recent developments to give a snapshot of the state of the art in the field of digital health and provides information for clinicians at all levels of experience the reader will gain insight into digital health in general with clinical technical and industrial insights providing context to the theory key features defines the value that artificial intelligence ai brings to healthcare resulting in improved clinical diagnosis and decision making enables not just imaging staff but other healthcare practitioners to extract the best ways of working with ai using the underpinning knowledge from this text

at just 15 years old katie ledecky won her first gold olympic medal since then she has added nine more olympic medals and 21 world championships she has also broken 16 world records and has the most individual world swimming titles of all time more than any man or woman in swimming history dive into this inspiring sports biography and learn all about katie ledecky and her legacy

this edited volume draws on scholarly research and critical thinking about decolonization in the biomedical

sciences anatomical education and healthcare by authors from different areas within the biomedical arena providing a multiplicity of perspectives the authors appeal to and address educators in anatomical and medical education medical doctors researchers scientists and illustrators in the biomedical arena they add to current and ongoing conversations about the need for addressing eurocentric and colonial thinking which have prejudicially impacted anatomical education imagery production healthcare delivery medical diagnoses funding and research this book provides details of the historical origins of entrenched colonial and eurocentric thinking which negatively impact on our biomedical field at numerous levels to the detriment of many recipients of medical education and healthcare chapters address how a eurocentric and colonial worldview is expressed in the production of the many images of the human body in educational material that has till very recently depicted only people with light skin tones to the exclusion of people with darker skin tones the chapters in this book do not represent an attack on our current educational and healthcare systems but rather call for a change in scholarly teaching and academic research guidelines are offered for implementing practical changes these discussions appear at a time in which the global south is increasingly participating in and contributing to biomedical discourse this book will appeal to educators of bio medicine in general and human anatomy in particular who are interested in the current thinking and discourse about increasing cultural inclusivity and visual equity in biomedical teaching and health care we hope that these chapters stimulate thinking promote discussion and contribute to the ongoing decolonial discourse within the biomedical arena

first we were told we all needed to have hrt to remain interesting for our husbands then we were told it was going to give us cancer and put us in an early grave next we were told hrt was safe and we had to take it or we d all end up with crippling brain fog quitting our jobs and descending into dementia as the economy collapsed around us on the other side of the fence are those who argue that menopause is natural it doesn t need treating and a cold water swim could fix everything no wonder we re more confused than ever why has this happened what does the evidence say menowars explains why menopause is such a political hot potato taking into account the history of gender bias in health and health research the void and how it s filled and what the evidence actually says it answers questions like will hrt prevent dementia what you can do help your brain will hrt prevent heart disease what you can do to help your heart and much more menowars explains the silent changes you can t see and

which need to be sorted and why importantly it not only shows why we re arguing it outlines where the science is heading so we can live longer better healthier lives in perimenopause and throughout the decades we spend in post menopause

the only gynecological text of its kind this combined medical reference and surgical procedural atlas gets you fully up to date on everything you need to know a doody s core title for 2024 2021 illustrated cover to cover williams gynecology delivers comprehensive evidence based coverage of the full spectrum of gynecologic healthcare and disease management from benign general gynecology to reproductive endocrinology infertility and menopause to female pelvic medicine and reconstructive surgery to gynecologic oncology hundreds of original drawings compliment the text every chapter of this authoritative guide offers a practical template enabling you to approach every diagnosis and treatment consistently and accurately while treatment algorithms differential diagnosis boxes and other features make finding the right answers quick and easy the aspects of gynecologic surgery and atlas of gynecologic surgery section covers benign gynecologic conditions minimally invasive surgery surgeries for female pelvic reconstruction and surgeries for gynecologic malignancies new content on minimally invasive procedures benign gynecology urogynecology gynecologic oncology and reproductive endocrinology 450 full color figures depicting operative techniques illustrated gynecologic anatomy chapter invaluable for surgeons covers a wide range of surgical operations each one illustrated in painstaking detail a cost effective option to purchasing two separate textbooks

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