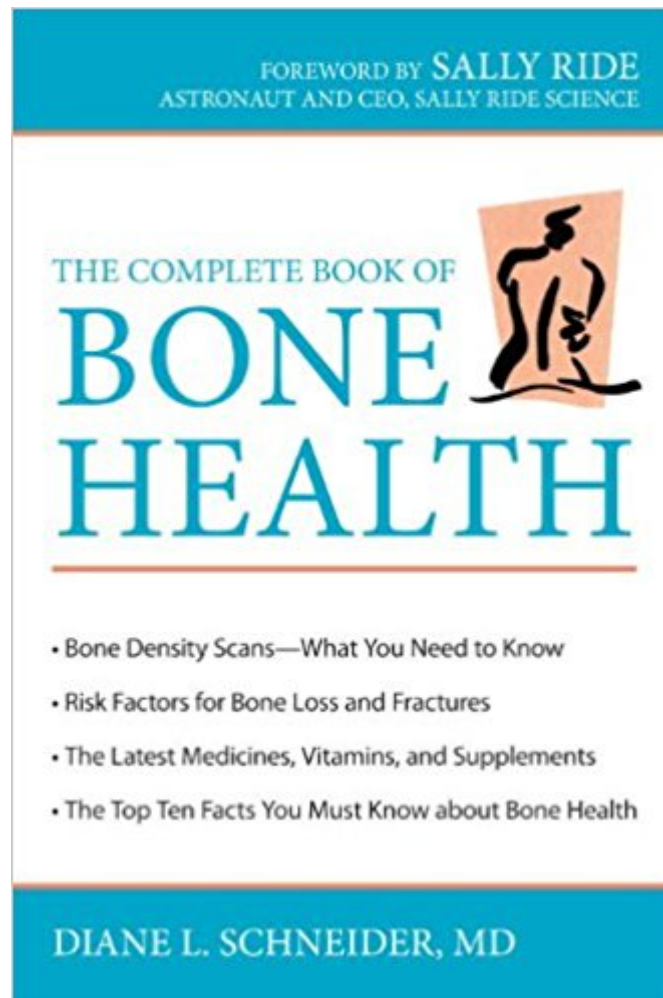




The book was found

The Complete Book Of Bone Health



Synopsis

This book compiles the latest information about bolstering bones, from prevention to treatment, into a single, easy-to-understand resource. The author, a leading expert on osteoporosis, covers everything you should know about your bones. Using evidence-based research, first-hand stories, and her own experience, she provides practical recommendations to optimize your bone health. Get the facts on: bone health basics; risk factors for bone loss and fractures; bone density "DXA" scans; exercise and nutrition; vitamin D; prescription medicines; controversial "hot topics"; complementary and alternative approaches; and common health problems and medicines affecting your bones. Designed to be practical and user-friendly, each chapter ends with a bottom-line summary, "The Bare Bones," allowing you to easily reference issues of interest. This book is a clear, accurate, and up-to-date guide to improving bone health and contributing to a healthier life.

Book Information

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Customer Reviews

"This is a solid choice for consumers looking for an overview of osteoporosis, or for public libraries looking to update their collections."-Library Journal

Diane L. Schneider, MD, MSc, FACP (La Jolla, CA) is one of the country's leading experts on bone health, at the forefront of important advances in this field. Her research has been published in the Journal of the American Medical Association (JAMA), Archives of Internal Medicine, and other prestigious medical journals. A former associate professor of clinical medicine at the University of

California, San Diego School of Medicine, she is the co-founder of 4BoneHealth, a nonprofit organization focused on bone health awareness and education for the whole family.

I think the book is fantastic! Perfect in the sense that it is suitable for a lay person and can take them about as far as they want or need to go into the science. I think the set up of the Contents is really good. It shows that the answers to questions you have been thinking about are inside. My wife is on Actonel and she told me to order her another copy so she take it to her next appointment with her Doctor and give it to her. My daughter, a brand new (PharmD) looked at the book for quite a while and was very impressed. She said that she was not expecting it to go as deep as it does. She says she thinks it is very suitable for a medical professional to use to refresh themselves quickly. She is going to keep a copy close by. I ordered 4 more copies for friends

I am giving this book to everyone in my family. It addresses a topic that most people ignore. Having good bone health is within everyone's reach. It is like having the specialist (Dr. Schneider) in your own home patiently explaining what you need to know to reach this goal. Sure, there is plenty of technical stuff for the Doctors who will read this; but, she writes so that we all can understand and learn from it. She even summarizes each topic with what she calls The Bare Bones, in case you missed the key points of the chapter. It is a great reference book.

Dr, Schneider's book, Bone Health, is a major contribution to understanding what we need to maintain healthy bones throughout our lives. Two years ago a bone density scan revealed I had osteopenia. My mother had osteoporosis. Bone Health reveals some of the things I've already been doing such as weight-bearing exercises, more calcium and vitamin D intake. However, Dr. Schneider, in a succinct, clear and understandable way, gives us information on all the medications available and some of the cutting edge treatments in development. This book is a must-read for both men and women of all ages. I'm sharing it with my daughter.

The Complete Book of Bone Health is the best resource I found on bone health. It is current, easy to read and covers many topics. The book has the most up-to-date information on medications, explaining the pros and cons. It also discusses the connection of bone loss with other medical issues. I have a particular interest in Rheumatoid Arthritis which is covered in the book. One key point made by Dr. Schneider is the importance of doing the right things (diet, exercise) during your early years so that you may avoid having problems in adulthood. I highly recommend it to anyone

who has osteoporosis or wants to be proactive and learn how to keep your bones strong throughout your life.

Dr. Schneider's book is an essential tool for the care and maintenance of healthy bones. In my opinion, it is a must read for medical professionals and those of us wanting to equip ourselves with the best tools to maintain a healthy productive lifestyle. The exercise and nutritional tips are practical and useful for everyone but particularly for those facing the challenge of maintaining healthy bones. The format is user friendly and the "The Bare Bones" chapter rap ups are concise and to the point. The good news - it's never too late to start caring for your bones. I'm thankful to have come across this book and highly recommend it!!

"Bone Health" was recommended to me by my primary doctor. I am amazed at how comprehensive, useful and current it is. This book provides practical information on a wealth of topics and will give the reader a good understanding of the many aspects of Osteoporosis and Osteopenia. Best of all, you can read it cover to cover or focus on the particular topic you are interested in. It is so well written and organized. It is a book you will keep on your book shelf as a resource when questions comes up about low bone density and find relevant information.

What I like about this book is that it includes an emphasis on men's bone health. The author says, "Osteoporosis is arguably the most understudied and underdiagnosed disease in men." I also appreciate Dr. Schneider's comments about exercise, nutrition and alternative medicine. This is a well-researched and easy-to-read book.

This book has provided us an easy to read and understand "Instruction Manual" for a Bone-Healthy life. All the accurate and up-to-date answers to all our bone health questions are there for all ages. It was great to feel well informed as I recently arrived for my first bone density DXA scan. This book will stay on my shelf for reference and I will recommend it to all my family, friends and my primary physician. Thank you, Dr. Schneider for your knowledge, dedication and many hours of research.

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