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More and more people are being diagnosed with bipolar disorder, which affects 2.6 percent of all American adults. This diagnosis can be scary for patients and their loved ones, but new medications, therapies, and lifestyle changes have transformed treatment and benefited patients. With this health guide, you'll find authoritative, reassuring advice on topics like: The causes of bipolar disorder Common side effects to medications Alternative and nontraditional approaches Mania and manic episodes Links between bipolar and other disorders This completely revised and updated edition includes the latest treatment options as well as recent studies and classifications. Bipolar disorder is a complex diagnosis. With this positive, supportive guide, you'll find the answers to all your questions—even the ones you haven't thought to ask.

People with undiagnosed Adult ADD/ADHD suffer highly chaotic lives—and often struggle with problems such as fatigue, depression, drug abuse, and learning disabilities. The good news is that treatment can go a long way toward getting this condition in check. But before anyone can manage the problem, they have to be able to identify it, starting with a thorough understanding of what it looks like in adults. This guide helps you: Understand telltale signs and symptoms Find the right specialist Choose the right treatment Decide whether talk therapy is right for you Learn how to lead a happier and more productive life This guide also helps remove the guilt and blame surrounding ADD/ADHD by reassuring that it is a real syndrome with a biological cause, and not the result of laziness or a lack of motivation or discipline. From diagnosis to life after treatment, this book will guide you with a reassuring hand every step of the way.

The National Multiple Sclerosis Society estimates that 400,000 people in the United States have been diagnosed with MS. Because MS is a chronic disease, people with this diagnosis will live with the disease for years. MS sufferer Margot Russell and Dr. Allen C. Bowling, a nationally known MS expert, team up to help you: Recognize signs and symptoms Understand the types of MS Decide on treatment and find the right doctor Explore alternative therapies Take charge by creating a management plan Develop strength and avoid relapse And more! Filled with tips for daily living (like staying cool) and the latest information on new treatments, this reassuring book offers more than medical advice. It gives readers with MS the strength, knowledge, and resources they need so they can live a full, active life!

After all the anticipation of pregnancy and the joy associated with childbirth, many new mothers often find themselves unprepared - emotionally and physically - for what comes next. If you are curious of how you'll feel after your baby is delivered, not sure of how to care for your body after a C-section, unsure of how to adjust to motherhood, or suffering from postpartum depression, you're not alone. If you're concerned about post-delivery complications or whether you'll need outside help during this sensitive time, this handy guide answers all of your questions and helps you take those first steps to getting back on track. From getting enough sleep and getting back in shape to answering all of your financial and health-care concerns - The Everything Health Guide to Postpartum Care offers expert, reassuring information on: Your hospital stay and post-delivery complications Sex after delivery Work after birth Breast, skin, and hair care Postpartum depression Written by a health writer and mother of four and reviewed by a certified midwife and registered nurse, The Everything Health Guide to Postpartum Care helps you feel and look your best after delivery.

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The diagnosis of breast cancer challenges a woman's sense of self, her body image, and ultimately her own mortality. In this health guide, breast cancer survivor and nurse Lucia Giuglio Carvalho provides a basic overview of breast cancer, its biology, psychology, and treatment options. This comprehensive approach to facing breast cancer covers: Physical changes that occur with treatment, such as hair loss, early menopause, fatigue, sexuality, and weight in/loss Treatment options, including surgery, chemotherapy, clinical trials, radiation, hormonal therapies, and reconstructive surgery Support systems, medical insurance coverage, and financial considerations Complimentary alternative medicine choices, and more The breast cancer journey is not about doing everything right for the right outcome. This book shows you the importance of living life to the fullest in each stage of breast cancer treatment and to find from within yourself the strength, courage, and spirit to survive it.

For the more than 27 million Americans currently battling an addiction, recognizing the problem and seeking treatment is a tremendous challenge. This guide helps addicts and their families understand the nature of the disease so they can get the help they need. Because so many suffer from overlapping addictions, this book addresses a wide range of addictions including alcohol, prescription drugs, food, sex, gambling, shopping, and smoking. Learn how to identify symptoms and causes, overcome social obstacles, decide on the right treatment program, avoid relapse, and more. With this book by their side, addicts will come to understand themselves and how to treat their addiction so they can live happy, healthy, substance-free lives!

The trillion-dollar health-care industry makes up the fastest growing segment of the job market, and will continue to do so for the foreseeable future. With The Everything Guide to Careers in Health Care, you can explore all the employment possibilities in health care, and choose the right career path just for you. From nursing and psychology to pharmacy technology and art therapy—and dozens more positions in between—this engaging, enlightening volume helps you decide which career to pursue and how to pursue it, including: Self-assessment and evaluation Working conditions and lifestyle concerns Educational requirements Available grants and incentives And much, much more! The Everything Guide to Careers in Health Care is all you need to take advantage of the many opportunities the booming health care industry has to offer—for years to come!

Your all-in-one guide for a fit pregnancy! As a mom-to-be, you want the best for your baby and yourself. You need sensible, up-to-date advice on maintaining a healthy diet and a robust fitness level. The Everything Guide to Pregnancy Health and Nutrition is your ultimate mother's helper for diet, exercise, nutrition, and more—at every stage. Inside, you'll find information on: Determining your caloric needs When (and when not!) to exercise The best and worst foods for pregnancy Exercises for all your major muscle groups Vegetarian or vegan pregnancies Getting back into exercise after your baby is born With extra information on pre- and post-pregnancy health, this guide is the perfect handbook for mamas-to-be looking to stay healthy!

According to the U.S. Environmental Protection Agency, the air in our houses is up to five times more polluted than air outside—so it's clear that our homes have become fundamentally unhealthy places. But there is hope! With this guide, you'll learn the immediate changes that make your home—and your life—healthier and safer by neutralizing the toxins, radiation, and chemicals that threaten the average house. Inside you'll find: Instant-fix checklists that will immediately make your home, workplace, and school safer Room-by-room explorations of the most common and avoidable threats Special tips designed to protect vulnerable infants, children, and pets With detailed checklists that are ranked by the projected health impact of making the fix, you'll be able to make real, concrete improvements to the health of your home. Whether you make every change or just a targeted few, the decisive steps in this guide will result in a safer, more comfortable, and more livable home for you and your family.

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