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while italy has made major progress in the past decade to up skill its population and workers further efforts are needed to improve access to good quality adult learning opportunities

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

what if everything you ve been told about midlife and menopause is wrong for too long women have been fed fear and confusion about hormones aging and what it means to navigate midlife the result is a generation of women left guessing about their own bodies misinformed by outdated science and held back by myths that serve no one this book is not here to tell you what to do it s here to give you the knowledge to decide for yourself because women like you are smart you II learn the truth about what happens to your body in midlife how hormones actually work without the hype or fearmongering and

evidence based strategies to feel your best and the power to live life on your terms in health and with science backed strategies for your longevity midlife isn t an ending it s an evolution and when you understand what s happening in your body you can step into this next chapter with confidence clarity and power are you ready to take back the narrative

thought as a primary reference on cutaneous ulcer management written in a clear style by multidisciplinary experts and carefully edited and crafted this volume covers of the complex topic of wound care highlighting pearls and pitfalls in skin ulcer management from anatomy epidemiology pathogenesis and prevention to diagnosis and selection of the best treatment options this book also offers practical how to do advice and includes sections on cleaning and dressing negative pressure wound therapy npwt the latest on dermal substitutes platelet rich plasma prp and minimal invasive modality mimo in burns specific parts illustrate how to assess a clinical wound measurement and the role played by imaging and telemedicine the section on infection ranges from diagnosis and classification to drug treatments diabetic foot management and osteomyelitis specific chapters focus on surgical intervention ranging from grafting and micrografting to surgical debridement different reconstructive options and lower limb ulcers the final part offers additional knowledge as for example wound and scars in aesthetic surgery in advanced illnesses or recurrence pain management rehabilitation and posture restoration while moving from plastic surgery this truly interdisciplinary and richly illustrated volume spans over many disciplines and will be highly valued by all specialists that face ulcer wound care in their clinical experience from plastic and vascular surgeons to other wound specialists and related health professionals as physiotherapists and nurses written in a clear style and in an easy to read format this volume will also be of use for courses and university masters teaching how to manage this complex pathology

written and edited by leading physicians breastfeeding a guide for the medical profession 9th edition offers comprehensive dependable information and guidance in this multifaceted field award winning author and co founder of the academy of breastfeeding medicine dr ruth lawrence and her son dr rob lawrence ensure that you re brought fully up to date on everything from basic data on the anatomical physiological biochemical nutritional immunological and psychological aspects of human lactation to the problems of clinical management of breastfeeding all in a highly readable easily accessible desk reference helps you make appropriate drug recommendations treat conditions associated with breastfeeding and provide thoughtful guidance to the breastfeeding mother according to her circumstances problems and lifestyle includes numerous charts and tables throughout with an emphasis on the scientific chemical and physiological underpinnings of breastfeeding appendices contain additional charts and tables including the complete collection of clinical protocols on breastfeeding and human milk from the academy of breastfeeding medicine features new chapters on breast conditions and their management in the breastfeeding mother breastfeeding and chest feeding for lgbtq families breastfeeding during disasters and establishing a breastfeeding practice or academic department provides significant updates on physiology and biochemistry of lactation medications and herbal preparations in breast milk transmission of infectious disease through breast milk allergy and its relationship with breastfeeding exposure and avoidance

premature infants and breastfeeding and practical management of the mother infant nursing couple offers authoritative and fresh perspectives from new associate editors neonatologist dr larry noble obstetrician dr alison stuebe and pediatrician and lactation specialist dr casey rosen carole covers patient centered counseling the cellular composition of human breast milk microbiota of the breast and human milk and the multifunctional roles of human milk oligosaccharides hmos enhanced ebook version included with purchase your enhanced ebook allows you to access all of the text figures and references from the book on a variety of devices

this book explains in detail the diagnosis management and treatment of comorbid disorders in patients with autism spectrum disorders asd important insights are provided into the nature of the symptoms of psychiatric comorbidities in these patients and particularly children and adolescents with a view to assisting clinicians in reaching a correct diagnosis that will permit the implementation of appropriate treatment strategies whether psychological or pharmacological the full range of potential comorbidities is considered including mood disorders anxiety disorders obsessive compulsive disorder schizophrenia spectrum and other psychotic disorders eating disorders disruptive behavioral disorders tourette s disorder and substance related disorders in each case guidance is provided on how to avoid incorrectly attributing symptoms to asd and on treatment options psychiatric comorbidities in autism spectrum disorders will be of value to all practitioners who are confronted by patients with these complex co occurring conditions

neben den theoretischen und allgemeinen grundlagen von informationsethik und bibliotheksethik wird das spektrum ethischer konflikte und dilemmata an beispielen aus der praxis des berufsfelds bibliothek und information konkret erl□utert dabei wird deutlich dass wissenschaftlich fundierte aussagen der informationsethik und der bibliotheksethik grundlegend f□r die wertbezogene standardisierung bibliothekarischer arbeit und □u□erst hilfreich f□r ethisch abgesicherte entscheid unger bibliotheksethik finden sie hier ein gespr□ch des bibliotheksdirektors der stadtb□cherei bochum herrn meheddizg□rle mit herrn prof dr hermann r□sch youtube com watch v

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