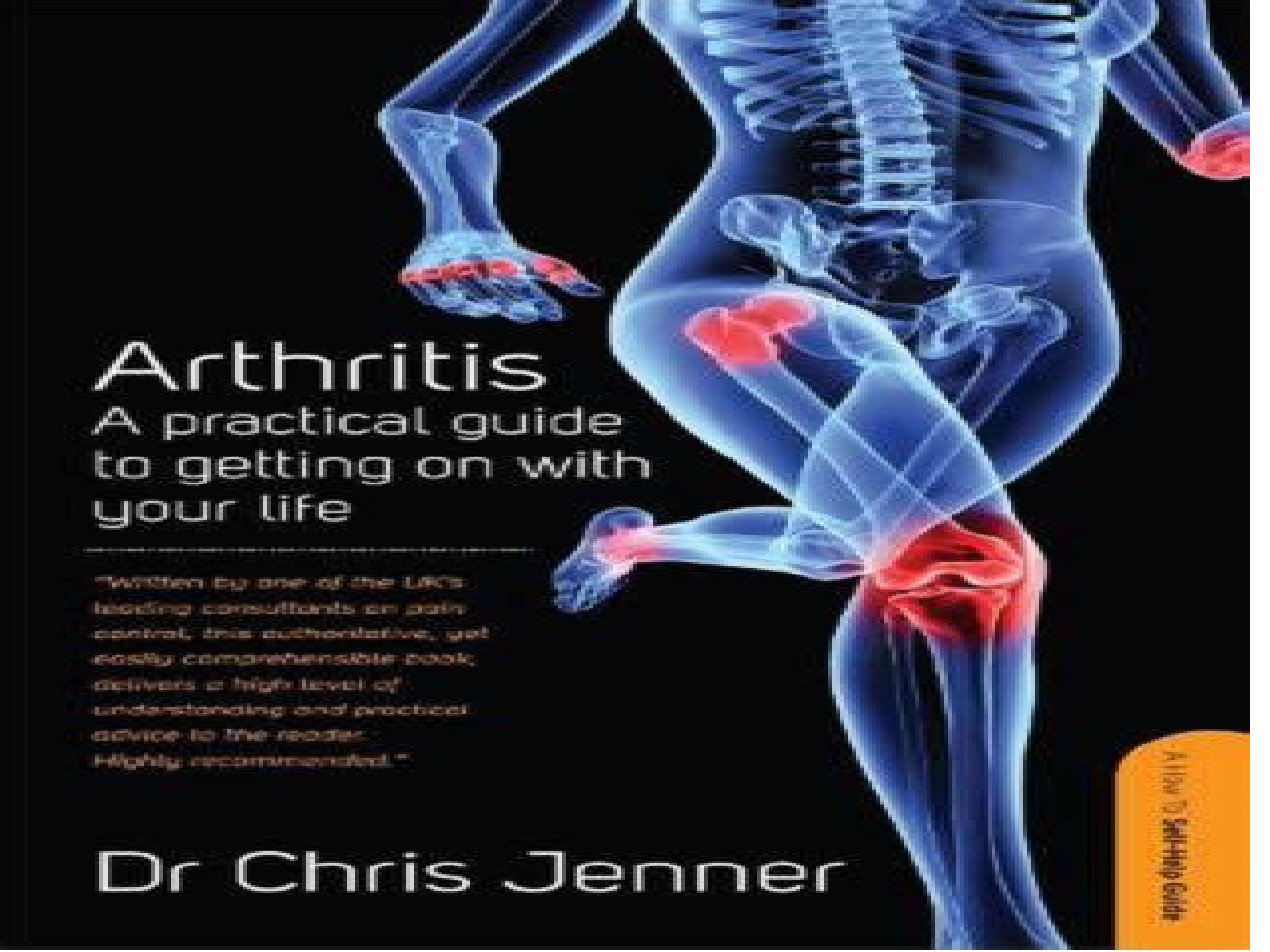




Arthritis

A practical guide
to getting on with
your life

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Emily Hotton, Sammie Mak



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My dog has arthritis - but lives life to the full! Gill Carrick,2013-12-10 When dogs contract arthritis as over a fifth do they can't tell you what hurts or how they're feeling nor can they ask for help. They just have to suffer in silence until now. This book gives our canine friends the voice they've been longing for. With expert input from vets, dog dieticians and specialists in complementary therapies it covers a range of topics and answers all the vital questions raised by this disease helping owners judge when their canine companion needs help. Featuring case histories and owner insight it's an invaluable companion to dog owners and anyone considering getting a dog. Areas covered include types of canine arthritis, the importance of an early diagnosis, the different kinds of treatment available, hopes for the future. This practical owner's guide demonstrates that a diagnosis of arthritis doesn't have to be the end of your dog's world.

My cat has arthritis ... but lives life to the full! Gill Carrick,2015-05-12 Arthritis among cats is an increasingly common problem which has been largely undiagnosed leaving many cats to suffer in silence until now. Written in an easy to understand style this book helps owners to recognise the signs of arthritis and how to best tackle the disease in an holistic way. Expert advice and treatment options are given alongside tips on diet, exercise and how complementary therapies could help. With moving true stories this book provides a vital resource for owners to help keep their cats on the move.

My dog has hip dysplasia - but lives life to the full! Kirsten Häusler and Barbara Friedrich,2013-12-17 A unique and practical guide for owners whose dogs develop this debilitating disease and who want to know all about how best to help their loyal companion by understanding how their vet will treat the condition and what kind of issues they need to be aware of. Includes information on exercises and hints on how to get your dog moving after surgery. All written in an easy to understand style. Discover how to motivate your dog towards recovery.

My dog has cruciate ligament injury - but lives life to the full! Kirsten Häusler and Barbara Friedrich,2013-12-19 A practical guide for owners whose dogs develop this debilitating disease and who want to know all about how best to help their dog by understanding how their vet will treat the condition and what kind of issues they need to be aware of. It includes information on exercise and hints on how to get your dog moving again after surgery.

Complete Guide to the Low Oxalate Diet Ella Jameson,2024-12-10 In recent years there has been growing awareness about the impact of diet on health, particularly when it comes to conditions like kidney stones, joint pain and digestive issues. One dietary approach that has gained attention is the low oxalate diet, which has shown promise in managing and alleviating symptoms related to these health conditions. While many diets are designed for weight loss or improving general well-being, the low oxalate diet serves a more specific purpose: helping people reduce the intake of oxalates, a naturally occurring substance found in a variety of foods. Oxalates are compounds that bind to minerals like calcium and form crystals. In some individuals, these crystals can accumulate and lead to problems such as kidney stones, which can be painful and debilitating. The low oxalate diet then becomes an essential tool for managing these conditions. But it's not just for those who suffer from kidney stones. The diet has also been found to be

beneficial for people who experience joint pain digestive issues and even certain types of inflammation The concept of oxalates may be new to many and it's easy to assume that all foods are safe to eat in moderation However some foods are higher in oxalates than others and for those with sensitivities even small amounts can trigger symptoms The low oxalate diet works by eliminating or reducing the intake of foods that are high in oxalates thus reducing the potential for crystals to form and cause harm While this might seem restrictive at first glance the truth is that there are still plenty of foods that are both nutritious and low in oxalates making the diet more manageable than it may appear In this eBook we will explore the science behind the low oxalate diet why it works and how to implement it into your life Whether you are seeking relief from health conditions related to oxalate buildup or you simply want to understand more about this dietary approach you'll find everything you need to know to make informed decisions about what you eat From understanding which foods to avoid and which to embrace to navigating social situations and dining out this guide will provide you with the tools and knowledge to succeed Starting a new diet can feel like a daunting task especially when it involves a change in the foods you eat every day However the low oxalate diet is not just about restrictions it's about creating a lifestyle that promotes overall health and well being With the right information planning and support anyone can succeed on a low oxalate diet By the end of this eBook you will be empowered to make informed decisions about your health and diet with a clear understanding of how to manage oxalate intake while still enjoying delicious and satisfying meals This eBook is more than just a set of instructions it's a comprehensive guide to living with a low oxalate lifestyle As you read you will learn not only about the science and health benefits behind the diet but also practical tips for meal planning grocery shopping and even eating out The goal is to ensure that this dietary approach is not just something you follow temporarily but a sustainable way to improve your health over time Remember transitioning to a low oxalate diet doesn't have to be overwhelming With the knowledge and resources provided in this eBook you'll have everything you need to make the process smooth and enjoyable From understanding the role of oxalates in the body to creating delicious meals that align with your new diet you'll discover how easy and rewarding it can be to embrace a low oxalate lifestyle

My dog has epilepsy ... but lives life to the full! Gill Carrick, 2015-04-24

Epilepsy is a complex but fairly common disease in dogs with an estimated 5% affected by the condition This guide tackles the disease in an holistic way with expert advice from leading neurological vets running alongside moving case histories and practical tips for coping

Dog-friendly Gardening - Creating a safe haven for you and your dog Karen

Bush, 2014-01-07 Does your garden look more like a prison exercise yard than somewhere to relax Or is it a beautiful haven that you'd like to stay that way when your new dog arrives From dealing with the practicalities of escape proof fencing to discouraging unwanted toilet activities in the rockery this book will help you solve the problems that other gardening and dog care books don't touch on Green fingers are an asset but not essential these tips are useful for everyone Whatever your budget or plot size with a little effort and imagination you can create an attractive outdoor environment that will actively

enhance your relationship with your dog a place where you can enjoy playing and relaxing together Covering safety planting garden projects and much more this book is packed with practical advice and innovative ideas to help you and your dog enjoy your garden The Unofficial Guide to Practical Skills - Ebook Emily Hotton,Sammie Mak,2022-12-13 The unique and award winning Unofficial Guides series is a collaboration between senior students junior doctors and specialty experts This combination of contributors understands what is essential to excel on your course in exams and in practice as well as the importance of presenting information in a clear fun and engaging way Packed with hints and tips from those in the know when you are in a hurry and need a study companion you can trust reach for an Unofficial Guide Designed for medical students nurses junior doctors and other healthcare professionals The Unofficial Guide to Practical Skills contains step by step guidance to over 50 core practical procedures Information is easy to follow and procedures are explained clearly along with expert practical tips This book covers the essential skills you ll need throughout your course and for the OSCEs It also provides a succinct day to day reference for those in practice Wide range of procedures covered more than any other book of its kind Accompanying mark schemes and typical exam questions to simulate real life assessment Fully illustrated with over 200 color photos illustrations Model answers so you can check how well you are performing Content aligned to the latest GMC MLA requirements Additional stations covering lateral flow tests PPE using a hospital bed Standardisation of different scenarios New COVID guidance More answers to examiner questions in each scenario Partners - Everyday working dogs being heroes every day Nan Walton,2013-09-18 Highlighting the value of canine instincts Partners will increase the reader s understanding and love for a species that has been walking at our sides for 26 000 years It details the personal struggles of working teams man and dog as they learn to trust and communicate while developing that all important human dog bond to accomplish together what cannot be done alone *EBOOK: A Beginner's Guide to Critical Thinking and Writing in Health and Social Care* Helen Aveyard,Pam Sharp,Mary Woolliams,2015-03-16 Ever struggled to write a critical essay Ever wondered what critical thinking actually is and how you can apply it in your academic work and practice This bestselling guide takes you through every stage of becoming a critical thinker from approaching your subject to writing your essays or dissertation in health and social care Each chapter tackles a different aspect of critical thinking and shows you how it s done using examples and simple language Beginning with an overview of the importance of critical thinking the book goes on to cover How to think critically about different types of information as potential evidence including books journals articles websites and new to this edition social media How to demonstrate critical thinking in written work and presentations How to adopt critical thinking in practice Updated with more references to online resources and critical appraisal tools this fully revised second edition includes The key tool Six questions for critical thinking which will assist you in developing your skills for academic work and practice updated for this edition in response to student evaluation An expanded worked example of critical analysis New exploration of the connection between theory and practice This book is an essential purchase for

students and qualified healthcare staff alike and was highly commended in the BMA Medical Book Awards 2012 This is an amazing book that I recommend to all levels of students as there is something in it for all It is written in an easy to understand and friendly style that is accessible to anyone has an interest in critical thinking whether they are studying or not I love this book and the sound of the penny dropping for my learners Liz Rockingham Adult Field Lead Teaching Fellow University of Surrey UK In my estimation this is the definitive beginner s guide to critical thinking and writing in health and social care After reading this book any student should understand why and how critical thinking underpins professional practice and the highest endeavours in academic work and research Dr Ruth Davies Associate Professor Child and Family Health Swansea University UK I did not intend to read this book cover to cover but it was such a pleasure I did The book by Aveyard Sharp and Woolliams achieves exactly what it sets out to do and is a comprehensive and highly readable guide Ailsa Espie Senior Lecturer Division of Nursing Queen Margaret University UK Health and social care professionals navigate through extensive quantities of information in the course of their work The ability to think clearly and critically is fundamental for appraising and implementing evidence and knowledge in practice This book is an excellent place to start learning these vital skills and I recommend it to my students and to you Dr Martin Webber Anniversary Reader in Social Work University of York UK I would recommend this book to any health care student not just nurses that require help in starting out how to write critically in essays presentations literature reviews and dissertations Jade Day Student Nurse at Anglia Ruskin University UK

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