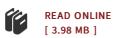




Quick and Easy Medical Tips for Healthy Senior Living

By Elizabeth Molle

iUniverse, Inc. Paperback. Book Condition: New. Paperback. 122 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Quick and Easy Medical Tips for Healthy Senior Living is an invaluable resource for anyone who is aging, concerned about senior health care issues, or is caring for an aging parent. Author Elizabeth Molle RN, MS has over eighteen years of experience working as a Registered Nurse and caring for an elderly parent. In clear and easy to understand language, Molle discusses common concerns that face older people and then provides practical, everyday tips for conquering these issues. The information is well researched and supported by professional medical references. It is written in an upbeat, conversational tone and covers many topics, including: Learning ways to prevent falling and breaking bonesManaging common heart, breathing, and stomach problemsOrganizing medications and correctly taking themEating properly and learning how to read food labelsExercising the mind and bodyLocating adaptive devices and qualified helpGuidelines for traveling with an oxygen tankQuick and Easy Medical Tips for Healthy Senior Living has: 107 easy to follow tipsSafety recommendations for every room in the houseFour checklists to use at the doctors officeResources for additional information This item ships from multiple locations. Your book may arrive from...



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