


# Medicine for the Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid; Revised and Expanded Edition

*By Dr. Paul S. Auerbach*

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Since its introduction in 1986, this indispensable guide has been hailed as the definitive take-along text on the subject of outdoor medicine. This edition has been completely revised and expanded, making it even more essential for the growing numbers enjoying outdoor activities. With more than 250 illustrations, MEDICINE FOR THE OUTDOORS provides state-of-the-art medical procedures for just about every injury or illness likely to be encountered in the wild. It is logically organized, easy to reference, and surprisingly simple to understand.

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**Medicine for the Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid; Revised and Expanded Edition By Dr. Paul S. Auerbach Bibliography**

- Sales Rank: #2041587 in Books
- Brand: Brand: Lyons Press
- Published on: 2003-04-01
- Original language: English
- Number of items: 1
- Dimensions: 1.11" h x 6.36" w x 8.84" l,
- Binding: Paperback
- 544 pages

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## Editorial Review

From Publishers Weekly
Anyone who travels to out-of-the-way places will take comfort in this handy, updated guide to coping with medical emergencies. It is much more than a first aid manual. True, Auerbach does not skimp on common-sense precautions: he suggests that a wise traveler must let friends know his or her itinerary in advance, attend to any known medical problems well before setting out and pack in anticipation of possible mishaps. The author also gives valuable information on first aid kits, immunizations and transportation of injured victims. However, Auerbach goes beyond the call of duty in his detailed attention to heart attacks, chest injuries, falls, allergic reactions and strokes; he tells us what to do until a doctor arrives. Minor malaises such as strains and sprains, diarrhea, constipation, heartburn and food poisoning are also addressed. Other chapters focus on ailments related to altitude or excessive heat or cold. Especially useful are an extensive medical glossary and appendices on commonly used drugs and where to find further information about wilderness medicine. This indispensable handbook is not only for off-the-beaten-track travelers, but for anyone who has to worry about a physical crisis away from home. Auerbach is head of emergency medicine at the Vanderbilt University medical center in Nashville and co-editor of the Journal of Wilderness Medicine.
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Review

"If a doctor isn't with you on your wilderness wanderings, this splendid book should be in your pack."--Nelson Bryant, *The New York Times*

"By far the best book on the subject."--*Field & Stream*

From the Back Cover

For nearly two decades, Medicine for the Outdoors has been the book to which outdoor travelers have turned for expert explanations and clear, understandable guidance on treating just about any medical problem imaginable. Written by Paul Auerbach, one of the country's foremost authorities on wilderness and emergency medicine, this thoroughly expanded and updated Fourth Edition will continue this remarkable book's best-selling tradition.

## Users Review

**From reader reviews:**

**John Frank:**

As people who live in the particular modest era should be up-date about what going on or facts even knowledge to make these keep up with the era that is certainly always change and move forward. Some of you maybe can update themselves by reading through books. It is a good choice in your case but the problems coming to you actually is you don't know which one you should start with. This Medicine for the

Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid; Revised and Expanded Edition is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

**Louetta Cantrell:**

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**Kim Adams:**

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