

[PDF] Medicine For The Outdoors: The Essential Guide To First Aid And Medical Emergency, 5th Edition

Paul S. Auerbach - pdf download free book

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Author: Paul S. Auerbach

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Description:

Review

"In summary, Paul Auerbach's name will be forever associated with wilderness medicine, and his textbooks, including this one, will always be the premier works in this field. The latest edition of these books has surpassed "wilderness medicine," and this book is the best "first aid" text that I have seen. It should become the standard text not just for wilderness travelers but for everyone who wants to know how to do first aid and do it right. At a cost of \$24.95, this is the best bargain in town,

even if it only saves your life once." - **The Journal of Emergency Medicine, Vol. 39, No. 3, p. 391, 2010**

"The new edition is the ultimate handbook for anyone participating in outdoor activities or eco-tourism far from medical care, and it was written by an ...authority in wilderness medicine." *Best Health Books of 2009* - **Wall Street Journal 2009**

"By far the best book on the subject." - **Field & Stream** "If a doctor isn't with you on your wilderness wanderings, this splendid book should be in your pack." - **New York Times** "Anyone who travels to out-of-the-way places will take comfort in this handy, updated guide." - **Publishers Weekly** "If you can't have an experienced emergency physician with you when you're traveling off the beaten path, take this book. And read it first!" - **Whole Earth**

"This reference work contains critical information for lay people who encounter unexpected hazards ranging from bad weather and snake bites to sprained ankles and heat stroke. Of course, the book doesn't guarantee that lay people will become certified paramedics; however, armed with 535 pages of detailed information, most readers will feel more confident making decisions that could mean the difference between life and death. Dr. Auerbach's advice, captured in this reference book, teaches us how to safely enjoy "green" exercise." - **Carole Carson author of From Fat to Fit: Turn Yourself into a Weapon of Mass Reduction and serves as the national coach for the AARP Fat to Fit Community Challenge, a free weight-loss program welcoming all ages.**

"Auerbach delivers a substantial amount of material in a well-written and concise paperback that can serve as a medical manual emphasizing outdoor hazards, with therapeutic recommendations extended to a clinic setting. The book is divided into major medical problems, minor medical problems, disorders related to specific environments, miscellaneous information, and appendices. Medicine for the Outdoors will prove useful for a broad spectrum of readers needing a credible reference on medical care in remote environments or even in urban environments in the aftermath of a disaster. " - **JAMA October 2009**

About the Author Dr. Paul S. Auerbach, FACEP, FAWM, is the Redlich Family Professor of Surgery in the Division of Emergency Medicine at Stanford University School of Medicine. He is the world's leading expert on wilderness medicine and a prolific author. He is the Editor of Wilderness Medicine, and author of Medicine for the Outdoors and Field Guide to Wilderness Medicine.

Dr. Auerbach holds his MD from Duke and completed his internship at Dartmouth and residency at UCLA. He is certified by the American Board of Emergency Medicine. He has been recognized as a Hero of Emergency Medicine by the American College of Emergency Physicians and received the New Orleans Grand Isle Award for Science from the Academy of Underwater Arts and Sciences, the Founders Award from the Wilderness Medical Society, and the Outstanding Contribution in Education Award from the American College of Emergency Physicians, among others. Dr. Auerbach has served as a volunteer physician in Haiti, Nepal, and Guatemala.

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