



Stay Healthy at Every Age

Shantanu Nundy

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The most important thing in your life is your health. To protect your health, you need to pay attention to it. It's a bit like having a car, in fact: to protect your investment in a car, you want to keep it running smoothly for as long as possible. So, just as routine auto tune-ups prevent major repairs down the road, regular medical checkups can keep you driving right by the hospital. Dr. Shantanu Nundy's book describes the diagnostic tests needed for "routine maintenance," including what and who is involved and when the tests should be done. It also covers all the common diseases, explaining causes, symptoms, and treatment. To guard against disease before it develops, the book provides and interprets at-a-glance schedules for screening, preventive medicine (such as heart disease prevention and infectious disease vaccinations), and counseling as recommended by the U.S. Preventive Services Task Force and the Centers for Disease Control and Prevention. Like the checklists found in the owner's manual of your vehicle, Dr. Nundy's simple preventive health guidelines will keep your motor running longer and stronger.

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