



# Mayo Clinic Press

Catalog of current and upcoming publications | Fall–Winter 2021–2022





# The most trusted name in health care

Mayo Clinic is consistently ranked the No. 1 hospital in the United States and is recognized throughout the world as the most trusted name in health care. More than 1 million patients receive care at Mayo Clinic locations each year, and millions more benefit from information and discoveries that Mayo shares widely in its mission to serve humanity and advance medical science.

The roots of Mayo Clinic date to 1864, when Dr. William Worrall Mayo opened a solo practice in Rochester, Minn. He was later joined by his sons, Drs. William James and Charles Horace Mayo — the Mayo brothers, known informally as “Dr. Will” and “Dr. Charlie.”

The Mayos formed an enduring collaboration with the Sisters of St. Francis, who opened Saint Marys Hospital in 1889, following a tornado that devastated the city. With their primary value “the needs of the patient come first” and a spirit of collaboration and innovation, the Mayos and their colleagues united diverse skills in a unique model of care that set world standards of excellence.

In 1919, the Mayo brothers and their wives donated the assets of their private practice and the majority of their life savings to transform Mayo Clinic into a nonprofit organization with a salaried staff. Proceeds from the sale of Mayo Clinic products are directed

to strengthening Mayo’s dedication to patient care, research and education — the three endeavors depicted as shields in the Mayo Clinic logo.

Over the years, Mayo Clinic has pioneered many medical advances including the Nobel Prize-winning discovery of cortisone, the first Food and Drug Administration-approved artificial hip joint, the first CT scanner in North America and others. Today, this trajectory of discovery continues in the spirit of Dr. Will, who said:

**“The glory of medicine is that it is constantly moving forward, that there is always more to learn.”**



# From the editor

When I first joined Mayo Clinic in early 2021, I knew I had landed somewhere that operates at its own unique frequency. Mayo's commitment to innovation, excellence and truly helping people shines through every minute of every day. While refreshing after a career in the for-profit world, this did not come as a surprise.

What I did not anticipate was Mayo's commitment to fostering joy. Yes, joy. The board of directors uses joy as a metric to measure the performance of our leaders. Most meetings start or end with expressions of appreciation that lift us higher. And the best thing about joy? It's infectious; and I can think of no purer manifestation of it than Mayo Clinic cardiologist Stephen Kopecky, whose book *Live Younger Longer* reads like a love letter to life itself. A two-time cancer survivor, Dr. Kopecky has crafted an accessible approach to better health that also manages to be a judgement-free zone. The same can be said for Dr. Kate White's compassionate book, *Your Guide to Miscarriage and Pregnancy Loss*, which chips away at the stigma long associated with a painful subject.

Compassion and joy—these are two qualities we could all use more of these days. To that end, we're thrilled to announce our new offerings for children: the *My Life Beyond* graphic novel series, whose stories spring from the imaginations of pediatric patients at Mayo Clinic, and *Taking Flight*, a coloring and activity book publishing on the 35th anniversary of our beloved Peregrine Falcon program.

We'll start the new year with a modern take on healthful cooking, *Cook Smart, Eat Well*, along with new editions of our essential guides to managing diabetes and osteoporosis. Until then, we'd like to invite you to visit our newly designed website, [mcpres.mayoclinic.org](http://mcpres.mayoclinic.org), which we hope will become your go-to source for wellness information. Drop by, stay for a while and add a dose of good health—and joy—to your day.

—Nina Wiener, Editor in Chief

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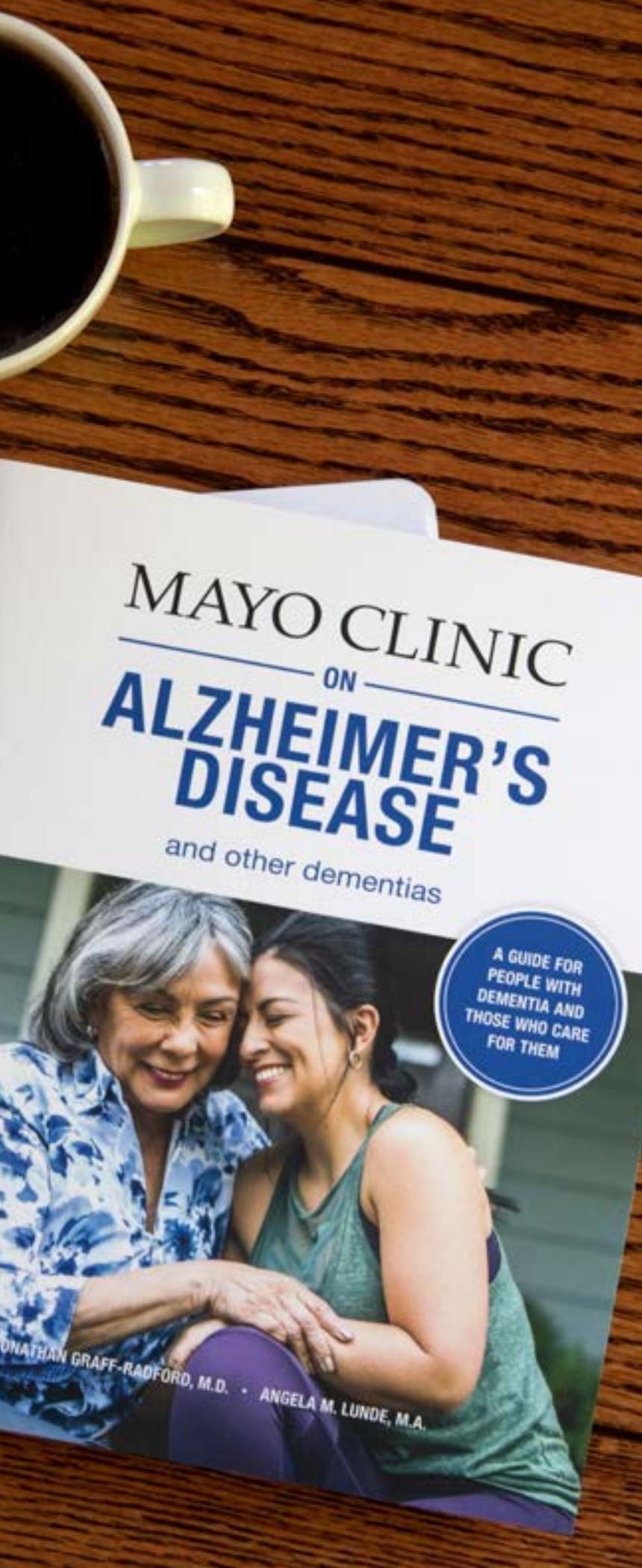
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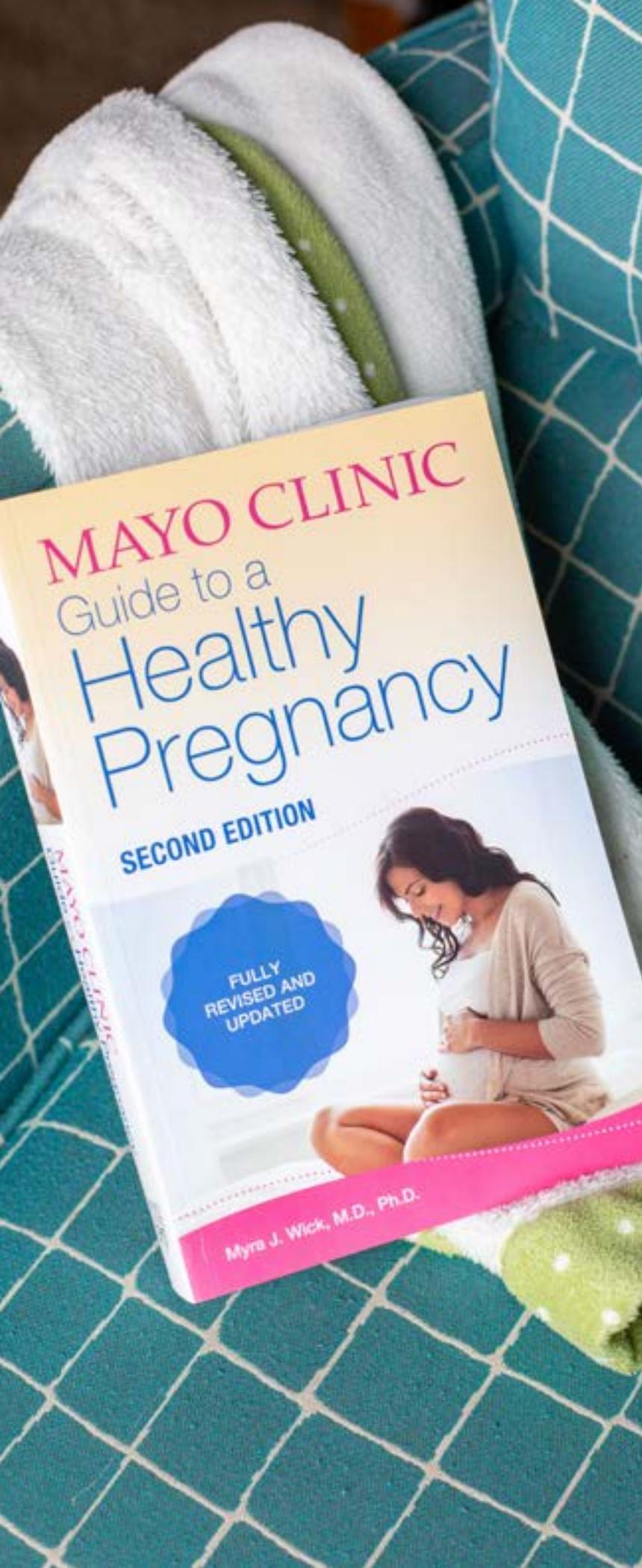


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New and  
upcoming

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# Live Younger Longer

**6 Steps to Prevent Heart Disease, Cancer, Alzheimer's and More**

By Stephen Kopecky, M.D.

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In the last century, the leading causes of death have shifted from infectious diseases, such as flu and pneumonia, to long-term chronic illnesses, such as heart disease and cancer. In fact, more than 1.2 million Americans die of these two diseases each year. Paradoxically, these chronic diseases are a consequence of living longer than ever — but even if we're living longer, are we living better?

After surviving two bouts of cancer, Mayo Clinic cardiologist Stephen Kopecky, M.D., set out to discover behaviors people can adopt to live longer lives free from chronic illness and disease. He discovered that the answer to preserving health and improving quality of life lies in just six habits that require small changes to your daily life. The secret, however, lies not just in the steps themselves but in how you accomplish them.

After 30 years of research in the field of cardiovascular disease prevention, Dr. Kopecky is sharing what he's learned. *Live Younger Longer* highlights six manageable steps anyone can embrace to live a longer, healthier life.

**PUBLICATION:** September 7, 2021 | **ISBN:** 978-1-8930-0567-9  
**SOFTCOVER:** \$18.99 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 224

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### The state of our health

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- 2 How do we get from healthy to diseased?
- 3 A longer life in good health
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## PART 2

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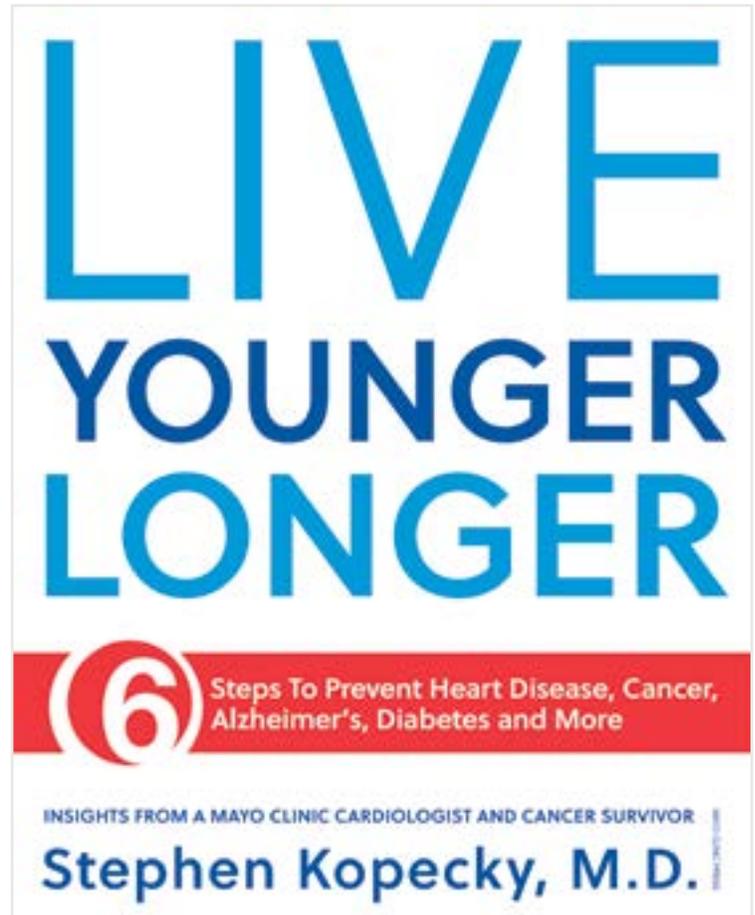
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- Blood pressure
- Muscular strength and endurance
- 1-mile walk/run test
- Diet inventory
- Resiliency assessment



## KEY SELLING POINTS

- The top causes of death have shifted from infectious diseases, such as flu and pneumonia, to long-term chronic illnesses, such as heart disease and cancer.
- Today's top killers are caused not by outside forces, but by our own daily habits.
- Mayo Clinic cardiologist Dr. Stephen Kopecky offers holistic, evidence-based insights on how anyone can prevent debilitating conditions such as heart disease, Alzheimer's and obesity, and live a long life of pleasure and purpose.
- *Live Younger Longer* outlines six steps to preserving health while also extending life. The secret lies not just in the steps themselves but in how you accomplish them.

## ABOUT THE AUTHOR

Stephen L. Kopecky, M.D., is a cardiologist at Mayo Clinic in Rochester, Minn., specializing in cardiovascular disease prevention and risk factor management. He also serves as director of the Statin Intolerance Clinic, where he helps develop treatment plans for patients living with heart disease. In 2013, Dr. Kopecky was the recipient of the Jan J. Kellermann Memorial Award for Distinguished Work in the Field of Cardiovascular Disease Prevention. Also a professor of medicine at the Mayo Clinic College of Medicine and Science, Dr. Kopecky has been named one of Mayo Clinic's top hospital-based teachers and has received numerous awards for his excellence in teaching.



“Most of us want to live a long, healthy life, but how do we do that? Drawing upon lessons from his own life, Mayo Clinic cardiologist Dr. Stephen Kopecky offers a holistic, evidence-based approach to preventing common diseases and chronic illnesses and living a longer life of pleasure and purpose.”



# My Life Beyond Leukemia

A Mayo Clinic patient story

By Rae Burremo • Illustrated by Hey Gee  
Edited by Mira A. Kohorst, M.D.

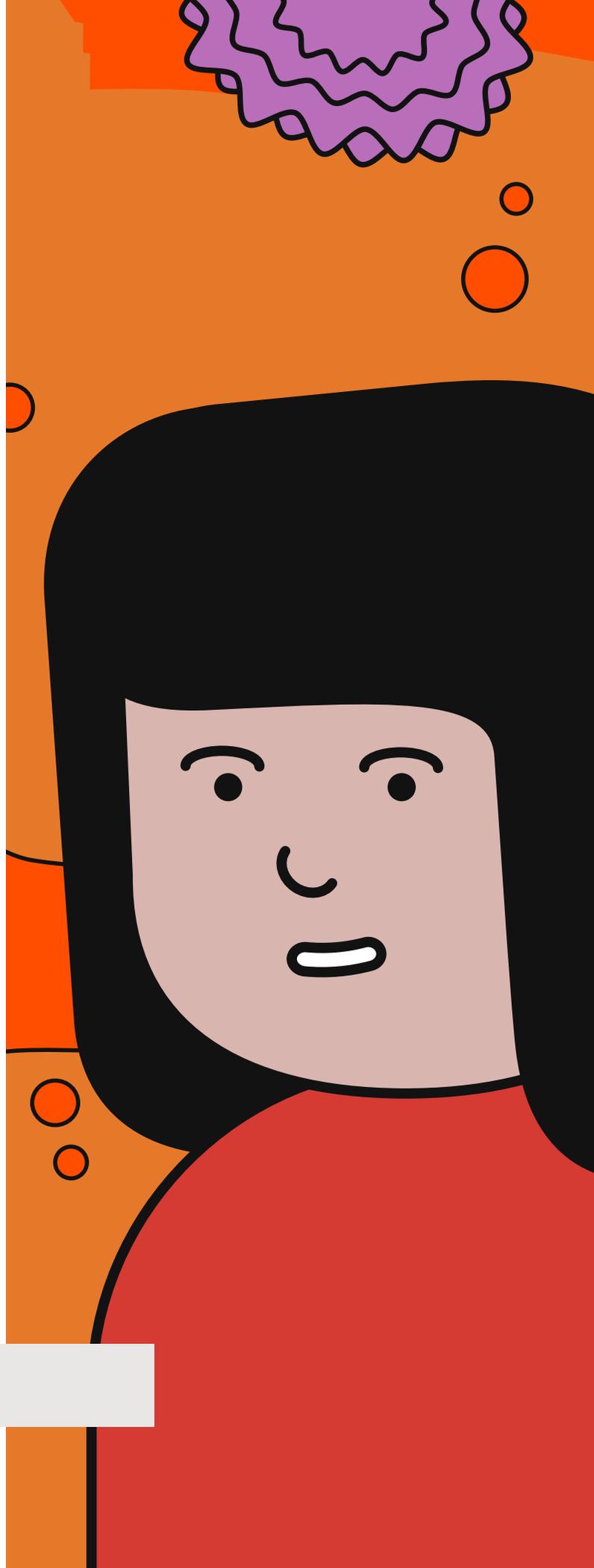
After going through treatment for leukemia, Amy is used to visiting the hospital. As she falls asleep for another medical test, she suddenly finds herself on an adventure. With the help of a shrinking potion, other magic tools and some friends, she's on a mission to help other kids face leukemia and its treatment.

What is it really like to have this childhood cancer? Find out how Amy beats leukemia and discovers life beyond her illness.

Leukemia is estimated to affect 1 in every 1,000 children, but the voices and experiences of these children are rarely heard amid the complexity of modern medicine.

*My Life Beyond Autism: A Mayo Clinic patient story* is part of the *My Life Beyond* graphic novel series. Created through collaboration among pediatric patients, their doctors, and world-renowned children's author and illustrator Hey Gee, each book in the series dives into the mind and imagination of a child patient at Mayo Clinic to explain how children experience illness, challenges, and recovery.

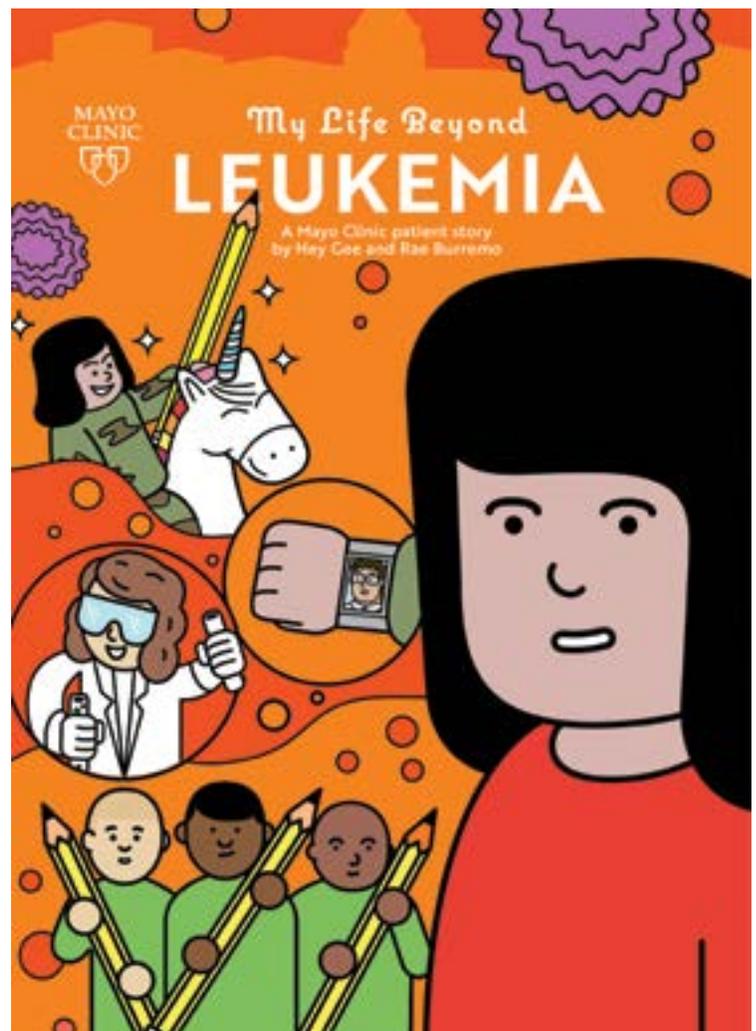
**PUBLICATION:** October 12, 2021 | **ISBN:** 978-1-8930-0578-5  
**SOFTCOVER:** \$8.99 | **TRIM SIZE:** 7.68" x 10.63" | **PAGE COUNT:** 35



Children's voices are rarely heard amid the complexity of modern medicine. That's why every story in the *My Life Beyond* graphic novel series stems from the imagination and experience of a Mayo Clinic patient.

The books were developed through collaboration among these patients, Mayo Clinic doctors and author-illustrator Hey Gee.

Through this unique lens of inspiring real-life experiences, the series explores how children view illness, challenges and recovery.



#### KEY SELLING POINTS

- The rate of new cases of childhood leukemia is 4.8 per 100,000 children per year.
- Leukemia is the most common cancer in children and teens, accounting for almost 1 out of 3 cancers.

The *My Life Beyond* graphic novel book series tells the true stories of Mayo Clinic patients.

Featuring beautifully illustrated pages, this graphic novel shares the inspiring story of Rae Burremo's experience with leukemia.

## ABOUT THE AUTHORS

### Mira A. Kohorst, M.D.

Mira A. Kohorst, M.D., is a board-certified pediatric hematologist and oncologist. She is also an assistant professor of pediatrics at Mayo Clinic College of Medicine and Science in Rochester, Minn. Dr. Kohorst specializes in treating cancer, leukemia, lymphoma and bone marrow failure syndromes in pediatric patients, and has published 14 peer-reviewed articles, book chapters and numerous abstracts about these conditions. Dr. Kohorst was the recipient of the 2020 Excellence in Supportive/Palliative Care Award from MD Anderson Cancer Center and was recognized as the Pauline Robinson “Robin” Bush Honorary Fellow at the Mayo School of Graduate Medical Education.



### Guillaume Federighi aka Hey Gee

Hey Gee is a French and American author and illustrator. He began his career in 1998 by exploring the world of street art and graffiti in different European capitals. After moving to New York, Hey Gee developed a reputation for a direct and instantaneous style of graphic design and illustration that brings out unifying ideas, creates distinctive characters and affects all generations. He is also the owner and creative director of Hey Gee Studio, a full-service creative agency based in New York City.



## PATIENT AUTHOR

### Rae Burremo

Rae Burremo was a typical 5-year-old when she developed leg pain that left her limping. For a couple of weeks, her parents and doctors tried to figure out what was causing it. Finally, after looking at her legs with an MRI machine, she was diagnosed with acute lymphoblastic leukemia.

She had a great group of friends and family who supported her through treatment by making sure she always had her favorite salty snacks and plenty of art supplies.

Rae loves spaghetti with red sauce, pepperoni pizza and every kind of fruit. She is passionate about animals and is a devoted friend. Rae loves to listen to music, draw, jump on the trampoline, swim, go figure skating and visit Disney World with her family.

Rae is now a healthy 10-year-old in fourth grade who dreams of being an interior designer when she grows up.



# My Life Beyond Bullying

A Mayo Clinic patient story

By Ralph M. • Illustrated by Hey Gee  
Edited by Bridget K. Biggs, Ph.D., L.P.

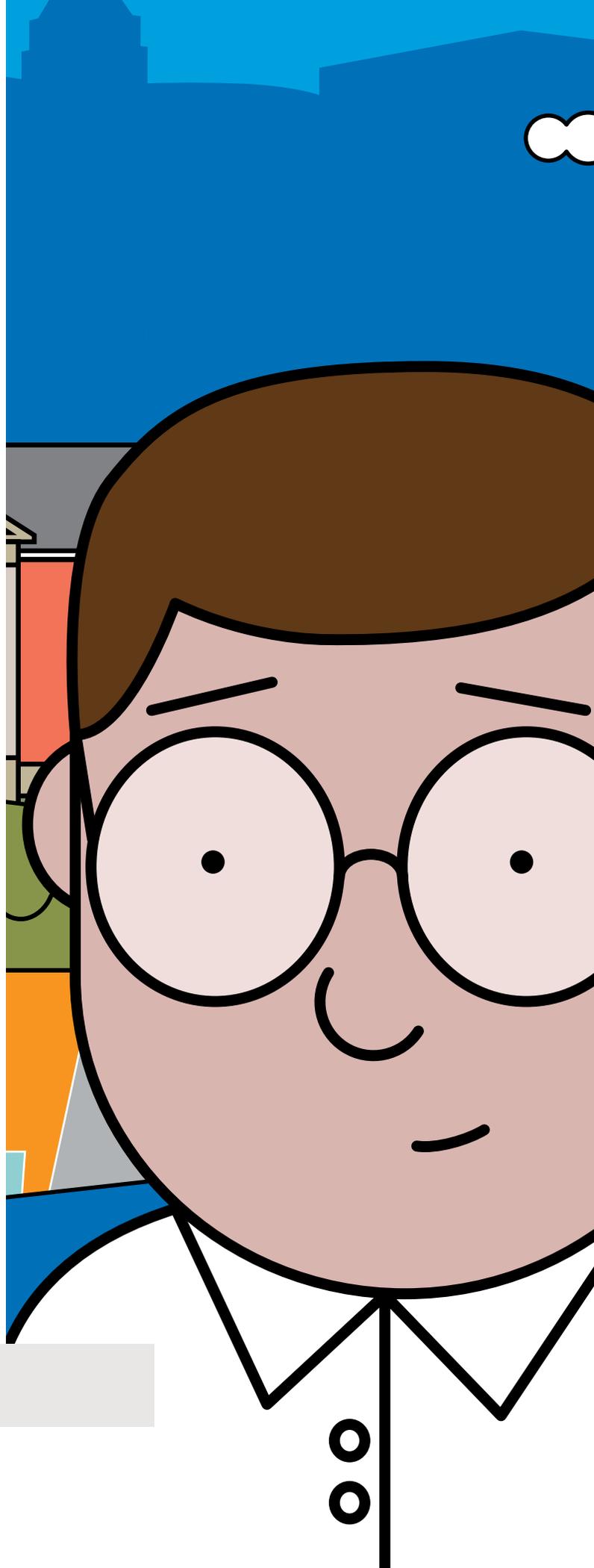
When some kids at Alex's new school start bullying him, he just wants to escape. He feels guilty and stressed about what's happening. But what can he do?

The challenges Alex experienced are common. Still, there are important steps you can take when you or someone you know is being bullied. Find out how Alex gets help and discovers his life beyond bullying.

Bullying affects all youths, including those who are bullied, those who bully others, and those who witness bullying — but the voices of those affected are rarely heard amid the complexity of modern medicine.

*My Life Beyond Autism: A Mayo Clinic patient story* is part of the *My Life Beyond* graphic novel series. Created through collaboration among pediatric patients, their doctors, and world-renowned children's author and illustrator Hey Gee, each book in the series dives into the mind and imagination of a child patient at Mayo Clinic to explain how children experience illness, challenges, and recovery.

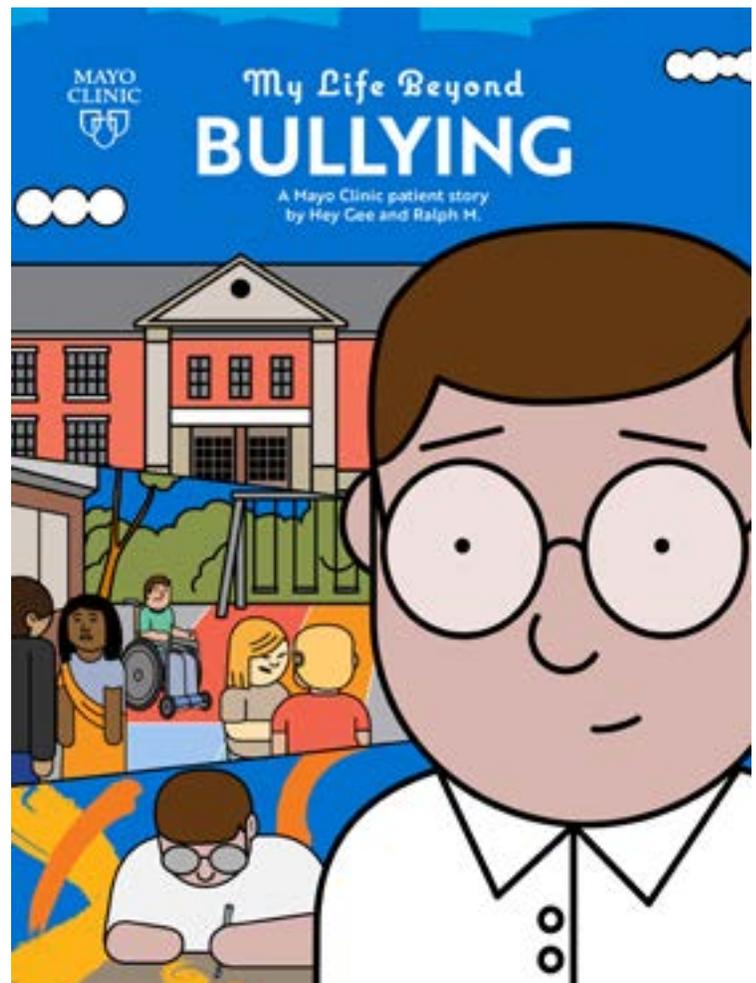
**PUBLICATION:** October 12, 2021 | **ISBN:** 978-1-8930-0576-1  
**SOFTCOVER:** \$8.99 | **TRIM SIZE:** 7.68" x 10.63" | **PAGE COUNT:** 40



Children’s voices are rarely heard amid the complexity of modern medicine. That’s why every story in the *My Life Beyond* graphic novel series stems from the imagination and experience of a Mayo Clinic patient.

The books were developed through collaboration among these patients, Mayo Clinic doctors and author-illustrator Hey Gee.

Through this unique lens of inspiring real-life experiences, the series explores how children view illness, challenges and recovery.



#### KEY SELLING POINTS

- Bullying affects all youth, and the effects of bullying may continue into adulthood.
- Adults can help prevent bullying by talking to children, encouraging them, and modeling kindness and respect.
- About 20% of students ages 12 to 18 experience bullying. Those who reported being bullied said they thought those who bullied them had the ability to influence other students’ perceptions of them, had more social influence, were physically stronger or larger, or had one or more of these traits.

The *My Life Beyond* graphic novel book series tells the true stories of Mayo Clinic patients.

Inspired by the memoirs of Ralph M.’s experience with bullying, this graphic novel uses beautifully illustrated pages to tell the true story of how kids view friendships, bullying and challenging social situations.

## ABOUT THE AUTHORS

### **Bridget K. Biggs, Ph.D., L.P.**

Bridget K. Biggs, Ph.D., L.P., is a psychologist at Mayo Clinic's Children's Center in Rochester, Minn. She is certified in clinical child and adolescent psychology and focuses on treating anxiety disorders and chronic pain in children and adolescents. Dr. Biggs' published research, which includes over 50 peer-reviewed articles and book chapters, is centered on understanding the social aspects of emotional and physical well-being during childhood and adolescence. Dr. Biggs has made significant research contributions in the areas of social influences on children's mental and physical health; childhood anxiety assessment and treatment; and behavioral interventions for children and adolescents. She currently serves as an associate professor of psychology at Mayo Clinic College of Medicine and Science.



### **Guillaume Federighi aka Hey Gee**

Hey Gee is a French and American author and illustrator. He began his career in 1998 by exploring the world of street art and graffiti in different European capitals. After moving to New York, Hey Gee developed a reputation for a direct and instantaneous style of graphic design and illustration that brings out unifying ideas, creates distinctive characters and affects all generations. He is also the owner and creative director of Hey Gee Studio, a full-service creative agency based in New York City.



## PATIENT AUTHOR

### **Ralph M.**

Ralph M. is from Rochester, Minn. While he remembers the anxiety he felt when he was bullied in middle school, addressing the problem helped him to be a successful student. He went on to Yale University and Emory University School of Medicine, and is pursuing a career as an eye surgeon.

In his spare time, Ralph loves to create watercolor paintings. In fact, Alex's watercolor shown on page 30 in the graphic novel is one of Ralph M.'s original paintings. Ralph also enjoys hiking with his dog, hanging out with friends and cooking.



# Your Guide to Miscarriage and Pregnancy Loss

Hope and healing when you're no longer expecting

By Kate White, M.D.

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Miscarriage affects almost 1 million women in the United States every year, yet today's health care system is not designed to shepherd a woman and her family through the loss with the information and understanding they need.

Having experienced two miscarriages of her own, Kate White, M.D., provides women and their families with the two things sorely missing from their experience: detailed answers to their questions about miscarriage, and support and guidance through the healing process.

Filled with accessible information, answers to frequently asked questions and methods for coping with grief, *Your Guide to Miscarriage and Pregnancy Loss* empowers women undergoing pregnancy loss to take control of their experiences. Written by a medical professional who has cared for women having miscarriages for more than 20 years, this book is an earnest conversation between doctor and reader that provides compassion and guidance, as well as hope for a woman's future pregnancy efforts.

**PUBLICATION:** October 19, 2021 | **ISBN:** 978-1-8930-0574-7  
**SOFTCOVER:** \$18.99 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 384



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- 2 Getting the diagnosis
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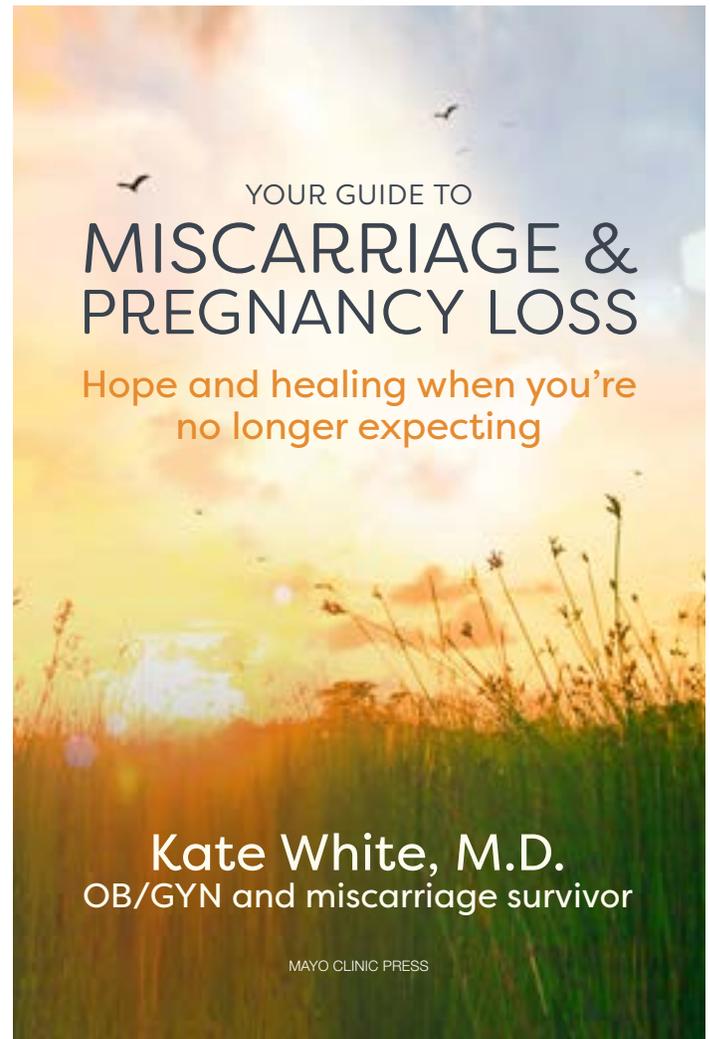
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### KEY SELLING POINTS

- Miscarriage affects almost 1 million women in the United States every year.
- *Your Guide to Miscarriage and Pregnancy Loss* takes women through the journey of miscarriage diagnosis and treatment.
- This book addresses all types of pregnancy loss, such as ectopic and molar pregnancies, as well as ones that are often overlooked by the media and other books.
- Filled with accessible information, answers to frequently asked questions and methods for coping with grief, this book empowers women undergoing pregnancy loss to take control of their experiences.

## ABOUT THE AUTHOR

Kate White, M.D., OB-GYN, is an associate professor of obstetrics and gynecology at the Boston University School of Medicine and the vice chair of academics in the OB-GYN department at Boston Medical Center. She is a fellow of the American College of Obstetricians and Gynecologists, a fellow of the Society of Family Planning, and a member of the American Public Health Association. As



a board-certified OB-GYN, mother and pregnancy loss survivor, Dr. Kate has been caring for women for more than 20 years, helping them navigate every stage leading up to menopause, including periods, childbirth and pregnancy loss. She also conducts research in contraception, has been continuously grant funded for 15 years, and frequently lectures regionally and nationally on topics related to women's reproductive health. Dr. Kate lives outside of Boston with her husband and their three children.

*“In Your Guide to Miscarriage and Pregnancy Loss, Kate White, M.D., combines the latest medical research with the information women need — the facts and the forecasts, the grief and the hope — as they experience a pregnancy loss.”*



# Mayo Clinic on Osteoporosis

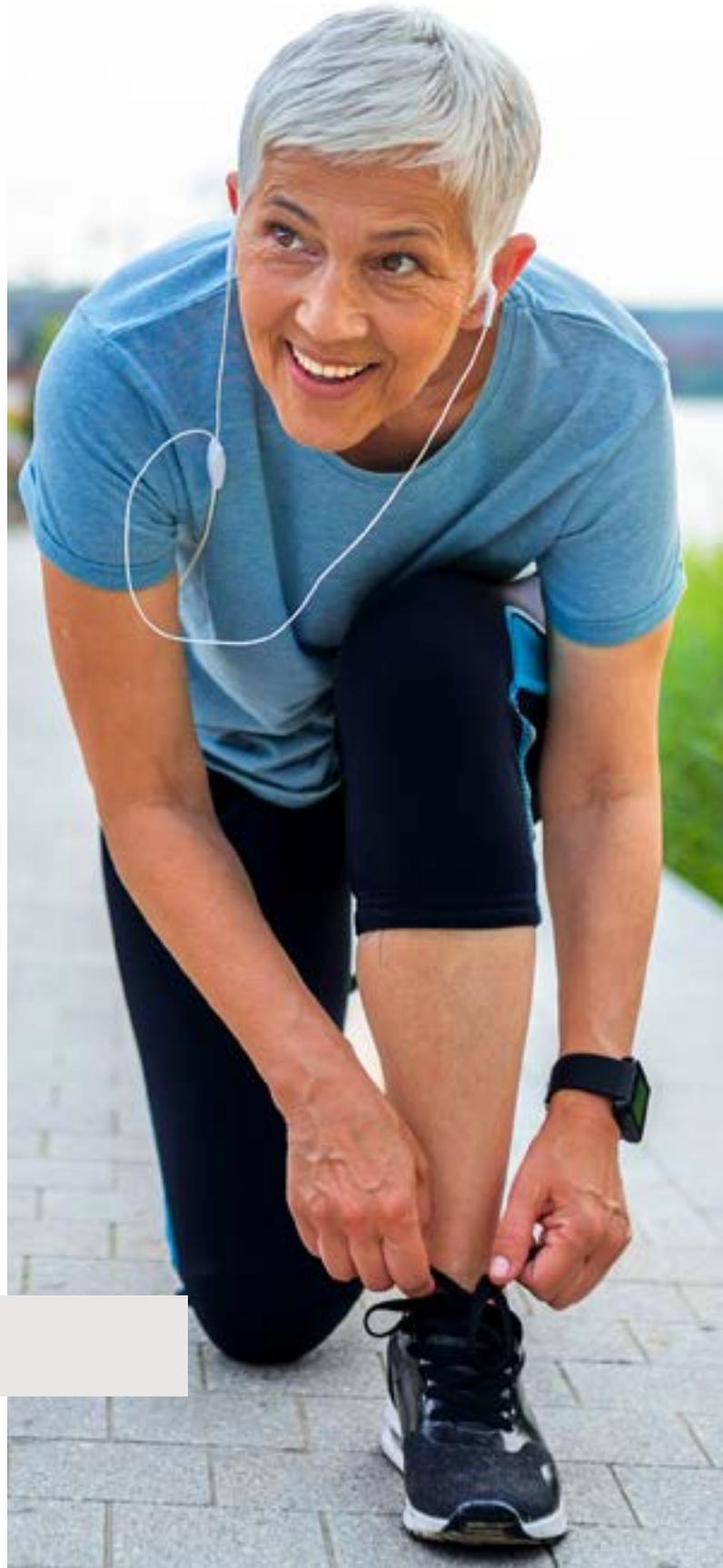
**Keep your bones strong and  
reduce your risk of fractures**

By Ann E. Kearns, M.D., Ph.D.

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Nearly 54 million Americans live with osteoporosis or low bone mass, but many don't recognize the warning signs until a fall or fracture results in a painful injury and a lengthy recovery. Fortunately, osteoporosis can now be managed with modern medications, a healthy diet and the right kind of activities.

*Mayo Clinic on Osteoporosis* helps readers understand what causes the disease and how to build and maintain strong bones at any age. It also explores the latest options for treating and managing osteoporosis to maintain a healthy, happy life.



**PUBLICATION:** October 19, 2021 | **ISBN:** 978-1-8930-0524-2  
**SOFTCOVER:** \$19.99 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 247

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## PART 1

### Understanding osteoporosis

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- 1 What is osteoporosis?
- 2 The life cycle of bone
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- 5 Screening, diagnosis and monitoring
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## PART 2

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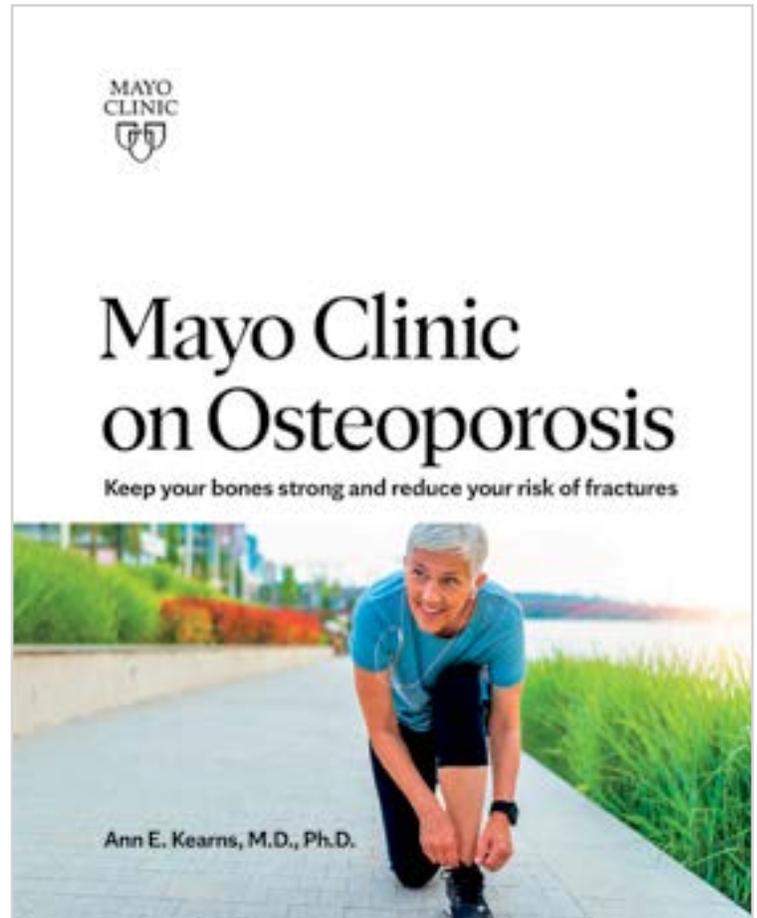
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---

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- 14 Recovering from a fracture
- 15 Home safety



### KEY SELLING POINTS

- Around 54 million people in the United States are affected by osteoporosis or low bone mass; however, the disease is both treatable and preventable.
- *Mayo Clinic on Osteoporosis* helps people of all ages understand what causes osteoporosis, take steps to build or maintain strong bones, and continue the activities they enjoy.
- Modern medications, a healthy diet and the right kind of activities can help effectively manage osteoporosis and low bone density.

## ABOUT THE AUTHOR

Ann E. Kearns, M.D., Ph.D., is an endocrinologist at Mayo Clinic in Rochester, Minn., and an associate professor at Mayo Clinic College of Medicine and Science.

Dr. Kearns completed her residency at the University of Chicago Pritzker School of Medicine and fellowship in endocrinology at Harvard Medical School's Massachusetts General Hospital. In 1998, she joined Mayo Clinic, where she has since helped thousands of patients by improving their osteoporosis treatment and helping prevent fragility fractures. Dr. Kearns has also contributed to national efforts to close the gap between recommendations and typical care, working toward better diagnosis and treatment of people with osteoporotic fractures.



“Around 54 million Americans live with osteoporosis or low bone mass, but many don’t recognize the symptoms until it is too late. Before a bad fall or fracture renders you immobile, learn how to reduce your risk of developing osteoporosis, manage your day-to-day symptoms and even treat the disease with the tools provided in *Mayo Clinic on Osteoporosis*.”



# Gifts of Her Spirit

Poems by Sister Mary Brigh Cassidy

Edited by Sister Lauren Weinandt  
and Jane K. Campion

During her 55-year career at Saint Marys Hospital in Rochester, Minn., Sister Mary Brigh Cassidy remained a common person with uncommon capabilities. Even though she worked tirelessly, she found time at the end of her busy days to write poetry and reflect on spirituality, nature and a life dedicated to service.

Composed between the years of 1928 and 1968, the poems in *Gifts of Her Spirit* paint a picture of life through the Great Depression, World War II and postwar events. Her poetry often uses images from nature to capture the beauty and poignancy found in the seasons of the church and in the seasons of life — each with its own purpose, challenges and rewards.

*Gifts of Her Spirit* is a curation of approximately 60 of Cassidy's poems, arranged according to the liturgical calendar of the Roman Catholic Church. From limericks to meditations, they gesture gently to the beauty of nature's surroundings, provide strength for life's challenges, and encourage the reader to look within themselves and to eternity.

For those who knew Cassidy, her life itself was a gift of the Holy Spirit. For those who read these poems, the wonder of that gift is revealed through her words.

**PUBLICATION:** October 19, 2021 | **ISBN:** 978-1-8930-0575-4  
**SOFTCOVER:** \$9.99 | **TRIM SIZE:** 5.375" x 8.375" | **PAGE COUNT:** 112



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- Blessing of Saint Francis

## LENT AND EASTER

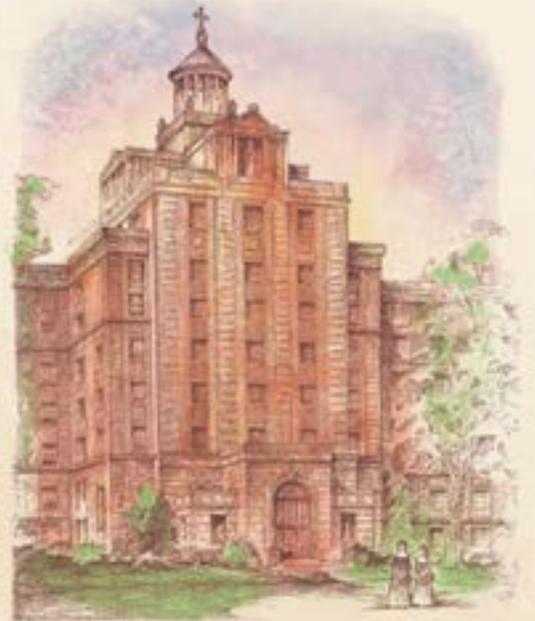
- Mother of Sorrows
- Crucifixion
- Easter

## ORDINARY TIME

- If I Have Come
- Harvest Moon
- On a Leaf Falling
- Autumn
- Full Moon
- Paradox
- An Ideal
- This Is Autumn
- Thanksgiving
- Thanksgiving
- Thanksgiving

# Gifts of Her Spirit

*poems by*  
Sister Mary Brigh Cassidy



*edited by*  
Sister Lauren Weinandt and Jane K. Campion

MAYO CLINIC PRESS

## KEY SELLING POINTS

- Sister Mary Brigh, born Julia Cassidy in Eyota, Minn., was affiliated with Saint Marys Hospital for more than 35 of her 86 years, beginning with her 1928 graduation from the Saint Marys School of Nursing. She was a night supervisor at the hospital in 1934 and 1935 and was an instructor at the school of nursing from 1939 to 1945.
- Sister Mary Brigh had a deep and abiding love for Saint Marys Hospital. At the end of every long and challenging day, she walked through the halls of Saint Marys, personally visiting patients and encouraging staff.
- Saint Marys Hospital is rich with history. It began in 1889 as a joint project between the Sisters of Saint Francis and the Mayo brothers and their father.

## ABOUT THE AUTHOR

Sister Mary Brigh Cassidy lived and worked at Saint Marys Hospital in Rochester, Minn., for 55 years. After graduating from the Saint Marys School of Nursing, she became a Franciscan sister, received a master's in nursing from The Catholic University in Washington, D.C., and earned an M.B.A. from the University of Chicago. Through her religious and health care service, she became a cornerstone in the growth and development of Saint Marys and its partnership with Mayo Clinic.



Even throughout her busy days, she found quiet moments to reflect and write about her experiences with patients and colleagues, nature, and her deep spirituality. Two of Sister Cassidy's friends, Sister Lauren Weinandt and Jane K. Campion, safeguarded her complete works and selected a collection of her poems for this book.

“A poignant collection of poems written by a dedicated Franciscan sister and the former hospital administrator of Saint Marys Hospital during a lifetime of dedication, this is a work that celebrates the seasons of life and brings insight — and a smile — to readers everywhere.”



# Mayo Clinic Guide to Better Vision

Preventing and treating diseases  
to save your eyesight

By Sophie J. Bakri, M.D.

As people age, they have a higher risk of developing serious vision problems and eye conditions; even younger adults can develop painful eye conditions such as dry eyes, pink eye and eyestrain. More than 170 million Americans wear eyeglasses or contact lenses to correct vision problems, and that number is likely to increase. Fortunately, many of these conditions are preventable, treatable and even reversible.

In *Mayo Clinic Guide to Better Vision*, Sophie J. Bakri, M.D., walks readers through the diagnoses and treatment of common eye issues, as well as preventive measures for protecting the eyes. She also shares the best techniques for correcting common vision problems and provides tools for those currently living with low vision.

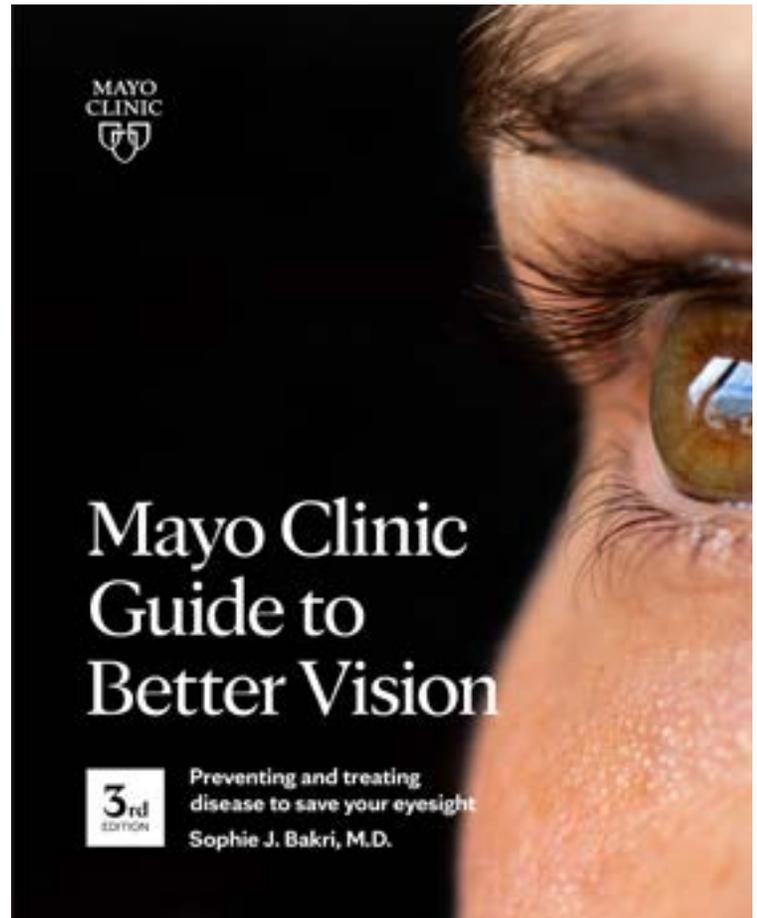
Presented through clear, conversational explanations paired with detailed illustrations, this book is a practical resource for making the most of your vision.

**PUBLICATION:** October 26, 2021 | **ISBN:** 978-1-8930-0573-0  
**SOFTCOVER:** \$19.99 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 231



# Table of Contents

- 1 A look inside  
**At a glance: The eye exam**
- 2 Macular degeneration  
**At a glance: Imaging the eye**
- 3 Diabetic retinopathy
- 4 Other retinal and optic nerve disorders
- 5 Glaucoma
- 6 Cataracts
- 7 Common eye conditions
- 8 Eye conditions affecting children
- 9 Protecting your vision
- 10 Correcting vision
- 11 Living with low vision



## KEY SELLING POINTS

- An estimated 93 million adults in the United States are at high risk of serious vision loss.
- Vision disability is one of the top 10 disabilities among adults 18 years and older and is one of the most prevalent disabling conditions among children.
- More than 170 million Americans wear eyeglasses or contact lenses to correct their vision, and they spend billions of dollars on eyewear annually.

## ABOUT THE AUTHOR

Sophie J. Bakri, M.D., is a consultant in the Department of Ophthalmology at Mayo Clinic in Rochester, Minn., where she specializes in treating age-related macular degeneration, diabetic retinopathy and complex retinal detachments. As a professor of ophthalmology at Mayo Clinic College of Medicine and Science, Dr. Bakri leads students in both clinical and translational research aimed at understanding and mitigating drug side effects for people living with retinal disease. In addition to authoring many peer-reviewed papers and book chapters, Dr. Bakri has received the Achievement Award from the American Academy of Ophthalmology as well as the Honor Award from the American Society of Retina Specialists. Dr. Bakri is listed as one of Becker's 135 leading ophthalmologists in the United States and has been named by *The Ophthalmologist* as one of its top 50 rising stars.



“Having good eyesight is essential for almost every activity we do, but an estimated 93 million adults in the United States are at high risk of serious vision loss. *Mayo Clinic Guide to Better Vision* is a comprehensive guide to understanding common vision problems, preventing age-related eye disorders and keeping your eyes healthy at every stage of life.”



# Cook Smart, Eat Well

**Mayo Clinic recipes and strategies  
for healthy living**

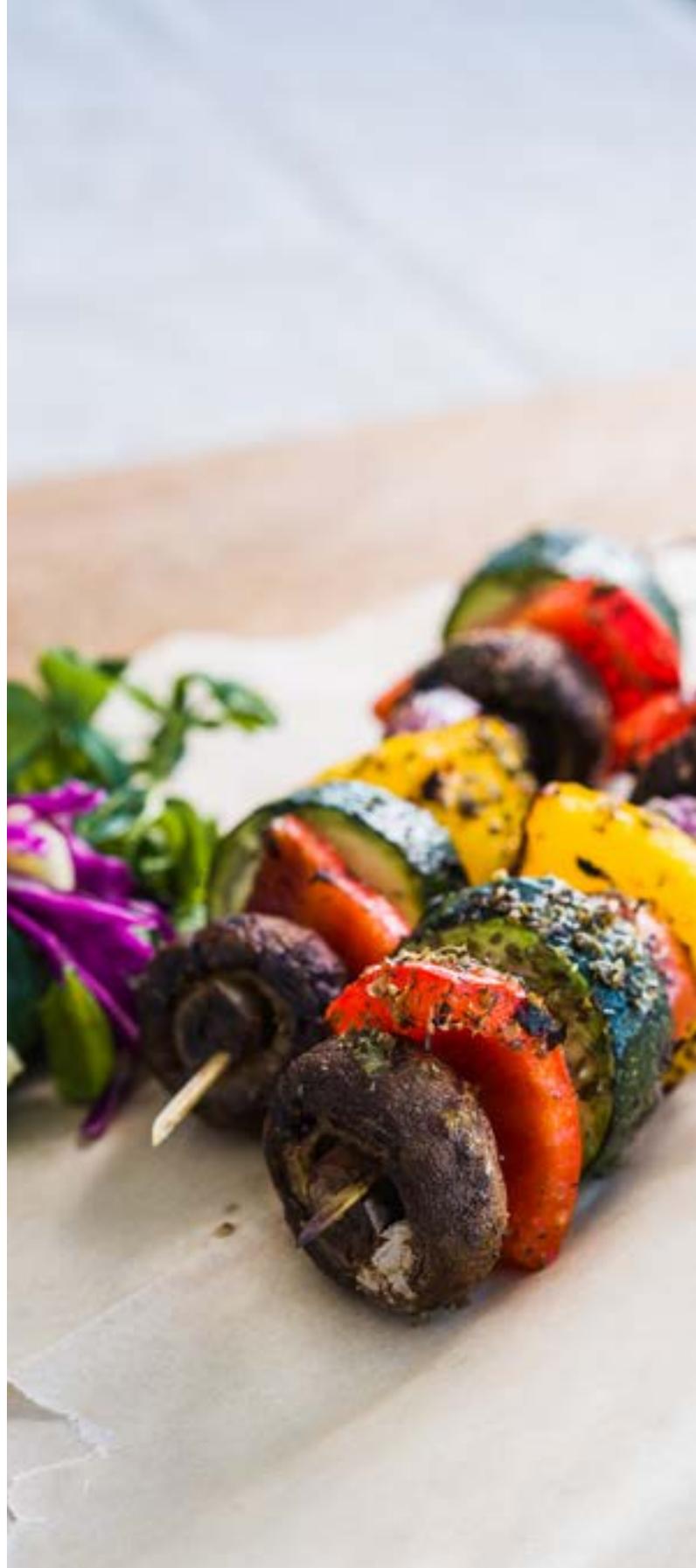
By Jennifer A. Welper, Wellness Executive Chef

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With *Cook Smart, Eat Well*, learn how to take a fresh approach to healthy eating by cooking more efficiently, using simple ingredients with bold flavors, and meal prepping with ease to keep your family eating healthy and nutritious meals.

More than 100 original recipes fit a variety of tastes and skill levels, including bright salads and soups, filling breakfasts, hearty comfort foods, savory lean meats, kid-friendly meals, and delicious desserts, as well as vegetarian dishes. Alongside each recipe are notes from Chef Jen that give ideas for variations and substitutions as well as tricks for maximizing flavors to make any homemade meal taste gourmet.

This photo-illustrated guide gives cooks of any level solid footing in the kitchen by helping to hone cooking skills and learn time-saving shortcuts. You'll find Chef Jen's best tips for investing in essential basic equipment, finding quality ingredients, mastering preparation methods, familiarizing yourself with a variety of spices and sauces, and safely storing and reheating leftovers. Whether you're cooking for one or for a large family, you'll also get expert advice on incorporating meal planning into your routine to streamline your shopping and cooking while allowing for flexibility and variety throughout the week.



**PUBLICATION:** January 4, 2022 | **ISBN:** 978-1-8930-0580-8  
**SOFTCOVER:** \$24.99 | **TRIM SIZE:** 8" x 10" | **PAGE COUNT:** 272

The following is an excerpt from the Cook Smart, Eat Well table of contents and does not contain a complete listing of recipes included.

# Table of Contents

## Healthy cooking essentials

### Meal prep 101

#### BREAKFAST

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- Banana flax pancakes
- Orange cinnamon French toast
- Broccoli and smoked Gouda frittata
- Cranberry apple oatmeal
- Chicken or turkey sausage patties

#### SANDWICHES & SALADS

---

- California avocado wrap
- Chicken salad sandwich
- Grilled vegetable panini
- Greek pasta salad
- Mix-and-match salads

#### SOUPS

---

- Cuban black bean soup
- Creamy butternut squash soup
- Vegetable lentil soup
- Turkey wild rice chowder
- Three bean chili

#### APPETIZERS & SNACKS

---

- Roasted red pepper hummus
- Spinach artichoke dip
- Thai chicken satay
- Buffalo zucchini sticks
- Pesto stuffed mushrooms

## VEGETABLES

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- Butternut squash fries
- Balsamic-glazed Brussels sprouts
- Vegetable stir-fry
- Herb-stuffed tomatoes
- Grilled vegetable kebabs
- Greek roasted vegetables

## SIDES

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- Garlic cauliflower mashed potatoes
- Cheesy herbed polenta
- Barley risotto with vegetables
- Quinoa cakes
- Vegetable rice pilaf
- Mango cilantro slaw

## ENTRÉES WITH MEAT OR FISH

---

- Lemon chicken
- Santa Fe lime chicken fajitas
- Blackened fish tacos
- Crabcakes
- Dijon Parmesan salmon
- Turkey burgers
- Maple balsamic pork tenderloin
- Sweet and savory meatloaf
- Hearty beef lasagna
- Carne asada
- Shepherd's pie
- Southwest taco bowl

## VEGETARIAN DISHES

---

- Black bean burgers
- Black bean quesadillas
- Edamame pad thai
- Thai peanut tofu stir-fry
- Spinach and Gruyère soufflé

## SAUCES

---

- Basil pesto
- Teriyaki sauce
- Pico de gallo
- Thai peanut sauce
- Lemon thyme sauce

## KID-FRIENDLY FOODS

---

- Baked macaroni and cheese
- Crispy chicken tenders
- Parmesan zucchini fingers
- Pita pizza
- Frittata muffins

## DESSERTS

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- Lemon pudding cakes
- Vanilla bean panna cotta
- Cranberry apple crisp
- Chocolate soufflé

### Herbs and spices

### Making conversions

### Adapting recipes



#### ABOUT THE AUTHOR

Jennifer A. Welper, Wellness Executive Chef, found her niche in the kitchen while growing up on her family's dairy farm — but her career and passion for healthy and flavorful cuisine truly took shape after the sudden loss of her grandfather, who had diabetes, heart disease and



difficulty controlling his weight. Chef Jen now combines culinary arts with nutrition education. Through delicious recipes and easy tips that incorporate whole-food ingredients, loads of vegetables, lean proteins and lots of natural flavor, Chef Jen aims to transform the way people think about cooking healthfully and to teach them how to prepare simple, practical meals that are bold and flavorful.

Chef Jen received her culinary arts degree at Johnson & Wales University in Providence, R.I. She held positions at the Hyatt Hotel in Newport, R.I., and at Hilton Head Health in South Carolina before joining the Dan Abraham Healthy Living Center at Mayo Clinic in Rochester, Minn. As Mayo Clinic's wellness executive chef, Chef Jen creates recipes for practical, healthy meals and teaches people how to plan and prep meals for a healthy lifestyle. She recently received the honor of Distinguished Chef of the Year from Johnson & Wales University.

#### KEY SELLING POINTS

- Eating homemade foods is usually much cheaper than eating in a restaurant or buying processed food.
- It can be much faster to cook at home, especially when planning ahead.
- Cooking at home allows people to know exactly what is in their food, thereby avoiding foods that are high in fat, salt and sugar.
- Cooking at home allows people to avoid food allergies.

“Mayo Clinic’s wellness executive chef brings you expert tips, strategies and 100+ recipes to make healthy cooking at home more flavorful, less time-consuming and a routine part of a healthy lifestyle.”



# Mayo Clinic on Hearing and Balance

Hear better, improve your balance, enjoy life

By Jamie M. Bogle, Au.D., Ph.D.

*Mayo Clinic on Better Hearing and Balance* offers practical advice for managing issues with hearing and balance, two of the most common reasons people visit their doctors — especially as they age. Problems with hearing and balance can cause a host of struggles and can have a variety of causes. *Mayo Clinic on Better Hearing and Balance* helps readers understand the possible causes of hearing and balance issues and offers solutions aimed at improving not just hearing and balance, but quality of life overall.

In this book, you'll get the answers to many common questions about hearing and balance, including how hearing and balance are tested; ways you can protect your hearing; what you can do to improve your balance; how underlying causes of hearing loss are treated; ways to live well with hearing loss and balance issues; and how to select hearing aids and cochlear implants. You'll also gain real-life insight from people who are successfully managing hearing loss and balance issues.

**PUBLICATION:** February 22, 2022 | **ISBN:** 978-1-8930-0572-3  
**SOFTCOVER:** \$19.99 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 288



# Table of Contents

## **PART 1**

### **Hearing and balance: Why do they matter?**

- 1 Common issues, one link
- 2 Hearing, balance and overall health

## **PART 2**

### **Common hearing and balance issues**

- 3 Concerns with the outer ear and middle ear
- 4 Problems of the inner ear
- 5 Tinnitus

## **PART 3**

### **Hearing 101**

- 6 How you hear
- 7 Getting a hearing exam

## **PART 4**

### **Living well with hearing loss**

- 8 Quality of life
- 9 Hearing aids
- 10 Cochlear implants
- 11 Other options to communicate better
- 12 Kids and hearing health

## **PART 5**

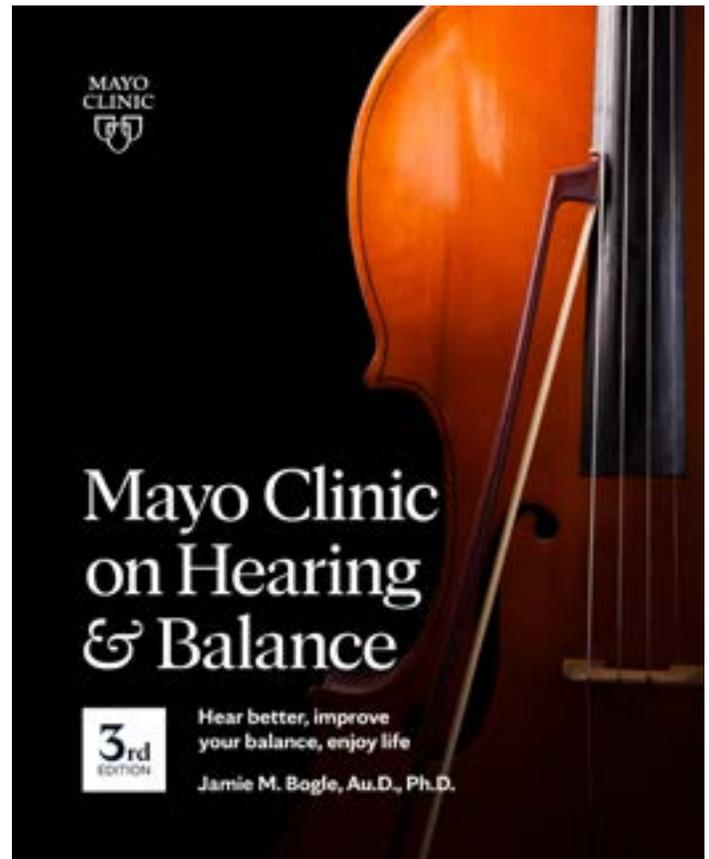
### **Balance 101**

- 13 Getting a balance exam
- 14 Problems with balance and dizziness
- 15 BPPV

## **PART 6**

### **Living well with balance issues and dizziness**

- 16 Managing balance issues
- 17 Coping with chronic dizziness



## **KEY SELLING POINTS**

- Worldwide, around 466 million people have disabling hearing loss. By 2050, this number is expected to jump to 900 million — and this doesn't include the many people who are living with mild hearing loss.
- Hearing and balance are two of the most common reasons people visit their doctors — especially as they age.
- About 8 million adults in the U.S. have an ongoing problem with balance and 2.5 million have ongoing issues with dizziness.

## ABOUT THE AUTHOR

Jamie M. Bogle, Au.D., Ph.D., is a Mayo Clinic audiologist who specializes in evaluating children and adults with dizziness and imbalance issues. She is the chair of the Division of Audiology in the Department of Otolaryngology (ENT)/ Head and Neck Surgery at Mayo Clinic in Scottsdale and Phoenix, Ariz., and an assistant professor of audiology at Mayo Clinic College of Medicine and Science. Dr. Bogle also serves as an associate editor for the American Speech-Language-Hearing Association and has authored numerous scientific papers and addressed many hearing- and balance-related topics as an instructor and guest lecturer.



“Worldwide, around 466 million people have disabling hearing loss. By 2050, this number is expected to jump to 900 million — and this doesn’t include the many people who are living with mild hearing loss. Likewise, balance and dizziness issues are prevalent. In the U.S., about 8 million adults have an ongoing problem with balance, and 2.5 million have ongoing issues with dizziness. This book helps readers understand what causes hearing loss and balance issues; how they can be prevented; and how people coping with these issues can manage them and live well.”



# Mayo Clinic The Essential Diabetes Book

A complete guide to prevent, manage  
and live well with diabetes

By M. Regina Castro, M.D.

Diabetes is serious — and increasingly common — but you can learn how to successfully manage the disease and enjoy a healthy and productive life.

In this book, Mayo Clinic experts provide essential advice on how to monitor your blood sugar; how to eat better; how to get more active and fit; how to lose weight and maintain a healthy weight; and how to get the most from your medications.

You'll also learn about different diabetes technology options and how they may benefit your diabetes management routine. Experts weigh in on the emotional considerations that can surface, offering sound advice on diabetes distress and burnout.

If you have a child with diabetes, you'll learn practical information on topics such as recognizing key signs and symptoms; considering technology tools that work for you and your child; and dealing with emotional issues.

Now in its third edition, *Mayo Clinic The Essential Diabetes Book* is committed to offering you the collective knowledge and wisdom of a team of Mayo Clinic experts in diabetes care.

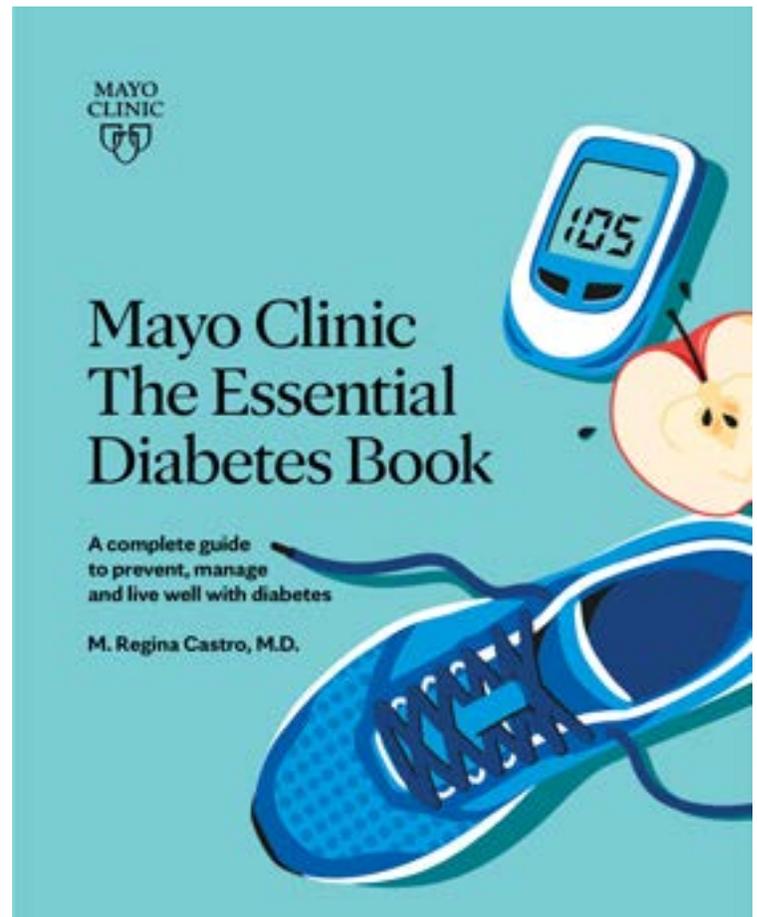
**PUBLICATION:** March 8, 2022 | **ISBN:** 978-1-8930-0579-2  
**SOFTCOVER:** \$19.99 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 320



# Table of Contents

## Meet the diabetes care team

- 1 Understanding diabetes
- 2 Developing a healthy-eating plan
- 3 Achieving a healthy weight
- 4 Getting more active
- 5 Monitoring your blood sugar
- 6 Medical treatment
- 7 Using technology to manage diabetes
- 8 If your child has diabetes
- 9 Living well with diabetes
- 10 Staying healthy
- 11 Traveling with diabetes



## KEY SELLING POINTS

- Approximately 422 million people worldwide have diabetes.
- Diabetes is one of the leading causes of death in the world.
- People can live long and healthy lives with diabetes when it is well managed and detected early.
- The majority of diabetes deaths occur in low- and middle-income countries.

## ABOUT THE AUTHOR

M. Regina Castro, M.D., is an endocrinologist at Mayo Clinic in Rochester, Minn., and a professor of endocrinology at Mayo Clinic College of Medicine and Science. She is a member of the Thyroid Core Group and Diabetes Core Group within the Division of Endocrinology, Diabetes, Metabolism, and Nutrition at Mayo Clinic. She is also the medical editor of diabetes-related content at MayoClinic.org.



Dr. Castro's work combines patient care, resident and fellow education, and clinical research. Within patient care, her primary interest is evaluating and treating people with thyroid disorders. Her research interests include the management of thyroid nodules and cancer and the treatment of benign thyroid nodules using new nonsurgical approaches.

Dr. Castro is a member of the American Thyroid Association, where she has served on the board of directors and currently serves as president of Women in Thyroidology. She has been chair of the Patient Affairs and Education committee, and the Diversity, Equity and Inclusion Task Force.

“Diabetes is becoming more and more common, and yet it’s still not well understood. It remains a serious illness that can have severe complications. Whether you are newly diagnosed or have been living with diabetes for a long time, having a practical manual on the ins and outs of the disease — why it develops, how it affects your body, how it’s treated, and what you can do to live well in spite of it — can really help. It’s like having the advice of a seasoned care team at your service, whenever you need it. Managing diabetes can be challenging, no doubt. That’s why this book was written, so that you have in your corner the latest scientific knowledge combined with collective years of practical experience from Mayo Clinic experts.”



# My Life Beyond Autism

A Mayo Clinic patient story

By C. Ano • Illustrated by Hey Gee  
Edited by Maja Z. Katusic, M.D.

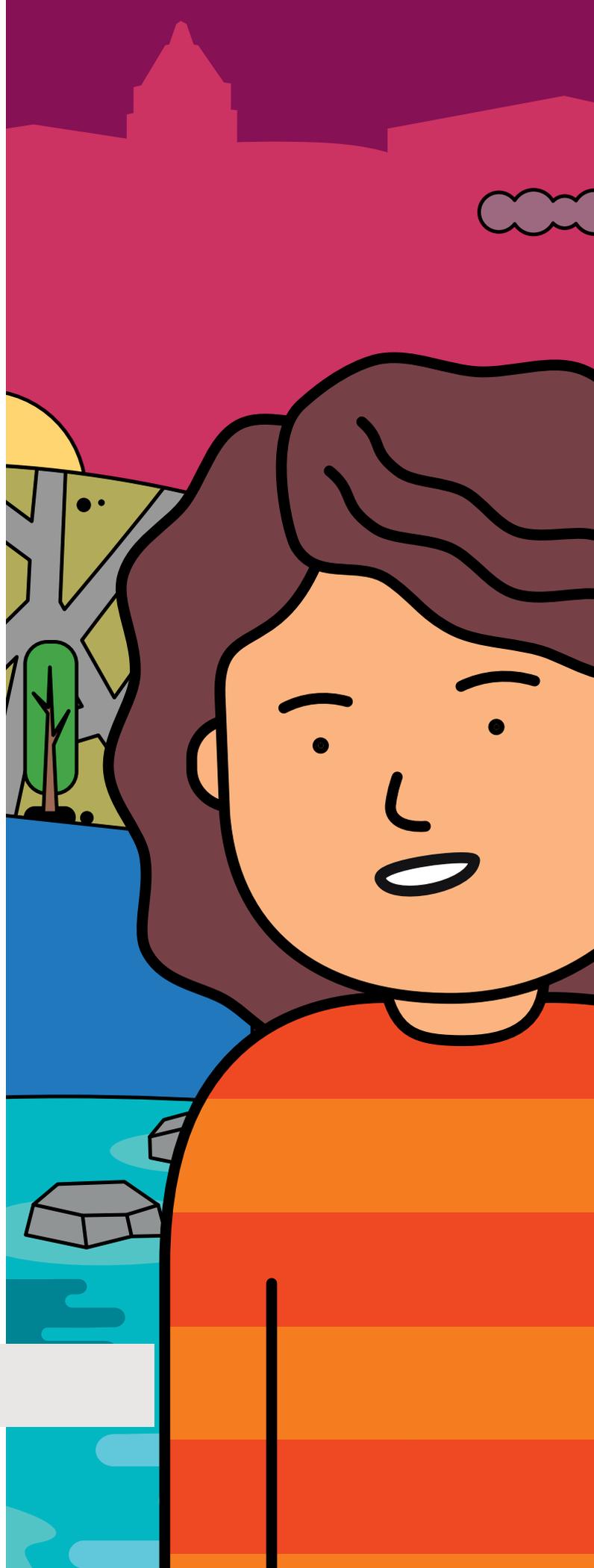
Tracy likes to draw, make movies and play, just like other kids. She also has autism spectrum disorder, which means she processes many everyday situations differently. Over time, she's learned tricks for communicating and coping when things are hard for her.

Follow along as Tracy gives a peek at what life is really like for someone living with autism, and how she discovered life beyond this common disorder.

One in 54 children in the U.S. is diagnosed with autism spectrum disorder, but these children's voices and their experiences are rarely heard amid the complexity of modern medicine.

*My Life Beyond Autism: A Mayo Clinic patient story* is part of the *My Life Beyond* graphic novel series. Created through collaboration among pediatric patients, their doctors, and world-renowned children's author and illustrator Hey Gee, each book in the series dives into the mind and imagination of a child patient at Mayo Clinic to explain how children experience illness, challenges, and recovery.

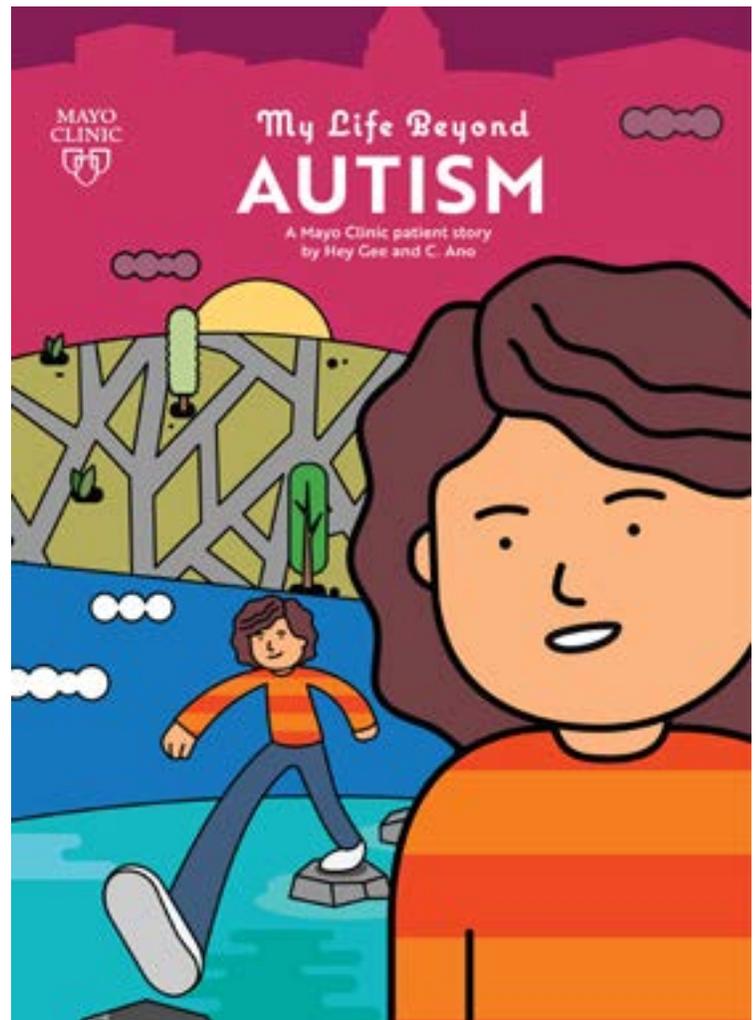
**PUBLICATION:** March 15, 2022 | **ISBN:** 978-1-8930-0577-8  
**SOFTCOVER:** \$8.99 | **TRIM SIZE:** 7.68" x 10.63" | **PAGE COUNT:** 35



Children's voices are rarely heard amid the complexity of modern medicine. That's why every story in the *My Life Beyond* graphic novel series stems from the imagination and experience of a Mayo Clinic patient.

The books were developed through collaboration between these patients, Mayo Clinic physicians, and author-illustrator Hey Gee.

Through this unique lens of inspiring real-life experiences, the series explores how children view illness, challenges and recovery.



#### KEY SELLING POINTS

- In 2020, the Centers for Disease Control and Prevention reported that approximately 1 in 54 children in the U.S. is diagnosed with autism spectrum disorder.
- 1 in 34 boys and 1 in 144 girls have been identified with autism.
- Early intervention affords the best opportunity to support healthy development and deliver benefits across the life span.
- Autism affects people of all ethnic and socioeconomic groups.

The *My Life Beyond* graphic novel book series tells the true stories of Mayo Clinic patients.

Combining beautifully illustrated pages with a firsthand account of living life as a child with autism, this graphic novel provides a humbling and inspiring look at how autism spectrum disorder affects children.

## ABOUT THE AUTHORS

### **Maja Z. Katusic, M.D.**

Maja Z. Katusic, M.D., is a developmental-behavioral pediatrician at Mayo Clinic in Rochester, Minn. She specializes in autism spectrum disorder and developmental delay, with a special focus on investigating risk factors and outcomes in autism spectrum disorder. Her clinical expertise includes comprehensive medical evaluation and management of children who present for a wide range of developmental or behavioral concerns, including autism spectrum disorder, developmental delay, intellectual disability, learning difficulties, attention-deficit/hyperactivity disorder (ADHD) and disruptive behavior.



### **Guillaume Federighi aka Hey Gee**

Hey Gee is a French and American author and illustrator. He began his career in 1998 by exploring the world of street art and graffiti in different European capitals. After moving to New York, Hey Gee developed a reputation for a direct and instantaneous style of graphic design and illustration that brings out unifying ideas, creates distinctive characters and affects all generations. He is also the owner and creative director of Hey Gee Studio, a full-service creative agency based in New York City.



## PATIENT AUTHOR

### **C. Ano**

C. Ano was diagnosed with autism when he was 2 years old. Following his diagnosis, he and his mom spent their days playing and attending his early intervention sessions with different types of therapists, including an occupational therapist, a speech therapist and a floor-time therapist. Being present and engaged with the care team was important to his mom to ensure that each member of the therapy team was the right fit for C. Ano, working toward goals that were supportive of his growth and not restrictive.

C. Ano is 13 years old now. He loves drawing and being creative, and has started his own comic book series. His favorite author-illustrators are Jeff Kinney and Dav Pilkey. He also enjoys creating original movies with his toys and has created a one-act play. C. Ano is a talented public speaker and aspires to be a movie director or an author-illustrator. He lives in Minnesota with his parents, younger brother and two dogs.



# Taking Flight: The Peregrine Falcons of Mayo Clinic

A Coloring + Activity Book / Celebrating the World's Fastest Animal

By Matthew D. Dacy  
and Jackie Fallon

Children and readers of all ages will learn about peregrine falcons and their unique role at Mayo Clinic with coloring pages and other activities in *Taking Flight: The Peregrine Falcons of Mayo Clinic*. More than a century ago, the Mayo brothers and the Sisters of Saint Francis worked together as partners in serving patients and advancing medical science while sharing enjoyment of the natural world.

At Mayo Clinic, we believe that enjoying nature can be a vital part of the healing process. When peregrine falcons became endangered from pesticide use in the mid-20th century, Mayo Clinic provided a new home: a nest box atop our 20-story building in Rochester, Minn. Since 1987, peregrine falcons have been part of the Mayo Clinic family. Patients and staff follow the falcons' development, from eggs that are hatched to adults in flight. Our website camera brings an up-close view to Mayo Clinic falcon fans around the world:

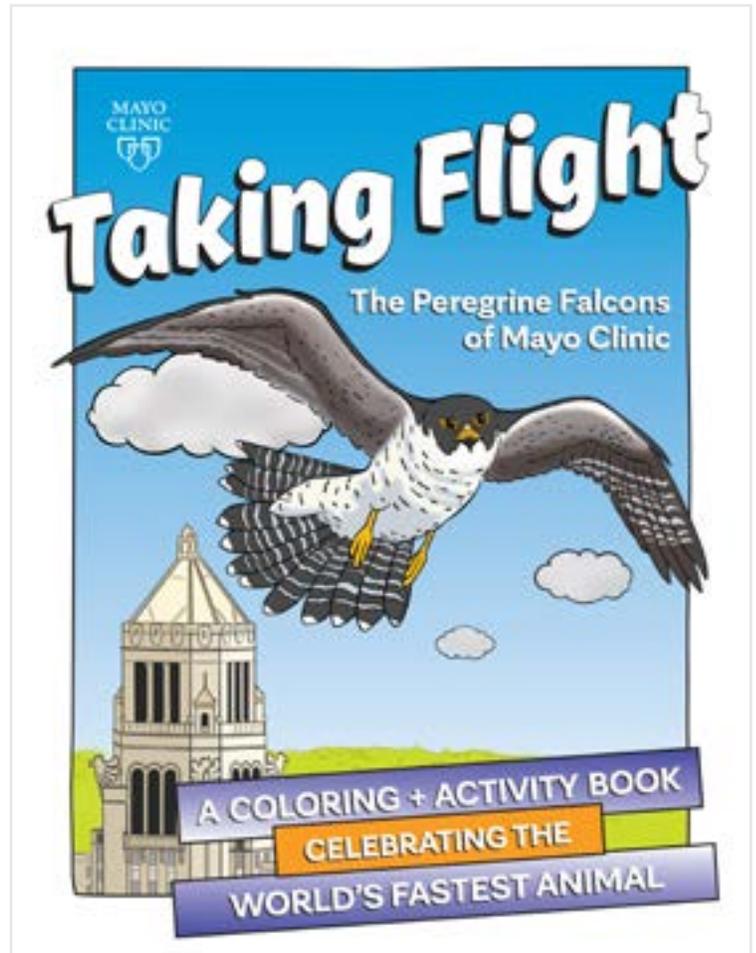
[history.MayoClinic.org/tours-events/mayo-clinic-peregrine-falcon-program.php](https://history.MayoClinic.org/tours-events/mayo-clinic-peregrine-falcon-program.php)

**PUBLICATION:** March 29, 2022 | **ISBN:** 978-1-893005-82-2  
**SOFTCOVER:** \$6.99 | **TRIM SIZE:** 8.5" x 11" | **PAGE COUNT:** 64



# Table of Contents

- Benefactor acknowledgment, John T. and Lillian G. Mathews
- *The 'Wanderer' Comes Home to Mayo Clinic*, essay
- Falcon Facts: Fast and Fun
- A Year in the Life of a Falcon
- Coloring Pages: Chronological Development of the Falcon
  - Parents' Arrival
  - Eggs
  - Piping
  - Banding and Naming
  - Feeding Time
  - Fledge
  - Independence
  - Migration and Mating
- Activity Pages
- Centerfold Migration Game



## KEY SELLING POINTS

- Spring 2022 will mark the 35th anniversary of the Mayo Clinic Falcon Program.
- The Mayo Clinic Falcon Cam has 4 million views from around the world.
- This high-quality book provides entertainment and education for children and adults.
- The book provides creative expression through coloring and other activities while sharing the story of falcons and their unique role at one of the world's leading medical centers.

## ABOUT THE AUTHORS

### Matthew D. Dacy

Matthew D. Dacy is the director of Heritage Hall, the museum of Mayo Clinic, and chair of the Heritage Days Committee. Heritage activities such as the Peregrine Falcon Program celebrate the history and culture of Mayo Clinic in support of Mayo Clinic's primary value, "The needs of the patient come first." Dacy earned a bachelor's degree in history from Ripon College in Wisconsin and a master's degree in journalism from the University of Missouri. He is an executive producer of films, and an author and editor of books and articles about Mayo Clinic, as well as the website [www.history.MayoClinic.org](http://www.history.MayoClinic.org).



### Jackie Fallon

Jackie Fallon has more than 30 years of experience monitoring and conducting research on peregrine falcons in the Upper Midwest region. She is the vice president of field operations for the Midwest Peregrine Society, which is the organization responsible for restoring peregrine falcons to 13 states and two Canadian provinces. Fallon has been involved with the Peregrine Falcon program at Mayo Clinic since 1990, and conducts educational programming throughout the region, reaching more than 50,000 people annually.



“Your creativity will soar through coloring and other activities as you discover how the peregrine falcon is a force of nature — and healing — at Mayo Clinic.”

# Managing conditions

# 42





# Mayo Clinic on Incontinence

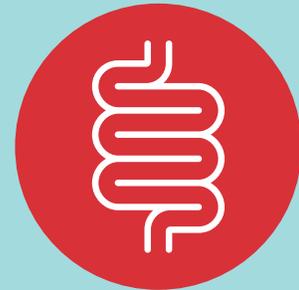
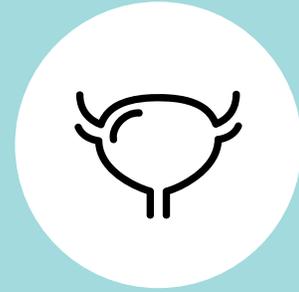
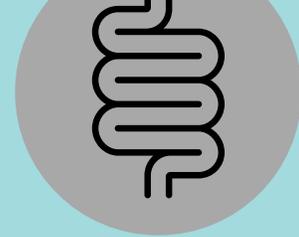
**Strategies and treatments for  
improving bladder and bowel control**

By Paul D. Pettit, M.D.,  
and Anita H. Chen, M.D.

This easy-to-understand book is a source of hope and assurance for all individuals who experience bladder and bowel control problems. Its message is that incontinence isn't something people need to live with; most incontinence can be improved or cured.

*Mayo Clinic on Incontinence* is a helpful resource to successfully manage urinary and fecal incontinence. It explains the causes of incontinence and helpful tips to relieve symptoms to enjoy a better quality of life. Each chapter provides strategies and advice to reduce or even eliminate bothersome symptoms, both for individuals recently diagnosed with incontinence as well as those who have lived with the condition for years. Behavior and lifestyle changes, medications, medical devices, and surgeries for urinary and fecal incontinence are discussed in detail.

**PUBLICATION:** July 13, 2021 | **ISBN:** 978-1-8930-0571-6  
**SOFTCOVER:** \$19.99 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 200



# Table of Contents

## PART 1

### Urinary incontinence

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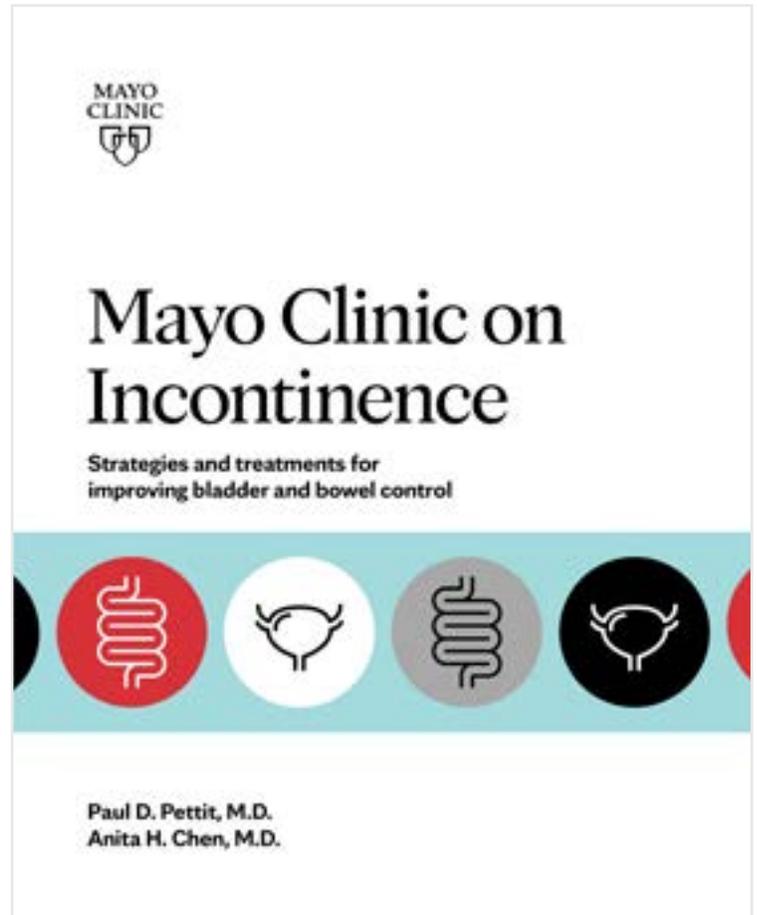
- 1 Understanding urinary incontinence
- 2 Causes of incontinence
- 3 Evaluation and testing
- 4 Conservative treatments
- 5 Medications and injections
- 6 Surgery
- 7 Concerns specific to different groups
- 8 Living well with incontinence

## PART 2

### Fecal incontinence

---

- 9 Understanding fecal incontinence
- 10 Evaluation and testing
- 11 Treating fecal incontinence



### KEY SELLING POINTS

- Up to 33% of adults in the United States experience urinary incontinence.
- Incontinence affects both men and women. However, it's twice as common in women than in men.
- Men and women tend to have different types of urinary incontinence because the main causes differ.
- Urinary incontinence increases with age, but it isn't a normal part of aging.

## ABOUT THE AUTHORS

### **Paul D. Pettit, M.D.**

Paul D. Pettit, M.D., has been a gynecologic surgeon at Mayo Clinic in Jacksonville, Fla., for 35 years. Dr. Pettit is board-certified in Female Pelvic Medicine and Reconstructive Surgery. He initiated development of the Gynecological Continence Program at Mayo Clinic, Jacksonville.



### **Anita H. Chen, M.D.**

Anita H. Chen, M.D., is a urogynecologist at Mayo Clinic, Jacksonville, Fla. Dr. Chen is board-certified in obstetrics and gynecology, as well as and female pelvic medicine and reconstructive surgery.



“Here’s the truth. Despite what you may think or have been told, loss of bladder control (urinary incontinence) isn’t a normal part of childbearing or aging. It has many causes, some of them relatively simple and temporary and others more involved and long-term. And although it’s a medical condition, urinary incontinence can also affect other aspects of your life, including your finances and psychological well-being.”



# Tired Teens

## Understanding and conquering chronic fatigue and POTS

By Philip R. Fischer, M.D.

---

What do you do as a teenager when you go from being an active A student with a busy social life to suddenly feeling as if you have no energy left? Why is it so difficult to pinpoint what's wrong and get the right treatment? In *Tired Teens*, Philip R. Fischer, M.D., offers answers, hope and healing. He draws on years of experience treating thousands of young patients at Mayo Clinic to transfer his hard-earned knowledge in a clear and compassionate way to readers.

*Tired Teens: Understanding and conquering chronic fatigue and POTS* is an extension of Dr. Fischer's groundbreaking work at Mayo Clinic. In this book for teens, parents and health care providers, Dr. Fischer explains the sudden and disruptive development of chronic tiredness and fatigue that occurs in some teens. He discusses where symptoms may come from, including disorders such as autonomic dysfunction and postural orthostatic tachycardia syndrome (POTS). Most importantly, he offers hope and guidance about how to overcome chronic fatigue and POTS for good.

**PUBLICATION:** July 19, 2021 | **ISBN:** 978-1-8930-0565-5  
**SOFTCOVER:** \$16.95 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 216

# Table of Contents

## SECTION 1

### Chronic fatigue

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- 1 Got sleep?
- 2 I'm tired because I'm sick

## SECTION 2

### What's happening in the body

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- 3 You feel bad but don't know why
- 4 The autonomic nervous system
- 5 Mitochondria, muscles and marathons
- 6 Lessons from history

## SECTION 3

### All about POTS

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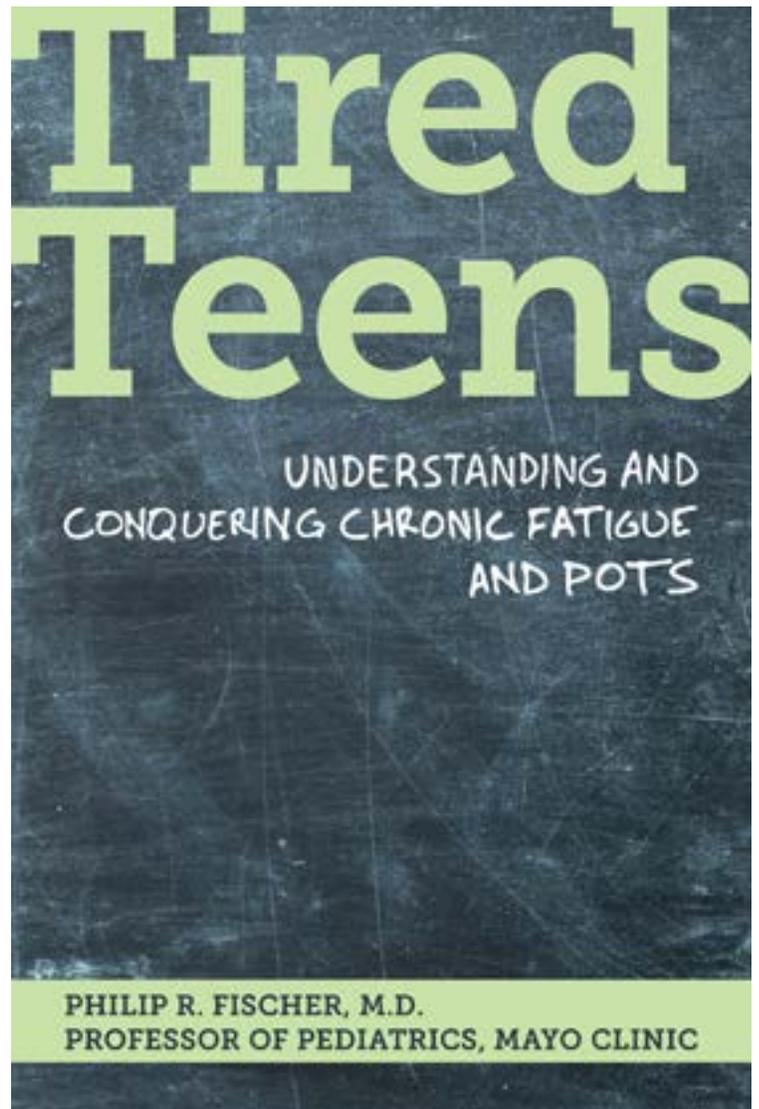
- 7 POTS!
- 8 Symptoms, symptoms and more symptoms
- 9 Causes of POTS

## SECTION 4

### Evaluation and recovery

---

- 10 Evaluating teens with possible POTS
- 11 How to overcome POTS
- 12 Possible medications
- 13 The power of placebo and the danger of distractions
- 14 Optimism about the future



### KEY SELLING POINTS

- Explanation and potential causes of persistent tiredness and chronic fatigue in teens.
- Understanding autonomic dysfunction and postural orthostatic tachycardia syndrome (POTS) in teens.
- Help in getting an evaluation and diagnosis for adolescent chronic fatigue.
- Detailed explanation of treatment for autonomic dysfunction and POTS in teens.

## ABOUT THE AUTHOR

Philip R. Fischer, M.D., is a pediatrician in the Division of General Pediatric and Adolescent Medicine at Mayo Clinic Children's Center in Rochester, Minn., and a professor of pediatrics at the Mayo Clinic College of Medicine and Science. He has been published widely in a variety of medical journals and serves as editor of several journals focused on pediatrics.



His research interests include chronic fatigue in adolescents, adolescent autonomic dysfunction, postural orthostatic tachycardia syndrome (POTS) and pediatric nutritional deficiencies.

Dr. Fischer's work has contributed to an increased awareness of autonomic dysfunction as a cause of chronic fatigue in adolescents. This has prompted better diagnosis and management for tired teenagers, and as a result, thousands of adolescents now have lives with improved function.

“Our bodies too, were designed to follow rhythms ... we cycle between activity and rest. We don't have time to slow down and let our bodies go through the rest cycles for which they were designed.”



# Mayo Clinic on Alzheimer's Disease and Other Dementias

**A guide for people with dementia  
and those who care for them**

By Jonathan Graff-Radford, M.D.,  
and Angela M. Lunde, M.A.

Dementia is a serious health challenge, and by some estimates the number of people living with dementia could triple by 2050. While Alzheimer's disease is the most common type of dementia, many related types of dementia also affect adults worldwide, causing loss of cognitive functions such as memory, reason and judgment. Although the diseases that cause dementia have long been considered unrelenting and incurable, recent advances offer hope.

Are there ways you can lower your risk of dementia? Can it be prevented? Can you live well with dementia? If so, how? *Mayo Clinic on Alzheimer's Disease and Other Dementias* provides answers to these important questions and more.

**PUBLICATION:** October 2020 | **ISBN:** 978-1-8930-0561-7  
**SOFTCOVER:** \$21.95 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 414



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## **PART 1**

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- 1 What's typical and what's not
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- 3 What is dementia?
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- 5 The science of Alzheimer's disease
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- 8 Treating Alzheimer's disease

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- 14 Road map toward well-being
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### **Life as a care partner**

- 16 Who are caregivers?
- 17 Overcoming the challenges
- 18 Road map toward well-being

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### **Brain health for everyone**

- 19 Healthy aging
- 20 Research and trends

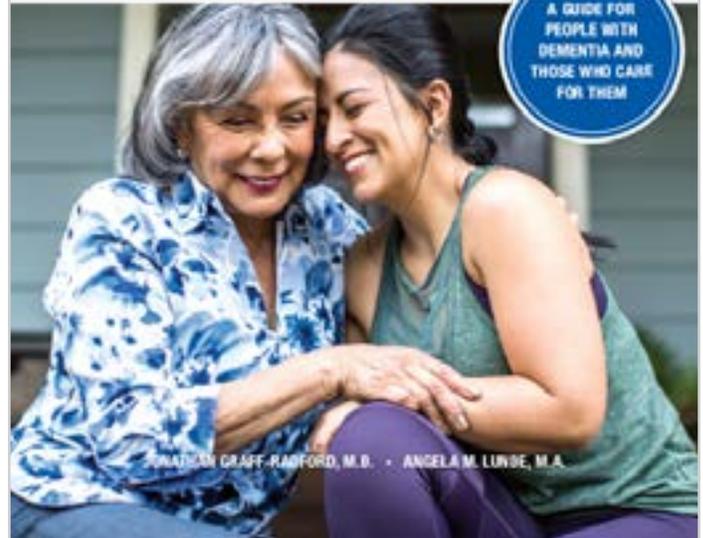
MAYO CLINIC

ON

# ALZHEIMER'S DISEASE

and other dementias

A GUIDE FOR PEOPLE WITH DEMENTIA AND THOSE WHO CARE FOR THEM



## **KEY SELLING POINTS**

- The current number of people worldwide living with dementia is estimated to be 50 million, and could be nearly 150 million by 2050.
- The total number of new cases of dementia each year worldwide is nearly 10 million, implying one new case every three seconds.
- The cost of health care for those with dementia in the United States is \$818 billion, and will continue to increase as the population ages.

## ABOUT THE AUTHORS

### Jonathan Graff-Radford, M.D.

Jonathan Graff-Radford, M.D. is a behavioral neurologist at Mayo Clinic in Rochester, Minn., where he evaluates and treats patients with cognitive disorders, including dementia. As associate professor of neurology at Mayo Clinic College of Medicine and Science, Dr. Graff-Radford also serves as a co-investigator in the Mayo Clinic Alzheimer's Disease Research Center and the Mayo Clinic Study of Aging. He has published more than 100 articles and written chapters for books on cognition, Alzheimer's disease and related dementias. For his research, Dr. Graff-Radford was awarded the Paul B. Beeson Emerging Leaders Career Development Award in Aging. During his training at Mayo Clinic, Dr. Graff-Radford also received the Woltman Award for Excellence in Clinical Neurology and the Mayo Brothers Distinguished Fellowship Award.



### Angela M. Lunde, M.A.

Angela M. Lunde, M.A., has worked in dementia care for nearly 20 years. Ms. Lunde is a co-investigator for the outreach, recruitment and education care in the Mayo Clinic Alzheimer's Disease Research Center, where she focuses on the emotional well-being and quality of life of those living with dementia, as well as their care partners. Ms. Lunde is involved in state, national and international partnerships focused on reducing stigma, improving well-being, and supporting the inclusion and voice of people living with dementia. Awarded the recognition of associate in Mayo Clinic's Department of Neurology in 2012, Ms. Lunde has helped create innovative programs aimed at helping people affected by dementia live well. She has co-authored numerous articles, written several book chapters and has maintained an expert blog on dementia caregiving for more than a decade.



“Around 50 million people throughout the world have dementia. Each year, nearly 10 million new cases are reported. By some estimates, the number of people living with dementia could triple by 2050. This book offers an update on what experts know about Alzheimer's and related dementias, including the latest research into treatment and prevention, ways to live well with dementia, and recommendations for people who care for someone with dementia.”



# Mayo Clinic Guide to Arthritis

**Managing joint pain for an active life**

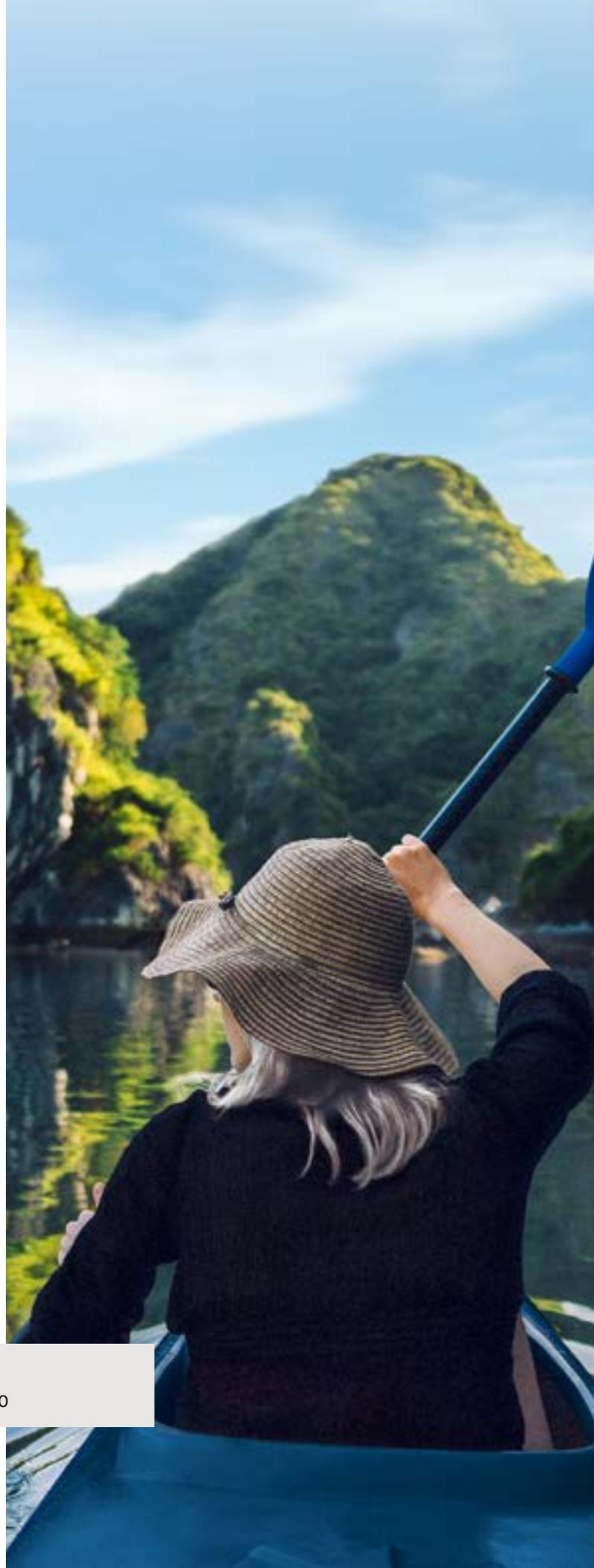
By Lynne S. Peterson, M.D.

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If you have joint pain, you know it can lead to frustrating limitations in daily life. In fact, arthritis is the most common cause of disability in the United States. This complex group of joint diseases, which includes osteoarthritis and rheumatoid arthritis among others, affects at least 54 million Americans — but living with arthritis doesn't have to mean sitting on the sidelines.

Understanding the cause of your joint pain is key to finding relief. This book offers the same expert knowledge that Mayo Clinic doctors, nurses and therapists use in caring for patients. Gain a better grasp of how arthritis works; discover the latest advances in treatment options; and find out how activity, your diet, work and daily habits play a role in managing the disease. These tools can help you take control of joint pain to live more comfortably and get back to the activities you love.

**PUBLICATION:** May 2020 | **ISBN:** 978-1-8930-0556-3  
**HARDCOVER:** \$29.95 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 400



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### **Understanding arthritis**

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- 1 Arthritis — Common and complex
- 2 Osteoarthritis
- 3 Other noninflammatory musculoskeletal disorders
- 4 Rheumatoid arthritis
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- 6 Back pain and spine disorders
- 7 Childhood arthritis
- 8 Different causes of pain: Peripheral and central pain
- 9 Evaluation for arthritis and other joint pain

## **PART 2**

### **Treating arthritis**

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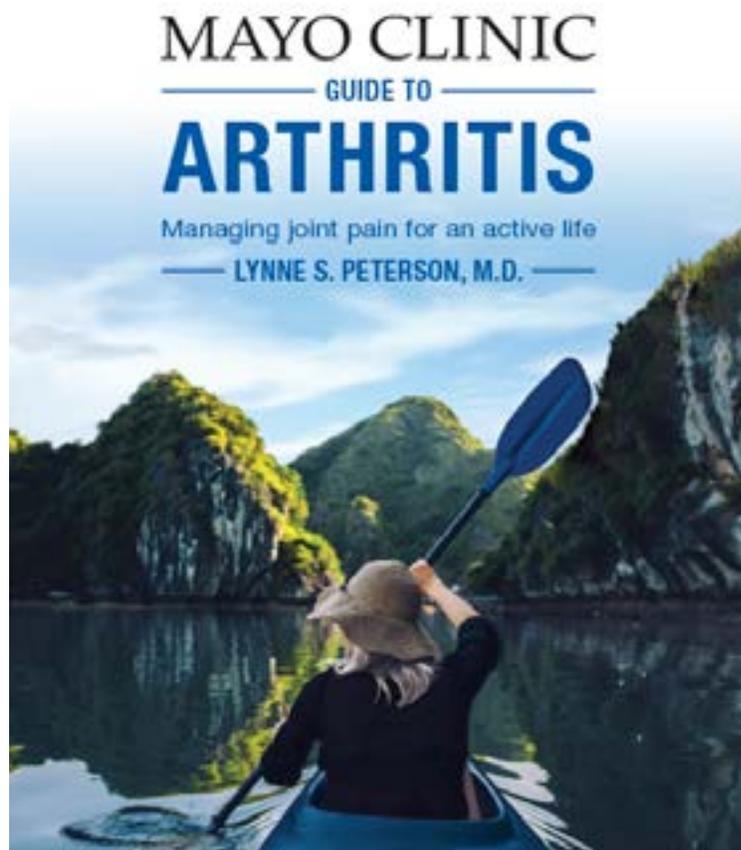
- 10 Medications for arthritis
- 11 Surgical treatments
- 12 Pain management
- 13 Integrative medicine
- 14 Injections

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- 15 Staying active
- 16 Eating a healthy diet
- 17 Your mind and your health
- 18 Protecting your joints
- 19 Traveling with arthritis
- 20 On the job
- 21 Your immune system and arthritis



### **KEY SELLING POINTS**

- Clear explanations to help readers understand the signs and risks of various forms of arthritis.
- Information on other bone and joint disorders as common causes of joint pain.
- Updated guidance on the most recent developments in arthritis medications, particularly biologic disease-modifying antirheumatic drugs (DMARDs) to treat inflammatory arthritis.
- Updated information on surgical options to treat arthritis, including newer minimally invasive techniques.
- Expanded and updated sections on integrative medicine treatment for arthritis, exercise, diet and mental health, for a whole-body approach to treatment.

## ABOUT THE AUTHOR

Lynne S. Peterson, M.D., is a rheumatologist at Mayo Clinic in Rochester, Minn., and an assistant professor of medicine at Mayo Clinic College of Medicine and Science. A graduate of Tulane University School of Medicine, she completed a residency in internal medicine and a fellowship in rheumatology at Mayo Clinic School of Graduate Medical Education. Dr. Peterson has presented nationally and internationally on her research focused on adult rheumatology. She has been recognized with multiple Clinical Researcher of the Year awards from the Rheumatoid Arthritis Investigational Network as well as the organization's Clinical Distinction Award. She is also a two-time Arthritis Walk Medical Honoree, conferred by the Arthritis Foundation.



**“From the doctors at Mayo Clinic, the top-ranked hospital in the U.S., this book is a complete guide to understanding and living with arthritis. Find the latest expertise on various forms of arthritis, medications and other treatment options; and on self-care to successfully manage joint pain and continue an active life.”**



# Mayo Clinic on Digestive Health

**How to prevent and treat common  
stomach and gut problems**

By Sahil Khanna, M.B.B.S.

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*Mayo Clinic on Digestive Health* is an authoritative yet practical reference manual that includes information on everything from healthy digestion to cancer treatment. This book is packed with helpful advice about how to maintain a healthy gut; manage heartburn, gas, constipation and diarrhea; treat common digestive conditions; and prevent serious diseases.

This book also provides invaluable tips for diagnosing, treating and preventing some of the most common digestive conditions and diseases including Crohn's disease, diverticular disease, colorectal cancer, gallbladder disease, ulcers, GERD, celiac disease and other food intolerances.

Now with more than 300 pages of revised content following the latest medical research, this fourth edition of *Mayo Clinic on Digestive Health* will help you learn how to spot the symptoms of these common — and not so common — digestive issues.

**PUBLICATION:** January 2020 | **ISBN:** 978-1-8930-0552-5  
**SOFTCOVER:** \$23.95 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 328



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## **PART 1**

### **Digestive health basics**

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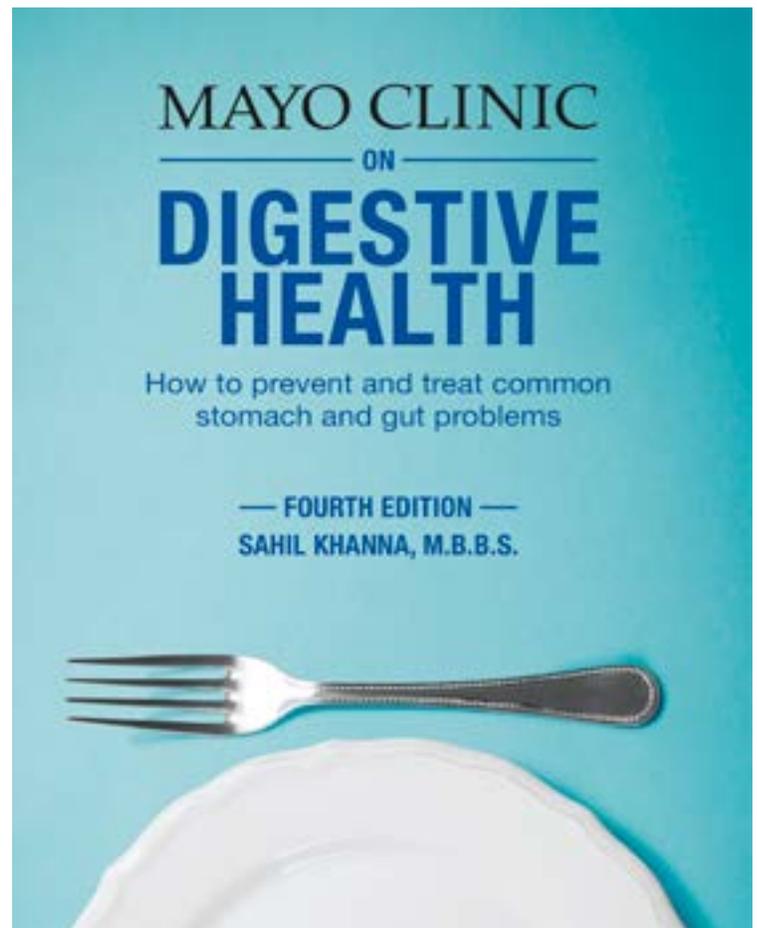
- 1 Why your gut matters
- 2 The gut microbiome
- 3 Recipe for healthy digestion
- 4 Gut feelings
- 5 Diagnostic tests

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### **Digestive diseases**

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- 6 Obesity
- 7 Constipation and fecal incontinence
- 8 Irritable bowel syndrome and food intolerances
- 9 Celiac disease
- 10 GERD and other esophageal diseases
- 11 Ulcers and stomach pain
- 12 Crohn's disease and ulcerative colitis
- 13 Diverticular disease
- 14 Gallbladder disease
- 15 Pancreatic disease
- 16 Liver disease
- 17 Colorectal cancer



### **KEY SELLING POINTS**

- Millions of Americans seek medical help for painful digestive health issues. Some of the most common offenders are heartburn, irritable bowel syndrome, ulcers, bloating, diarrhea and constipation.
- Everyday matters such as eating habits, physical activity, stress and certain medications can all cause digestive issues.
- This book gives invaluable tips for diagnosing, treating and preventing some of the most common digestive conditions and diseases affecting Americans today.

## ABOUT THE AUTHOR

Sahil Khanna, M.B.B.S., is an associate professor of medicine at Mayo Clinic College of Medicine and the head of the Comprehensive Gastroenterology Interest Group within the Division of Gastroenterology and Hepatology at Mayo Clinic, Rochester, Minn. Dr. Khanna is a graduate of the All India Institute of Medical Sciences, New Delhi. He did postdoctoral research at the University of California San Diego before completing his residency in internal medicine and fellowship in gastroenterology and hepatology at Mayo Clinic, Rochester, Minn. Dr. Khanna's research and clinical interests include epidemiology, patient outcomes and emerging therapeutics for *Clostridium difficile* infection, a topic in which he has authored several articles and made numerous presentations.



Dr. Khanna serves on the editorial board of several journals and has won numerous awards including the Miles & Shirley Fiterman award, Mayo Brothers Distinguished Fellowship Award, Donald C. Balfour Alumni Award for Meritorious Research, Hartz Foundation Young Investigators' Scholarship, and the Most Distinguished Resident Physician Award from the American Association of Physicians of Indian Origin.

“In *Mayo Clinic on Digestive Health*, the gastroenterologists at Mayo Clinic dive into everything there is to know about digestive health. From explaining the ins and outs of gut microbiome, such as why guts ‘go bad’ and how you can improve your gut’s health, to outlining certain tests that help diagnose common digestive issues, this newly revised manual provides a constructive guide for understanding stomach and gut problems.”



# Mayo Clinic Guide to Fibromyalgia

**Strategies to take back your life**

By Andy Abril, M.D., and  
Barbara K. Bruce, Ph.D., L.P.

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Drawing on decades of experience in treating fibromyalgia, *Mayo Clinic Guide to Fibromyalgia* offers research-supported, practical strategies that can help anyone with fibromyalgia live their best life. From personal stories of people living with fibromyalgia to the compassionate expertise of its medical editors, this book seeks to connect with people who have fibromyalgia in a way they may not have experienced from loved ones, or even doctors. From there, readers will learn about what fibromyalgia is — and isn't — and find solace in knowing that they're not alone in the challenges that they face.

This book outlines practical strategies shown to be effective in managing fibromyalgia, with worksheets throughout designed to help guide readers toward finding the best mix of strategies for managing their symptoms. The conclusion allows readers to put everything they've learned into an actionable daily plan they can start using right away.

**PUBLICATION:** September 2019 | **ISBN:** 978-1-8930-0549-5  
**SOFTCOVER:** \$21.95 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 272



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- 1 A brief introduction
- 2 Fibromyalgia's lengthy journey
- 3 Myths vs. facts
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#### **Gloria's story**

#### **Justus' story**

- 17 Partnering with your doctor
- 18 Family and support
- 19 Work life

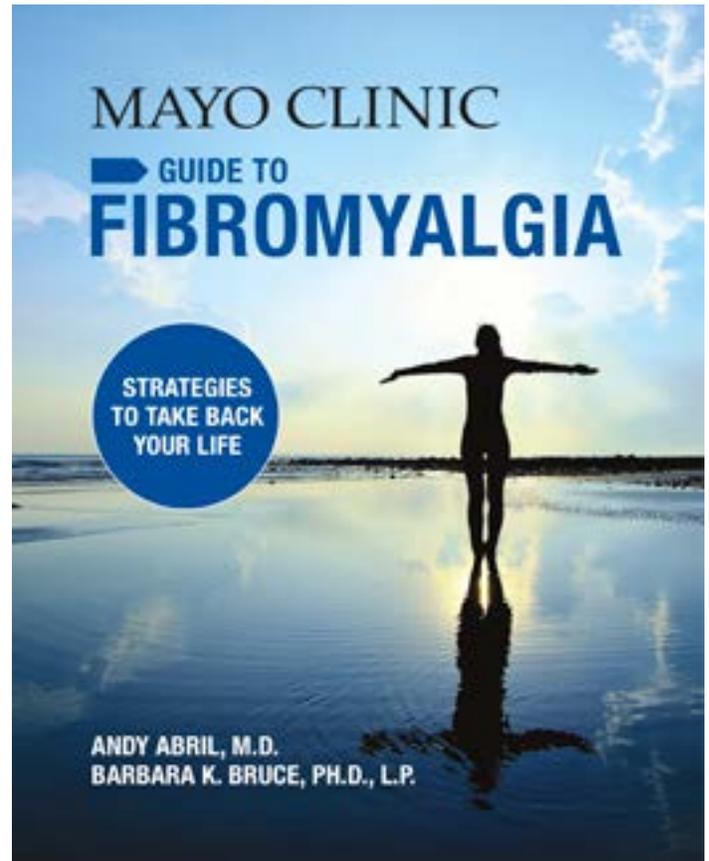
#### **ACTION GUIDE**

- Create your plan
- Adjusting to a new normal
- Difficult days
- Daily planner

#### **ADDITIONAL**

#### **RESOURCES**

- SMART goals worksheet: Example
- Your SMART goals worksheet
- Stretching exercises
- Relaxation exercises
- Other sources of information



#### **KEY SELLING POINTS**

- Fibromyalgia is one of the most common chronic pain conditions, affecting an estimated 10 million people in the U.S. and an estimated 3 to 6% of the world population.
- While fibromyalgia occurs in men and people of all ethnic groups, 80 to 90% of the people who have fibromyalgia are women.
- Mayo Clinic is a leader in treatment of fibromyalgia.
- Mayo Clinic's Fibromyalgia Treatment Program, offered in Rochester, Minn., and Jacksonville, Fla., is a multidisciplinary program treating 2,500 patients annually.

## ABOUT THE AUTHORS

### **Andy Abril, M.D.**

Andy Abril, M.D., is chair of the division of rheumatology and co-medical director of the Mayo Clinic Fibromyalgia Treatment Program in Jacksonville, Fla., a multidisciplinary program for treating fibromyalgia. Dr. Abril is also the director of Mayo Clinic's Rheumatology Fellowship Program in Jacksonville, Fla., and an associate professor of medicine at the Mayo Clinic College of Medicine and Science. He is board certified in rheumatology.



### **Barbara K. Bruce, Ph.D., L.P.**

Barbara K. Bruce, Ph.D., L.P., is the clinical director of the Mayo Clinic Fibromyalgia Treatment Program in Jacksonville, Fla. Dr. Bruce is a pain psychologist in Mayo Clinic's Department of Psychiatry and Psychology and a professor of psychology at the Mayo Clinic College of Medicine and Science. She is active in professional organizations dedicated to the study and treatment of pain, including the International Association for the Study of Pain.



“Fibromyalgia is a condition that’s often misunderstood by the general public and doctors alike. This book aims to dispel myths about fibromyalgia and offers practical strategies that can help anyone living with this condition manage it successfully and return to a fulfilling and enjoyable life.”



# 5 Steps to Controlling High Blood Pressure

Your personal guide to preventing  
and managing hypertension

By Sheldon G. Sheps, M.D.

---

High blood pressure is a serious problem. According to the American Heart Association, more than 100 million American adults have been diagnosed with high blood pressure but less than half have their condition well managed.

A primary goal of *5 Steps to Controlling High Blood Pressure* is to inform you about how high blood pressure develops, what puts you at risk, how it's diagnosed and how it's treated. You'll also learn how to reduce your risk of the many conditions associated with high blood pressure, such as coronary artery disease, heart failure, kidney failure, stroke and dementia. You'll read about the proper use of medications, home monitoring and regular follow-up care. You'll also find the latest on issues of concern to women, children and special at-risk populations.

All of this will help you manage your high blood pressure as you work with your doctor to make informed decisions regarding your health care.

**PUBLICATION:** January 2015 | **ISBN:** 978-1-8930-0567-9

**HARDCOVER:** \$29.95 | **TRIM SIZE:** 8" x 10" | **PAGE COUNT:** 256

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## PART 1

### 5 key steps

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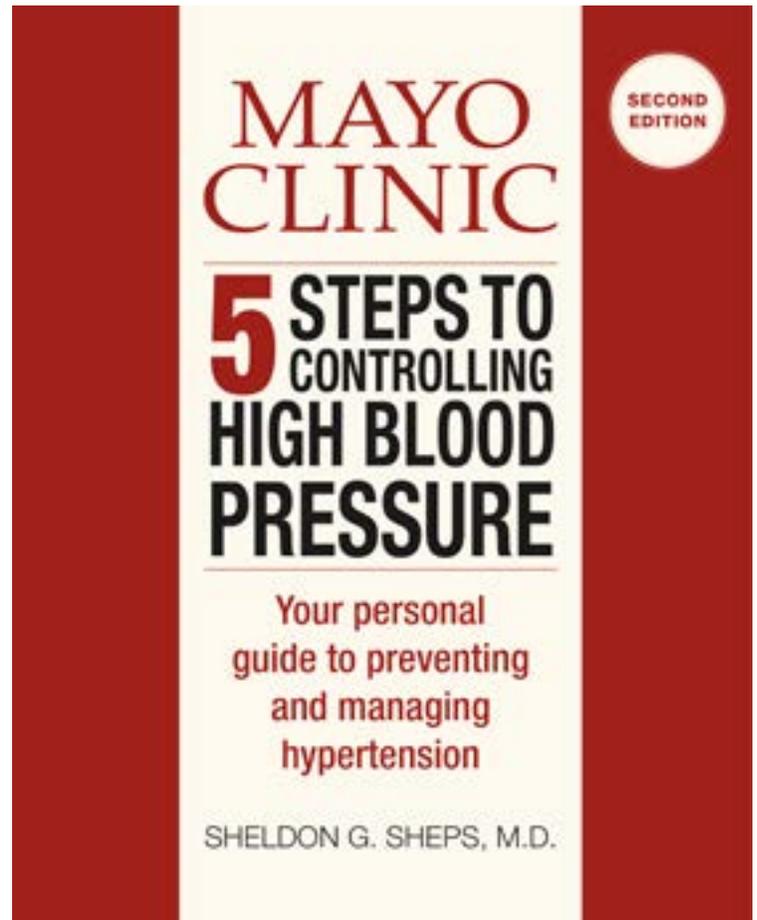
- 1 Eat better (and enjoy it!)
- 2 Watch the salt
- 3 Get more active
- 4 Avoid tobacco and limit alcohol
- 5 Take the right medication

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---

- 6 Blood pressure basics
- 7 Who's at risk?
- 8 Diagnosing high blood pressure
- 9 Treating high blood pressure
- 10 Living well with high blood pressure
- 11 Special concerns and conditions



### KEY SELLING POINTS

- According to the American Heart Association, more than 100 million American adults have been diagnosed with high blood pressure but less than half have their condition well managed.
- A primary goal of *5 Steps to Controlling High Blood Pressure* is to inform how high blood pressure develops, what puts you at risk, how it's diagnosed and how it's treated.
- Readers will also learn how to reduce the risk of many conditions associated with high blood pressure, such as coronary artery disease, heart failure, kidney failure, stroke and dementia.

## ABOUT THE AUTHOR

Sheldon G. Sheps, M.D., is an emeritus professor of medicine at Mayo Clinic College of Medicine. For six years, Dr. Sheps chaired the Division of Nephrology and Hypertension at Mayo Clinic in Rochester, Minn. Dr. Sheps chaired the sixth working group that developed guidelines for hypertension under the auspices of the National Heart, Lung, and Blood Institute, as well as participated in the fourth, fifth and seventh groups. Dr. Sheps also served as a subcommittee chairman for the National Heart, Lung, and Blood Institute National Blood Pressure Education Program, and as a consultant to the Hypertension Initiative of the World Health Organization.



*“5 Steps to Controlling High Blood Pressure focuses on the central role you play in a treatment program. It highlights five key steps you can take to manage your blood pressure: eating a healthy diet, limiting salt intake, getting regular physical activity, avoiding use of tobacco and limiting alcohol, and taking your medications properly. Separately, each step can improve your overall health and lower your blood pressure. When combined, the steps form a personalized program suited to your needs.”*

# Healthy lifestyle

# 64





# Back and Neck Health

**Mayo Clinic guide to treating and preventing back and neck pain**

By Mohamad Bydon, M.D.

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Back and neck pain are common complaints. When you think of all of the work your back and neck do each day — constantly moving, bending and twisting as you go about your day-to-day activities — it's not surprising that problems develop. It's estimated that more than 80% of American adults will experience at least one bout of back pain during their lifetimes.

*Back and Neck Health* looks at common back and neck conditions and what can cause them. This book also discusses different ways to treat back and neck pain, which include self-care steps you can take at home, several interventional approaches and different types of surgery. Finally, a portion of the book is focused on lifestyle and how to maintain good back and neck health.

**PUBLICATION:** February 2, 2021 | **ISBN:** 978-1-8930-0563-1  
**SOFTCOVER:** \$19.95 | **TRIM SIZE:** 7.375" x 9.125" | **PAGE COUNT:** 200



# Table of Contents

## PART 1

### Understanding your back and neck

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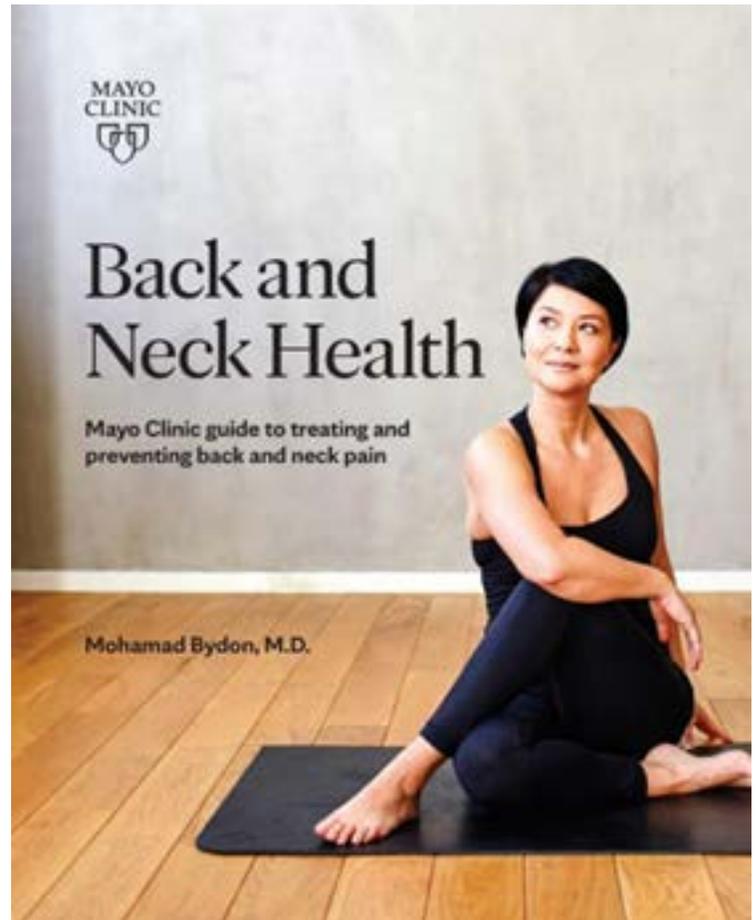
- 1 Your spine
- 2 Back and neck pain
- 3 Common back problems
- 4 Common neck problems

## PART 2

### Relieving your pain

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- 5 Identifying the problem
- 6 Home treatment
- 7 Physical therapy
- 8 Nonsurgical interventions
- 9 Surgery
- 10 Living well



### KEY SELLING POINTS

- More than 80% of Americans will experience at least one bout of back pain in their lifetimes.
- Back injury is the most common cause of job-related disability and a leading contributor to missed days of work.
- Up to 30% of Americans are bothered by neck pain.
- Low back pain and neck pain account for the highest amounts of health care spending by both private and public insurers.
- This book is based on the advice of leading Mayo Clinic physicians who treat back and neck pain on a daily basis.
- Experts at Mayo Clinic discuss the full range of treatment options including medication, physical therapy and interventional pain management. Surgery is recommended only when necessary.

## ABOUT THE AUTHOR

Mohamad Bydon, M.D., is a professor of neurosurgery, orthopedic surgery and health services research at Mayo Clinic in Rochester, Minn. As a neurosurgeon, he specializes in complex spine surgery, spinal oncology and minimally invasive spine surgery.



Dr. Bydon is a graduate of Dartmouth College and Yale University School of Medicine. He completed his medical residency and a clinical fellowship at Johns Hopkins Hospital. At Mayo Clinic, Dr. Bydon sees patients regularly and has received honors for his exceptional delivery of patient care. He also serves as assistant dean of education in the Mayo Clinic College of Medicine and Science and medical director of the Mayo Clinic Enterprise Registry, a real-time patient safety and outcome platform that integrates data from Mayo Clinic’s hospitals and clinics nationwide. In addition, Dr. Bydon is the principal investigator of the Mayo Clinic Neuro-Informatics Laboratory, dedicated to advancing neurological patient care and safety.

Dr. Bydon is a frequent lecturer and has authored more than 250 peer-reviewed manuscripts in addition to hundreds of book chapters, abstracts and other written publications. He is currently editor-in-chief of the *International Journal of Neuroscience* and holds reviewer responsibilities for several scientific publications. Dr. Bydon sits on the executive boards of three national neurosurgical societies.

“Back and neck pain are among the top reasons people see their primary care doctors.”

.....

“Surgery isn’t always the answer. There are other treatments that can effectively treat back and neck pain.”



# Mayo Clinic Family Health Book

By Scott C. Litin, M.D.

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As a busy adult, you may have difficulty tracking down information about living a healthy lifestyle. In addition to outlining medical guidance concerning vaccinations, nutrition, managing stress, and overcoming unhealthy behaviors, *Mayo Clinic Family Health Book* explains diseases and disorders that can develop as people age, such as sleep disorders, diabetes, mental illnesses, digestive problems and different types of cancer.

And just as adult health conditions change with age, the same can be said for children's health. Whether it's health care for infants and toddlers or for preteens and teenagers, this comprehensive manual helps give parents insight into every health condition their kids may face during all stages of childhood.

While the *Mayo Clinic Family Health Book* serves as a helpful tool to keep and reference throughout life, it also provides essential medical information that may be needed in emergency situations. With detailed descriptions for performing CPR and the Heimlich maneuver and treating severe bleeds and burns, this book is an invaluable resource to study to help you prepare for the worst-case scenario.

**PUBLICATION:** February 2018 | **ISBN:** 978-1-9455-6402-4

**HARDCOVER:** \$49.95 | **TRIM SIZE:** 8.63" x 11.13" | **PAGE COUNT:** 1,391

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- 6 Preteen and Teenage Years

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- 12 Healthy Travel
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### **Visual Guide:**

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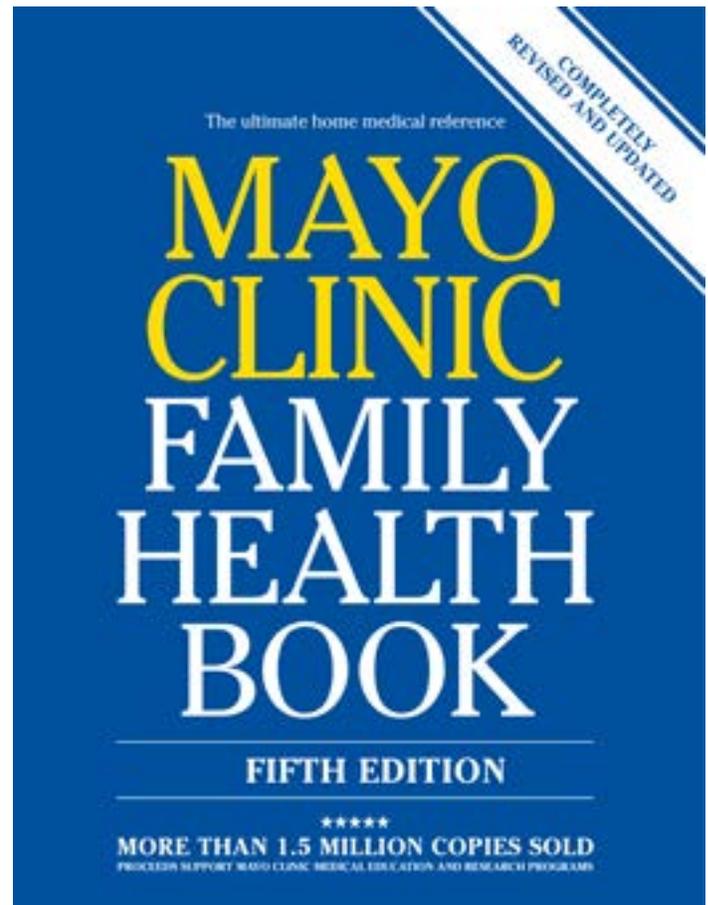
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- 15 Cancer
- 16 Infectious Diseases
- 17 Allergies and Asthma
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- 19 Eyes and Vision
- 20 Ears, Nose and Throat
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- 37 Pain Management
- 38 Integrative Medicine



### **KEY SELLING POINTS**

- This reference manual provides a clear look at the causes, symptoms and treatment options for hundreds of potential health conditions.
- With almost 1,400 pages of updated content, *Mayo Clinic Family Health Book* is a comprehensive health guide for the whole family.
- The best weapon against any condition is knowledge. Learn from the experts in Mayo Clinic's complete guide to identifying, treating and preventing a broad range of common medical issues.
- With a 48-page visual guide that helps readers have a better understanding of human anatomy, *Mayo Clinic Family Health Book* is a must-have guide for understanding healthy living at all stages of life.

## ABOUT THE AUTHOR

Scott C. Litin, M.D., medical editor of this fifth edition of *Mayo Clinic Family Health Book*, is a general internist at Mayo Clinic in Rochester, Minn., and a professor of medicine at Mayo Clinic College of Medicine and Science. He has served in many editorial capacities and has authored numerous journal articles and book chapters. A renowned practitioner, public speaker and teacher, Dr. Litin has been recognized with many accolades and awards including several of Mayo Clinic's most cherished honors: Distinguished Clinician, Outstanding Faculty Member and Distinguished Educator. The American College of Physicians also has recognized him with its highest honor, Mastership in the College.



# More than 1.5 million copies sold

All proceeds support  
Mayo Clinic Medical Education  
and Research Programs

“Drawing upon the research and expertise of more than 4,500 renowned physicians, this reference manual provides a clear look at the causes, symptoms, and treatment options for hundreds of potential health conditions. With almost 1,400 pages of updated content, *Mayo Clinic Family Health Book* is a comprehensive health guide for the whole family.

In this completely revised fifth edition, the experts at Mayo Clinic bring you in-depth information about health issues that can affect you at any age. From offering medical guidance for treating minor cuts, bruises, bites, or blisters to identifying warning signs of more-serious medical issues, this book gives a helpful overview for health conditions you may encounter as a parent, caregiver or regular healthy adult.”



# Mayo Clinic Book of Home Remedies

What to do for the most common health problems

By Cindy A. Kermott, M.D., M.P.H.,  
and Martha P. Millman, M.D., M.P.H.

The expertise of Mayo Clinic is now available in this practical guide to treating more than 100 of today's most common health concerns, ranging from allergies and asthma to sore throats and stomach flus. *Mayo Clinic Book of Home Remedies* answers many questions and concerns about health using straightforward information, made easy to find with topics arranged in alphabetical order.

This book doesn't replace the advice of your doctor or other health care professionals, but it can help you manage common problems safely at home or at work and may prevent a trip to the clinic or emergency room.

Stay on top of your health, prevent illness and significantly reduce your future medical expenses with the self-care tips found in this title. You'll have up-to-date, practical information to protect your good health and to share with others.



PUBLICATION: 2017 | ISBN: 978-1-8930-0568-6  
SOFTCOVER: \$17.99 | TRIM SIZE: 8" x 10" | PAGE COUNT: 206

# Table of Contents

## Medical supplies for your home

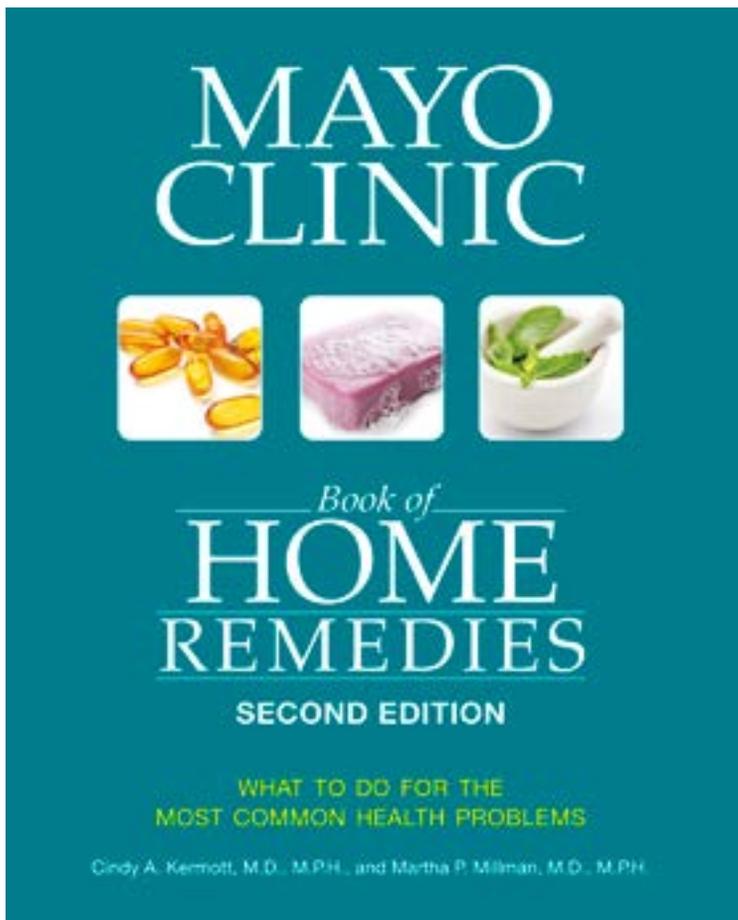
### CONDITIONS A-Z

- A** Acne; Airplane ear; Allergies; Arthritis; Asthma; Athlete's foot
- B** Back pain; Bad breath; Bedbugs; Bed-wetting; Black eye; Bladder infection; Blisters; Boils; Breast tenderness; Bronchitis; Bruises; Burns; Bursitis
- C** Canker sores; Carpal tunnel syndrome; Chronic pain; Cold sores; Colic; Common cold; Constipation; Corns and calluses; Cough; Cramps and charley horses; Croup; Cuts and scrapes
- D** Dandruff; Depression; Diabetes; Diaper rash; Diarrhea; Dizziness; Dry eyes; Dry mouth; Dry skin
- E** Ear infection; Ear ringing; Earwax blockage; Eczema; Elbow pain; Enlarged prostate gland; Eye scratch; Eyestrain; Eye sty
- F** Fatigue; Fever; Fibromyalgia; Flu; Foot and ankle pain; Frostbite
- G** Gas, belching and bloating; Gout
- H** Headache; Heartburn; Heat exhaustion; Heel pain; Hemorrhoids; Hiccups; High blood pressure; High cholesterol; Hives; Hoarse voice
- I** Impetigo; Incontinence; Indigestion; Ingrown hairs; Ingrown toenails; Insect bites and stings; Insomnia; Irritable bowel syndrome

- J** Jammed finger; Jet lag
- K** Kidney stones; Knee pain
- L** Lactose intolerance; Leg swelling; Lice
- M** Menopause; Menstrual cramps; Morning sickness; Motion sickness; Muscle strain
- N** Nausea and vomiting; Neck pain; Nosebleeds
- O** Object in ear; Object in eye; Oral thrush; Osteoporosis
- P** Pink eye; Poison ivy rash; Premenstrual syndrome (PMS); Psoriasis
- R** Raynaud's disease; Restless legs syndrome
- S** Shin splints; Shingles; Shoulder pain; Sinusitis; Snoring; Sore throat; Sprains; Stomach flu; Stress and anxiety; Stuffy nose; Sunburn; Sweating and body odor; Swimmer's ear; Swimmer's itch
- T** Teething; Tendinitis; Thumb pain; Tick bites; Toenail fungal infections; Toothache; Traveler's diarrhea
- U** Ulcer
- V** Vaginal yeast infection; Varicose veins
- W** Warts; Watery eyes; Wrinkles; Wrist and hand pain

### EMERGENCY CARE

- Allergic reaction (anaphylaxis); Bleeding; Burns; Cardiopulmonary resuscitation (CPR); Choking; Fracture; Heart attack; Poisoning; Seizure; Shock; Stroke



### KEY SELLING POINTS

- Provides straightforward tips for managing a wide catalog of home health concerns including home remedy options and recommendations on when to see a doctor.
- Shares timely, reassuring advice for managing emergency health situations while waiting for help to arrive.
- Organizes information in a practical A-to-Z format for easy access.
- Engages readers with colorful images and illustrations.

### ABOUT THE AUTHORS

#### **Cindy A. Kermott, M.D., M.P.H.**

Cindy A. Kermott, M.D., M.P.H., is a specialist in the Executive and International Medicine Program and the medical director of the Preventive Services Clinic at Mayo Clinic in Rochester, Minn. She is also an assistant



professor of medicine at Mayo Clinic College of Medicine and Science. Dr. Kermott serves as medical editor for *Integrative Guide to Good Health*.

#### **Martha P. Millman, M.D., M.P.H.**

Martha P. Millman, M.D., M.P.H., is an emeritus physician at Mayo Clinic in Rochester, Minn., with career expertise in preventive medicine, hyperbaric



medicine and wound care. She has written on self-care issues and disease prevention, having served as medical editor for *Integrative Guide to Good Health*.



# Mayo Clinic Guide to Integrative Medicine

**Conventional remedies meet alternative therapies to transform health**

By Brent A. Bauer, M.D.

Once believed to be an alternative approach to patient care, integrative medicine has been shown by recent studies to be a valid option for improving chronic pain, fatigue, depression and anxiety, as well as overall wellness. In fact, 1 in 3 American adults uses integrative medicine. Whether utilized on its own or in combination with a conventional treatment plan, integrative medicine can be a natural, noninvasive way for patients to take charge of their health and well-being.

In *Mayo Clinic Guide to Integrative Medicine*, experts from Mayo Clinic break down dozens of the most common integrative therapies used today. From meditation and various spiritual practices to spa treatments and medicinal herbs, readers can learn the ins and outs of popular integrative therapies and decide if integrative medicine is right for them.

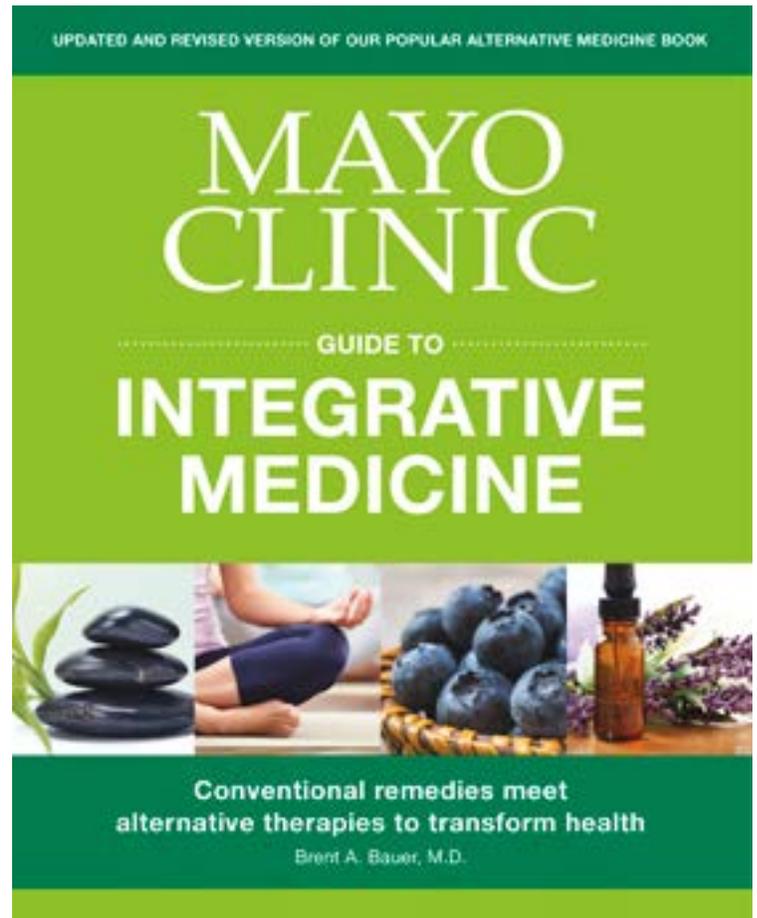
Written with the everyday consumer in mind, *Mayo Clinic Guide to Integrative Medicine* is a digestible, easy-to-use guide for understanding and implementing holistic health practices in the daily routine.



**PUBLICATION:** 2017 | **ISBN:** 978-1-8930-0569-3  
**SOFTCOVER:** \$17.99 | **TRIM SIZE:** 8" x 10" | **PAGE COUNT:** 221

# Table of Contents

- Start your integrative medicine journey
- What is integrative medicine?
- Making wellness the focus of care
- Mind-body techniques
- Chiropractic or osteopathic manipulation
- Massage therapy
- Acupuncture
- Herbs and supplements
- Spa: Rejuvenating mind, body and spirit
- Other approaches
- Integrative therapy for common conditions
- The brain-body connection
- Is integrative medicine right for you?
- Next steps



## KEY SELLING POINTS

- 1 in 3 adults in the United States uses some form of integrative medicine, and about 1 in 9 children has used integrative therapies.
- Mayo Clinic is a member of the Academic Consortium for Integrative Medicine & Health, an organization of academic medical centers whose mission is to advance the principles and practices of integrative medicine.
- Chronic stress is a growing issue that has led to the growth, interest and use of integrative therapies.
- About 1 in 5 people use herbs and other dietary supplements to enhance their health and promote wellness.
- This book addresses the top integrative therapies used today.

## ABOUT THE AUTHOR

Brent A. Bauer, M.D., is an award-winning internist in the Department of General Internal Medicine at Mayo Clinic in Rochester, Minn. In 2001, Dr. Bauer founded the Mayo Clinic Integrative Medicine and Health Program, where he has spent the past 20 years researching the effect of integrative medicine on physical, mental and spiritual health. When he is not serving as a consultant in the Department of Internal Medicine or as a professor of medicine at Mayo Clinic College of Medicine and Science, Dr. Bauer serves as medical director of Rejuvenate, Mayo Clinic's first full-service spa, and the Well Living Lab, a collaboration between Delos and Mayo Clinic that researches how indoor environments impact health and wellness.



**“Today, certain health conditions are not always best served by conventional medicine. Learn the ins and outs of integrative medicine with this comprehensive guide from the internal medicine experts at the Mayo Clinic.”**



# The Integrative Guide to Good Health

Home remedies meet alternative therapies to transform well-being

By Brent A. Bauer, M.D.; Cindy A. Kermott, M.D.;  
and Martha P. Millman, M.D.

As Americans seek greater control of their health, explosive growth is taking place in the field of integrative medicine. More and more, people are looking for more natural or holistic ways to maintain good health; they want not only to manage and prevent illness but also to improve their quality of life overall.

At the same time, more treatments that were once considered “on the fringe” are slowly being integrated into conventional medicine. The key word to focus on here is “integrated.”

Although the term “integrative medicine” may be new to you, it’s reflected in the title of this book for a reason. It’s a term that’s been in the works for many years now — a concept that was known as alternative medicine back in 2007, when *Mayo Clinic Book of Alternative Medicine* was first published. That’s because these types of treatments were seen as alternatives to conventional medicine. Since then, the term “alternative medicine” has gone through several evolutions as more is learned about this growing field.

PUBLICATION: 2017 | ISBN: 978-0-8487-5218-7  
SOFTCOVER: \$26.99 | TRIM SIZE: 8" x 10" | PAGE COUNT: 416



# Table of Contents

## PART 1

### Integrative Therapies for Wellness

- What is integrative medicine?
- Making wellness the focus of care
- Mind-body techniques
- Chiropractic or osteopathic manipulation
- Massage therapy
- Acupuncture
- Herbs and supplements
- Spa: Rejuvenating mind, body and spirit
- Other approaches
- Integrative therapy for common conditions
- The brain-body connection
- Is integrative medicine right for you?
- Next steps

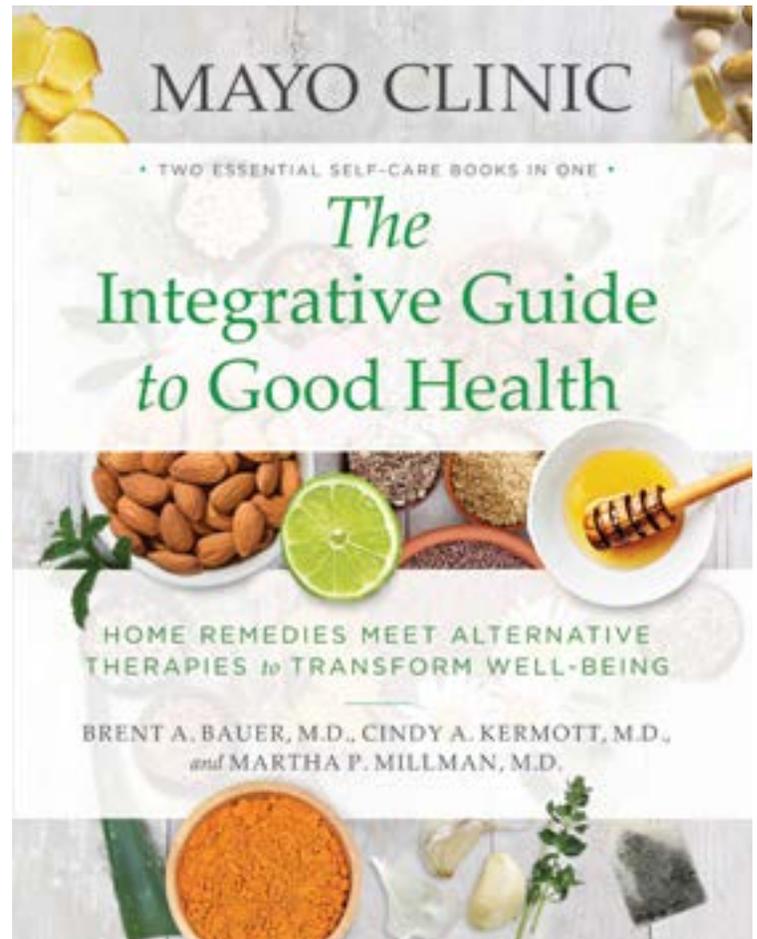
## PART 2

### Home Remedies for Common Ailments

- A to Z listings of common ailments

#### Emergency Care

- Allergic reaction (anaphylaxis)
- Bleeding
- Burns
- Cardiopulmonary resuscitation (CPR)
- Choking
- Fracture
- Heart attack
- Poisoning
- Seizure
- Shock
- Stroke



#### KEY SELLING POINTS

- One in 3 adults in the United States uses some form of integrative medicine, and about 1 in 9 children has used integrative therapies.
- Mayo Clinic is a member of the Academic Consortium for Integrative Medicine & Health, an organization of academic medical centers whose mission is to advance the principles and practices of integrative medicine.
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- This book addresses the top integrative therapies used today.

## ABOUT THE AUTHORS

### **Brent A. Bauer, M.D.**

Brent A. Bauer, M.D., is an award-winning internist in the Department of General Internal Medicine at Mayo Clinic in Rochester, Minn. In 2001, Dr. Bauer founded the Mayo Clinic Integrative Medicine and Health Program, where he has spent the past 20 years researching the effect of integrative medicine on physical, mental and spiritual health. Dr. Bauer also serves as medical director of Rejuvenate, Mayo Clinic's first full-service spa, and the Well Living Lab, a collaboration between Delos and Mayo Clinic that researches how indoor environments impact health and wellness.



### **Cindy A. Kermott, M.D., M.P.H.**

Cindy A. Kermott, M.D., M.P.H., is a specialist in the Executive and International Medicine Program and the medical director of the Preventive Services Clinic at Mayo Clinic in Rochester, Minn. She is also an assistant professor of medicine at Mayo Clinic College of Medicine and Science. Dr. Kermott serves as medical editor for the seventh edition of *Mayo Clinic Guide to Self-Care*.



### **Martha P. Millman, M.D., M.P.H.**

Martha P. Millman, M.D., M.P.H., is an emeritus physician at Mayo Clinic in Rochester, Minn., with career expertise in preventive medicine, hyperbaric medicine and wound care. She has written on self-care issues and disease prevention, having served as medical editor for the sixth and seventh editions of *Mayo Clinic Guide to Self-Care*.



“Looking for natural, noninvasive ways to strengthen and heal your body? Here, Mayo Clinic experts explain how to achieve personal wellness through nontraditional medicine and home remedies. Their revolutionary approach to health addresses the whole person — body, mind and spirit — by combining conventional care with innovative practices such as mind-body techniques, acupuncture and massage therapy. Practical, trustworthy and smart, this book will safely and naturally transform your well-being one page at a time.”



# Mayo Clinic Guide to Self-Care

Answers for everyday health problems

By Cindy A. Kermott, M.D., M.P.H.,  
and Martha P. Millman, M.D., M.P.H.

Nearly two decades ago, Philip T. Hagen, M.D., had a vision for developing a Mayo Clinic guide for consumers that would empower people to take charge of their health. He called on his colleagues to share their expertise on more than 150 topics. Today, that number has grown to more than 300 topics, from how to handle medical emergencies to how to deal with common problems such as back pain.

It all started with a review of the top reasons adults and children visit a doctor based on discussion with Mayo Clinic physicians, nurses and others. The team also consulted with health care providers, employers and managers of corporate health programs to learn what illnesses and injuries are common in the workplace.

The result is an invaluable resource that focuses on how to prevent illness; how to detect illness before it becomes a serious and costly problem; and how to avoid unnecessary trips to the clinic or emergency room.

**PUBLICATION:** September 2017 | **ISBN:** 978-1-8930-0559-4  
**SOFTCOVER:** \$19.95 | **TRIM SIZE:** 9" x 11" | **PAGE COUNT:** 300



# Table of Contents

## EMERGENCIES AND URGENT CARE

- CPR
- Choking
- Heart attack
- Stroke
- Poisoning emergencies
- Severe bleeding
- Shock
- Allergic reactions
- Bites and stings
- Burns
- Cold-weather problems
- Cuts, scrapes and wounds
- Eye injuries
- Foodborne illness
- Heat-related problems
- Poisonous plants
- Tooth problems
- Trauma: Bones and muscles
- Trauma: Head injuries

## GENERAL SYMPTOMS

- Dizziness and fainting
- Fatigue
- Fever
- Pain
- Sleep disorders
- Sweating and body odor
- Unexpected weight changes

## COMMON PROBLEMS

- Back and neck
- Digestive system
- Ears and hearing
- Eyes and vision
- Headache
- Limbs, muscles, bones and joints
- Lungs, chest and breathing
- Nose and sinuses
- Skin, hair and nails
- Throat and mouth
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## SPECIFIC CONDITIONS

- Respiratory allergies
- Thyroid disorders
- Arthritis
- Asthma
- Cancer
- Diabetes
- Heart disease
- High blood pressure
- Sexually transmitted infections

## MENTAL HEALTH

- Addictive behavior
- Anxiety disorders
- Depression
- Domestic violence
- Memory loss

## STAYING HEALTHY

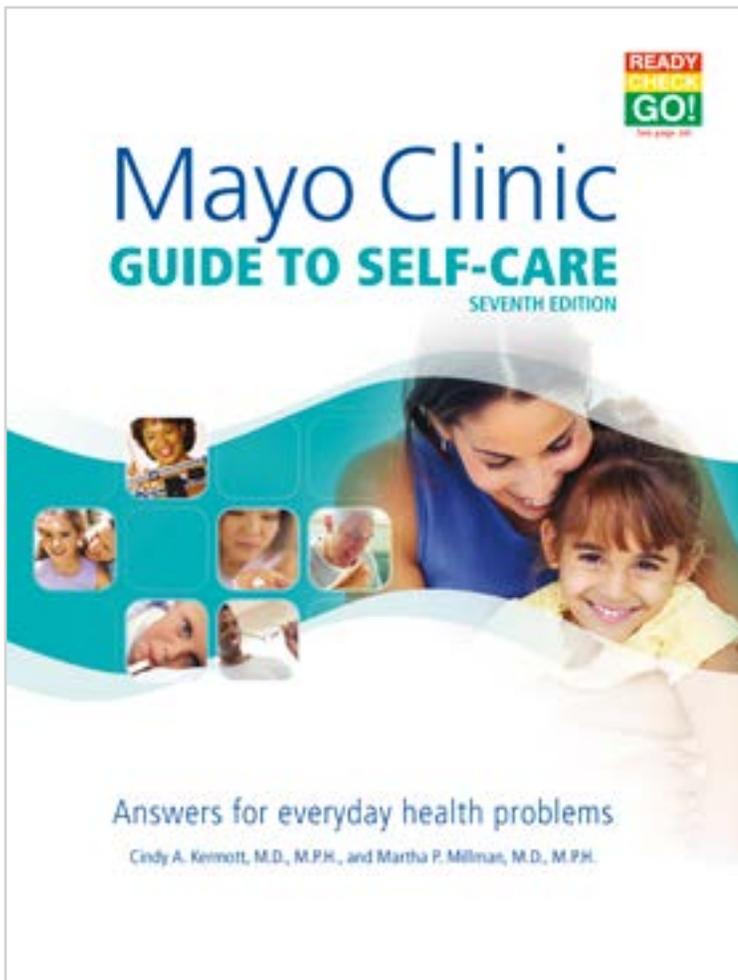
- Weight: What's healthy for you?
- Healthy eating
- Lowering your cholesterol
- Keeping stress under control
- Screening and immunization
- Protecting yourself
- Aging and your health

## YOUR HEALTH AND THE WORKPLACE

- Health, safety and injury prevention
- Stress relievers
- Coping with technology
- Computer screens and eyestrain

## THE HEALTHY CONSUMER

- You and your health care provider
- Home medical testing kits
- Your family medical tree
- Medications and you
- Dietary supplements
- Integrative medicine
- The healthy traveler



### KEY SELLING POINTS

- A completely revised CPR section, including easy-to learn hands-only CPR for adults.
- New adult screening guidelines, as well as new adult and pediatric immunization guidelines.
- The latest on smoking cessation and managing alcohol use.
- Research and recommendations on popular integrative medicine therapies and approaches.
- Healthy cooking tips, updated fitness recommendations — and much more.

### ABOUT THE AUTHORS

#### **Cindy A. Kermott, M.D., M.P.H.**

Cindy A. Kermott, M.D., M.P.H., is a specialist in the Executive and International Medicine Program and the medical director of the Preventive Services Clinic at Mayo Clinic in Rochester, Minn. She is also an assistant professor of medicine at Mayo Clinic College of Medicine and Science. Dr. Kermott serves as medical editor for *Integrative Guide to Good Health*.



#### **Martha P. Millman, M.D., M.P.H.**

Martha P. Millman, M.D., M.P.H., is an emeritus physician at Mayo Clinic in Rochester, Minn., with career expertise in preventive medicine, hyperbaric medicine and wound care. She has written on self-care issues and disease prevention, having served as medical editor for *Integrative Guide to Good Health*.



# Parenting

# 83





# Obstetricks

**Mayo Clinic tips and tricks  
for pregnancy, birth and more**

By Julie A. Lamppa, APRN, Certified Nurse-Midwife,  
and Kerry A. Schwalbach,  
Certified Birth and Postpartum Doula

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Learn how to have an empowered, more joyful birth!

This concise guide to pregnancy and childbirth brings you the expertise of a certified nurse-midwife at Mayo Clinic, and a certified doula. It's packed with information based on the most current evidence, yet rooted in long-trusted natural methods of caring for laboring women.

With a unique spiral-bound flipbook format, the book's 100+ bite-sized topics can be perused one page at a time while lying in bed, eating breakfast or riding a stationary bike. The front pages offer the most important information for setting up a satisfying childbirth experience, while the back pages add more empowering details, tricks and medical information.

You'll also get the messy truth of what to expect postpartum, advice for enjoying the early days with a newborn and more. *Obstetricks* equips parents with confidence and an expert toolkit as they prepare for the main event — welcoming baby to the world.

**PUBLICATION:** April 6, 2021 | **ISBN:** 978-1-8930-0564-8  
**SOFTCOVER SPIRAL:** \$14.95 | **TRIM SIZE:** 9" x 7" | **PAGE COUNT:** 112





## Table of Contents

- Prenatal Health
- Before Labor
- During Labor
- For the Birth Partner
- Pushing
- Immediately After the Birth
- Postpartum Care for Mom
- Caring for Babe
- Summary of Labor
- So Helpful to Know
- Medical Info
- Pep Talks
- Birth Stories
- Word Power
- Practical Tips Once Babe's Arrived
- Personalize It

### KEY SELLING POINTS

- Just under 4 million babies are born in the United States each year.
- 65% of first-time moms work during their pregnancies — they're busy, and don't have a lot of time to read.
- There are more options for childbirth today than in years past and include birth centers, midwives, doulas and home births.
- Pregnant women, especially first-time moms, purchase pregnancy and childbirth books.
- A guide from a team of pregnancy experts at Mayo Clinic, *Mayo Clinic Guide to a Healthy Pregnancy* is a very popular and well-received book.

**ABOUT THE AUTHORS**

**Julie A. Lamppa, APRN,  
Certified Nurse-Midwife**

Julie’s career has been dedicated to caring for pregnant and laboring women. She was a labor and delivery nurse for 15 years before earning a master’s degree in midwifery in 2009. In addition to working as a midwife at Mayo Clinic in Rochester, Minn., she is a clinical instructor in the Department of Obstetrics and Gynecology at the Mayo Clinic College of Medicine and Science and is a contributing editor of *Mayo Clinic Guide to a Healthy Pregnancy*. As a mother of two with extensive experience in low- and high-risk pregnancies, Julie knows things don’t always go as planned. She believes that helping women be well informed can lead to better birth experiences in any situation.



**Kerry A. Schwalbach, Certified  
Birth and Postpartum Doula**

Kerry began training as a doula through DONA International in 2008. Early on, she wondered why some of the concepts and tips she learned for supporting women in labor weren’t on billboards for pregnant women everywhere. After putting her expertise to use with her own second and third births, she was determined to help spread such empowering information. With more than 20 years in the wellness field, Kerry’s experience includes roles as a health educator, Pilates instructor and consultant for the development of prenatal media and a family wellness curriculum. She sees pregnancy as an opportunity for a woman to focus on her health, gaining tools and tricks she can continue to use as her family grows.



“Pregnancy is a vital time for you and your body. Prenatal nutrition can have profound long-term effects on baby’s health.”

.....

“The excitement to see what baby looks like, feels like and smells like has been building for a long time.”

.....

“We interlocked gazes and focused only on him and our immense gratitude.”



# Mayo Clinic Guide to Fertility and Conception

By Jani R. Jensen, M.D.,  
and Elizabeth A. Stewart, M.D.

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After deciding to start a family, many questions may arise: how can I increase the chances of becoming pregnant? What health and lifestyle changes should be made for a healthy pregnancy? What medical treatments are available if conception is difficult? Where can I find emotional support?

In *Mayo Clinic Guide to Fertility and Conception*, the fertility experts at Mayo Clinic offer the answers to these questions and more. This book acts as a guide through the process of trying for — and achieving — a successful pregnancy, covering a variety of topics from getting ready for pregnancy and fertility preservation, to common fertility problems and deciding when pregnancy isn't obtainable.

In addition to expert discussions on solutions to difficult conception and maintaining a pregnancy, this book is also filled with stories from couples and individuals who have struggled to have a family for a variety of reasons, such as health concerns, unexplained infertility or life circumstances.

**PUBLICATION:** April 2015 | **ISBN:** 978-1-5614-8787-5  
**SOFTCOVER:** \$19.95 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 286



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## **PART 1**

### **Getting Ready for Pregnancy**

- 1 Adjusting your lifestyle
- 2 Eating to conceive
- 3 Additional preparations
- 4 Producing healthy sperm

## **PART 2**

### **How to Get Pregnant**

- 5 How babies are made
- 6 Ovulation and fertility signs
- 7 Tips for increased success
- 8 Are you pregnant?
- 9 Miscarriage and ectopic pregnancy

## **PART 3**

### **Common Fertility Problems**

- 10 Effect of age on pregnancy
- 11 Female problems: Common and unusual
- 12 Male problems: Common and unusual

## **PART 4**

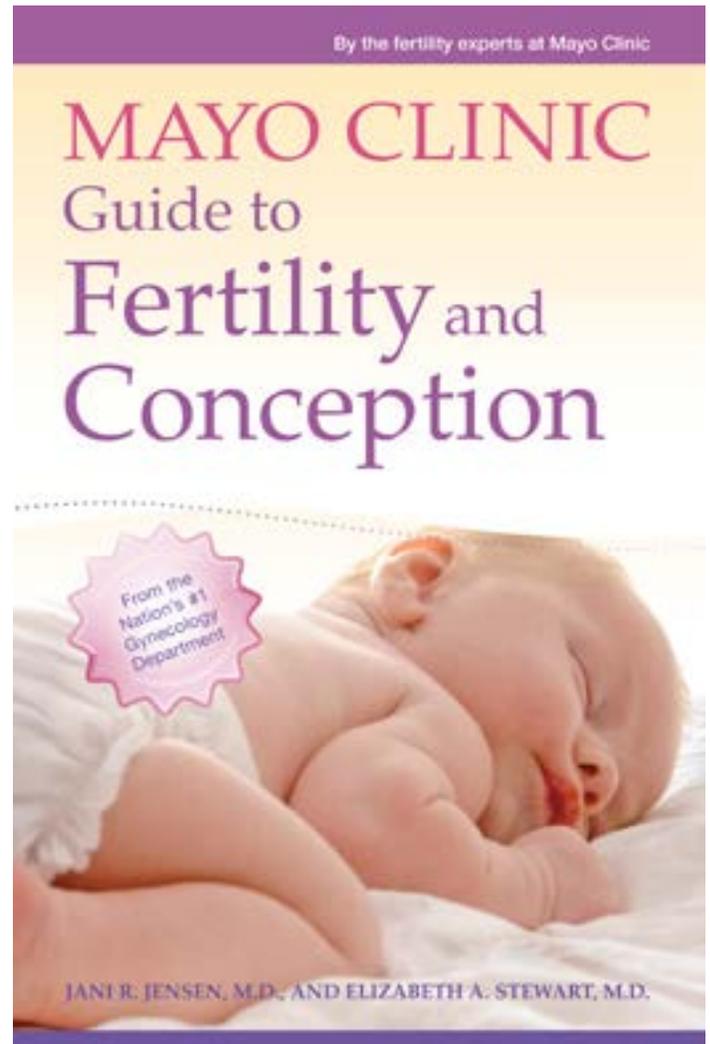
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- 13 Seeing a doctor
- 14 Medications and surgery
- 15 Reproductive assistance
- 16 Third-party reproduction
- 17 Coping and support

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### **Special Considerations**

- 18 Fertility preservation
- 19 Unique circumstances
- 20 Other options



### **KEY SELLING POINTS**

- According to the CDC, 10% of overall women in the U.S. experience infertility. In the 15- to 44-year-old range, the number increases to 12%.
- A third of couples experience infertility due to complications in the female; for another third, it is due to complications in the male partner.
- The general fertility rate in the United States is about 60 live births per 1,000 women aged 15 to 44 years.

## ABOUT THE AUTHORS

### **Jani R. Jensen, M.D.**

Jani R. Jensen, M.D., is a specialist in the Division of Reproductive Endocrinology and Infertility, and is the co-director of the In Vitro Fertilization Program at Mayo Clinic, Rochester, Minn. Dr. Jensen is an assistant professor at Mayo Clinic College of Medicine and directs the Obstetrics and Gynecology Clerkship for medical students.



### **Elizabeth A. Stewart, M.D.**

Elizabeth A. Stewart, M.D., is the chair of the Division of Reproductive Endocrinology and Infertility at Mayo Clinic, Rochester, Minn., and a professor of obstetrics and gynecology at Mayo Clinic College of Medicine. A noted researcher, author and clinician, Dr. Stewart focuses her research on the epidemiology, diagnosis and treatment of uterine fibroids.



“Deciding to start or build your family is a life-changing decision. Maybe you recently decided to try to become pregnant, or perhaps it’s something you’ve been contemplating for a while. But once the decision is made, there’s a whole new set of unknowns, including whether the journey will be easy or difficult.”



# Mayo Clinic Guide to a Healthy Pregnancy

By Myra J. Wick, M.D., Ph.D.

---

There are few events in life that rival the significance and the joy of childbirth. Your interest in this book reflects your eagerness to form this unbreakable bond right from the start, to do all you can to help ensure a healthy pregnancy and a wonderful beginning to your child's life.

*Mayo Clinic Guide to a Healthy Pregnancy* is an authoritative reference manual you can trust, and in this second edition you'll find new and updated information to answer your questions about everything from the basics in prenatal care and childbirth to newer trends, recommendations and technologies.

This book is the work of a team of pregnancy experts who find nothing in medicine more exciting than to experience the development and birth of a child.



**PUBLICATION:** September 2018 | **ISBN:** 978-1-8930-0560-0  
**SOFTCOVER:** \$21.95 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 518

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## **PART 1**

### **Enjoying a healthy pregnancy**

---

- 1 Preparing to become pregnant
- 2 Healthy choices during pregnancy
- 3 For dads and partners

## **PART 2**

### **Pregnancy month by month**

---

#### **Introduction**

#### **Pregnancy calendar**

#### **How to respond**

- 4 Month 1: Weeks 1 to 4
- 5 Month 2: Weeks 5 to 8
- 6 Month 3: Weeks 9 to 12
- 7 Month 4: Weeks 13 to 16
- 8 Month 5: Weeks 17 to 20
- 9 Month 6: Weeks 21 to 24
- 10 Month 7: Weeks 25 to 28
- 11 Month 8: Weeks 29 to 32
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- 14 Labor and childbirth
- 15 Cesarean birth

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- 16 Your newborn
- 17 Taking baby home
- 18 Postpartum issues for mom
- 19 Managing as parents

## **PART 4**

### **Important decisions of pregnancy**

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- 21 Prenatal testing
- 22 Breast-feeding
- 23 Pain relief during childbirth
- 24 Elective cesarean birth
- 25 Vaginal birth after a cesarean birth
- 26 Contraception after delivery

## **PART 5**

### **Symptoms guide**

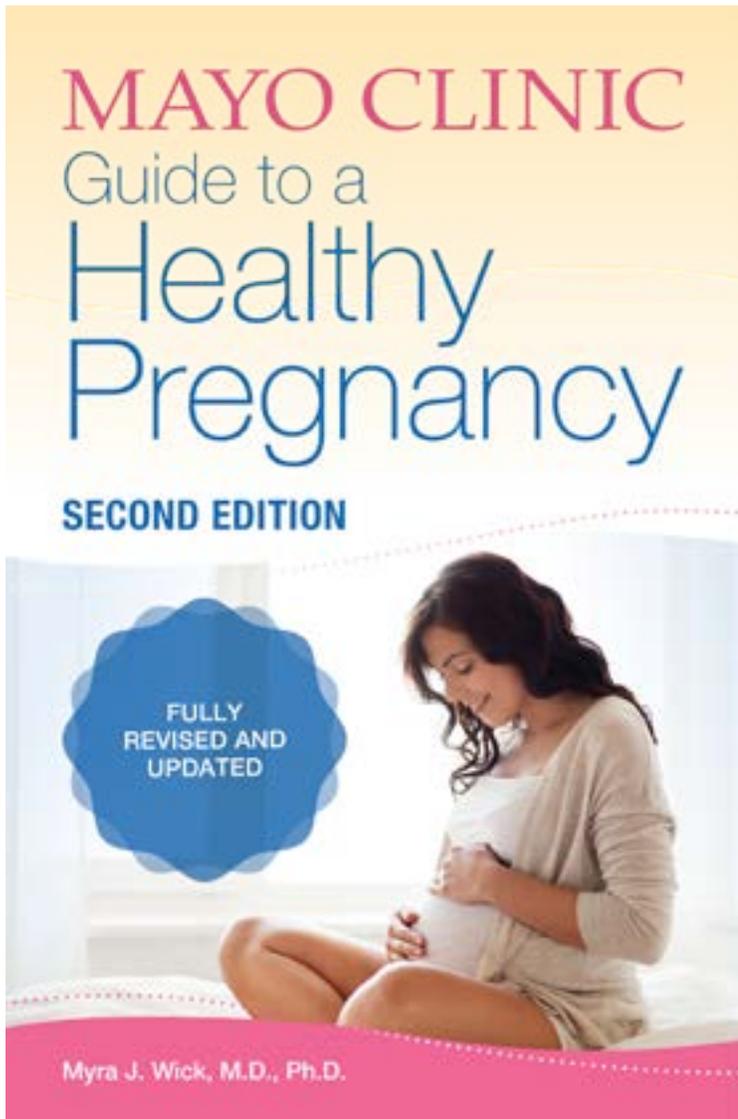
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### **Complications of pregnancy and childbirth**

---

- 27 Issues during pregnancy
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- 30 Pregnancy loss



#### ABOUT THE AUTHOR

Myra J. Wick, M.D., Ph.D., is a specialist in the Department of Obstetrics and Gynecology and the Department of Clinical Genomics. She is also an associate professor at Mayo Clinic College of Medicine and Science.



As a mother of four, Dr. Wick can relate to pregnancy from both a doctor's and a mother's perspective.

#### KEY SELLING POINTS

- From the childbirth experts at Mayo Clinic comes the newly revised guide on planning for a healthy pregnancy.
- With detailed information about fertility, prenatal care, common pregnancy symptoms and childbirth, this comprehensive guide will be your go-to source for answering all your pregnancy questions.
- This book features a 40-week pregnancy calendar where parents-to-be can track their baby's progress, as well as find a thorough analysis of weekly changes to expect over the course of the pregnancy.
- This collective effort from the obstetrics and gynecology experts at Mayo Clinic covers new information about the latest technologies in prenatal care and childbirth, as well as details the benefits and risks involved with growing trends in childbirth including topics such as home births, placentophagy and vaginal seeding.

“From the childbirth experts at Mayo Clinic comes the newly revised guide on planning for a healthy pregnancy. With detailed information about fertility, prenatal care, common pregnancy symptoms and childbirth, this comprehensive guide will be your go-to source for answering all your ordinary — and not so ordinary — pregnancy questions.”



# Mayo Clinic Guide to Your Baby's First Years

By Walter J. Cook, M.D.,  
and Kelsey M. Klaas, M.D.

While every baby brings their own set of challenges, *Mayo Clinic Guide to Your Baby's First Years* offers informative guidance on standard child care practices such as proper nutrition and comforting a fussy baby. This revised reference guide also gives essential advice for a new generation of parents who face challenges such as single parenthood and work-life balance.

*Mayo Clinic Guide to Your Baby's First Years* combines everything you need to know about your baby's first three years in an easy-to-read, convenient guide. Using the detailed month-to-month calendar, learn what to expect and what steps you can take to ensure a foundation of healthy growth and development.

While there is no built-in instruction manual for raising a child, this guide offers expert advice.

**PUBLICATION:** July 2020 | **ISBN:** 978-1-8930-0557-0  
**SOFTCOVER:** \$24.95 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 599



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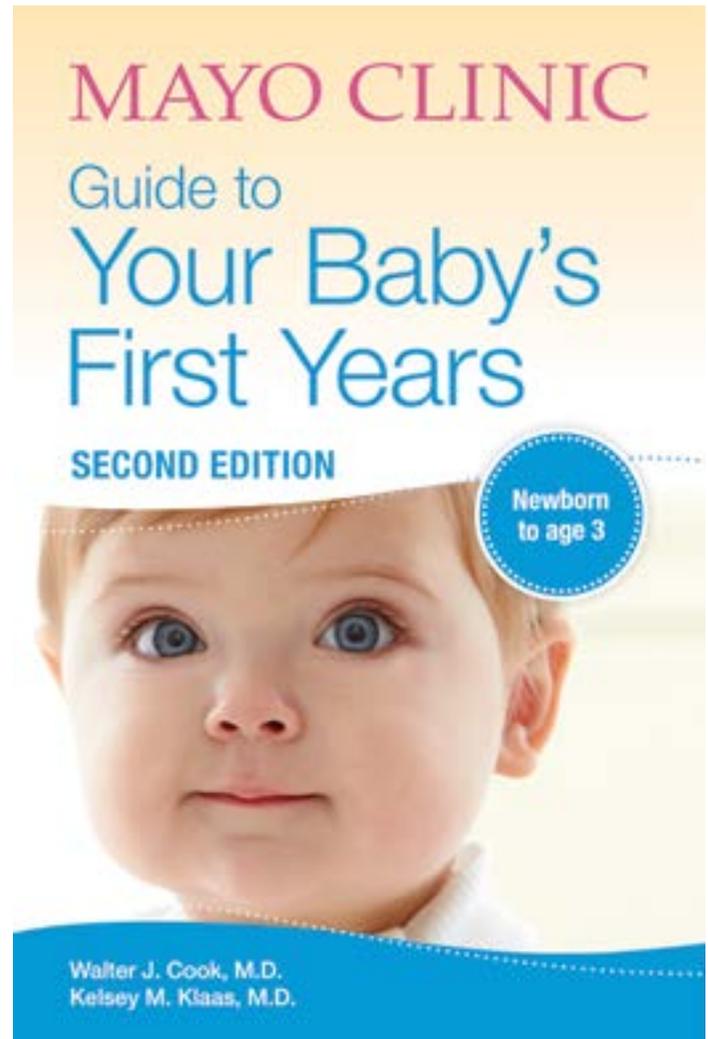
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## **KEY SELLING POINTS**

- The first three years of a child's life are critical to the foundation of healthy growth and development and can impact even the adult years.
- Understanding the what, the why and the how of early childhood development can help parents be more effective and purposeful in their parenting decisions.
- A parenting reference book on hand can help identify when to see the doctor and when symptoms can be treated at home; offer a range of solutions for common questions; help parents understand why children often behave the way they do; and enable parents to create a nurturing environment where children thrive.
- As an experienced provider of pediatric care, Mayo Clinic Children's Center is in a key position to help parents.

## ABOUT THE AUTHORS

### Walter J. Cook, M.D.

Walter J. Cook, M.D., is an assistant professor of pediatrics at Mayo Clinic College of Medicine and Science. He is the present course director for Mayo Clinic Pediatric Days, Mayo Clinic Summer Pediatric Review and the Mayo Clinic T. Denny Sanford Pediatric Symposium. A graduate of the University of North Dakota School of Medicine, Dr. Cook completed his pediatric residency at Mayo Clinic and has since cared for thousands of infants and children in his more than 25 years of pediatric practice. He is currently a member of the Division of Community Pediatric and Adolescent Medicine at Mayo Clinic, and his research interests include newborn jaundice and transcutaneous bilirubin measurements. Dr. Cook is a father of three, including twins.



### Kelsey M. Klaas, M.D.

Kelsey M. Klaas, M.D. is a pediatrician in the Division of General Pediatric and Adolescent Medicine at Mayo Clinic Children's Center in Rochester, Minn. She is a graduate of the University of Minnesota Medical School and completed her residency at Mayo Clinic, followed by a year as chief resident. She is a certified member of the American Board of Pediatrics, part of the Mayo Medical School Advisory Program and associate director of Pediatric Clerkship for the Mayo Clinic Alix School of Medicine. Her practice includes care of children with complex health conditions and she also focuses on medical student education. She lives in Rochester with her husband and two young children.



“Not every parenting journey looks alike. In this best-selling reference guide, the parents and child care experts at Mayo Clinic offer a trusted manual on expected — and not so expected — developments that can occur during your baby’s first years.”



# Mayo Clinic Guide to Raising a Healthy Child

By Angela C. Mattke, M.D.

---

From dealing with picky eaters and addressing classroom bullies to treating illnesses, raising a child is no easy task. The path to raising a happy, healthy child is rarely straightforward and parenthood provides a unique set of dilemmas.

*Mayo Clinic Guide to Raising a Healthy Child* is a comprehensive guide that addresses the challenging variety of issues parents face, with chapter topics ranging from everyday matters, such as nutrition for growing kids and how to ensure a successful night's sleep, to the more difficult topics, such as coping with learning disorders and prioritizing mental health.

The difference between being a good parent and being a great parent can depend on having the tools you need to address common childhood concerns. With pages of sage advice from the top pediatric experts in the country, *The Mayo Clinic Guide to Raising a Healthy Child* is a much-needed manual for those navigating the meaningful, challenging and life-changing preschool and school-age years.



**PUBLICATION:** September 2019 | **ISBN:** 978-1-8930-0557-0  
**SOFTCOVER:** \$23.95 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 504

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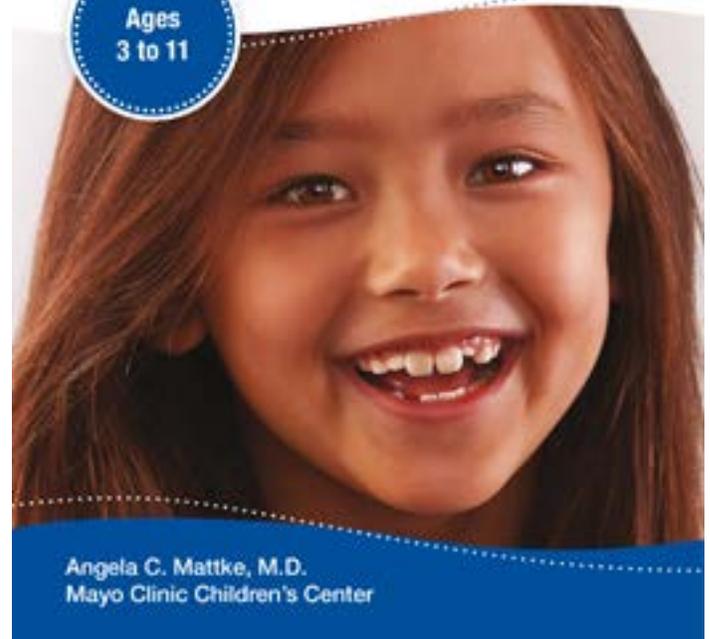
### Making meals easier

### Pain reliever dosage by weight

# MAYO CLINIC

## Guide to Raising a Healthy Child

Ages  
3 to 11



### KEY SELLING POINTS

- Drawing from the unparalleled wisdom of Mayo Clinic's pediatric experts, *Mayo Clinic Guide to Raising a Healthy Child* is an essential resource to help parents prepare their child for a rich and meaningful adult experience.
- *Mayo Clinic Guide to Raising a Healthy Child* is a comprehensive guide that addresses the challenging variety of issues that parents face today.
- This book is a much-needed manual for those navigating the meaningful, challenging and life-changing preschool and school-age years.

## ABOUT THE AUTHOR

Angela C. Mattke, M.D., is a pediatrician in the Division of Community Pediatrics and Adolescent Medicine at Mayo Clinic Children's Center in Rochester, Minn. When she's not providing general pediatric care, Dr. Mattke connects with parents and families through her popular Facebook Live series #AsktheMayoMom, where she has advised thousands of parents on best child care practices. Dr. Mattke currently serves on the Mayo Clinic Children's Center Visibility Committee and is a member of the American Academy of Pediatrics. She lives in Rochester with her husband and two sons.



“Between the terrible twos and the teenage years, your child will go through many transformative and, at times, challenging phases. *Mayo Clinic Guide to Raising a Healthy Child* is an essential resource, drawing from the unparalleled wisdom of the pediatric experts at Mayo Clinic to help parents prepare their child for a rich and meaningful adult experience.”

# Diet

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# The Mayo Clinic Diet

By Donald D. Hensrud, M.D.

This completely revised and updated edition of the popular *Mayo Clinic Diet* is a practical, no-nonsense approach to weight loss, designed to help individuals lose weight and, most importantly, keep it off.

The book includes step-by-step advice on key behavior changes to promote weight loss, plus four weeks of daily menus and all-new recipes. The diet is based on years of experience with literally thousands of individuals trying to lose weight.

We've identified the leading habits of people who maintain a healthy weight and the unhealthy habits of those who don't. Based on this information, we've established five habits to include in your daily routine, five habits to break and five bonus habits to increase your chances of lasting success.

This book offers a plan for a sustainable lifestyle, not just a diet. Quite simply, the Mayo Clinic Diet works.



**PUBLICATION:** January 2017 | **ISBN:** 978-1-9455-6400-0  
**SOFTCOVER:** \$27.99 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 334

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- 9 Create your eating plan
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- 11 Track your progress
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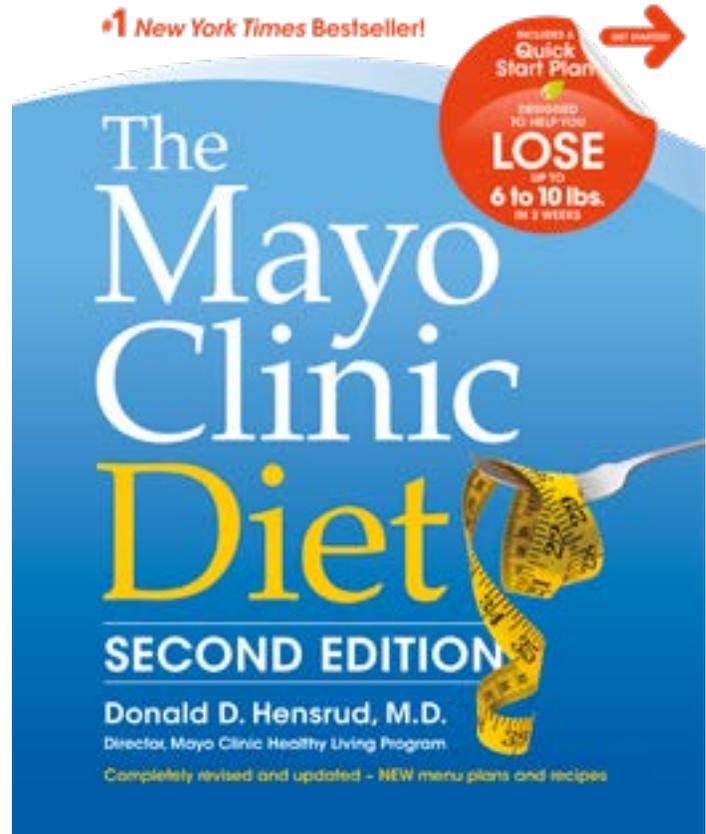
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- 17 Eating out
- 18 How to change behaviors
- 19 Burning even more calories
- 20 I slipped up — what do I do?

### Action guide to weight-loss barriers

### Pyramid servings at a glance

### Recipes for weight loss Menu guide



## KEY SELLING POINTS

This second edition of *The Mayo Clinic Diet* incorporates the latest findings on nutrition and health with expanded content from various Mayo Clinic specialists and enhancements based on input from dieters who have used the first edition to improve their lives, including:

- 80 more pages of rich content, including new images.
- All new recipes, along with four weeks of daily menus.
- Updated and improved Mayo Clinic Healthy Weight Pyramid and newly added Healthy Dining Table visual guides.
- New cooking tips including the latest nutritional regulations for restaurants.
- Additional tips and ideas for setting goals, creating eating plans, developing a tracking system and more.

#### ABOUT THE AUTHOR

Donald D. Hensrud, M.D., M.P.H., is chair of the Division of Preventive and Occupational Medicine at Mayo Clinic in Rochester, Minn. He is a consultant in the Division of Endocrinology, Metabolism, Nutrition and Internal Medicine at Mayo Clinic. He is also an associate professor of preventive medicine and nutrition at the Mayo Clinic College of Medicine and Science.



For more than 10 years, Dr. Hensrud has served as medical director of the Mayo Clinic Executive Health Program. A specialist in nutrition and weight management, Dr. Hensrud advises individuals on how to achieve and maintain a healthy weight. He writes and lectures widely on lifestyle and nutrition-related topics and has authored and as well as helped publish several books including two award-winning cookbooks.

## #1 *New York Times* Bestseller

With the support, guidance and practical wisdom in this book by Mayo doctors and dietitians, you too can join the many health-savvy individuals who are now achieving lasting weight-loss success.

## Praise for *The Mayo Clinic Diet*:

“By taking one day at a time for the past 28 weeks my husband and myself have lost over 50 pounds each on The Mayo Clinic Diet. We feel great and will continue to follow this plan for the rest of our lives. We are very thankful to everyone at The Mayo Clinic.”

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“Love this lifestyle — I won’t call it a diet. I have had success with it and I feel healthy.”



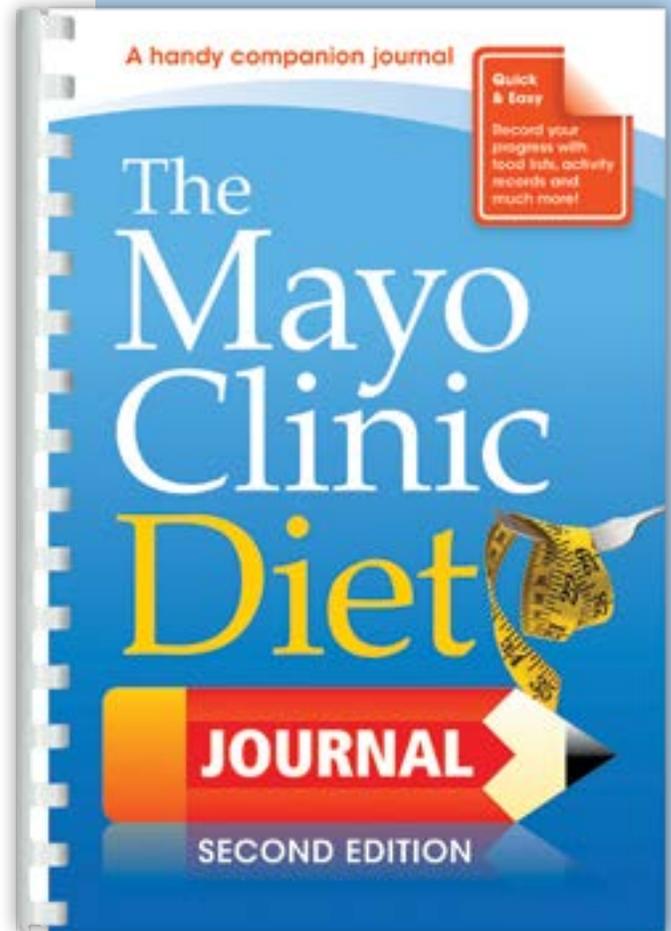
# Mayo Clinic Diet Journal

By Donald D. Hensrud, M.D.

This handy companion to *The Mayo Clinic Diet* is not your typical journal. The 224 pages of this guide will help you plan, track and review your progress over 10 weeks as you follow the program described in our #1 *New York Times* bestseller book, *The Mayo Clinic Diet*. This journal will help you:

- Check your motivations and set your weight-loss goals.
- Monitor your weight with an easy-to-use tool.
- Track your progress during the initial, quick-start portion of *The Mayo Clinic Diet*.
- Plan healthy meals planning and shopping lists.
- Monitor weight loss as you transition to the next stage of *The Mayo Clinic Diet*.
- Maintain the healthy habits you've learned.

We've included all the practical information you need to succeed. By following the guidelines laid out in the journal, you may soon be enjoying the incredible health and lifestyle benefits that come with losing weight!



**PUBLICATION:** January 2017 | **ISBN:** 978-1-9455-6401-7  
**SOFTCOVER SPIRAL:** \$16.99 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 224



# The Mayo Clinic Diabetes Diet

By Donald D. Hensrud, M.D.

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From the endocrinology experts at Mayo Clinic comes an updated diabetes diet plan, specifically designed to help prevent and manage prediabetes and type 2 diabetes. This adaptation of the #1 *New York Times* bestselling book, *The Mayo Clinic Diet*, provides those living with diabetes a simple and straightforward guide to losing weight and keeping it off.

Countless issues can thwart weight-loss attempts, such as a sedentary lifestyle, struggles with cravings, limited time to plan healthy meals, and minimal support from family and friends. *The Mayo Clinic Diabetes Diet* provides solutions to these issues in the form of physician-approved meal plans, recipes for people with diabetes that you'll actually want to eat, tips for increasing your physical activity and tools to help you track your weight-loss progress.



**PUBLICATION:** January 2017 | **ISBN:** 978-1893005457  
**SOFTCOVER:** \$27.99 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 350

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### Lose it!

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- 2 Ready, set, go
- 3 Add 5 Habits
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- 6 What have you learned?

## PART 2

### Live it!

- 7 The next phase
- 8 Know your goals
- 9 Set your targets
- 10 Create your eating plan
- 11 Expand your activity plan
- 12 Track your progress
- 13 Seek support

## PART 3

### All the extra stuff

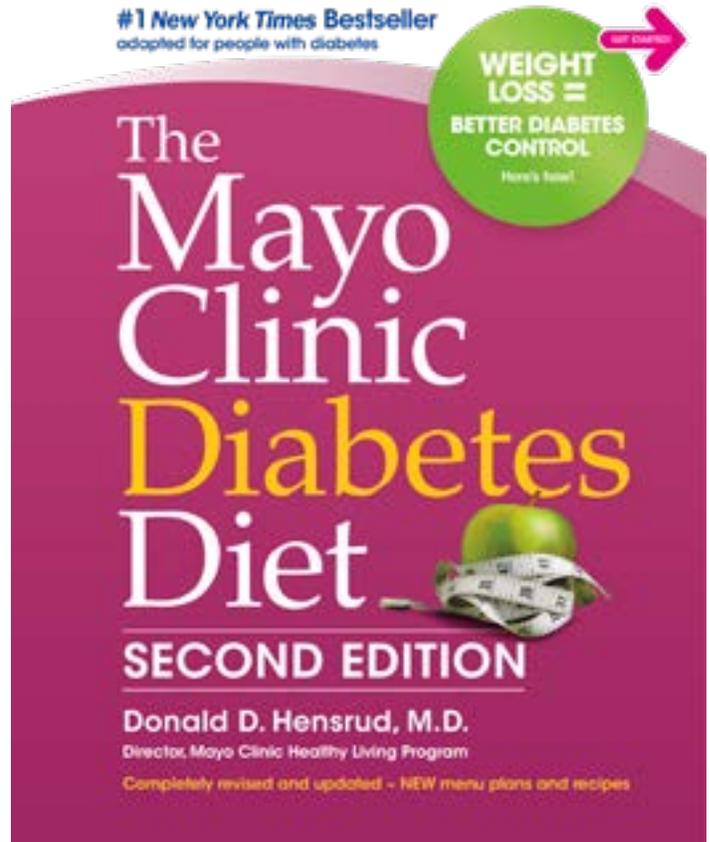
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- 16 Diabetes and the pyramid
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- 20 Burning even more calories
- 21 I slipped up — what do I do?

### Action guide to weight-loss barriers

### Pyramid servings at a glance

### Recipes for weight loss

### Menu guide



## KEY SELLING POINTS

- More than 34 million Americans have diabetes, which is more than 10% of the U.S. population.
- There are 1.5 million new cases of diabetes in the United States each year.
- Every 17 seconds, an American is diagnosed with diabetes.

## ABOUT THE AUTHOR

Donald D. Hensrud, M.D., M.P.H., is chair of the Division of Preventive and Occupational Medicine at Mayo Clinic in Rochester, Minn. He is a consultant in the Division of Endocrinology, Metabolism, Nutrition and Internal Medicine at Mayo Clinic. He is also an associate professor of preventive medicine and nutrition at the Mayo Clinic College of Medicine and Science.



For more than 10 years, Dr. Hensrud has served as medical director of the Mayo Clinic Executive Health Program. A specialist in nutrition and weight management, Dr. Hensrud advises individuals on how to achieve and maintain a healthy weight. He writes and lectures widely on lifestyle and nutrition-related topics and has authored and as well as helped publish several books including two award-winning cookbooks.

# #1 *New York Times* Bestseller

With the support, guidance and practical wisdom in this book by Mayo doctors and dietitians, you too can join the many health-savvy individuals who are now achieving lasting weight-loss success.

In this one book, you'll get:

- Our scientifically proven method to keep blood sugar under control.
- A straightforward approach to weight loss that empowers you to make simple lifestyle changes that you can maintain for the rest of your life.
- A step-by-step guide to the most effective way to manage diabetes, including new recipes and four weeks of meal plans to help you achieve immediate results.

Over the years, doctors and researchers at Mayo Clinic have helped tens of thousands of patients with diabetes improve their lives. Now you can put our knowledge to work for you three times a day, at breakfast, lunch and dinner!



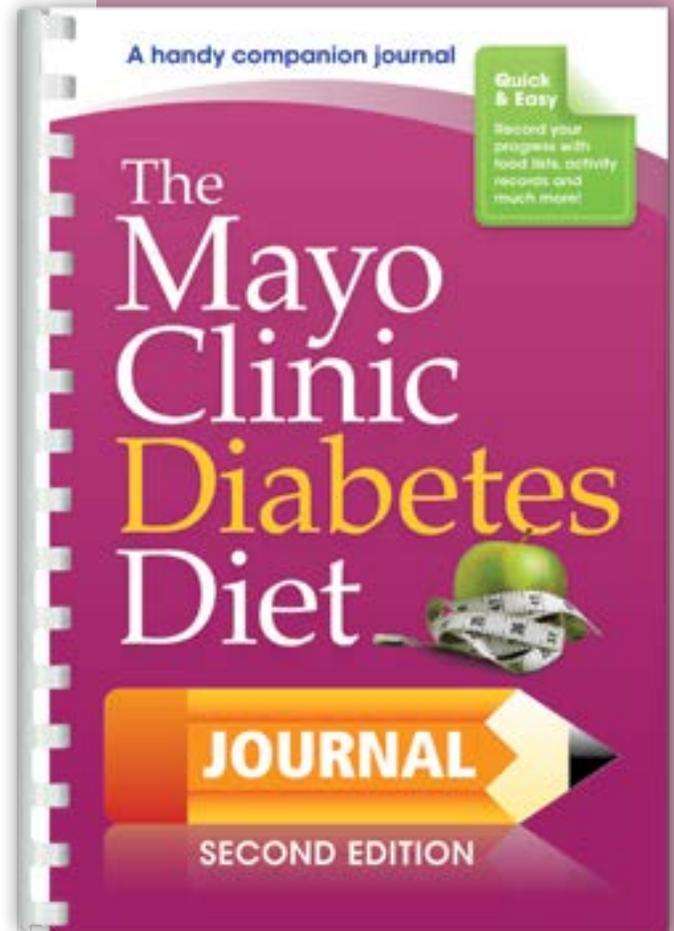
# Mayo Clinic Diabetes Diet Journal

By Donald D. Hensrud, M.D.

A handy companion to *The Mayo Clinic Diabetes Diet*, this is not your typical journal. This 224-page guide will help you plan, track and review your progress over 10 weeks as you follow the program detailed in *The Mayo Clinic Diabetes Diet* book. This journal is designed to show you how to manage weight and diabetes at the same time. It contains the tools to help you:

- Identify your motivations and set your weight-loss goals.
- Monitor your weight with an easy-to-use recording tool.
- Use the Habit Tracker to follow your progress during the initial, quick-start portion of *The Mayo Clinic Diabetes Diet*.
- Get help for meal planning and shopping lists.
- Continue to monitor your progress and the healthy habits you've learned. We've even included extra forms in the journal to help you long into the future.

We've included all the practical information you need to succeed with *The Mayo Clinic Diabetes Diet*. By following the guidelines laid out in the journal, you may soon be enjoying the incredible health and lifestyle benefits that come with losing weight, including reversing the physical process that causes diabetes.



**PUBLICATION:** January 2017 | **ISBN:** 978-1-8930-0546-4  
**SOFTCOVER SPIRAL:** \$16.99 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 224

# Special publications 108





# Art & Healing at Mayo Clinic

*Art & Healing at Mayo Clinic* presents exceptional photography, narrative and design; its content is of significance to everyone from the curious to the connoisseur. Organized by media, the collection stands on its own and comes alive in the editorial content explaining how art and medicine unite to provide healing in the full sense of the term. The message from Stephen Lash, chairman emeritus of Christie's and a loyal Mayo Clinic patient, affirms the creative excellence and humanistic value of the art program at Mayo Clinic.

At Mayo Clinic — recognized as the No. 1 hospital in the United States and internationally — art plays a key role in the healing process. For more than a century, art has graced the buildings of Mayo Clinic, not as decor or an executive suite indulgence but as an accessible and inclusive collection of the highest order, lifting the spirits of patients, visitors and employees. This beautiful volume, while representing diverse artists and cultures, takes you inside the distinctive Mayo Clinic philosophy of “the environment of healing” and presents a thoughtfully curated assortment of iconic pieces in Mayo Clinic’s art collection.



**PUBLICATION:** March 16, 2021 | **ISBN:** 978-1-8930-0566-2  
**SOFTCOVER:** \$19.95 | **TRIM SIZE:** 11.877" x 11.877" | **PAGE COUNT:** 204



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- Recognition of The Barry Foundation
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- Ancient, Ethnographic & Folk Art
- Paintings & Prints
- Photography
- Ceramics
- Mixed Media
- Credits & Locations of Art at Mayo Clinic
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### KEY SELLING POINTS

- A unique theme and perspective of how art and medicine come together to promote healing.
- Artistic beauty explored as a source of joy and healing.
- Alignment of world-class medicine and world-class art.
- Informative, engaging and easy to read.
- Exceptional photography, narrative and design.
- A surprise factor — how Andy Warhol wound up at a medical center, and much more.

## ABOUT THE AUTHORS

Consistent with the teamwork culture of Mayo Clinic, the contributors collaborate with a wide range of colleagues who are involved with the donation and acquisition of art, as well as its display, curation and educational outreach.

### **Daniel K. Hall-Flavin, M.D., M.S.**

Dr. Daniel Hall-Flavin is a consultant and professor of psychiatry at Mayo Clinic. He serves as chair of the Mayo Clinic Dolores Jean Lavins Center for the Medical Humanities.

### **Johanna S. Rian, Ph.D.**

Dr. Johanna S. Rian serves as program director of the Lavins Center, where the mission is to integrate the arts and other expressions of human culture into the healing environment of Mayo Clinic.

### **Matthew D. Dacy**

Matthew D. Dacy serves as executive editor of this book in conjunction with his role as director of Heritage Hall, the museum of Mayo Clinic, and chair of the Mayo Clinic Heritage Days Committee.

“The Mayo Clinic Model of Care is designed to address the well-being of the whole patient. The founders of Mayo Clinic understood the complexities of healing and acknowledged the importance of beauty in a clinical setting.”



# Why We Revolt

**A patient revolution for careful and kind care**

By Victor M. Montori, M.D.

---

“Industrial healthcare fails to notice patients. It standardizes practices for *patients like this*, rather than caring for *this patient*. Efficient specialization and narrow job definitions drive industrial healthcare’s focus toward organs, diseases, or test results. Rigid protocols and fear of deviating from them miss the person. Systems that prioritize access and volume place very little value on the length and depth of the interaction between patients and clinicians. Forcing encounters to be brief and shallow speeds patients through consultations in which clinicians cannot appreciate their patients’ situation fully. Failure to notice is also the effect of encounters bloated with industrial agendas, such as documentation and billing, which draw attention away from patients and toward the computer monitor, distracting from care to document it. How does care then take place when the patient is unnoticed, sometimes little more than a blur? Judging from the stories that clinicians and patients tell, care happens almost by mistake, when someone takes exception to or ignores protocols. In the absence of these accidents, of these caring mistakes, the industry is capable of harm through unintentional cruelty. As it makes care accidental and cruelty incidental, industrial healthcare marches on to produce fortune and power. By focusing on its industrial goals, healthcare forgoes caring.”

— Victor M. Montori, M.D.

**PUBLICATION:** September 2020 | **ISBN:** 978-1-8930-0562-4  
**SOFTCOVER:** \$14.99 | **TRIM SIZE:** 6" x 9" | **PAGE COUNT:** 192

“George Orwell proposed that one must write, among other reasons, to ‘see things as they are, to find out true facts and store them up for the use of posterity.’ This book arises from my need to do just that. And what I see is that healthcare has corrupted its mission, it has stopped caring, and I am not willing to go along with this. It is time for a patient revolution to bring about careful and kind care for all.”

— Victor M. Montori, M.D.

## Praise for *Why We Revolt*

“In this brave book, Dr. Montori channels George Orwell to expose the corruption — and absurdity — of health care. Filled with compassionate and clear-eyed observations, *Why we Revolt* will leave you fired up, no matter what side of the gurney you are on.”

— Julia Belluz, senior health correspondent at Vox.com

“We revolt because our health — our very lives — matter. *Why We Revolt* does not serve as a blueprint but as an inspiration for patients and clinicians who are ready to pry open the idea of “healthcare” and make it about actual health and care. This book is a necessary catalyst for conversations that will revolutionize patient care.”

— Kerri Sparling, diabetes patient advocate; creator of SixUntilMe.com

“This marvelously optimistic book is an urgent and cogent call to action that is firmly rooted in direct experience of the harms inflicted, not only on patients but also on those who try to care for them, by the industrialization of contemporary healthcare.”

— Iona Heath, medical doctor; writer; former president of Royal College of General Practitioners

“This profoundly humanistic examination of what has gone wrong in medicine has the diagnosis just right. This book is for everyone who will ever be a patient, for every health professional, and for every administrator and policy-maker.”

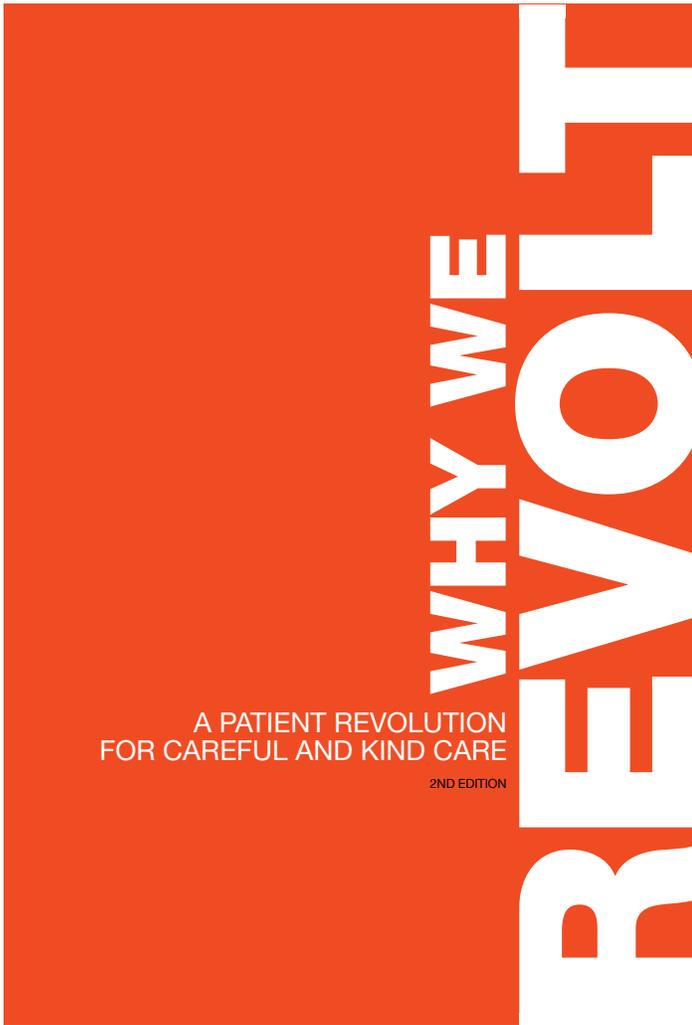
— Gordon Guyatt, physician; researcher; one of the founders of evidence-based medicine

“I went into medicine to interact with real, unique, emotive humans. *Why We Revolt* brings healthcare back to this primary love of and care for patients.”

— Sara Segner, medical student

“*Why We Revolt* is a triumph. It speaks honestly and knowledgeably about the faults of ‘industrial medicine,’ but with a deep understanding of caring and of the clinic. Montori, a doctor, citizen, and poet, has produced a wonderful and meaningful book that deserves widespread attention.”

— Don Berwick physician; former administrator of the Centers for Medicare and Medicaid Services; and president emeritus of the Institute for Healthcare Improvement

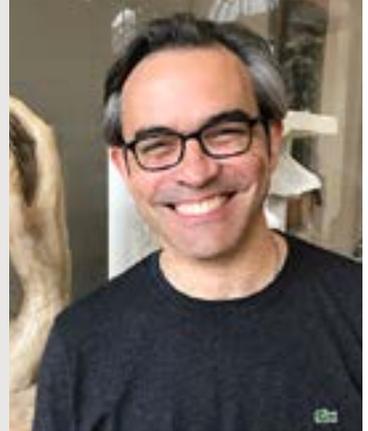


### KEY SELLING POINTS

- The American healthcare system has become increasingly exploited and industrialized.
- As the costs of health insurance and standard medical procedures continue to soar, physicians are pressured to push through cases without regards for patient satisfaction and the system pursues standardization, which causes individualized healthcare to become generic and impersonal.
- The United States falls behind other countries on patient outcomes and physicians continue to be overloaded with tedious administrative work as the emphasis is placed on profits instead of patient care.

### ABOUT THE AUTHORS

Victor M. Montori, M.D., works at Mayo Clinic in Rochester, Minn., as a diabetes doctor. He graduated medical school in his hometown of Lima, Perú, and completed postgraduate training at



Mayo Clinic in the U.S. and at McMaster University in Canada. Considered “a patient’s doctor” Montori received the Karis Award, a patient-nominated recognition for his compassionate care. A researcher in the science of patient-centered care, Montori and his colleagues have authored over 650 research articles. As a full professor of medicine by age 39, Victor is today one of the most cited clinical researchers in the world. In 2016, Montori founded The Patient Revolution, a nonprofit organization dedicated to advancing careful and kind patient care for all.



# The Mayo Clinic

Faith • Hope • Science

By David Blistein and Ken Burns

Based on the film by acclaimed documentary filmmaker Ken Burns, *The Mayo Clinic: Faith • Hope • Science* chronicles the history of this unique organization from its roots as an unlikely partnership between a country doctor and an order of Franciscan nuns to its position today as a worldwide model for patient care, research and education.

Featuring more than 400 compelling archival and modern images as well as the complete script from the film, this book demonstrates how the institution's remarkable 150-year history continues to inspire the way medicine is practiced there today. In addition, a series of case studies reveals patients, doctors and nurses in their most private moments as together they face difficult diagnoses and embark on uncertain treatments.

The film and this companion book tell the story of an organization that has managed to stay true to its primary value: the needs of the patient come first. Together, they make an important contribution to the critical discussions about the delivery of health care today.



**PUBLICATION:** September 2018 | **ISBN:** 978-1-9481-2229-0  
**HARDCOVER:** \$24.95 | **TRIM SIZE:** 10.75" x 11.91" | **PAGE COUNT:** 144

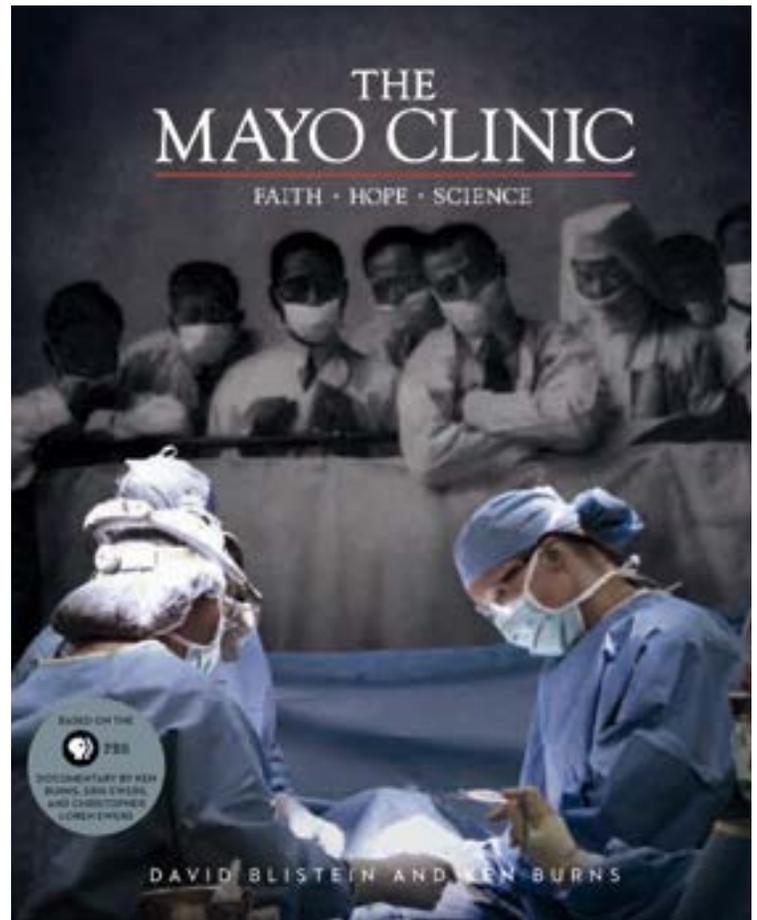
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- 2 A Tornado and a Handshake
- 3 The Early Years
- 4 The Needs of the Patient Come First
- 5 Patient Care, Research, and Education
- 6 A Medical Democracy
- 7 An Enduring Legacy

## Mayo Clinic Today and Tomorrow

## Mayo Clinic Timeline



## KEY SELLING POINTS

- The film and this companion book tell the story of an organization that has managed to stay true to its primary value: the needs of the patient come first.

“Medicine is both an art and a science, and both must appeal to the true physician.”

— Dr. Charles H. Mayo

.....

“The people will demand, the medical profession must supply adequate means for the proper care of patients, which means that individualism in medicine can no longer exist.”

— Dr. William J. Mayo

## ABOUT THE AUTHORS

### David Blistein

David Blistein spent 25 years as the owner and creative director of a regional ad agency, after which he began writing nonfiction books and documentaries. He was a writer on the PBS documentary *Cancer: The Emperor of All Maladies* and is currently working on a documentary about *The Gene* as well as co-authoring a book on the history of opium. David co-wrote *Grover Cleveland Again!* with Ken Burns, a book about the American presidents for young adults, and is the author of *David's Inferno*.

### Ken Burns

Ken Burns has been making documentary films for almost 40 years. Since the Academy Award-nominated *Brooklyn Bridge* in 1981, Ken has gone on to direct and produce some of the most acclaimed historical documentaries ever made, including *The Civil War*; *Baseball*; *Jazz*; *The Statue of Liberty*; *Huey Long*; *Lewis & Clark: The Journey of the Corps of Discovery*; *Frank Lloyd Wright*; *Mark Twain*; *Unforgivable Blackness: The Rise and Fall of Jack Johnson*; *The War*; *The National Parks: America's Best Idea*; *The Roosevelts: An Intimate History*; *Jackie Robinson*; *Defying the Nazis: The Sharps' War*; and *The Vietnam War*.

Future film projects include *Muhammad Ali*, *Ben Franklin*, *The Holocaust and the United States*, *The American Buffalo*, *Leonardo da Vinci*, *The American Revolution*, *Emancipation to Exodus*, and *LBJ & the Great Society*, among others. Ken's films have been honored with dozens of major awards, including 16 Emmy Awards, two Grammy Awards and two Oscar nominations. At the News & Documentary Emmy Awards in 2008, Ken was honored by the Academy of Television Arts & Sciences with a Lifetime Achievement Award.

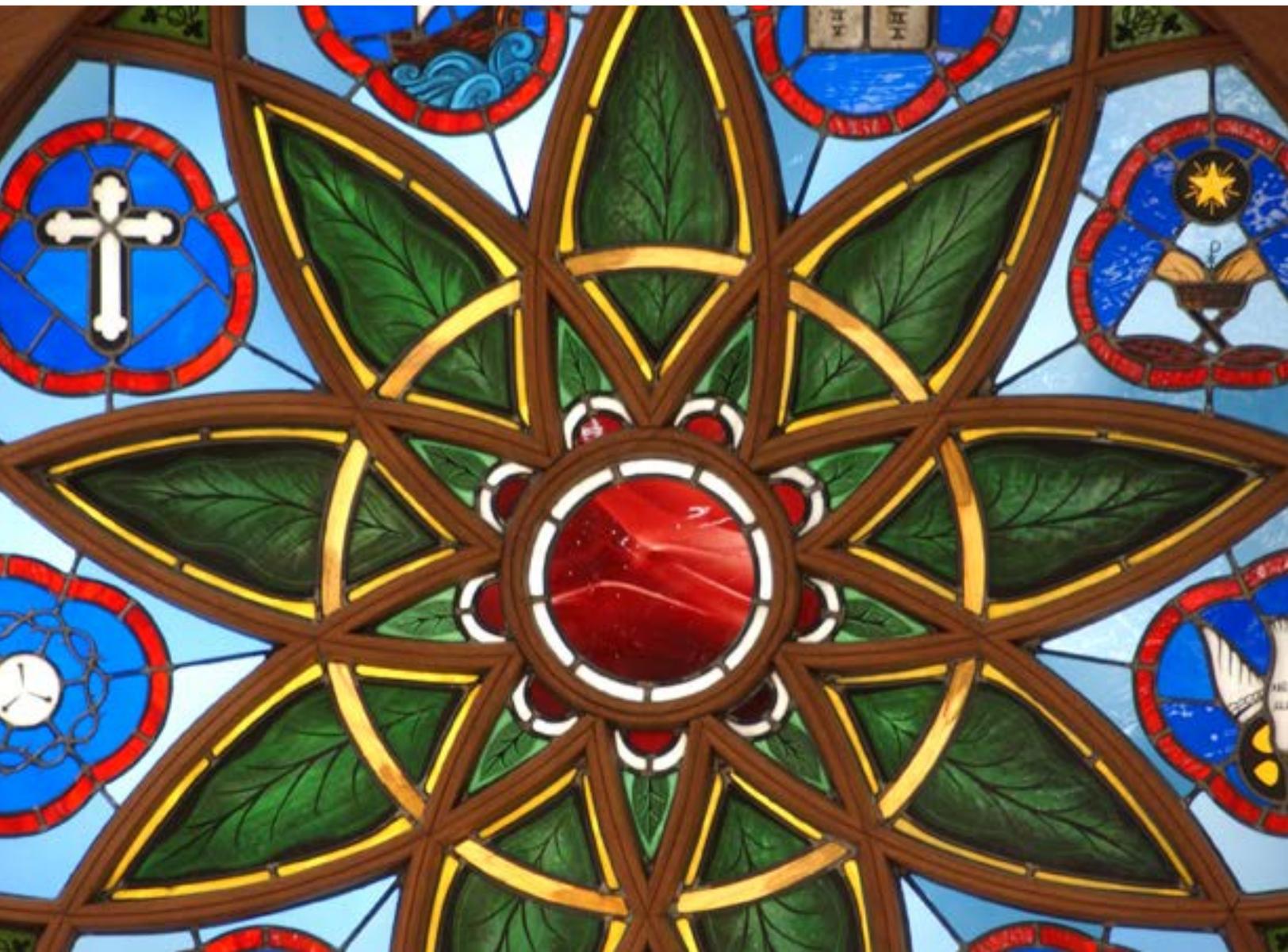
“Imagine for a minute that you’ve been told that the doctors don’t know what’s wrong with you or can’t help you. And then imagine, if you will, that you contact Mayo Clinic and Mayo Clinic says, ‘We can help you.’ Imagine what that does for that patient in terms of hope and inspiration and opportunity going forward for healing. That’s what this place is about.”

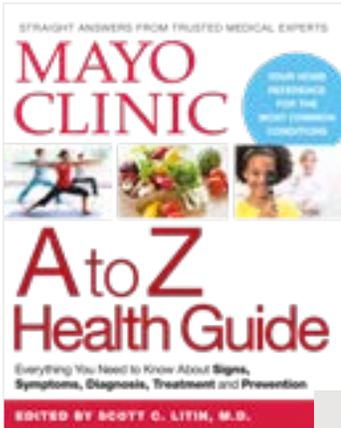
— John Noseworthy, M.D.  
Former President  
and CEO, Mayo Clinic



Also from  
Mayo Clinic

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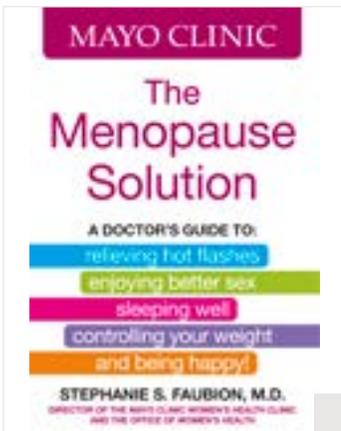
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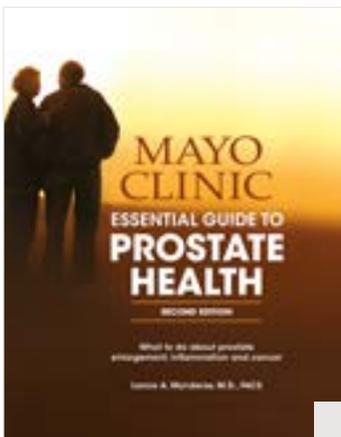
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