



Medicine for the outdoors : the essential guide to first aid and medical emergencies

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Abstract: Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, this newly updated guide explains the best ways to respond to just about any medical problem when help is miles or days away. Logically organized, "Medicine for the Outdoors" may literally save a life.

Contents: Part 1 General Information – Part 2 Major Medical Problems – Part 3 Minor Medical Problems – Part 4 Disorders Related to Specific Environments – Part 5 Miscellaneous Information.

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