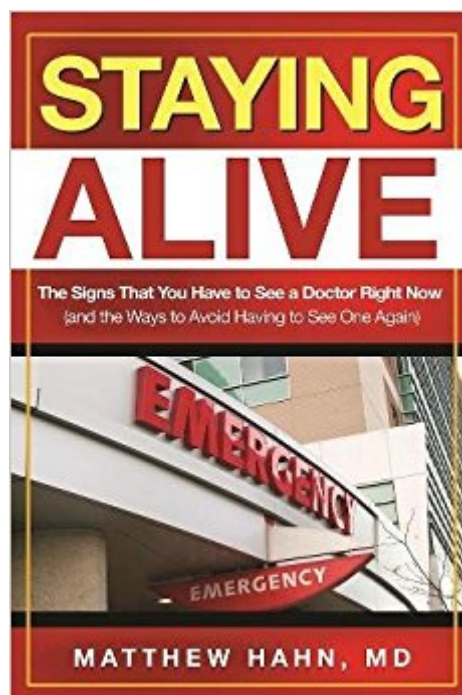




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# Staying Alive: The Signs That You Have To See A Doctor Right Now (and The Ways To Avoid Having To See One Again)



## Synopsis

Staying Alive is the ultimate medical survival guide for the twenty-first-century patient. Written by the award-winning family physician Dr. Matthew Hahn, the book details what most effectively saves patients' lives and keeps them well. Drawing on his extensive experience, Dr. Hahn teaches you to spot life-threatening symptoms and recognize medical emergencies in time. He then follows up with advice on taking advantage of available preventive care and changing your lifestyle to avoid these emergencies in the future. The book is divided into three sections: 1. Sixty-Two Medical Complaints That Should Never Be Ignored. As part of their medical education, doctors are taught certain classic symptoms that are the first sign of a serious medical condition. The intent of this section is to teach you those important signs and symptoms so that you know when you need to see a doctor immediately. 2. The Miracles of Twenty-First-Century Medicine. A revolution has taken place in the medical sciences. In this important section, you will learn about the true miracle that is modern preventive medical care. 3. The Be Healthy Workbook. The true secret to health and wellness is healthy eating and regular exercise. The Be Healthy Workbook provides a tested simple systematic method to developing and maintaining healthy eating and exercise habits. Each section includes real-life cases and illustrations that will bring this essential advice to life.

## Book Information

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## Customer Reviews

"An informative and potentially life-saving text that will appeal to any readers concerned about their health." #151; Publishers Weekly#147; Anyone interested in how to stay healthy and how to manage when illness or injury strikes must read this book. Anyone interested in applying the

miracles of modern preventive medicine must read this book. Anyone who needs a practical, step-by-step Be Healthy Workbook to help them achieve their health goals must read this book. Matt Hahn, MD, catalogues his knowledge and years of experience into a reference that is practical and easy to use. His clinical vignettes tell a story and provide examples of how to use the rules he offers. This book should be in every home, in libraries, and in doctors' reception rooms.

—Â•  
 #151; Andre Lijoi, MD, family physician, former Pennsylvania Family Doctor of the Year, and associate director of the York Hospital Family Medicine Residency Program"Let's suppose you are not going to go through all the medical training to become a doctor. Let's suppose you want to help those you love when they share a health condition with you. If this is the case, you would do well to read this book and keep a copy in your home. If your only goal is to improve your health, this book will also be of great help. The information provided is very useful and clearly offered. I found the use of patient stories to be an especially effective way to bring the information to life. The stories were engaging and provided a framework that helped me to apply the medical information that was presented."

#151; Laurence Bauer, MSW, MEd, chief executive officer of the Family Medicine Education Consortium#147;The Syrian-born Roman writer Publilius called good health and good sense two of life's greatest blessings. In *Staying Alive*, Matthew Hahn tells us how to use the latter to achieve the former.

—Â•  
 #151;Carol Ann Rinzler, author, *Spare Parts: In Praise of Your Appendix and Other Unappreciated Organs*

Matthew Hahn, MD, is a practicing family physician in Hancock, Maryland. His passions are the delivery of excellent care and motivating patients to be healthy. He was voted a Maryland Family Doctor of the Year. He is married and has one daughter, and his hobbies include running a lot but slowly. He lives in Berkeley Springs, West Virginia.

Unlike other works on maintaining health that I have read, I find this book to be comprehensive, easy to read and very helpful. Dr. Hahn's vignettes (both serious and humorous) give us a vivid portrait of his humanity as a physician.

I must say I did enjoy the book. I found his life experience stories very interesting. He brings a new angle to medicine. With that said I must disclose he is my physician so a bad review would not be wise. You don't want to get someone with a syringe in their hand mad at you. I really did enjoy the book. The bad part is I think I have everything in it except the vaginal bleeding.

This guy is very practical. Takes the mystery out of simple medicine.

he is our family doctor great guy and great doctor

Great book with a real life story based on my brother.

There are 3 sections in this book, Sixty two Medical Complaints That Should Never Be Ignored (148 pages); The Miracles of 21st Century Medicine (20 pages); The Be Healthy Workbook (95 pages). The first section is not bad, something a practicing physician should be able to write. The 2nd section doesn't say much. The 3rd section also doesn't say much. 3 stars is generous for this book. Someone with extensive medical knowledge would probably not be that generous. The book is worth a quick read but nothing more. The author has a second book out soon, don't expect too much from that either. Midwest Independent Research, educational websites. Preventive healthcare, [mwir-preventivehealthcare.blogspot..](http://mwir-preventivehealthcare.blogspot..) There are book lists here.

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