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# Dr. Melissa Palmer's Guide To Hepatitis And Liver Disease

A Practical Guide to Understanding, Treating & Living  
with Hepatitis & Liver Disease for You & Your Family

Dr. Melissa Palmer's Guide to  
**Hepatitis  
& Liver  
Disease**

Revised Edition

What You  
Need to Know



Melissa Palmer, M.D.



## Synopsis

In the United States alone, more than four million people are infected with the hepatitis C virus, and chronic liver disease is the twelfth leading cause of death. In this revised and updated edition of her groundbreaking 2000 book, renowned hepatologist Dr. Melissa Palmer discusses all facets of liver disease, from symptoms and tests to treatment options and lifestyle changes. In addition, this comprehensive handbook reveals cutting-edge research on the dangers of hepatitis C, one of the world's fastest-growing microbial threats.

## Book Information

File Size: 2895 KB

Print Length: 484 pages

Publisher: Avery; Revised ed. edition (May 24, 2004)

Publication Date: May 24, 2004

Sold by: Penguin Group (USA) LLC

Language: English

ASIN: B00256Z2E6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #629,361 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis #18 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #19 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis

## Customer Reviews

Dr. Melissa Palmer's Guide to Hepatitis and Liver Disease What You Need to Know will undoubtedly become a Bible to liver sufferers. In this superbly written book we come to understand a silent epidemic and the horrible toll it can exact on its victims and their families. The book is very easy to read and attacks liver disease in a step by step approach in which the valuable nuggets of information will be easily digested. The book covers a wide array of topics starting with what to do when you are diagnosed with liver disease. The book depicts the many manifestations of liver disease and the signs and symptoms which accompany it. The next step is what to do when you

find out that you have a liver problem which includes picking the best liver specialist. The laboratory tests and diagnostic liver procedures are explained so that the reader will have a good comprehension of what it all means. Numerous chapters are dedicated to the various types of hepatitis including viral, alcoholic, and autoimmune. Cirrhosis is also a target of intense discussion not to mention the various types of benign and malignant liver tumors. There are a number of chapters which discuss treatment plans and the arsenal of drugs which are presently available along with their side effects. Frankly discussed are the alternative therapies and herbal medicines. The last few chapters are devoted to the practical aspects of liver disease and how best to live your life. Diet and nutrition as well as exercise and lifestyle changes are critical to a favorable outcome to those with liver disease. Discussed are the nutritional aspects of liver disease with regard to the optimal intake of proteins, fats, carbohydrates, vitamins, and minerals.

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