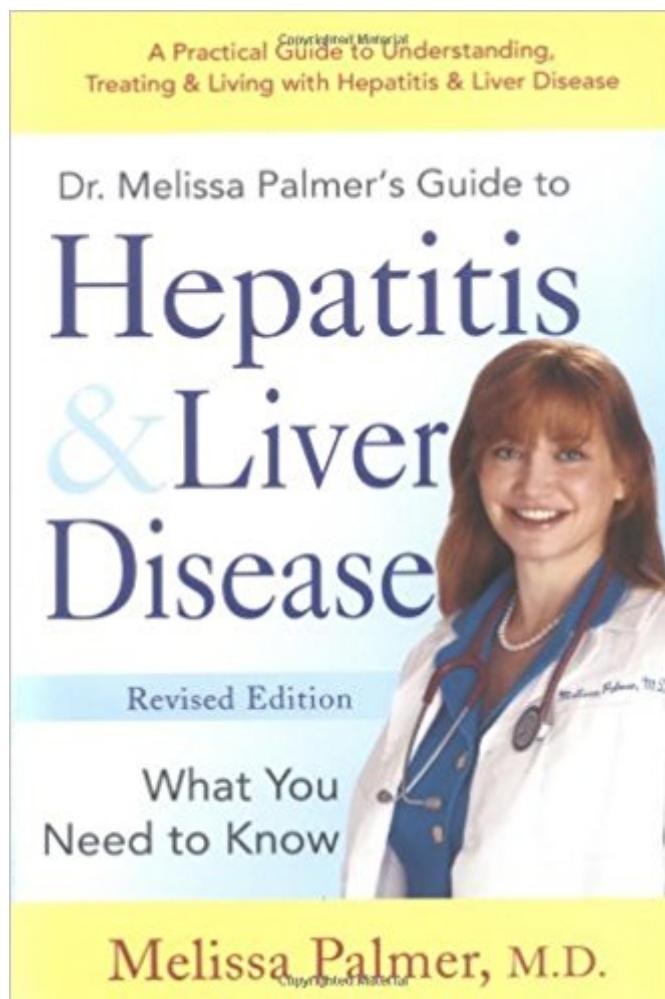


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# Dr. Melissa Palmer's Guide To Hepatitis And Liver Disease: A Practical Guide To Understanding, Treating & Living With Hepatitis & Liver





## **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**

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## **Customer Reviews**

Palmer, a nationally recognized hepatologist, provides plainly written medical information explaining how the liver is integral to every aspect of daily functioning and well-being. She divides her text into four logical units: "The Basics," "Understanding and Treating Viral Hepatitis," "Understanding and Treating Other Liver Diseases," and "Treatment Options and Lifestyle Changes." Common misconceptions about this extraordinarily complex organ are dispelled; liver diseases are examined from symptoms through diagnosis and up-to-date therapeutics. Palmer advises on finding a doctor and getting the latest information on liver disease from the Internet, MEDLINE, and the medical literature. (The author maintains the popular website [liverdisease.com](http://liverdisease.com).) She also covers drugs, diet and nutrition, alternative therapies, surgery and transplantation, the liver in pregnancy, and living with an imperfectly functioning liver. Palmer's impressive work is truly encyclopedic. Highly recommended.-James Swanton, Harlem Hosp. Lib., New York Copyright 2000 Reed Business

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"Palmer's impressive work is truly encyclopedic. Highly recommended."

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. Sex, Pregnancy and the prevention of transmission of hepatitis also brought to light. Questions like, " Can I contract hepatitis through sex ?" and "Can I pass hepatitis to my unborn child?" are dealt with. The book debunks many of the myths out there with simplicity and science. On a final note as a physician I was gratified to learn that people with liver disease are not given a death sentence rather the outlook for them is more promising that ever.

i bought this for my friend & she liked it

Dr. Palmer's book is by far the best book on Liver Disease that I've read, to date. She has years of experience w/ Liver disease treatment & has written this book in a manner that is understandable for the lay-person, like myself, but at the same time educates us to the workings of these diseases,

their causes, possible treatments & possible preventions. This book told me more about these diseases than all the doctors ever have...because of having read this book we could be prepared & understand what was going on as a relative's condition worsened & were better able to meet her needs.

Both my parents have had liver complications and were treated by Dr Palmer .I have purchased multiple copies of this book and have given them to people who need a well versed understanding in all aspects of the Liver .Prior to getting my parents to see Dr Palmer this book was recommended to me in early 2000.Footnote ~ I have been unable to determine why by Dr Palmer no longer is practicing , I hope she is alright .

Item was as described.

This book went to my daughter who is in a correctional facility.

I am a liver patient and this book was referenced numerous times on a message board. I decided to buy it and was thrilled to find that Dr. Palmer answered all the questions I had that were not necessarily answered by my liver doctor. Her explanations are clear and concise. I would recommend this book to anyone with liver disease as well as family members because it is written in a clear, articulate style.

This book is extremely informative. It covers many topics with precisely the right amount of info, not too much not too little. Very helpful, from a, obviously, very informed source. Thank you very much, Dr. Palmer!

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