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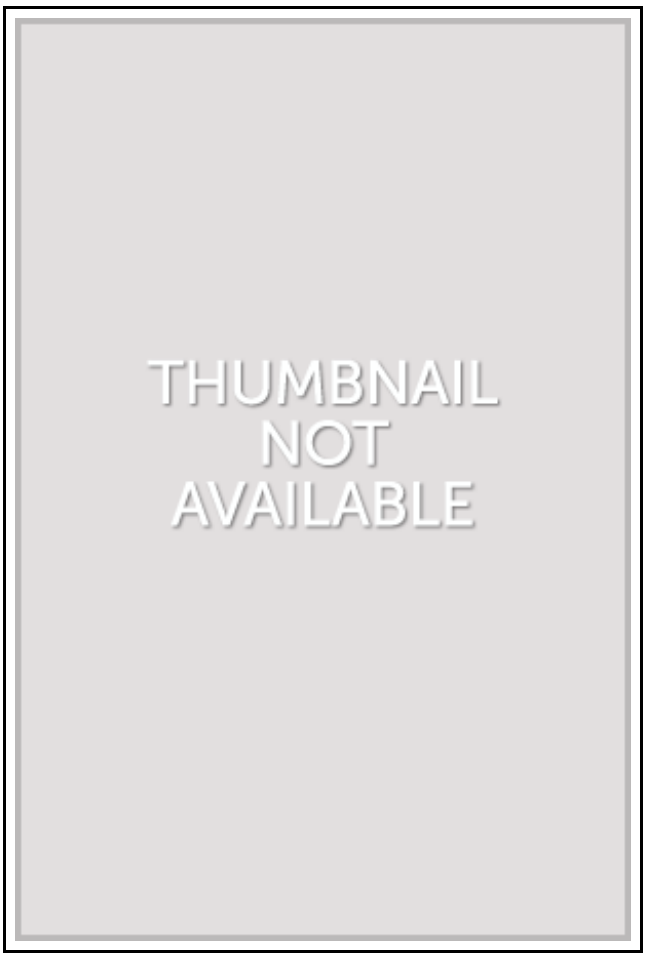

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iUniverse, United States, 2007. Paperback. Book Condition: New. 223 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Health care has undergone numerous changes in recent years. Learn to navigate through much of the confusion surrounding today s health-care system with the expert guidance in Dr. Marotta s Organized Approach to Optimizing Your Health. Author Joseph A. Marotta provides a new approach to dealing with the often complicated world of health care, enabling people to take charge of their health. Marotta provides answers to commonly unasked and unanswered questions regarding your most important health-care concerns in order to complement the doctor-patient visit. In addition, he provides easy-to-read tables with checklists detailing symptoms or tests that you should discuss with your doctor. This enables you to take charge of your role in your own health. Marotta also advises how to select the right physician for your needs and how to choose the best health-care plan for you and your family. Preventive medicine is the key to reducing the incidence of disease and mortality. Dr. Marotta s Organized Approach to Optimizing Your Health is the perfect guide for those wishing to take the driver s seat on the road leading to a longer and more enjoyable life.

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