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The Mayo Clinic Guide to a Healthy Pregnancy offers hundreds of pages of in-depth information that new parents will find useful and informative. Features include week-by-week updates on baby's growth, month-by-month changes that mom can expect, and a forty-week pregnancy calendar, as well as a symptom guide and a review of important pregnancy decisions.

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Mayo Clinic Guide to a Healthy Pregnancy, second edition is an authoritative, yet practical reference manual from the pregnancy experts at the #1 ranked hospital in America. The newly updated book includes information on everything from healthy lifestyle habits to the latest technologies in prenatal care and childbirth.

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By Mayo Clinic Staff If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain or sore wrists and fingers. Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

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Mayo Clinic Guide to Fibromyalgia is an invaluable resource for understanding fibromyalgia and its debilitating symptoms. Those living with fibromyalgia know it is an invasive disorder, one that can cause overwhelming fatigue, joint stiffness, sleep problems, migraines, digestive problems, and troubles with memory and concentration, a symptom so common it is often referred to as “fibrofog.”

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physicians and other health professionals, this book offers guidance on the care of over 300 health conditions.

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The Mayo Clinic Guide to Arthritis will provide you with high-quality, reliable and up-to-date information regarding different types of arthritis, medications used for treatment, surgical options and ways to manage your symptoms to help you lead a more active life.

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Mayo Clinic Guide to Arthritis combines knowledge from the rheumatology experts at the Mayo Clinic to teach readers about the

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causes and risks associated with different types of arthritis—like rheumatoid arthritis, osteoarthritis, and other back and spine disorders—and how to spot the warning signs of each condition.

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Mayo Clinic Guide to Fibromyalgia by Andy Abril, M.D. and Barbara K. Bruce Ph.D., L.P. Drawing on decades of experience in treating fibromyalgia, this guide offers research-supported, practical strategies that can help anyone with fibromyalgia live their best life now.

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