

premier medical health wellness

Premier Medical Health & Wellness: Your Journey to a Thriving Life

Are you ready to prioritize your well-being and embark on a journey towards a healthier, happier you? At Premier Medical Health & Wellness, we believe that true health goes beyond the absence of disease. It's about proactively nurturing your mind, body, and spirit to achieve optimal well-being. This comprehensive guide explores what Premier Medical Health & Wellness offers, helping you understand how we can support you on your path to a thriving life. We'll delve into our services, philosophies, and the unique approach that sets us apart. Get ready to discover a holistic approach to healthcare that empowers you to take control of your health journey.

Understanding Premier Medical Health & Wellness: A Holistic Approach

Premier Medical Health & Wellness isn't just another medical practice; it's a holistic wellness center dedicated to providing personalized care that addresses the interconnectedness of your physical, mental, and emotional health. We understand that a one-size-fits-all approach simply doesn't work. That's why we take the time to truly understand your individual needs, goals, and lifestyle to create a customized plan tailored specifically for you. Our philosophy is rooted in preventative care, empowering you to take an active role in maintaining and improving your health, rather than just reacting to illness.

Our Comprehensive Range of Services at Premier Medical Health & Wellness

At Premier Medical Health & Wellness, we offer a comprehensive suite of services designed to support your overall well-being. These include:

Preventative Medicine: Regular check-ups, screenings, and personalized health assessments to identify potential risks and address them proactively. We believe that early intervention is key to maintaining optimal health.

Chronic Disease Management: Effective strategies and support for managing chronic conditions like diabetes, hypertension, and heart disease. We work collaboratively with you to develop a personalized management plan that improves your quality of life.

Weight Management Programs: Personalized nutrition plans, exercise

recommendations, and behavioral therapy to help you achieve your weight loss goals safely and sustainably.

Mental Health Services: Access to experienced therapists and counselors who provide a safe and supportive environment to address mental health concerns such as anxiety, depression, and stress.

Nutritional Counseling: Personalized dietary guidance from registered dietitians to help you make informed food choices and optimize your nutritional intake.

Physical Therapy & Rehabilitation: Expert physical therapists provide personalized treatment plans to help you recover from injuries, improve mobility, and manage pain.

Wellness Workshops & Education: We regularly host workshops and educational sessions covering a variety of health and wellness topics to empower you with the knowledge and tools you need to make informed decisions about your health.

The Premier Medical Health & Wellness Difference: Personalized Care for Optimal Results

What sets Premier Medical Health & Wellness apart is our unwavering commitment to personalized care. We believe in fostering strong doctor-patient relationships built on trust, open communication, and mutual respect. We prioritize active listening, taking the time to understand your concerns, and collaboratively developing a treatment plan that aligns with your values and preferences. We're not just treating symptoms; we're addressing the root causes of your health concerns. Our team of highly qualified and compassionate healthcare professionals is dedicated to providing the highest standard of care in a comfortable and supportive environment.

Investing in Your Health: The Long-Term Benefits of Premier Medical Health & Wellness

Investing in your health is an investment in your future. By prioritizing your well-being and proactively addressing your health needs, you're not just improving your physical health; you're also enhancing your mental and emotional well-being, leading to increased productivity, stronger relationships, and a greater sense of overall fulfillment. The long-term benefits of choosing Premier Medical Health & Wellness extend far beyond simply managing illness; it's about building a foundation for a healthier, happier, and more fulfilling life.

Taking the Next Step: Your Journey to a Healthier

You Starts Here

We understand that taking the first step towards a healthier lifestyle can sometimes feel overwhelming. At Premier Medical Health & Wellness, we're here to support you every step of the way. We provide a welcoming and supportive environment where you feel comfortable asking questions, expressing your concerns, and working collaboratively with our team to achieve your health goals. Contact us today to schedule a consultation and begin your journey towards a thriving life.

Conclusion:

Premier Medical Health & Wellness is more than just a healthcare provider; it's a partner in your journey to optimal well-being. By embracing a holistic approach and prioritizing personalized care, we empower you to take control of your health and create a life filled with vitality and purpose. Let us help you achieve your health goals and live your healthiest, happiest life.

Frequently Asked Questions (FAQs):

1. What insurance plans do you accept? We accept a wide range of insurance plans. Please contact our office to verify your specific plan's coverage.
1. Do you offer telehealth appointments? Yes, we offer convenient telehealth appointments for many of our services.
1. What are your hours of operation? Our hours are Monday-Friday, 8:00 AM - 5:00 PM. Weekend hours are available by appointment.
1. What is the process for scheduling an appointment? You can schedule an appointment by calling our office, visiting our website, or using our online scheduling portal.
1. Do you offer financial assistance programs? We understand that healthcare costs can be a concern. We offer various financial assistance programs and payment plans to help make our services accessible to

everyone. Please inquire about these options when scheduling your appointment.

premier medical health wellness: Delivering Superior Health and Wellness Management with IoT and Analytics Nilmini Wickramasinghe, Freimut Bodendorf, 2019-11-27 This in-depth book addresses a key void in the literature surrounding the Internet of Things (IoT) and health. By systematically evaluating the benefits of mobile, wireless, and sensor-based IoT technologies when used in health and wellness contexts, the book sheds light on the next frontier for healthcare delivery. These technologies generate data with significant potential to enable superior care delivery, self-empowerment, and wellness management. Collecting valuable insights and recommendations in one accessible volume, chapter authors identify key areas in health and wellness where IoT can be used, highlighting the benefits, barriers, and facilitators of these technologies as well as suggesting areas for improvement in current policy and regulations. Four overarching themes provide a suitable setting to examine the critical insights presented in the 31 chapters: Mobile- and sensor-based solutions Opportunities to incorporate critical aspects of analytics to provide superior insights and thus support better decision-making Critical issues around aspects of IoT in healthcare contexts Applications of portals in healthcare contexts A comprehensive overview that introduces the critical issues regarding the role of IoT technologies for health, Delivering Superior Health and Wellness Management with IoT and Analytics paves the way for scholars, practitioners, students, and other stakeholders to understand how to substantially improve health and wellness management on a global scale.

premier medical health wellness: Concierge Medicine Steven D. Knope, 2010-09-16 At a time when Americans are debating the pros and cons of recent health care reforms, Concierge Medicine offers an alternative to save primary care medicine. Here, the author outlines an increasingly popular, though controversial, system that offers a high level of care to patients who still need and value a relationship with their personal physician. Dr. Knope introduces concierge medicine, which encourages patients to contract directly with physicians for personalized care that is not determined by insurance coverage but rather by the patient and doctor together. For those considering an individualized health care model that can be more affordable, cost effective and straightforward, Dr. Knope offers practical advice for finding, interviewing, and contracting with a concierge doctor.

premier medical health wellness: Health and Wellness Gordon Edlin, Eric Golanty, 2009-09-29 Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

premier medical health wellness: Health and Wellness in the Renaissance and Enlightenment Joseph P. Byrne, 2013-07-16 Examining a 300-year period that encompasses the Scientific Revolution, this engrossing book offers a fresh and clearly organized discussion of the human experience of health, medicine, and health care, from the Age of Discovery to the era of the French Revolution. Health and Wellness in the Renaissance and Enlightenment compares and contrasts health care practices of various cultures from around the world during the vital period from 1500 to 1800. These years, which include the Age of Discovery and the Scientific Revolution, were a period of rapid advance of both science and medicine. New drugs were developed and new practices, some of which stemmed from increasingly frequent contact between various cultures, were initiated. Examining the medical systems of Europe, Asia, Africa, and the colonial world, this comprehensive study covers a wide array of topics including education and training of medical

professionals and the interaction of faith, religion, and medicine. The book looks specifically at issues related to women's health and the health of infants and children, at infectious diseases and occupational and environmental hazards, and at brain and mental disorders. Chapters also focus on advances in surgery, dentistry, and orthopedics, and on the apothecary and his pharmacopoeia.

premier medical health wellness: Population Health David B. Nash, Raymond J. Fabius, Alexis Skoufalos, Janice L. Clarke, Melissa R. Horowitz, 2015-03-16 Preceded by: Population health / David B. Nash ... [et al.]. c2011.

premier medical health wellness: Hearing on National Defense Authorization Act for Fiscal Year 2013 and Oversight of Previously Authorized Programs Before the Committee on Armed Services, House of Representatives, One Hundred Twelfth Congress, Second Session United States. Congress. House. Committee on Armed Services. Subcommittee on Military Personnel, 2012

premier medical health wellness: Taiwan Health & Wellness Destination Guide Renée-Marie Stephano, William Cook, 2014-06-26 An information-packed how-to guide for individuals and employers seeking to learn about health and wellness opportunities in Taiwan. As a rising medical tourism star, Taiwan beckons medical travelers with cutting-edge medical technology, affordable prices and a culture of service second to none. From health check-ups to organ transplants and most everything in-between, Taiwan has firmly established itself as a leading medical tourism destination. Medical tourism offers an exciting new world of possibilities for individuals and companies to lower their healthcare costs! ● Discover what makes Taiwan a great medical tourism destination ● Find out how much you should budget for your medical trip to Taiwan ● Important tips for planning your Taiwan medical trip ● Learn which are the best medical facilities for your procedure or treatment

premier medical health wellness: Health Professions Education Institute of Medicine, Board on Health Care Services, Committee on the Health Professions Education Summit, 2003-07-01 The Institute of Medicine study Crossing the Quality Chasm (2001) recommended that an interdisciplinary summit be held to further reform of health professions education in order to enhance quality and patient safety. Health Professions Education: A Bridge to Quality is the follow up to that summit, held in June 2002, where 150 participants across disciplines and occupations developed ideas about how to integrate a core set of competencies into health professions education. These core competencies include patient-centered care, interdisciplinary teams, evidence-based practice, quality improvement, and informatics. This book recommends a mix of approaches to health education improvement, including those related to oversight processes, the training environment, research, public reporting, and leadership. Educators, administrators, and health professionals can use this book to help achieve an approach to education that better prepares clinicians to meet both the needs of patients and the requirements of a changing health care system.

premier medical health wellness: Men's Health on the Internet Janet M Coggan, 2024-11-01 The best health resources for men on the Net! Men's Health on the Internet puts the best of what the Web has to offer on the subject into one handy volume. Use it as a guide to the best Web sites representing men's health organizations, reliable sites where you can find current health news for men, and much more! This important book evaluates Web sites for content, clarity, and user-friendliness, and shows you how to conduct a focused, subject-specific search. From editor M. Sandra Wood: "It is well known that men are less likely than women to seek health care. Men tend to wait as long as possible to see a doctor about a health problem, making early diagnosis difficult if not impossible. Given the fact that men seem to be more private about their illnesses, the Internet provides an excellent place for them to seek health care information." Men's Health on the Internet: examines what men need and expect as health care consumers provides an overview of the resources available on the World Wide Web teaches you about search engines and how to use them to find what you're looking for quickly and efficiently points you toward information on cancer--Web-based resources on risk factors, early detection, and treatment brings you reliable resources for information on prostate problems puts you in touch with reliable information men's concerns, including hair loss, high blood pressure (hypertension), heart health, infertility/impotence,

and physical fitness includes resources for gay men's health issues increases your awareness of different types of Internet resources, including mailing lists, newsgroups, and real-time communication Information resources on the Internet relating to health issues, from Web sites to newsletters to chat groups, are abundant. Some are much more reliable than others, and there is just as much variety when it comes to ease of use. Take control--use Men's Health on the Internet to sift through the often overwhelming number of related sites to find the information you need!

premier medical health wellness: Medical Tourism and Wellness Frederick J. DeMicco, 2017-04-28 Medical Tourism and Wellness: Hospitality Bridging Healthcare (H2H) takes a systems approach to examining the growing field of medical tourism, one of the field's hottest niches, with billions of dollars spent each year. This important book fills the need for a modern management book that looks at medical tourism in depth from a medical and hospitality operational management perspective. Growing numbers of people are going abroad to find affordable quality medical care for both necessary and cosmetic medical services. When they require surgery or dental work, they combine it with a trip to the Taj Mahal, a photo safari on the African veldt, or a stay at a luxury hotel—or at a hospital that feels like one—all at bargain-basement prices. The book takes a comprehensive look at medical tourism, covering such topics as: The history of medical tourism Why patients/tourists decide to travel for medical care The role of professional facilitators of medical tourism Key countries and medical disciplines in medical tourism Transportation, food, entertainment, and hotel/hospitality services Hotel and spa designs for medical tourism Best practices in medical tourism Patient follow-up after medical discharge Future trends in medical tourism Careers in medical tourism With the inclusion of case studies, the book provides a comprehensive look into this growing trend and will be valuable to upper-level undergraduate and graduate students in health care administration and those pursuing MBAs in healthcare, medical students pursuing a management focus, and students in hospitality management. It will also be a must-have resource for professionals working in hotels and in health care.

premier medical health wellness: A Powerful Team Scott Rosen, David Pinette, John Touey, 2017-03-08 A Powerful Team shows why HR strategy matters and how it can mean the difference between organizational success and failure. Based on interviews with top CEOs and HR leaders, this book makes the compelling argument that an effective HR strategy can lead to transformative improvements in your business approach and bottom line. The advice contained hereina collection of best practices on how to make the most of HR is based on the hard-earned experience of business leaders from large, medium, and smaller companies in various industries, both public and private. This book seeks to answer a number of important questions: How do CEOs and HR leaders create a powerful team? How do CEOs and HR leaders complement their skills, strengths, and weaknesses to work together effectively? How do CEOs and HR chiefs become aligned around core values and common goals? How does HR help create a unified and engaged corporate culture, where shared values and unity of purpose drive performance? As one of the CEOs interviewed in this book says, The ultimate measure of HR success is not in tactical things, like involuntary turnover or time to fill positions. HR needs to play an essential role in driving every one of our key results. At the end of the day, our results are all that matter. Therefore, everyone's ultimate measure should be that, and HR is no exception. HR leaders are now as responsible for contributing to the bottom line as the CFO and other senior members of the leadership team. A Powerful Team shows how a business unit that once served a largely tactical role is now at the forefront of strategic planning and execution.

premier medical health wellness: The Reproductive Body at Work Verena Namberger, 2019-04-11 The transnational industry surrounding assisted reproductive technology and regenerative medicine is based on the unacknowledged labour of gamete providers, surrogates and research subjects, and benefits from low labour costs in 'enabling' sectors such as logistics and transport. This finding calls for a comprehensive analysis of how the contemporary intersection of neoliberal capitalism and the life sciences - in short, the bioeconomy - capitalises on the body and its (re)productive capacities. The Reproductive Body at Work uptakes this challenge as it explores the relations between value production, labour and the body in one particular realm of the global

bioeconomy: the South African bioeconomy of 'egg donation'. It highlights different forms and dimensions of unacknowledged or precarious human labour that are constitutive for the procurement, brokering and circulation of oocytes as valuable resources. The analysis illustrates that the respective organisation of value and labour renegotiate what 'the' (re)productive body can do, which status and roles it is ascribed, which cultural and economic values it signifies and how it is experienced and enacted within a matrix of intersectional power relations. A theoretically profound contribution to the interdisciplinary debate on 'New materialism', *The Reproductive Body at Work* will appeal to students and researchers interested in fields such as gender studies, medical anthropology, cultural studies, sociology, political economy and science and technology studies.

premier medical health wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

premier medical health wellness: Natural and Home Remedies for Aging Well Bottom Line Inc., 2018-08-07 The editors of Bottom Line Inc. present *Natural and Home Remedies for Aging Well*, the best and most extensive book for mature men and women looking to make the most out of their lives with alternative and complementary practices, healing foods, and proper exercise. Americans spend a fortune each day on prescription drugs, and if you're over the age of 50 the cost and complications of conventional health treatments can be overwhelming. There are other options, more natural and simpler to use, that can empower you to take back the control of your own body, and restore your vitality. With insight from over 100 of the world's top health experts, this go-to guide provides easy access to the trusted collection of information that Bottom Line is known for, and offers advice on a vast array of topics, including: Over-the-counter and homemade remedies Foods that fight disease and ease pain Weight loss and exercise essentials Brain fitness and healthy sleeping habits Whether you're hoping to stay fit and lean, avoid or treat a condition, or simply wanting occasional substitutes to the traditional medical options, Bottom Line is here to help you confidentially take charge of your health!

premier medical health wellness: The Urban Body Fix Larry Rogowsky, Lou Donato, 2021-01-15 We hear it all the time, "everything in moderation." It's presented to us as if it's the masterplan for a healthy, happy, successful existence. It sounds so simple, doesn't it? Clearly, though, there's a disconnect between understanding and implementing the moderate approach to health and fitness, as evidenced by increasing rates of obesity, chronic disease and stress. Can moderation ever be as sexy as extreme? We need action steps to make the concept of moderation less vague and more relatable. *URBAN BODY FIX* takes you through the Pillars of Vibrant Wellness: diet, exercise, and lifestyle. You will learn How to interpret What Your Cravings Are Telling You. You will redefine exercise, refocus your fitness efforts and, chip away at the most common barriers preventing you from getting regular physical activity. Get familiar with most effective drug-free methods of physical rehabilitation and psychological rejuvenation in alternative medicine. Master issues of stress with actionable thoughts and steps. Learn junk science vs. real science when it comes to superior, customized supplementation. Discover the heart-gut axis that links healthy tummy to healthy heart. And in the pandemic Age, we focus an entire section on natural Immunity and boosting your own defense against foreign invaders. Lastly and best, laughing and smiling a lot are terrific for your health—and we intend that *THE URBAN BODY FIX* cause you to do both, in abundance. *THE URBAN BODY FIX* tells you precisely what you can do on an individual level to help establish that hallowed middle ground in your wellness pursuits. *Urban Body Fix* takes a broad

journey through key elements of wellness. Expect to master living fully by practicing moderation in all things (especially moderation!). Book Review 1: I'm so happy that Larry has written *The Urban Body Fix*. As a healthcare professional myself, I see firsthand the wellness movement that is occurring. People are realizing how the standard Western medical "health care" system is failing many. *The Urban Body Fix* advocates and promotes true wellness, as Larry calls it "vibrant health." This book will be a valuable tool for anyone looking to keep themselves and their families in true health. Larry is a rare breed of health care professional who believes in the middle ground. You will never hear Larry advocating for any fad diet or extreme detox. I'm blessed to know Larry and get to hear his pearls of wisdom on a one-to-one basis. Larry's voice comes through clearly and accurately in *The Urban Body Fix*. Now people all over the world can experience his wisdom. Thank you, Larry for writing this book. I look forward to referring it to all my clients who are on their wellness journeys. -- ALYSE FAITH SHYNE, LMT, OWNER AND FOUNDER, THE HEALING COLLECTIVE NY

Book Review 2: Larry Rogowsky and *The Urban Body Fix* have accomplished a rare feat in this book: that of delivering a broad range of unique wellness including mental, physical, theoretical and practical tips with a conscious voice that stem from his own depth of experience. Expect the unexpected when reading this gem. If a naturopathic doctor/epidemiologist with more than 20 years of experience in the integrative medicine space can learn and be inspired at the seeming ease with which this information was joyfully shared, I trust you will be hooked on Larry's style of health coaching. Pick it up today! -- DR. MILLIE LYTLE ND, MPH, FOUNDER OF WWW.NATMEDCOACH.COM

Book Review 3: *The Urban Body Fix* is full of wonderful and practical strategies for so many health-related challenges that people are experiencing every day. It's truly a detailed list of all of the best alternative healthcare and wellness tools for so many health problems or struggles many people have. The wisdom Larry shares from years of experience will help so many navigate successfully through many common health challenges, and do it in a safe and natural way. This book is an excellent resource that every human on this planet should read! -- KATE MOTZ, NATIONAL BOARD CERTIFIED FUNCTIONAL MEDICINE COACH, FOUNDER OF INTEGRATIVE WELLNESS ADVISORS

premier medical health wellness: *Health Care for People with Intellectual and Developmental Disabilities across the Lifespan* I. Leslie Rubin, Joav Merrick, Donald E. Greydanus, Dilip R. Patel, 2016-04-25 This book provides a broad overview of quality health care for people with intellectual and developmental disabilities (IDD). It focuses on providing the reader a practical approach to dealing with the health and well-being of people with IDD in general terms as well as in dealing with specific conditions. In addition, it offers the reader a perspective from many different points of view in the health care delivery system as well as in different parts of the world. This is the 3rd , and much expanded edition, of a text that was first published in 1989 (Lea and Fibiger). The second edition was published in 2006 (Paul Brookes) and has been used as a formal required text in training programs for physicians, nurses and nurse practitioners as well as by administrators who are responsible for programs serving people with IDD. This book is considered the "Bible" in the field of health care for people with IDD since 1989 when the first edition came out.

premier medical health wellness: *Dubai - The Epicenter of Modern Innovation* William R. Kennedy, Aaron G. Amacher, Gregory C. McLaughlin, 2017-01-27 International and global in nature, *Dubai - The Epicenter of Modern Innovation: A Guide to Implementing Innovation Strategies* provides a roadmap for the successful implementation of innovation for companies and businesses currently working in the Middle East, the UAE, and more specifically, Dubai. The discussion focuses on implementing sustained innovation success within several industry segments, while identifying past, current, and future innovation-related successes that are leading to Dubai's rise as the epicenter of innovation in the Middle East and most notably, the world. The authors share key innovation leadership philosophies from Sheikh Mohammed bin Al Maktoum, recognized business leaders, and the highest levels in the UAE. This book: Features key leadership and innovation insights relative from the highest levels of government, including Sheikh Mohammed bin Al Maktoum and multiple UAE ministry officials. Focuses on the United Arab Emirates (UAE), most

specifically, Dubai and the Nation's preparation for hosting World Expo 2020. Contains numerous examples of past, present, and future innovations in Dubai. Provides an easy to implement innovation process management methodology, which has been tested to work in various businesses and organizations. Authored by individuals who have 'on the ground' experience living and working with the chief architects of Dubai's innovation vision and strategy. This book will attempt to take the reader through the construct of this new innovative revolution, particularly in Dubai, and provide a bird's-eye view of how it came about. Most notably, the discussion will walk the reader through key milestones instrumental to Dubai's success—such as the present and past leadership, culture, strategy, and strategic vision. In addition, the discussion will present an industry agnostic, agile and progressive approach to building and leading successful innovation teams through to a successful project out-come and the attributes of good innovation leadership.

premier medical health wellness: Optimizing Health Monitoring Systems With Wireless Technology Wickramasinghe, Nilmini, 2020-12-11 The digital transformation of healthcare delivery is in full swing. Health monitoring is increasingly becoming more effective, efficient, and timely through mobile devices that are now widely available. This, as well as wireless technology, is essential to assessing, diagnosing, and treating medical ailments. However, systems and applications that boost wellness must be properly designed and regulated in order to protect the patient and provide the best care. Optimizing Health Monitoring Systems With Wireless Technology is an essential publication that focuses on critical issues related to the design, development, and deployment of wireless technology solutions for healthcare and wellness. Highlighting a broad range of topics including solution evaluation, privacy and security, and policy and regulation, this book is ideally designed for clinicians, hospital directors, hospital managers, consultants, health IT developers, healthcare providers, engineers, software developers, policymakers, researchers, academicians, and students.

premier medical health wellness: *Community Health and Wellness* Jill Clendon, Ailsa Munns, 2010-12-15 A new edition of the esteemed nursing text exploring social, cultural and political issues affecting individual and community health What makes a healthy community? And how can nurses and midwives support community health and wellbeing? In *Community Health and Wellness*, 4th Edition: Primary health care in practice, authors Anne McMurray and Jill Clendon advance the discussion of health as a product of the interaction between people and their environment. Engagingly written and based on extensive research, this valuable nursing textbook is ideal for nursing students as well as those working in the field. Issues such a gender and cultural inclusiveness provide essential backdrops to evidence-based policy, research and the provision of equitable health care for all. The Miller Family case study This new edition of *Community Health and Wellness* features a common family case study running throughout the text. The Miller family crosses Australia and New Zealand; providing examples of primary health care issues in both countries. These include child health services, accessing care, adolescent health, contemporary family issues, ageing, cultural support and inclusive health care. • global insights with a focus on primary health care practice in Australia and New Zealand • promotion of community health care across the lifespan • a unique socio-ecological approach to community health • the Ottawa Charter, the Jakarta Declaration and the Bangkok Charter are included as contemporary health promotion guidelines for practice • extensive references providing current, specific source information Emphasis on health literacy, intervention and health promotion. An evolving case study runs through each chapter and links to reflective activities. Focus on learning outcomes to facilitate the integration of policy, research and practice. Exploration of Australian and New Zealand nursing and midwifery roles in primary health care practice. Strong pedagogy to increase engagement and emphasise key issues. Reflective exercises and Action Points encourage readers to consider the key issues, their implications and how to move forward Research studies exemplify the central theme of each chapter and promote evidence-based practice. Evolve eBook and resources

premier medical health wellness: *Tennessee Women* Beverly Greene Bond, Sarah Wilkerson Freeman, 2015-07-01 The second volume of *Tennessee Women: Their Lives and Times* contains

sixteen essays on Tennessee women in the forefront of the political, economic, and cultural history of the state and assesses the national and sometimes international scope of their influence. The essays examine women's lives in the broad sweep of nineteenth- and twentieth-century history in Tennessee and envision the state's past by placing them at the center of the historical stage and examining their experiences in relation to significant events. Together, volumes 1 and 2 cover women's activities from the early 1700s to the late 1900s. Volume 2 looks at antebellum issues of gender, race, and class; the impact of the Civil War on women's lives; parades and public celebrations as venues for displaying and challenging gender ideals; female activism on racial and gender issues; the impact of state legislation on marital rights; and the place of women in particular religious organizations. Together these essays reorient our views of women as agents of change in Tennessee history. Contributors: Beverly Greene Bond on African American women and slavery in Tennessee; Zanice Bond on Mildred Bond Roxborough and the NAACP; Frances Wright Breland on women's marital rights after the 1913 Married Women's Property Rights Act; Margaret Caffrey on Lide Meriwether; Gary T. Edwards on antebellum female plainfolk; Sarah Wilkerson Freeman on Tennessee's audacious white feminists, 1825-1910; M. Sharon Herbers on Lilian Wyckoff Johnson's legacy; Laura Mammina on Union soldiers and Confederate women in Middle Tennessee; Ann Youngblood Mulhearn on women, faith, and social justice in Memphis, 1950-1968; Kelli B. Nelson on East Tennessee United Daughters of the Confederacy, 1914-1931; Russell Olwell on the Secret City women of Oak Ridge, Tennessee, during World War II; Mary Ellen Pethel on education and activism in Nashville's African American community, 1870-1940; Cynthia Sadler on Memphis Mardi Gras, Cotton Carnival, and Cotton Makers' Jubilee; Sarah L. Silkey on Ida B. Wells; Antoinette G. van Zelm on women, emancipation, and freedom celebrations; Elton H. Weaver III on Church of God in Christ women in Tennessee, early 1900s-1950s.

premier medical health wellness: Mohs Micrographic Surgery Stephen N. Snow, George R. Mikhail, 2004 Mohs Micrographic Surgery, an advanced treatment procedure for skin cancer, offers the highest potential for recovery—even if the skin cancer has been previously treated. This procedure is a state-of-the-art treatment in which the physician serves as surgeon, pathologist, and reconstructive surgeon. It relies on the accuracy of a microscope to trace and ensure removal of skin cancer down to its roots. This procedure allows dermatologists trained in Mohs Surgery to see beyond the visible disease and to precisely identify and remove the entire tumor, leaving healthy tissue unharmed. This procedure is most often used in treating two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma. The cure rate for Mohs Micrographic Surgery is the highest of all treatments for skin cancer—up to 99 percent even if other forms of treatment have failed. This procedure, the most exact and precise method of tumor removal, minimizes the chance of regrowth and lessens the potential for scarring or disfigurement

premier medical health wellness: Office Dermatology Henry H. Roenigk, 1981

premier medical health wellness: The Healthy Workplace Nudge Rex Miller, Phillip Williams, Michael O'Neill, 2018-05-08 Discover how healthy buildings, culture, and people lead to high profits Organizations and employees now spend an average of \$18,000 per year per employee for health costs, a 61% increase in 10 years. Every indicator projects these costs will double before 2030. This is an unsustainable path. These costs are the tip to an even bigger iceberg, the hidden costs of time out of the office, distraction, disengagement, and turnover. The Healthy Workplace Nudge explains the findings of research on 100 large organizations that have tackled the problems of employee health costs and disengagement in five fresh ways: Well-being leads to health and high performance Wake up to the fact that 95% of traditional wellness programs fail to improve health or lower costs Behavioral economics has become a new powerful tool to nudge healthy behavior Healthy buildings are now cost effective and produce your strongest ROI to improving health Leaders who develop healthy cultures achieve sustainable high performance and employee wellbeing In addition to proving highly effective, these approaches represent a fraction of the cost sunk into traditional wellness and engagement programs. The book explains how to create a workplace that is good for people, releases them to what they do best and enjoy most, and produces

great and profitable work. • Find actionable strategies and tactics you can put into use today • Retain happy, productive talent • Cut unnecessary spending and boost your bottom line • Benefit from real-world research and proven practice If you're a leader who cares about the health and happiness of your employees, a human resource professional, or a professional who develops, designs, builds, or outfits workplace environments to improve employee health and wellbeing, this is one book you'll want to have on hand.

premier medical health wellness: Plunkett's Health Care Industry Almanac Jack W. Plunkett, 2008-10 This acclaimed and popular text is the only complete market research guide to the American health care industry--a tool for strategic planning, competitive intelligence, employment searches or financial research. Covers national health expenditures, technologies, patient populations, research, Medicare, Medicaid, managed care. Contains trends, statistical tables and an in-depth glossary. Features in-depth profiles of the 500 major firms in all health industry sectors.

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Breaking the Mold shows how India can break free of the stumbling blocks of the past and embrace the enormous possibilities of the future.

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