

beaumont health wellness beaumont tx

Beaumont Health & Wellness Beaumont TX: Your Guide to a Healthier Life

Are you searching for ways to improve your health and well-being in the Beaumont, TX area? Finding the right resources can feel overwhelming, but don't worry! This comprehensive guide dives deep into the Beaumont health and wellness scene, offering insights into local facilities, services, and resources to help you achieve your health goals. We'll cover everything from finding the best doctors and gyms to exploring community wellness programs and healthy eating options - all within the Beaumont, TX area. Get ready to discover your path to a healthier, happier you!

Finding the Right Healthcare Provider in Beaumont, TX

Navigating the healthcare system can be tricky, so let's start with the basics. Beaumont, TX boasts a variety of healthcare providers, ranging from large hospital systems to smaller, specialized clinics. When searching for a primary care physician or specialist, consider these factors:

Insurance Coverage: Check which providers are in your insurance network to avoid unexpected costs. Most insurance providers have online directories to simplify this process.

Specialization: Do you need a general practitioner, a specialist (cardiologist, dermatologist, etc.), or a specific type of care (like women's health)? Identify your needs before your search.

Location and Convenience: Choose a provider with a convenient location and office hours that fit your schedule.

Online Reviews and Recommendations: Look at online reviews on sites like Healthgrades, Vitals, and Google Reviews to get a sense of other patients' experiences. Ask friends and family for recommendations as well.

Beaumont offers a range of hospitals and clinics, ensuring access to a diverse pool of medical professionals. Researching and comparing options before making a choice is crucial for ensuring you find the best fit for your needs.

Fitness and Wellness Centers in Beaumont, TX

Maintaining a healthy lifestyle involves regular physical activity. Fortunately, Beaumont offers a variety of fitness and wellness centers catering to diverse interests and fitness levels. Consider these options when choosing a gym or fitness facility:

Gym Type: Do you prefer a large commercial gym with a wide range of equipment, a boutique studio specializing in yoga or Pilates, or a CrossFit box?

Amenities: What amenities are important to you? Do you need childcare services, group fitness classes, personal training options, or a swimming pool?

Membership Costs and Contracts: Carefully review membership fees, contract terms, and cancellation policies before signing up.

Location and Atmosphere: Choose a gym that's conveniently located and has an atmosphere that

motivates you to work out consistently.

Beaumont has many options, from large chains like LA Fitness to smaller, locally-owned studios focusing on specific fitness modalities. Take the time to visit different facilities, check out their class schedules, and assess the overall environment before making a decision.

Healthy Eating in Beaumont, TX: Restaurants and Grocery Stores

Eating a healthy diet plays a vital role in overall well-being. Beaumont offers a growing number of restaurants and grocery stores that cater to healthy eating habits.

Grocery Stores: Look for stores with a wide selection of fresh produce, lean proteins, and whole grains. Many grocery stores now offer prepared meal options and healthy snacks, simplifying healthy meal planning. Consider stores like Kroger, HEB, and smaller, local health food stores.

Restaurants: Several restaurants in Beaumont offer healthy menu options, including salads, grilled fish, and vegetarian dishes. Look for restaurants emphasizing fresh, local ingredients. Check online menus and reviews to find restaurants that align with your dietary preferences and health goals. Many restaurants now provide nutritional information online.

By making conscious choices about where you shop and eat, you can significantly contribute to your overall health and well-being.

Community Wellness Programs in Beaumont, TX

Beyond individual efforts, Beaumont offers various community wellness programs designed to promote health and well-being. These programs often provide free or low-cost resources, including:

Parks and Recreation: Beaumont has many parks and recreational facilities offering opportunities for outdoor activities like walking, jogging, and biking. Check for community events and fitness classes offered by the parks and recreation department.

Community Centers: Community centers often host wellness workshops, health screenings, and support groups focusing on various health topics.

Public Health Initiatives: The local health department usually offers health education programs and resources on various health concerns.

Participating in community wellness programs can provide valuable support, resources, and a sense of community, enhancing your overall health journey.

Mental Wellness Resources in Beaumont, TX

Mental health is just as important as physical health. Beaumont offers several resources to support mental wellness:

Mental Health Professionals: Finding a therapist or counselor is crucial for addressing mental health concerns. Consider factors like specialization, insurance coverage, and personality fit when choosing a provider.

Support Groups: Support groups offer a safe and supportive environment to connect with others

facing similar challenges. Many organizations offer support groups focusing on specific mental health issues.

Crisis Hotlines and Emergency Services: In cases of crisis, it's essential to know where to access immediate help. Familiarize yourself with local crisis hotlines and emergency services.

Prioritizing mental wellness is key to a holistic approach to health. Don't hesitate to seek professional help when needed.

Conclusion

Achieving optimal health and wellness in Beaumont, TX is within reach. By utilizing the resources and information outlined above, you can create a personalized plan to improve your physical and mental well-being. Remember to prioritize your health, make informed choices, and seek support when needed. The journey to a healthier you starts with a single step – and in Beaumont, TX, you'll find plenty of support along the way.

FAQs

Q1: Where can I find a list of doctors accepting my insurance in Beaumont, TX?

A1: Check your insurance provider's website. Most insurance companies have online provider directories that allow you to search by specialty, location, and insurance plan.

Q2: Are there any free or low-cost health screenings available in Beaumont?

A2: Check with your local health department and community centers. Many organizations offer free or low-cost health screenings throughout the year.

Q3: What are some good resources for finding healthy recipes and meal planning ideas?

A3: Numerous websites and apps offer healthy recipes and meal planning tools. Consider sites like MyFitnessPal, Cooking Light, and EatingWell. Many grocery stores also provide weekly recipe ideas and meal planning guides.

Q4: How can I find support groups for specific health concerns in Beaumont?

A4: Check with local hospitals, community centers, and relevant health organizations. You can also search online for support groups in your area. Many support groups meet in-person and online.

Q5: What are some outdoor activities I can enjoy in Beaumont to promote physical activity?

A5: Beaumont has numerous parks with walking trails, biking paths, and opportunities for outdoor recreation. Check the city's parks and recreation department website for details on local parks and trails.

beaumont health wellness beaumont tx: *Lifestyle Medicine, Third Edition* James M. Rippe,
2019-04-17 The field of lifestyle medicine, which is the study of how daily habits and actions impact

on both short- and long-term health and quality of life, continues to expand globally. The scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming. Thousands of studies provide evidence that regular physical activity, maintenance of a healthy body weight, following sound nutritional practices, stress reduction, and other good practices all profoundly impact both health and quality of life. Following its predecessors, *Lifestyle Medicine, Third Edition*, is edited by lifestyle medicine pioneer, cardiologist Dr. James Rippe. This edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline. Topics cover lifestyle medicine practices including regular physical activity, proper nutrition, and weight management. These principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer, mental health, addiction, and injury prevention. This book serves as evidence base for individuals who wish to practice lifestyle medicine or incorporate some of its principles into either general medicine or subspecialty practice. It provides valuable information to healthcare workers in the fields of nutrition, exercise physiology, psychology, behavioral medicine, health promotion, and public policy where lifestyle medicine principles play an ever-increasing role.

beaumont health wellness beaumont tx: *Health and Wellness in 19th-Century America* John C. Waller, 2014-08-11 This book provides a comprehensive description of what being sick and receiving medical care was like in 19th-century America, allowing modern readers to truly appreciate the scale of the improvements in healthcare theory and practice. *Health and Wellness in 19th-Century America* covers a period of dramatic change in the United States by examining our changing understanding of the nature of the disease burden, the increasing size of the nation, and our conceptions of sickness and health. With topics ranging from the unsanitary tenements of New York's Five Points, the field hospitals of the Civil War, and to the laboratories of Johns Hopkins Medical School, author John C. Waller reveals a complex picture of tradition, discovery, innovation, and occasional spectacular success. This book draws upon an extensive literature to document sickness and wellness in environments like rural homesteads, urban East-coast slums, and the hastily built cities of the West. It provides a fascinating historical examination of a century in which Americans made giant strides in understanding disease yet also clung to traditional methods and ideas, charting how U.S. medical science gradually transformed from being a backwater to a world leader in the field.

beaumont health wellness beaumont tx: *ACSM's Exercise for Older Adults* Wojtek J. Chodzko-Zajko, 2014 *ACSM's Exercise for Older Adults* is a new book designed to help health and fitness professionals guide their older clients to appropriate exercise programs--Provided by publisher.

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beaumont health wellness beaumont tx: *Cardiovascular Risk Assessment in Primary Prevention* Michael D. Shapiro, 2022-05-26 This book is the first comprehensive text dedicated to risk assessment in the primary prevention of atherosclerotic cardiovascular disease. It provides an overview of current evidence regarding approaches to risk assessment, traditional and emerging risk factors, and atherosclerosis imaging for refinement of risk estimation. The volume seeks to provide an essential resource for professionals in the field to assess their patients for risk of cardiovascular disease. The book is divided into five sections, starting off with an overview of current best practices to risk assessment in primary prevention around the world. The second section discusses traditional risk factors, such as hypercholesterolemia, hypertension, diabetes, smoking, and obesity. The third section reviews the newly introduced concept of 'Risk Enhancers'. The fourth section offers insight on novel risk factors, with in-depth discussion regarding lipoprotein(a), high-sensitivity CRP, apolipoprotein B, social determinants of health, stress and

cardiovascular disease. and polygenic risk scores. The final section covers the use of non-invasive atherosclerosis imaging (computed tomography and ultrasound-based techniques) as a tool to refine risk estimates. Throughout the book, readers will find multiple tables, figures, and illustrations that complement the text. Up-to-date, evidence-based, and clinically oriented, Cardiovascular Risk Assessment in Primary Prevention is a must-have resource for physicians, residents, fellows, and medical students in cardiology, endocrinology, primary care, and health promotion and disease prevention.

beaumont health wellness beaumont tx: Obstetrics: Normal and Problem Pregnancies E-Book Steven G. Gabbe, Jennifer R. Niebyl, Joe Leigh Simpson, Mark B Landon, Henry L Galan, Eric R. M. Jauniaux, Deborah A Driscoll, Vincenzo Berghella, William A Grobman, 2016-03-18 After 30 years, Obstetrics: Normal and Problem Pregnancies remains your go-to choice for authoritative guidance on managing today's obstetric patient. International experts put the latest knowledge in this specialty at your fingertips, with current and relevant information on everything from fetal origins of adult disease, to improving global maternal health, to important topics in day-to-day obstetrical practice. Highly readable, well-illustrated, and easy to understand, this bestselling obstetrics reference is an ideal tool for residents and clinicians. Take advantage of the collective wisdom of global experts in the field, including two new editors— Drs. Vincenzo Berghella and William Grobman -- and nearly 30 new contributors. Gain a new perspective on a wide range of today's key issues - all evidence-based and easy to read. Sweeping updates throughout including four new chapters: 'Vaginal Birth after Cesarean Delivery'; 'Placenta Accreta'; 'Obesity'; and 'Improving Global Maternal Health: Challenges and Opportunities' New Glossary of the most frequently used key abbreviations for easy reference Expanded use of bolded statements and key points as well as additional tables, flow diagrams, and bulleted lists facilitates and enhances the mastery of each chapter More than 100 images in the Obstetrical Ultrasound chapter provide an important resource for normal and abnormal fetal anatomy

beaumont health wellness beaumont tx: National Directory of Drug and Alcohol Abuse Treatment Programs , 2001

beaumont health wellness beaumont tx: Introduction to Research and Medical Literature for Health Professionals J. Glenn Forister, J. Dennis Blessing, 2015-01-06 Introduction to Research and Medical Literature for Health Professionals, Fourth Edition is an essential resource to help students, faculty, and practitioners understand the research process, interpret data, comprehend results, and incorporate findings into practice. From choosing a research project and developing the research process design, to systematically gathering information, analyzing, interpreting data, differentiating among conflicting results, and finally understanding the overall evaluation, Introduction to Research and Medical Literature for Health Professionals, Fourth Edition will help students and practitioners develop research skills to acquire and contribute knowledge that benefits their patients.

beaumont health wellness beaumont tx: Family Medicine, 6E Mindy Ann Smith, Leslie A. Shimp, 2014-06-23 The most convenient and easy-to-use clinical manual available for outpatient medicine and family practice Doody's Core Titles for 2021! Family Medicine, Sixth Edition is the ultimate at-a-glance guide to the diagnosis and treatment of common primary care problems. The book spans the full scope of ambulatory medicine, and is organized according to the flow of patient care - starting with insights into signs and symptoms, followed by expert disease management recommendations. The information is presented in a manner that enables readers to quickly formulate a list of possible diagnosis, perform a cost-effective diagnostic work up, and prescribe therapy. The principles of clinical decision making and effective evidence-based management strategies are woven throughout. The book is completely revised for the sixth edition Full-color insert with more than thirty photographs NEW CHAPTERS on inflammatory bowel disease and deep vein thrombosis/pulmonary embolism

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Global Health 101, Fourth Edition is a clear, concise, and user-friendly introduction to the most critical issues in global health, illustrating key themes with an extensive set of case studies, examples, and the latest evidence. Drawing from his 40 years of experience working in international development and global health, as well as extensively teaching at both Yale and George Washington University, Richard Skolnik has substantially revised his bestselling textbook. This edition offers a significant amount of new and updated information, while maintaining the clarity, simplicity, and ease of use that has made this text so popular. Global Health 101, Fourth Edition builds in unique ways on evidence from a number of fundamental sources, including the Global Burden of Disease Studies, Disease Control Priorities, Third Edition, (DCP3), and Millions Saved.

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beaumont health wellness beaumont tx: *National Directory of Drug and Alcohol Abuse Treatment Programs* United States. Substance Abuse and Mental Health Services Administration. Office of Applied Studies, 2001 A listing of Federal, State, local and private facilities that provide substance abuse treatment services. Includes only those treatment facilities that are licensed, certified, or otherwise approved by their State substance abuse agencies for inclusion in the Directory and that responded to the 1999 Uniform Facility Data Set survey.

beaumont health wellness beaumont tx: *Observation Medicine* Sharon E. Mace, 2017-03-16 Using sample administrative and clinical protocols that any hospital can use, this book gives a detailed account of how to set up and run an observation unit and reviews all medical conditions in which observation medicine may be beneficial. In addition to clinical topics such as improving patient outcomes and avoiding readmissions, it also includes practical topics such as design, staffing, and daily operations; fiscal aspects, such as coding, billing, and reimbursement; regulatory concerns, such as aligning case management and utilization review with observation; nursing considerations; and more. The future of observation medicine, and how it can help solve the healthcare crisis from costs to access, is also discussed. Although based on US practices, this book is also applicable to an international audience, and contains instructions for implementing observation in any setting or locale and in any type of hospital or other appropriate facility.

beaumont health wellness beaumont tx: *Online Counselor Education* Carl J. Sheperis, R. J. Davis, 2015-12-01 Online Counselor Education: A Guide for Students is an all-new guide for online students in counselor education programs. Students in online environments face a number of challenges that could put them at a disadvantage unless they have a resource to help guide them through some of the confusing aspects of an online environment. Such challenges include the lack of understanding surrounding graduate school performance expectations, balancing graduate school and life, the inability to connect with community members and local field agencies, and various other aspects unique to an online environment. This text from Carl J. Sheperis and R.J. Davis will help students through these challenges and act as an invaluable resource.

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beaumont health wellness beaumont tx: *Endocrinology - E-Book* J. Larry Jameson, Leslie J. De Groot, 2010-05-18 ENDOCRINOLOGY, edited by J. Larry Jameson, MD, PhD and Leslie J. De

Groot, MD, has been considered the definitive source in its field for decades. Now this landmark reference has been exhaustively updated to bring you the latest clinical guidance on all aspects of diagnosis and treatment for the full range of endocrine and metabolism disorders, including new information on diabetes, obesity, MEN I and II, disorders of sex determination, and pituitary tumors. Entirely new chapters on Lipodystrophy Syndromes, Lipoprotein Metabolism, and Genetic Disorders of Phosphate Homeostasis keep you well informed on today's hot topics. You'll benefit from unique, global perspectives on adult and pediatric endocrinology prepared by an international team of renowned authorities. This reference is optimally designed to help you succeed in your demanding practice and ensure the best possible outcomes for every patient. Overcome virtually any clinical challenge with detailed, expert coverage of every area of endocrinology, authored by hundreds of leading luminaries in the field. Provide state-of-the-art care with comprehensive updates on diabetes, obesity, MEN I and II, disorders of sex determination, and pituitary tumors ... brand-new chapters on Lipodystrophy Syndromes, Lipoprotein Metabolism, and Genetic Disorders of Phosphate Homeostasis ... expanded coverage of sports performance, including testosterone, androgen research, and bone growth and deterioration ... and the newest discoveries in genetics and how they affect patient care. Make the best clinical decisions with an enhanced emphasis on evidence-based practice in conjunction with expert opinion. Rapidly consult with trusted authorities thanks to new expert-opinion treatment strategies and recommendations. Zero in on the most relevant and useful references with the aid of a more focused, concise bibliography. Locate information more quickly, while still getting the complete coverage you expect.

beaumont health wellness beaumont tx: Ophthalmology, E-Book Myron Yanoff, Jay S. Duker, 2022-11-06 Through five highly regarded editions, *Ophthalmology*, by Drs. Myron Yanoff and Jay S. Duker, has remained one of the premier texts in the field, providing authoritative guidance on virtually any ophthalmic condition and procedure you may encounter. The fully revised, 6th edition of this award-winning title continues to offer detailed, superbly illustrated content from cover to cover, with extensive updates throughout to keep you current with the latest advancements and fundamentals throughout every subspecialty area in the field. An easy-to-follow, templated format, convenient single volume, and coverage of both common and rare disorders make this title a must-have resource no matter what your level of experience. - Offers truly comprehensive coverage, including basic foundations through diagnosis and treatment advances across all subspecialties: genetics, optics, refractive surgery, lens and cataract, cornea, retina, uveitis, tumors, glaucoma, neuro-ophthalmology, pediatric and adult strabismus, and oculoplastics. - Features streamlined, templated chapters, a user-friendly visual layout, and key features boxes for quick access to clinically relevant information and rapid understanding of any topic. - Contains four new chapters covering Phototherapeutic Keratectomy; IOL Optics; Bag-in-the-lens Cataract Surgery; and Capsulectomy: Modern devices apart from FLACS. - Includes a fully revised and updated chapter on refractive surgery screening and corneal imaging, as well as an expanded chapter on corneal cross-linking. - Provides up-to-date information on the latest advances in the field, including new therapies for retinoblastoma, such as intravenous and intraarterial chemotherapy; less common retinal tumor simulators of retinoblastoma; OCT-Angiography; glaucoma stents; new drug delivery platforms; IOL optics; phototherapeutic keratectomy; intraocular pressure monitoring; and more. - Includes more than 2,000 high-quality illustrations and an expanded video library with more than 60 clips of diagnostic and surgical techniques, including new videos of nystagmus. - Contains updated management guidelines for central retinal artery occlusions (CRAO). - Provides fresh perspectives from new section editors Drs. Carol Shields and Sumit (Sam) Garg. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

beaumont health wellness beaumont tx: ASPC Manual of Preventive Cardiology Nathan D. Wong, Ezra A. Amsterdam, Peter P. Toth, 2020-12-21 This second edition provides an updated review on the current guidelines and practice standards for the clinical management of cardiovascular risk factors and prevention of cardiovascular diseases. Endorsed by the American

Society for Preventive Cardiology, this practical textbook includes concise descriptions of major and newer risk factors, biomarkers, and best practices in the management and prevention of cardiovascular disease. The manual contains chapters on the epidemiology and risk factors for a variety of cardiovascular diseases including dyslipidemia, hypertension, diabetes, inflammation, and ischemic stroke. It examines behavioral factors, psychosocial stress, family history, nutrition, physical activity, smoking, alcohol use, and other sociocultural factors. In addition, the book discusses new imaging strategies in detection of cardiovascular disease, prevention of heart failure, atrial fibrillation, and peripheral arterial disease, and prevention for special populations. Throughout the manual, recommendations are based on guidelines endorsed by the American College of Cardiology, American Heart Association, and other major societies. The second edition of the ASPC Manual of Preventive Cardiology is an essential resource for physicians, medical students, residents, fellows, nurses, and other healthcare professionals and researchers in cardiology, primary care, health promotion and disease prevention, exercise physiology, and pharmacotherapy.

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beaumont health wellness beaumont tx: The Whole Heart Solution Joel K. Kahn, MD, 2014-09-16 A groundbreaking holistic self-care manual for the heart that reveals how to reverse and prevent heart disease now. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn't need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In The Whole Heart Solution, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Here's what leading physicians and other experts have to say about The Whole Heart Solution: "If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read." --Mark Hyman, MD, New York Times bestselling author of UltraMetabolism, Blood Sugar Solution and others "Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America." --Joel Fuhrman, MD, New York Times bestselling author of Eat to Live, The End of Diabetes and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation "This is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain." --Daniel G. Amen, MD, New York Times bestselling author of Change Your Brain, Change Your Life and others Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier. --Jason Wachob, founder and CEO, MindBodyGreen.com "Dr. Joel Kahn has a national reputation as one of the top cardiologists in the US. [His book] will be a tremendous asset to patients, their families and physicians." --Mark Houston, MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of What Your Doctor May Not Tell You about Heart Disease "The heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion." --John Salley, four-time NBA champion "Dr. Joel Kahn is a...leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. His book will be a winner for all involved." --Neal D. Barnard, MD, Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of Dr. Neal Barnard's Program for Reversing Diabetes "The Whole Heart Solution by Dr. Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life." --Caldwell B. Esselstyn, Jr., M.D., author of Prevent and Reverse Heart Disease

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beaumont health wellness beaumont tx: Obstetrics: Normal and Problem Pregnancies: 1st South Asia Edn-E Book Steven Gabbe, Jennifer R. Niebyl, Joe Leigh Simpson, Eric R. M. Jauniaux, Deborah A. Driscoll, Vincenzo Berghella, Mark B. Landon, Henry L. Galan, William A. Grobman, 2016-09-15 Obstetrics: Normal and Problem Pregnancies: First South Asia Edition remains your go-to choice for authoritative guidance on managing today's obstetric patient. International experts put the latest knowledge in this specialty at your fingertips, with current and relevant information on everything from fetal origins of adult disease, to improving global maternal health, to important topics in day-to-day obstetric practice. Highly readable, well-illustrated, and easy to understand, this best-selling obstetrics reference is an ideal tool for residents and clinicians. • Sweeping updates appear throughout, including four new chapters: Vaginal Birth After Cesarean Delivery, Placenta Accreta, Obesity, and Improving Global Maternal Health: Challenges and Opportunities. • New Glossary presents the most frequently used key abbreviations for easy reference. • Expanded use of bolded statements and key points, as well as additional tables, flow diagrams, and bulleted lists, facilitates and enhances the mastery of each chapter. • More than 100 images in the chapter on ultrasound provide an important resource for normal and abnormal fetal anatomy. • Collective wisdom of global experts in the field is offered.

beaumont health wellness beaumont tx: Endocrinology: Adult and Pediatric E-Book J. Larry Jameson, Leslie J. De Groot, 2015-02-25 Considered the definitive source in its field for over 35 years, Endocrinology: Adult and Pediatric, has been thoroughly updated to reflect today's recent advances in adult and pediatric endocrinology. Unique perspectives from a team of trusted, world-renowned experts ensure this medical reference book remains the most highly-regarded text in the field. Make the best clinical decisions with an enhanced emphasis on evidence-based practice and expert opinions on treatment strategies. Zero in on the most relevant and useful references with the aid of a more focused, concise bibliography. Locate information quickly, while still getting the complete coverage you expect. Now in full color, with special design treatment for at-a-glance pediatric content, helping to distinguish the pediatric content. Expanded coverage for key topics such as pediatric endocrinology and obesity mechanisms and treatment, in addition to today's hot topics in endocrinology, including endocrine disruptors, bariatric surgery, androgen deficiency, genetic causes of obesity, endocrine rhythms, and the use of tyrosine kinase inhibitors in thyroid cancer. New content addressing the latest advances in testosterone and estrogen replacement, as well as the new causes of calcium and phosphate disorders, new molecular causes of endocrine cancers, new genetic causes of reproductive disorders, and more. Updated clinical guidelines for diabetes, lipid disorders, obesity management, osteoporosis, and more, as well as essential treatment updates for the medical management of acromegaly, Cushing's Disease, hypercalcemia, and diabetes mellitus. New Key Points provide snapshots of what to expect in each chapter, or serve as a refresher of what you just read. Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, references, and videos from

the book on a variety of devices.

beaumont health wellness beaumont tx: Obstetricia Steven G. Gabbe, Jennifer R. Niebyl, Joe Leigh Simpson, Mark B. Landon, Henry L. Galan, Eric R. M. Jauniaux, Deborah A. Driscoll, Vincenzo Berghella, William A. Grobman, 2019-01-15 Tras 30 años, Obstetricia. Embarazos normales y de riesgo sigue siendo una herramienta imprescindible para el manejo de la paciente obstétrica. Los expertos más prestigiosos ponen al alcance del lector los más recientes avances en esta especialidad, con información actualizada y relevante para el área, desde la formación fetal hasta las enfermedades más frecuentes entre las futuras madres o la práctica obstétrica cotidiana. Con un nivel de legibilidad muy elevado y de fácil comprensión, este best seller es la obra de referencia, indicado para residentes y para clínicos. 11 videos refuerzan el contenido de algunos capítulos y permiten mejorar el aprendizaje en áreas como la cesárea o el parto vaginal quirúrgico. Incorpora un nuevo glosario con los términos más frecuentes. Cada capítulo destaca en negrita los conceptos más importantes y los puntos clave. Numerosos recuadros y gráficos facilitan y mejoran la comprensión del contenido. Más de 100 imágenes de ultrasonido proporcionan una importante fuente de información sobre anatomía fetal normal y anormal.

beaumont health wellness beaumont tx: Nothing to Lose Jim Sanderson, 2014-05-31 Roger Jackson is a grouch. He drinks too much with the wrong sorts of people. He dislikes where he lives—Beaumont, Texas, a small, humid southeast Texas town caught between a marsh and an impenetrable forest, between racial and social strife, between rival versions of Jesus. He dislikes his job—taking photos of cheating spouses. He dislikes his past. (He could have been a lawyer.) And now, he finds himself entangled in a crime. When the police find an aging ex-hippie dead from bullet wounds to the head and torso, they find Roger's photos and want his help. Surrounded by a cast of colorful characters, Roger must do his job while maneuvering around the dangerous agendas of those around him. But the greatest obstacle is the recurring cocaine trail leading to Jewel McQueen, a small-time crook, who is guarded by his sociopathic brother, Sunshine McQueen, who hears voices from Jesus, Satan, and his mother. Jewell will stop at nothing—even murder—to keep his demented brother out of prison. Roger must leave the enclosed suburbs with their exclusive, prim, cleaned-up Jesus and cheap cocaine and liquor habits and, with his new partners, venture “behind the pine curtain,” into the deep Piney Woods with its wild, unruly Pentecostal Jesus and meth-lab economy and mentality.

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beaumont health wellness beaumont tx: AARP The Water Secret Howard Murad, M.D., 2011-12-12 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. Now you can look and feel ten years younger with the help of this revolutionary guide from one of the world's leading experts on health and skin care. He has been called one of the Best Forward-Thinking Doctors (Vogue magazine) and acclaimed as a Beauty Genius (Elle magazine). Howard Murad, M.D., FAAD is one today's foremost authorities on health and skincare, and his philosophies have helped men and women around the world look and feel as young and healthy as possible. With The Water Secret, Dr. Murad shares a new, scientifically proven strategy, cultivated over years of practice and treating over 50,000 patients, to help you look and feel better from the inside out. The Water Secret will: Reveal groundbreaking secrets to help you take years off your looks, feel better and healthier Debunk health myths through cutting-edge research and tell the truth about how inflammation, hydration, and other factors really affect your health Explain how damaged cells that leak water can sabotage your looks Introduce an integrated, multidisciplinary Inclusive Health approach to help optimize cellular strength Give you a complete 10-step action plan with recipes and meal plans to start you on the path to clear skin, fewer wrinkles, more energy, and better overall health Discover The Water Secret and learn to take control of the process of aging by improving the health of every cell in the body. Begin the program and you will see and feel the difference your healthy new lifestyle will make in as soon as one week!

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beaumont health wellness beaumont tx: Interventional Pain Management Steven D. Waldman, 2001 The New Edition of this clinically focused text provides current, readable how-to-descriptions of pain management techniques as well as the most up-to-date information on the anatomy and physiology of pain, patient evaluation and selection, pharmacology, and treatments. The 2nd Edition includes many new chapters, updated references, and numerous other revisions to reflect the latest advances in the specialty. Easiest text to use, with a step by step how to do

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beaumont health wellness beaumont tx: Mammography Centers Directory Henry A. Rose, 2005 This guide to over 9,000 mammography facilities includes names, addresses, telephone and fax numbers, and geographical and alphabetical sections. From the publishers of the Hospital Telephone Directory.

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