

cascade medical wellness folsom

Cascade Medical Wellness Folsom: Your Path to a Healthier You

Are you searching for a comprehensive wellness center in Folsom, California that prioritizes your individual needs? Do you crave a holistic approach to healthcare, moving beyond simple symptom management to address the root causes of your health concerns? Then look no further than Cascade Medical Wellness Folsom. This in-depth guide will explore everything this exceptional facility offers, from its wide range of services to its commitment to personalized patient care. We'll delve into why Cascade Medical Wellness Folsom is becoming a leading choice for those seeking a vibrant and fulfilling life through proactive health management.

Understanding Cascade Medical Wellness Folsom's Approach

Cascade Medical Wellness Folsom distinguishes itself through its holistic and integrative approach to healthcare. Unlike traditional medical models that often treat symptoms in isolation, Cascade takes a comprehensive view of your health, considering interconnected factors such as lifestyle, diet, stress levels, and environmental influences. This means they don't just treat your symptoms; they work with you to identify and address the underlying causes of your health challenges. This patient-centered philosophy is at the heart of everything they do.

A Wide Spectrum of Services: What Cascade Offers

Cascade Medical Wellness Folsom offers a diverse range of services designed to cater to a broad spectrum of health needs. These services are carefully chosen to provide comprehensive support for your overall well-being. Let's explore some of their key offerings:

1. IV Hydration Therapy:

Feeling run-down, dehydrated, or experiencing the effects of a demanding lifestyle? Cascade's IV hydration therapy delivers essential fluids and nutrients directly into your bloodstream, providing rapid rehydration and a boost in energy levels. This is particularly beneficial for those recovering from illness, athletes, or anyone seeking a quick and effective way to replenish their body's fluids.

2. Weight Management Programs:

Achieving and maintaining a healthy weight is often a multifaceted challenge. Cascade offers personalized weight management programs that incorporate nutritional counseling, exercise recommendations, and ongoing support to help you reach your goals. They understand that weight management is more than just dieting; it's about making sustainable lifestyle changes.

3. Hormone Replacement Therapy (HRT):

Hormonal imbalances can significantly impact your overall health and well-being, leading to a variety of symptoms. Cascade offers hormone replacement therapy (HRT) tailored to individual needs, helping to restore hormonal balance and alleviate associated symptoms. This is done under the careful guidance of experienced medical professionals.

4. Bioidentical Hormone Pellets:

As a more advanced form of HRT, bioidentical hormone pellets offer a unique approach to hormone replacement. These small pellets are implanted under the skin, releasing hormones gradually over time for consistent and effective hormonal balance. Cascade's expertise ensures that pellet therapy is administered safely and effectively.

5. Nutritional Counseling:

Understanding the role of nutrition in your overall health is paramount. Cascade's expert nutritional counselors work with you to create personalized dietary plans designed to meet your specific health needs and goals. They provide guidance on making informed food choices to support your journey towards optimal health.

6. Wellness Coaching:

Beyond medical interventions, Cascade also emphasizes holistic wellness. Their wellness coaches work alongside you, providing support and guidance to help you integrate healthy habits into your daily life. This includes strategies for stress management, improved sleep hygiene, and overall lifestyle optimization.

The Cascade Medical Wellness Folsom Experience: Personalized Care

What truly sets Cascade Medical Wellness Folsom apart is its unwavering commitment to personalized patient care. They understand that each

individual's health journey is unique, and their approach is tailored to meet the specific needs and goals of every patient. This includes a thorough initial consultation to assess your health status, followed by the development of a customized treatment plan. The team takes the time to listen, understand, and work collaboratively with you to achieve optimal health outcomes.

Why Choose Cascade Medical Wellness Folsom?

Choosing a healthcare provider is a significant decision. Cascade Medical Wellness Folsom offers a compelling combination of factors that make it an excellent choice for those seeking comprehensive, personalized healthcare. Their holistic approach, broad range of services, commitment to patient education, and experienced medical professionals all contribute to a superior patient experience. They are committed to empowering you to take control of your health and well-being.

Conclusion

Cascade Medical Wellness Folsom represents a new paradigm in healthcare – one that prioritizes personalized care, holistic wellness, and proactive health management. By offering a comprehensive suite of services and a commitment to individual patient needs, they provide a pathway to a healthier and more fulfilling life. If you're ready to invest in your well-being and embark on a journey toward optimal health, Cascade Medical Wellness Folsom is a valuable resource in the Folsom community.

Frequently Asked Questions (FAQs)

1. Does Cascade Medical Wellness Folsom accept insurance? Cascade Medical Wellness Folsom works with many insurance providers but it's best to contact them directly to verify your specific plan's coverage.
1. What are the typical appointment times and scheduling processes? Appointments can be scheduled online or by phone. Typical appointment durations vary depending on the services required. Contact them for more details on availability.
1. What is the average cost of services at Cascade Medical Wellness Folsom? The cost of services varies depending on the treatment received. It's recommended to contact Cascade directly for a personalized cost estimate.

1. What is the location and accessibility of Cascade Medical Wellness Folsom? Their location and accessibility details, including parking information, can be found on their website or by contacting them directly.

1. What are the qualifications of the medical professionals at Cascade Medical Wellness Folsom? Information on the qualifications and experience of their medical team is typically available on their website. You can also inquire directly during a consultation.

cascade medical wellness folsom: *Implementing High-Quality Primary Care* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Implementing High-Quality Primary Care, 2021-06-30 High-quality primary care is the foundation of the health care system. It provides continuous, person-centered, relationship-based care that considers the needs and preferences of individuals, families, and communities. Without access to high-quality primary care, minor health problems can spiral into chronic disease, chronic disease management becomes difficult and uncoordinated, visits to emergency departments increase, preventive care lags, and health care spending soars to unsustainable levels. Unequal access to primary care remains a concern, and the COVID-19 pandemic amplified pervasive economic, mental health, and social health disparities that ubiquitous, high-quality primary care might have reduced. Primary care is the only health care component where an increased supply is associated with better population health and more equitable outcomes. For this reason, primary care is a common good, which makes the strength and quality of the country's primary care services a public concern. *Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care* puts forth an evidence-based plan with actionable objectives and recommendations for implementing high-quality primary care in the United States. The implementation plan of this report balances national needs for scalable solutions while allowing for adaptations to meet local needs.

cascade medical wellness folsom: *How Tobacco Smoke Causes Disease* United States. Public Health Service. Office of the Surgeon General, 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

cascade medical wellness folsom: *Handbook of Mental Health and Aging* Nathan Hantke, Amit Etkin, Ruth O'Hara, 2020-04-11 The Handbook of Mental Health and Aging, Third Edition provides a foundational background for practitioners and researchers to understand mental health care in older adults as presented by leading experts in the field. Wherever possible, chapters

integrate research into clinical practice. The book opens with conceptual factors, such as the epidemiology of mental health disorders in aging and cultural factors that impact mental health. The book transitions into neurobiological-based topics such as biomarkers, age-related structural changes in the brain, and current models of accelerated aging in mental health. Clinical topics include dementia, neuropsychology, psychotherapy, psychopharmacology, mood disorders, anxiety, schizophrenia, sleep disorders, and substance abuse. The book closes with current and future trends in geriatric mental health, including the brain functional connectome, repetitive transcranial magnetic stimulation (rTMS), technology-based interventions, and treatment innovations. - Identifies factors influencing mental health in older adults - Includes biological, sociological, and psychological factors - Reviews epidemiology of different mental health disorders - Supplies separate chapters on grief, schizophrenia, mood, anxiety, and sleep disorders - Discusses biomarkers and genetics of mental health and aging - Provides assessment and treatment approaches

cascade medical wellness folsom: *Health Issues in the Black Community* Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 *Health Issues in the Black Community* THIRD EDITION The outstanding editors and authors of *Health Issues in the Black Community* have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. *Health Issues in the Black Community* makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League *Health Issues in the Black Community* illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend *Health Issues in the Black Community* as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

cascade medical wellness folsom: *Handbook of Diversity Issues in Health Psychology* Pamela M. Kato, Traci Mann, 2007-07-27 The field of health psychology has grown dramatically in the last decade, with exciting new developments in the study of how psychological and psychosocial processes contribute to risk for and disease sequelae for a variety of medical problems. In addition, the quality and effectiveness of many of our treatments, and health promotion and disease prevention efforts, have been significantly enhanced by the contributions of health psychologists (Taylor, 1995). Unfortunately, however, much of the theorizing in health psychology and the empirical research that derives from it continue to reflect the mainstream bias of psychology and medicine, both of which have a primary focus on white, heterosexual, middle-class American men. This bias pervades our thinking despite the demographic heterogeneity of American society (U. S. Bureau of the Census, 1992) and the substantial body of epidemiologic evidence that indicates significant group differences in health status, burden of morbidity and mortality, life expectancy, quality of life, and the risk and protective factors that contribute to these differences in health outcomes (National Center for Health Statistics, 1994; Myers, Kagawa-Singer, Kumanyika, Lex, & McKelvey, 1995). There is also substantial evidence that many of the health promotion and disease prevention efforts that have proven effective with more affluent, educated whites, on whom they

were developed, may not yield comparable results when used with populations that differ by ethnicity, social class, gender, or sexual orientation (Cochran & Mays, 1991; Castro, Coe, Gutierrez, & Saenz, this volume; Chesney & Nealey, this volume).

cascade medical wellness folsom: Health and Behavior Institute of Medicine, Board on Neuroscience and Behavioral Health, Committee on Health and Behavior: Research, Practice and Policy, 2001-10-18 Health and Behavior reviews our improved understanding of the complex interplay among biological, psychological, and social influences and explores findings suggested by recent research-including interventions at multiple levels that we can employ to improve human health. The book covers three main areas: What do biological, behavioral, and social sciences contribute to our understanding of health—including cardiovascular, immune system and brain functioning, behaviors that influence health, the role of social networks and socioeconomic status, and more. What can we learn from applied research on interventions to improve the health of individuals, families, communities, organizations, and larger populations? How can we expeditiously translate research findings into application?

cascade medical wellness folsom: The Human Microbiome, Diet, and Health Food Forum, Food and Nutrition Board, Institute of Medicine, 2013-02-27 The Food Forum convened a public workshop on February 22-23, 2012, to explore current and emerging knowledge of the human microbiome, its role in human health, its interaction with the diet, and the translation of new research findings into tools and products that improve the nutritional quality of the food supply. The Human Microbiome, Diet, and Health: Workshop Summary summarizes the presentations and discussions that took place during the workshop. Over the two day workshop, several themes covered included: The microbiome is integral to human physiology, health, and disease. The microbiome is arguably the most intimate connection that humans have with their external environment, mostly through diet. Given the emerging nature of research on the microbiome, some important methodology issues might still have to be resolved with respect to undersampling and a lack of causal and mechanistic studies. Dietary interventions intended to have an impact on host biology via their impact on the microbiome are being developed, and the market for these products is seeing tremendous success. However, the current regulatory framework poses challenges to industry interest and investment.

cascade medical wellness folsom: Obesity G. Michael Steelman, Eric C. Westman, 2016-04-27 Obesity is considered a complex and multifactorial disease. Its treatment, therefore, must also be multimodal and tailored to meet the needs of each patient. Obesity: Evaluation and Treatment Essentials presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors,

cascade medical wellness folsom: Obesity Michael G. Steelman, Eric Westman, 2016-04-19 Addressing a growing epidemic in today's world, Obesity: Evaluation and Treatment Essentials presents practical treatment protocols for obesity, including exercise, pharmacology, behavior modification, and dietary factors, from the point of view of the practicing physician. Encompassing a multidisciplinary audience of clinicians and researcher

cascade medical wellness folsom: Vitamin and Mineral Requirements in Human Nutrition World Health Organization, FAO, 2004 In the past 20 years micronutrients have assumed great public health importance and a considerable amount of research has lead to increasing knowledge of their physiological role. Because it is a rapidly developing field, the WHO and FAO convened an Expert Consultation to evaluate the current state of knowledge. It had three main tasks: to review the full scope of vitamin and minerals requirements; to draft and adopt a report which would provide recommended nutrient intakes for vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine; to identify key issues for future research and make preliminary recommendations for the handbook. This report contains the outcome of the Consultation, combined with up-to-date evidence that has since become available.

cascade medical wellness folsom: The End of Diabetes Joel Fuhrman, M.D., 2012-12-26 The New York Times bestselling author of Eat to Live and Super Immunity and one of the country's

leading experts on preventive medicine offers a scientifically proven, practical program to prevent and reverse diabetes—without drugs. At last, a breakthrough program to combat the rising diabetes epidemic and help millions of diabetics, as well as those suffering with high blood pressure and heart disease. Joel Fuhrman, M.D. Research director of the Nutritional Research Foundation, shows you how to live a long, healthy, and happy life—disease free. He offers a complete health transformation, starting with a diet with a high nutrient-per-calorie ratio that can be adapted for individual needs. Dr. Fuhrman makes clear that we don't have to "control" diabetes. Patients can choose to follow better nutritional guidelines that will control it for them, even before they have lost excess weight. The end result is a medical breakthrough—a comprehensive reversal of the disease.

cascade medical wellness folsom: Artificial Intelligence in Medicine Lei Xing, Maryellen L. Giger, James K. Min, 2020-09-03 Artificial Intelligence Medicine: Technical Basis and Clinical Applications presents a comprehensive overview of the field, ranging from its history and technical foundations, to specific clinical applications and finally to prospects. Artificial Intelligence (AI) is expanding across all domains at a breakneck speed. Medicine, with the availability of large multidimensional datasets, lends itself to strong potential advancement with the appropriate harnessing of AI. The integration of AI can occur throughout the continuum of medicine: from basic laboratory discovery to clinical application and healthcare delivery. Integrating AI within medicine has been met with both excitement and scepticism. By understanding how AI works, and developing an appreciation for both limitations and strengths, clinicians can harness its computational power to streamline workflow and improve patient care. It also provides the opportunity to improve upon research methodologies beyond what is currently available using traditional statistical approaches. On the other hand, computers scientists and data analysts can provide solutions, but often lack easy access to clinical insight that may help focus their efforts. This book provides vital background knowledge to help bring these two groups together, and to engage in more streamlined dialogue to yield productive collaborative solutions in the field of medicine. - Provides history and overview of artificial intelligence, as narrated by pioneers in the field - Discusses broad and deep background and updates on recent advances in both medicine and artificial intelligence that enabled the application of artificial intelligence - Addresses the ever-expanding application of this novel technology and discusses some of the unique challenges associated with such an approach

cascade medical wellness folsom: Handbook of Pain and Aging David I. Mostofsky, Ya'aqov Lomrants, 1997-11-30 This comprehensive text examines the physical and mental repercussions of pain among the elderly, finding theoretical bases in such fields as dynamic psychology, psychophysics, behavior modification, pharmacology, and nutrition. The book covers the basic topics of biobehaviorism, psychosocial and psychodynamic aspects, and clinical techniques as they pertain to treatment of elderly patients. The authors of the book's 17 chapters are all esteemed specialists on particular aspects of pain and aging, and all provide state-of-the-science solutions to quality-of-life problems associated with the elderly.

cascade medical wellness folsom: Integrative Pain Medicine Joseph F. Audette, Allison Bailey, 2008-02-26 This important book fills a need in the developing area of Pain Medicine. It provides physicians with an up-to-date resource that details the current understanding about the basic science underlying the mechanism of action of the various CAM therapies used for pain. It summarizes the clinical evidence both for efficacy and safety, and finishes with practical guidelines about how such treatments could be successfully and safely integrated into a Pain practice.

cascade medical wellness folsom: Bipolar Disorder in Older Age Patients Susan W. Lehmann, Brent P. Forester, 2017-01-05 This book provides a comprehensive but practical understanding of the clinical approach to evaluating and caring for older people with bipolar disorder. Aspects of aging that impact the diagnosis, clinical course, and management of bipolar disorder are explained; in particular, attention is drawn to the implications of comorbidities and medical complexity for the psychiatric care of older individuals with the disorder. On the other hand, similarities to treatment in younger patients are also identified. The coverage includes thorough review of current research in the field. Clinical case vignettes are used throughout to highlight

practical points, and each chapter includes “clinical pearls” that summarize key points for the clinician. The book closes by examining anticipated research directions and the future needs of this patient population. Bipolar Disorder in Older Age Patients will be an ideal update for the practicing community or geriatric psychiatrist working with older patients with bipolar disorder.

cascade medical wellness folsom: *Medicinally Important Trees* Aisha Saleem Khan, 2017-06-07 This book provides researchers and advanced students associated with plant and pharmaceutical sciences with comprehensive information on medicinal trees, including their identification, morphological characteristics, traditional and economic uses, along with the latest research on their medicinal compounds. The text covers the ecological distribution of over 150 trees, which are characterized mainly on the basis of their unique properties and phytochemicals of medicinal importance (i.e., anti-allergic, anti-diabetic, anti-carcinogenic, anti-microbial, and possible anti-HIV compounds). Due to the incredibly large diversity of medicinal trees, it is not possible to cover all within one publication, so trees with unique medicinal properties that are relatively more common in many countries are discussed here in order to make it most informative for a global audience. With over 100 illustrations taken at different stages of plant development, this reference work serves as a tool for tree identification and provides morphological explanations. It includes the latest botanical research, including biochemical advancements in phytochemistry techniques such as chromatographic and spectrometric techniques. In addition, the end of each chapter presents the most up-to-date references for further sources of exploration.

cascade medical wellness folsom: *Food and Nutritional Supplements* J.K. Ransley, J.K. Donnelly, N.W. Read, 2001-07-17 Consumer interest in diet and nutritional supplements is increasing dramatically. Patients and members of the public are seeking advice from health professionals, nutritionists and food scientists. This book is designed to meet the needs of those professionals who are called upon to advise patients and the general public. It provides also a valuable text for those who are researchers or decision makers in the food and pharmaceutical industries. The text presents a thorough account of this topical subject and enables the reader to appreciate the functions of nutrients in health and common disease states, to understand the current debates over the roles of nutrients and supplements in the diet, and to answer those questions frequently asked by patients and consumers.

cascade medical wellness folsom: *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, 2006 This Surgeon General's report returns to the topic of the health effects of involuntary exposure to tobacco smoke. The last comprehensive review of this evidence by the Department of Health and Human Services (DHHS) was in the 1986 Surgeon General's report, *The Health Consequences of Involuntary Smoking*, published 20 years ago this year. This new report updates the evidence of the harmful effects of involuntary exposure to tobacco smoke. This large body of research findings is captured in an accompanying dynamic database that profiles key epidemiologic findings, and allows the evidence on health effects of exposure to tobacco smoke to be synthesized and updated (following the format of the 2004 report, *The Health Consequences of Smoking*). The database enables users to explore the data and studies supporting the conclusions in the report. The database is available on the Web site of the Centers for Disease Control and Prevention (CDC) at <http://www.cdc.gov/tobacco>.

cascade medical wellness folsom: *Pathokinesiology*, 1986-01-01

cascade medical wellness folsom: *A Good Tax* Joan Youngman, 2016 In *A Good Tax*, tax expert Joan Youngman skillfully considers how to improve the operation of the property tax and supply the information that is often missing in public debate. She analyzes the legal, administrative, and political challenges to the property tax in the United States and offers recommendations for its improvement. The book is accessibly written for policy analysts and public officials who are dealing with specific property tax issues and for those concerned with property tax issues in general.

cascade medical wellness folsom: *Management of Gender Dysphoria* Carlo Trombetta, Giovanni Liguori, Michele Bertolotto, 2015-03-03 This book is especially focused on the surgical aspect on Gender Dysphoria. Male to female surgery is widely discussed as well as the female to

male conversion. Full information on hormone administration and surgical procedures are provided. Mental health issues are also described, as well as ethics, the law and psychosocial issues. The text is extensively referenced and includes numerous photos, tables and figures to clearly illustrate information. Based on collaboration between international experts in transgender health, this book is an essential guide for health care professionals, educators, students, patients and patients' families concerning the psychological, hormonal, surgical and social support of transgender individuals.

cascade medical wellness folsom: Exercise Testing for Primary Care and Sports Medicine Physicians Corey H. Evans, Russell D. White, 2008-11-01 This book by Corey H. Evans, Russell D. White, and coauthors is a gem. There was a time when exercise testing was largely limited to cardiologists, but no more. Exercise testing, which provides information on fitness, the risk of coronary disease, and all around vitality, is now being performed in the offices of primary care physicians across the United States. Although there is a significant risk in some populations, a careful doctor who takes the trouble to become knowledgeable in exercise physiology and the pathophysiology of coronary artery disease can use exercise testing to improve his ability to give excellent, preventive medicine. Over the years I have read many books on this subject, and even contributed to some, and this one rates right up there with the best. Like many multi-authored books there is some repetition, but this is not all bad. A careful study of the various chapters will provide a depth of knowledge that will come in good stead when problems arise. I can especially recommend the chapter on exercise physiology. When the reader has mastered the material presented in this chapter, he has acquired a knowledge base so that he can become an expert in exercise testing equal to almost anyone. Over the years I have been privileged to know several of the authors and have followed their publications. Their contributions to our knowledge base in this field have been considerable. Acquiring this book and becoming familiar with its contents will set you apart in the field of exercise testing.

cascade medical wellness folsom: *Cracking the Metabolic Code* B. Lavalle R.Ph. C.C.N. N.D., James, James B. Lavalle, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (often times in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live—in effect, the sum total of your life experience up to this day—determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health..... At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

cascade medical wellness folsom: *A Handbook for the Study of Mental Health* Teresa L. Scheid, Tony N. Brown, 2010 The second edition of *A Handbook for the Study of Mental Health* provides a comprehensive review of the sociology of mental health. Chapters by leading scholars and researchers present an overview of historical, social and institutional frameworks. Part I examines social factors that shape psychiatric diagnosis and the measurement of mental health and illness, theories that explain the definition and treatment of mental disorders and cultural variability. Part II investigates effects of social context, considering class, gender, race and age, and the critical role played by stress, marriage, work and social support. Part III focuses on the organization, delivery and evaluation of mental health services, including the criminalization of mental illness, the challenges posed by HIV, and the importance of stigma. This is a key research reference source that will be useful to both undergraduates and graduate students studying mental health and illness from

any number of disciplines.

cascade medical wellness folsom: Oxidative Stress in Heart Diseases Sajal Chakraborti, Naranjan S Dhalla, Nirmal K Ganguly, Madhu Dikshit, 2019-11-06 This book bridges the gap between fundamental and translational research in the area of heart disease. It describes a multidisciplinary approach, and demonstrates biochemical mechanisms associated with dysregulation of redox signaling, which leads heart disease. Presenting recent studies on improved forms of ROS scavenging enzymes; specific inhibitors for different ROS generating enzymes; and oxidant induced signaling pathways and their antagonists that allow subtle modulation of redox signaling, it also discusses the spatial and temporal aspects of oxidative stress in the cardiovascular system, which are of vital importance in developing better strategies for treating heart disease. Each chapter offers researchers valuable insights into identifying targets for drug development for different types of heart disease.

cascade medical wellness folsom: Sports Medicine of Baseball Joshua M. Dines, David W. Altchek, James Andrews, Neal S. ElAttrache, Kevin E. Wilk, Lewis A. Yocum, 2012-09-26 Sports Medicine of Baseball includes all-encompassing coverage of the evaluation and treatment of common problems encountered in baseball players at all levels of competition. A large portion of the book focuses on shoulder and elbow problems, given the high number of shoulder and elbow injuries that affect baseball players. The text will also cover lower extremity injuries, spine conditions, and common medical problems that may be encountered. Of special interest to athletic trainers, topics such as different training regimens for in-season versus off-season workouts and tailoring throwing programs for relievers and starters is given particular attention.

cascade medical wellness folsom: The Jesus I Know Robert K. Wolthuis, 2015-11-16 Through his professional and church experiences, Dr. Wolthuis worked with and observed the power-brokers, the ordinary, and the down-trodden. As he visited several refugee camps, he saw thousands who practiced daily Christ-like charity and exemplified doing it unto the least of these my brethren.

cascade medical wellness folsom: Hospital Literature Index , 1988

cascade medical wellness folsom: CBT for Psychosis Roger Hagen, Douglas Turkington, Torkil Berge, Rolf W. Gråwe, 2013-09-05 This book offers a new approach to understanding and treating psychotic symptoms using Cognitive Behavioural Therapy (CBT). CBT for Psychosis shows how this approach clears the way for a shift away from a biological understanding and towards a psychological understanding of psychosis. Stressing the important connection between mental illness and mental health, further topics of discussion include: the assessment and formulation of psychotic symptoms how to treat psychotic symptoms using CBT CBT for specific and co-morbid conditions CBT of bipolar disorders. This book brings together international experts from different aspects of this fast developing field and will be of great interest to all mental health professionals working with people suffering from psychotic symptoms.

cascade medical wellness folsom: The Wiley Handbook of Healthcare Treatment Engagement Andrew Hadler, Stephen Sutton, Lars Osterberg, 2020-01-30 Winner of the 2021 PROSE Award for CLINICAL PSYCHOLOGY and PSYCHIATRY Against a global backdrop of problematic adherence to medical treatment, this volume addresses and provides practical solutions to the simple question: Why don't patients take treatments that could save their lives? The Wiley handbook of Healthcare Treatment Engagement offers a guide to the theory, research and clinical practice of promoting patient engagement in healthcare treatment at individual, organizational and systems levels. The concept of treatment engagement, as explained within the text, promotes a broader view than the related concept of treatment adherence. Treatment engagement encompasses more readily the lifestyle factors which may impact healthcare outcomes as much as medication-taking, as well as practical, economic and cultural factors which may determine access to treatment. Over a span of 32 chapters, an international panel of expert authors address this far-reaching and fascinating field, describing a broad range of evidence-based approaches which stand to improve clinical services and treatment outcomes, as well as the experience of users of healthcare service and practitioners alike. This comprehensive volume adopts an interdisciplinary approach to offer an understanding of the

factors governing our healthcare systems and the motivations and behaviors of patients, clinicians and organizations. Presented in a user-friendly format for quick reference, the text first supports the reader's understanding by exploring background topics such as the considerable impact of sub-optimal treatment adherence on healthcare outcomes, before describing practical clinical approaches to promote engagement in treatment, including chapters referring to specific patient populations. The text recognizes the support which may be required throughout the depth of each healthcare organization to promote patient engagement, and in the final section of the book, describes approaches to inform the development of healthcare services with which patients will be more likely to seek to engage. This important book: Provides a comprehensive summary of practical approaches developed across a wide range of clinical settings, integrating research findings and clinical literature from a variety of disciplines Introduces and compliments existing approaches to improve communication in healthcare settings and promote patient choice in planning treatment Presents a range of proven clinical solutions that will appeal to those seeking to improve outcomes on a budget Written for health professionals from all disciplines of clinical practice, as well as service planners and policy makers, The Wiley Handbook of Healthcare Treatment Engagement is a comprehensive guide for individual practitioners and organizations alike. 2021 PROSE Biological and Life Sciences Category for Clinical Psychology & Psychiatry

cascade medical wellness folsom: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 1988

cascade medical wellness folsom: *Determinants of Minority Mental Health and Wellness* Sana Loue, Martha Sajatovic, 2008-12-19 The United States is experiencing a dramatic shift in demographics, with minorities comprising a rapidly growing proportion of the population. It is anticipated that this will likely lead to substantial changes in previously established values, needs, and priorities of the population, including health and mental health for individuals, families, and society at large. This volume focuses on determinants of minority mental health and wellness. This emphasis necessarily raises the question of just who is a minority and how is minority to be defined. The term has been defined in any number of ways. Wirth (1945, p. 347) offered one of the earliest definitions of minority: We may define a minority as a group of people who, because of their physical or cultural characteristics, are singled out from the others in the society in which they live for differential and unequal treatment, and who therefore regard themselves as objects of collective discrimination. The existence of a minority in a society implies the existence of a corresponding dominant group enjoying higher social status and greater privileges.

cascade medical wellness folsom: A Roadmap to Reducing Child Poverty National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Committee on National Statistics, Board on Children, Youth, and Families, Committee on Building an Agenda to Reduce the Number of Children in Poverty by Half in 10 Years, 2019-09-16 The strengths and abilities children develop from infancy through adolescence are crucial for their physical, emotional, and cognitive growth, which in turn help them to achieve success in school and to become responsible, economically self-sufficient, and healthy adults. Capable, responsible, and healthy adults are clearly the foundation of a well-functioning and prosperous society, yet America's future is not as secure as it could be because millions of American children live in families with incomes below the poverty line. A wealth of evidence suggests that a lack of adequate economic resources for families with children compromises these children's ability to grow and achieve adult success, hurting them and the broader society. A Roadmap to Reducing Child Poverty reviews the research on linkages between child poverty and child well-being, and analyzes the poverty-reducing effects of major assistance programs directed at children and families. This report also provides policy and program recommendations for reducing the number of children living in poverty in the United States by half within 10 years.

cascade medical wellness folsom: Baseball Sports Medicine Christopher S. Ahmad, Anthony A. Romeo, 2018-10-24 Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included

with the product. Headed by the team physicians of the New York Yankees and the Chicago White Sox, Baseball Sports Medicine covers all aspects of this multi-faceted area, including injury prevention, management of injuries when they occur, rehabilitation protocols, and outcomes. It's an ideal reference for all health care providers who care for patients at all levels of the sport - from children and adolescents through the major leagues.

cascade medical wellness folsom: Cyber Spying Tracking Your Family's (Sometimes) Secret Online Lives Eric Cole, Michael Nordfelt, Sandra Ring, Ted Fair, 2005-03-15 Cyber Spying Tracking Your Family's (Sometimes) Secret Online Lives shows everyday computer users how to become cyber-sleuths. It takes readers through the many different issues involved in spying on someone online. It begins with an explanation of reasons and ethics, covers the psychology of spying, describes computer and network basics, and takes readers step-by-step through many common online activities, and shows what can be done to compromise them. The book's final section describes personal privacy and counter-spy techniques. By teaching by both theory and example this book empowers readers to take charge of their computers and feel confident they can be aware of the different online activities their families engage in. - Expert authors have worked at Fortune 500 companies, NASA, CIA, NSA and all reside now at Sytex, one of the largest government providers of IT services - Targets an area that is not addressed by other books: black hat techniques for computer security at the personal computer level - Targets a wide audience: personal computer users, specifically those interested in the online activities of their families

cascade medical wellness folsom: Dairy Processing and Quality Assurance Ramesh C. Chandan, Arun Kilara, Nagendra P. Shah, 2015-10-15 Dairy Processing and Quality Assurance, Second Edition describes the processing and manufacturing stages of market milk and major dairy products, from the receipt of raw materials to the packaging of the products, including the quality assurance aspects. The book begins with an overview of the dairy industry, dairy production and consumption trends. Next are discussions related to chemical, physical and functional properties of milk; microbiological considerations involved in milk processing; regulatory compliance; transportation to processing plants; and the ingredients used in manufacture of dairy products. The main section of the book is dedicated to processing and production of fluid milk products; cultured milk including yogurt; butter and spreads; cheese; evaporated and condensed milk; dry milks; whey and whey products; ice cream and frozen desserts; chilled dairy desserts; nutrition and health; sensory evaluation; new product development strategies; packaging systems; non-thermal preservation technologies; safety and quality management systems; and dairy laboratory analytical techniques. This fully revised and updated edition highlights the developments which have taken place in the dairy industry since 2008. The book notably includes: New regulatory developments The latest market trends New processing developments, particularly with regard to yogurt and cheese products Functional aspects of probiotics, prebiotics and synbiotics A new chapter on the sensory evaluation of dairy products Intended for professionals in the dairy industry, Dairy Processing and Quality Assurance, Second Edition, will also appeal to researchers, educators and students of dairy science for its contemporary information and experience-based applications.

cascade medical wellness folsom: Chapman's Comprehensive Orthopaedic Surgery Michael W Chapman, Michelle A James,

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the future of obesity prevention and treatment. This publication summarizes the presentations and discussions from the workshop.

cascade medical wellness folsom: Cardiovascular Regulation David Jordan, Janice Marshall, 1995 The Studies in Physiology series provides a concise introduction to developments in complex areas of physiology for a wide audience. Published on behalf of the Physiology Society, Cardiovascular Regulation provides an up-to-date account of our current understanding of the control of the cardiovascular system that is not covered by existing textbooks. Both students and lecturers of cardiovascular and exercise physiology, medicine, dentistry and biomedical sciences will find this book informative and easy to read. Each chapter has numerous summary boxes. 'Essential reading' suggestions provide additional reading for undergraduates and the suggestions for 'Further reading' cover the subject to postgraduate level.

cascade medical wellness folsom: Alzheimer's In America Maria Shriver, 2011-04-12 The Shriver Report: A Woman's Nation Takes on Alzheimer's will be the first comprehensive multi-disciplinary look at these questions at this transformational moment. The Report will digest the current trends in thinking about Alzheimer's, examine cutting-edge medical research, look at societal impacts, and include a groundbreaking and comprehensive national poll. It will feature original photography and personal essays by men and women - some from the public arena with names you know, some from everyday America - sharing their personal struggles with the disease as patients, caregivers and family members.

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