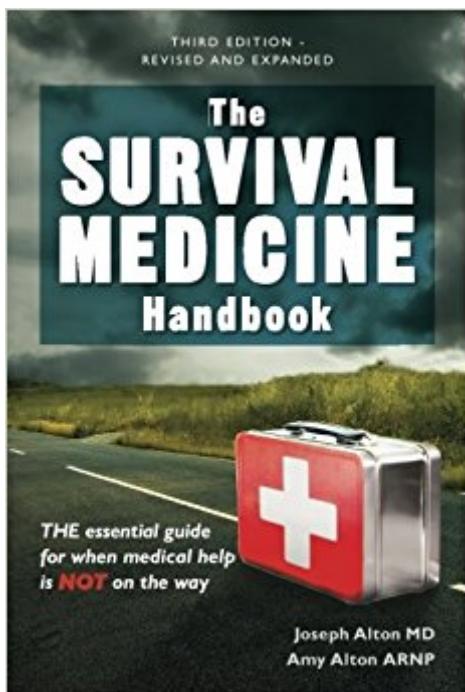


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# The Survival Medicine Handbook: THE Essential Guide For When Medical Help Is NOT On The Way



## Synopsis

If you had to deal with an injury or illness in a disaster, would you know what to do? The Survival Medicine Handbook is a 670 page detailed guide for those who want to be medically prepared for any disaster where help is NOT on the way. This book is written by Joe Alton, M.D. and Amy Alton, A.R.N.P., the premiere medical preparedness professionals from the top ten survival website [www.doomandbloom.net](http://www.doomandbloom.net). The expanded third edition of the 3 category bestseller (Survival Skills, Disaster Relief, Safety/First Aid) is geared to enable the non-medical professional to deal with all the likely issues they will encounter in catastrophic short or long-term scenarios. The third (2016) edition of The Survival Medicine Handbook is not your standard first aid book: Unlike other so-called "survival" medical books, it assumes that a disaster, natural or man-made, has removed all access to hospitals or doctors for the foreseeable future; you, the average person, are now the highest medical resource left to your family. The Survival Medicine Handbook will give you the tools, in plain English, to competently handle injuries and illness for any situation that leaves you as the end of the line with regards to your family's medical well-being. Here are just some of the over 150 topics (175 illustrations) covered: PRINCIPLES OF MEDICAL PREPAREDNESS-HISTORY OF PREPAREDNESS-USING ALL THE TOOLS IN THE WOODSHED-SPIRITUALITY AND SURVIVAL-MODERN MEDICINE VS. SURVIVAL MEDICINE-THE IMPORTANCE OF COMMUNITY-HOW TO BECOME AN EFFECTIVE MEDIC-LIKELY MEDICAL ISSUES YOU'LL FACE-MEDICAL SKILLS YOU'LL WANT TO LEARN-MEDICAL BAGS, KITS, AND SUPPLIES-HOW TO STERILIZE MEDICAL SUPPLIES-NATURAL REMEDIES, LIKE OILS, TEAS, TINCTURES, AND SALVES-THE MEDICAL HISTORY AND PHYSICAL EXAM-THE MASS CASUALTY INCIDENT-THE ACTIVE SHOOTER EVENT-PATIENT TRANSPORT-HYGIENE-RELATED MEDICAL ISSUES-LICE, TICKS, AND WORMS-DENTAL ISSUES AND PROCEDURES-RESPIRATORY INFECTIONS-GUIDE TO PROTECTIVE MASKS-FOOD AND WATER-BORNE ILLNESS-WATER STERILIZATION-DIARRHEAL DISEASE AND DEHYDRATION-DEALING WITH SEWAGE ISSUES-RODENTS AS DISEASE VECTORS-FOOD POISONING-PATHOGENS (DISEASE-CAUSING ORGANISMS)-HOW INFECTIONS SPREAD-APPENDICITIS AND OTHER ABDOMINAL INFECTIONS AND CONDITIONS-HEPATITIS-URINARY TRACT INFECTIONS-INFECTIONS CAUSED BY YEAST-CELLULITIS-ABSCESSES-TETANUS-MOSQUITO-BORNE ILLNESSES-PANDEMICS-THE SURVIVAL SICK ROOM -HYPERTHERMIA (HEAT STROKE)-HYPOTHERMIA-FROSTBITE/IMMERSION (TRENCH) FOOT-COLD WATER SAFETY-FALLING THROUGH THE ICE-AVALANCHE PREPAREDNESS-ALTITUDE

SICKNESS-WILDFIRE PREPAREDNESS-SMOKE INHALATION-TORNADO  
PREPAREDNESS-HURRICANE PREPAREDNESS-EARTHQUAKE PREPAREDNESS-FLOOD  
PREPAREDNESS-MARITIME SURVIVAL-NEAR-DROWNING-VOLCANO  
PREPAREDNESS-ALLERGIC REACTIONS-ASTHMA-ANAPHYLACTIC SHOCK-POISON IVY,  
OAK, AND SUMAC-RADIATION SICKNESS-BIOLOGICAL WARFARE-INJURIES TO SOFT  
TISSUES- MINOR WOUNDS-HEMORRHAGIC WOUNDS-PHYSICAL EFFECTS OF BLOOD  
LOSS-HEMORRHAGE CONTROL-TOURNIQUETS-COMMERCIAL BLOOD-CLOTTING  
AGENTS-KNIFE AND BULLET WOUNDS-BODY ARMOR-THE MEDIC UNDER FIRE-SOFT  
TISSUE CHRONIC WOUND CARE-HOW TO SUTURE SKIN-HOW TO STAPLE SKIN-LOCAL  
NERVE BLOCKS-BLISTERS, SPLINTERS, AND FISHHOOKS-NAIL BED INJURIES-BURN  
INJURIES-ANIMAL BITES-SNAKE BITES-INSECT BITES AND STINGS-HEAD  
INJURIES-SPRAINS AND  
STRAINS-DISLOCATIONS-FRACTURES-PNEUMOTHORAX-AMPUTATION-THYROID  
DISEASE-DIABETES-HIGH BLOOD PRESSURE-HEART DISEASE-ULCER AND ACID REFLUX  
DISEASE-SEIZURE DISORDERS-JOINT DISEASE-KIDNEY AND GALL BLADDER  
STONES-SKIN RASHES-VARICOSE VEINS-HEMORRHOIDS-AIRWAY  
OBSTRUCTION-TRACHEOTOMY-CPR IN THE UNCONSCIOUS PATIENT-HEADACHE-EYE  
TRAUMA AND INFECTIONS-NASAL TRAUMA-EAR INFECTIONS-PREGNANCY AND  
DELIVERY-ANXIETY AND DEPRESSION-SLEEP DEPRIVATION-OVER THE COUNTER  
DRUGS-PAIN RELIEF-ANTIBIOTICS- EXPIRATION DATES When medical personnel are  
overwhelmed and modern technology is non-existent, The Survival Medicine Handbook is THE  
essential book for your library.

## **Book Information**

Paperback: 700 pages

Publisher: Doom and Bloom, LLC; 3 edition (June 7, 2016)

Language: English

ISBN-10: 0988872552

ISBN-13: 978-0988872554

Product Dimensions: 6 x 1.6 x 9 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #19,157 in Books (See Top 100 in Books) #14 inÂ Books > Sports & Outdoors

> Survival Skills #18 in Books > Medical Books > Medicine > Internal Medicine > Emergency

#25 in Books > Health, Fitness & Dieting > Safety & First Aid

## Customer Reviews

This is the third edition and I have bought every edition. They are always adding to the amount of knowledge and useable information. I am a former paramedic and I can say this is a great textbook for disaster medicine. It is easy to understand and easy to use a reference. This would be a huge asset to anyone's library!

So glad I found this book. I've looked at a number of books in this category and was disappointed by one I got recently that was written by a "survival" doctor. It directed me to go to the hospital just about every chapter. The Altons, however, are the real deal, and write as if some major event had completely eliminated all modern medical care. The book is easy to understand, and covers so many topics that it's hard to imagine what they could have missed. I also like that they also include natural remedies throughout the book along with regular medical stuff. If you're in the market for a real survival medicine book, this is the Gold Standard, as far as I'm concerned.

Having been an EMT and Wilderness EMT for years, I didn't expect this book to provide me much, man was I wrong. This is THE BEST survival /prepper / homestead medical book hands down. You will not be disappointed. Get yours today!

Hands down, the best guide for collapse medicine out there. Prepper? Survivalist? Just curious? Get it! Great addition to your preps/kit. Invaluable information!

This book is MASSIVE and a great addition to your library. You probably already own "where there is no doctor" but this blows it out of the water. It goes into more detail under the assumption that the average joe would be performing the duties and tasks required.

Well written and laid out for lay people to use. Excellent resource covers a huge amount of potential medical issues and teaches clearly how to manage them. I love it ! It is an essential part of my med kit.

I have found this book to be a very worthwhile purchase. It has given me a lot of information that is not all that easy to find in other resources. As a nurse, it will be a valuable source in a concise format. It is a good addition to my library and an interesting read . Thanks to the authors.

I looked for something like this in our local book store and nothing came close to the kind of information this book has on a "your on your own" survival level. This book is full of easy to understand knowledge and explains issues you might run into when there is no emergency services near by or maybe not even around anymore. Great book to add to your survival library.

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