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Screening for Good Health is the one reference book that might just save your life!

SCREENING for GOOD HEALTH

The Australian Guide to
Health Screening and Immunisation



MARTIN BRAY • Dr KERRY KIRKE • Dr NICOLA SPURRIER

MUP RRP \$49.99

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The authors are available for
interview in July.

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SCREENING FOR GOOD HEALTH

THE AUSTRALIAN GUIDE TO HEALTH SCREENING AND IMMUNISATION

By Mr Martin Bray, Dr Nicola Spurrier and Dr Kerry Kirke

There's a family history of diabetes in my family: how do I go about getting tests done?

When is the best time to get a check-up for macular degeneration?

Take your health in your hands.

Screening for Good Health is a practical guide to help you make sense of the hundreds of health messages that we are bombarded with each year. Whether or not there is a family history of a particular illness, screening and immunisation are smart, simple steps anyone can take to counter preventable diseases.

Prepared by experts in their field, *Screening for Good Health* gives an overview of the stages in life, the screening tests and immunisations that are relevant to each age bracket, and the importance of your own record-keeping.

An alphabetical listing covers every illness from Alzheimer's Disease through to Osteoporosis to Tuberculosis. For each preventable illness, the entry provides up-to-date information on:

- * symptoms * risk factors *disease progression*
- *protective lifestyle choices *screening tests available*
- * health services at your disposal *treatment available*

Also included is a comprehensive travel health section, with a convenient checklist covering all aspects of health protection during travel, and a first-aid guide.

Martin Bray, BSc, DipEd., studied in the fields of physiology, microbiology and immunology. He is now retired after a career in education.

Dr Kerry Kirke, AM, MD, FAFPHM is Associate Professor, Discipline of Public Health at the University of Adelaide. He is past director of public and environmental health for South Australia, and formerly a senior executive at the Cancer Council of South Australia.

Dr Nicola Spurrier, MBBS, PhD, RACP, AAFP, is Senior Lecturer and Consultant Paediatrician at the Department of Paediatrics and Child Health, Flinders University and Flinders Medical Centre.