



## Quick and Easy Medical Tips for Healthy Senior Living

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By Elizabeth Molle

iUniverse, Inc. Paperback. Book Condition: New. Paperback. 122 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Quick and Easy Medical Tips for Healthy Senior Living is an invaluable resource for anyone who is aging, concerned about senior health care issues, or is caring for an aging parent. Author Elizabeth Molle RN, MS has over eighteen years of experience working as a Registered Nurse and caring for an elderly parent. In clear and easy to understand language, Molle discusses common concerns that face older people and then provides practical, everyday tips for conquering these issues. The information is well researched and supported by professional medical references. It is written in an upbeat, conversational tone and covers many topics, including: Learning ways to prevent falling and breaking bones Managing common heart, breathing, and stomach problems Organizing medications and correctly taking them Eating properly and learning how to read food labels Exercising the mind and body Locating adaptive devices and qualified help Guidelines for traveling with an oxygen tank Quick and Easy Medical Tips for Healthy Senior Living has: 107 easy to follow tips Safety recommendations for every room in the house Four checklists to use at the doctors office Resources for additional information This item ships from multiple locations. Your book may arrive from...



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