

1. Record Nr.	UNINA9910786033403321
Titolo	Principles of medicine in Africa // edited by David Mabey [and four others] [[electronic resource]]
Pubbl/distr/stampa	Cambridge : , : Cambridge University Press, , 2013
ISBN	1-139-60997-1 0-511-75166-4 1-139-61183-6 1-139-62113-0 1-283-94315-8 1-139-62485-7 1-139-61555-6 1-139-60846-0
Edizione	[Fourth edition.]
Descrizione fisica	1 online resource (xiv, 913 pages) : digital, PDF file(s)
Collana	Cambridge medicine Principles of medicine in Africa
Disciplina	616.0096
Soggetti	Medicine - Africa Epidemiology - Africa
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di contenuto	Contents; Contributors; Foreword; Section 1 Health and disease; Chapter 1 People and the environment; What problems and issues does this history raise?; Why should this person? WHO; Orphans; Old people; People at home; Poverty; Culture, customs, health and disease; Cultural beliefs and practices; Practices derived from beliefs; Health-seeking behaviour, traditional and orthodox medical practice; Treatment; The perceived burden of disease; Work, employment and occupations; Hazards of employment and of industrial work; Hazards and traditional occupations; The vulnerable subsistence farmer HabitsAlcohol; Tobacco and smoking; Drugs and the use of khat (chaat); Why should this person from this place?; Home and shelter; Quality of housing; Action; Access to health care; Movement of people; Urban movement; Small rural movements; Large rural movements; Effects of movement on people; Why should this person from this place present in this way?; Fever in a migrant to Kampala from western

Uganda; Hand lacerations in a 28-year-old accountant; Fever and abdominal pain in a laboratory assistant; Drowsiness in a 15-year-old schoolboy

Why should this patient, from this place present in this way at this time? The effects of seasons on health and disease Seasons, food and work; Movement of people to find work during the slack farming season; Food supply; Food prices; Food storage; Agricultural work; Domestic work; Nutrition; Seasonal deficiencies and intoxications; Drought; Drought forces people to eat; Seasonal disease, hazards and seasonal activities; Seasonal changes in transmission of infection; Vectors and intermediate hosts; 1. Mosquitoes and yellow fever; 2. Cyclops and guinea-worm; 3. Snails and schistosomiasis Bacteria and viruses Airborne infections; Meningococcal meningitis; Measles; Water-borne infections; Direct contact through skin; Louse-borne relapsing fever (Chapter 27); Endemic syphilis and tropical ulcer (in Chapter 74); Yaws; People; Infections and contact with vectors or organisms; Other seasonal influences on health and disease; Births and deaths; Health services; Travel and roads; The map of Africa; Water; Geographical regions; Mediterranean zone; Desert and semidesert; Sahel and savannah; Rainforest; Highlands; The major crops and staples; Millet; Sorghum (*Sorghum bicolor*); Maize Cassava Yam; Plantain and *Musa* spp.; Rice; Minor staples; Effects of the climate of Africa on people; Heat gain and heat loss; Conduction, convection and radiation; Methods for losing heat; Vasodilatation and small changes to lose heat; Sweat and large changes to lose heat; The dehydrated patient; Acute salt and water depletion; Production of heat; Fat and lean people; Clothes; Hot and dry climate; Hot and wet (humid) climate; Acclimatization; Acclimatization and heat load; After acclimatization; Ability to acclimatize; Heat exhaustion syndrome; Heatstroke; Prevention; Clinical features Investigations

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## Sommario/riassunto

Principles of Medicine in Africa combines classical clinical medicine with a rich understanding of the major environmental and cultural influences on health and disease, providing comprehensive guidance for anyone intending to practise medicine in Africa. Disease is presented in the context of family and culture, and the effects of inequality and problems of limited resources are addressed. The authors have a wealth of experience in front line healthcare and provide practical, evidence-based management guidelines for all the common and less common conditions likely to be encountered. This fourth edition has been thoroughly updated to incorporate the latest research findings and management guidelines. It includes an expanded section on maternal and child health, but careful editing has generated a slimmer volume, whilst retaining all of the essential content. This is the one essential text for medical students and healthcare professionals wanting a complete and up-to-date reference book on medicine in Africa.

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