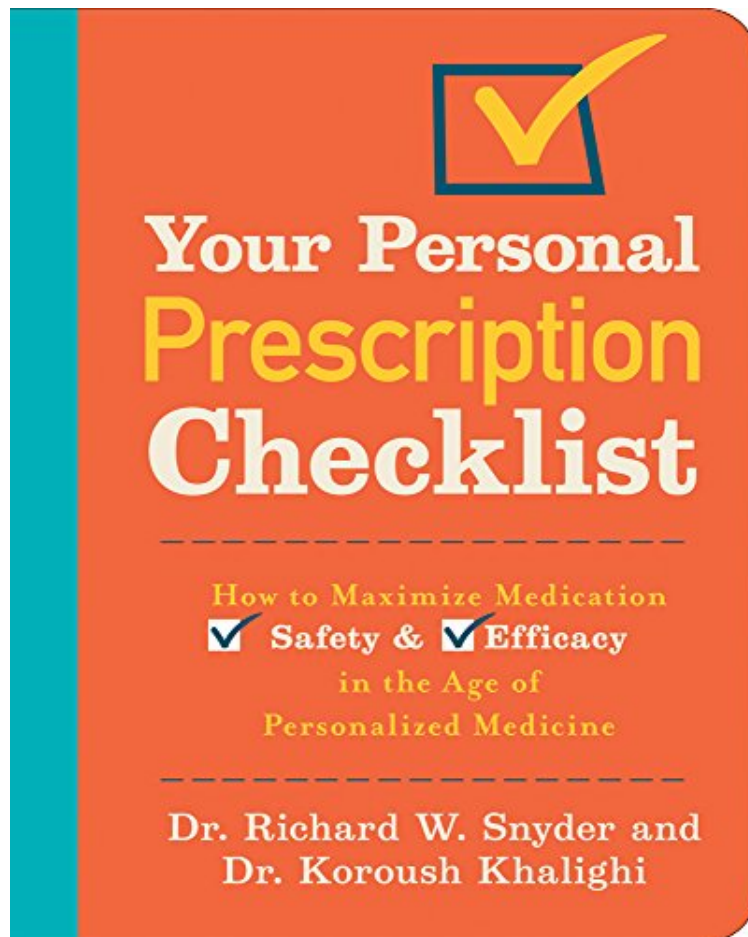


[Ebook pdf] Your Personal Prescription Checklist: How to Maximize Medication Safety and Efficacy in the Age of Personalized Medicine

Your Personal Prescription Checklist: How to Maximize Medication Safety and Efficacy in the Age of Personalized Medicine

Richard W Snyder, Koroush Khalighi
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For anyone on more than one medication or supplement, this is an essential tool. Although most medical professionals won't openly admit it, taking prescription medication is like playing Russian roulette. With expertise from two highly regarded physicians and decades of pharmacokinetic research, Your Personal Prescription Checklist will help you manage an ever-increasing list of prescriptions, assess risk factors, and lower the possibility of adverse drug reactions. Featuring helpful tables and checklists for tracking prescriptions, side effects, and test results, this invaluable reference discusses the most problematic medicines—including widely prescribed statins, blood thinners, and antidepressants—as well as common variations in the metabolic pathways and drug/supplement interactions. For the millions of people collectively filling around three billion prescriptions per year, this book could be life saving.

About the AuthorDr. Richard W. Snyder is a nephrologist affiliated with Easton Hospital and St. Luke's University Hospital Network. He received his medical degree from Philadelphia College of Osteopathic Medicine and has been in practice for more than 15 years. Dr. Snyder is also the author of Medical Dosage Calculations for Dummies (Wiley), Adrenal Fatigue for Dummies (Wiley), as well as What You Must Know About Kidney Disease (Square One). He has contributed his expertise to About.com on the topics of hypertension and adrenal health. Dr. Snyder lives in Easton, PA. Dr. Koroush Khalighi, a pioneering integrative cardiologist and electrophysiologist, is the director at the Cardiac Electrophysiology Lab at Easton Hospital. He is also the Director of Clinical Research at Easton Hospital. He has utilized a personalized medication approach for the treatment of hundreds of patients and is the clinical investigator for more than 30 clinical studies, several of which are sponsored by the National Institute of Health. He was the recipient of the American Heart Association's Cardiovascular Research Award in 2000. Dr. Khalighi lives in Easton, PA.