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A Safe Place to Call Home Called Out But Safe Successful Transition and Reentry for Safer Communities Report of the Safer Newark Council, 2016 Officers' Call Contact Lenses To Err Is Human Called Out But Safe Make the Right Call A Safe Place Called Home Safe Work in the 21st Century Safe I Can be Safe Engineering a Safer World Safer Nuclear Power Initiatives The Negro Motorist Green Book Before You Call the Doctor A Safer Retirement For The Pilot Unsafe at Any Speed Identity Safe Classrooms, Grades 6-12 The Fearless Organization Making Healthcare Safe Phone Records for Sale Prepare and Protect Contact Lenses The Home Security Handbook Unsafe on the High Seas: Your Guide to a Safer Cruise Safe by Accident? Risk Safe Harbor How Safe Are We? Safer Hospital Care Defund Fear A Call for Action to Make Our Nation Safe for Children Making Spaces Safer Making Healthcare Safe Geeks On Call Wireless Networking Sharing Ideas & Resources to Keep Our Nation's Schools Safe! Safe by Design Making Health Care Safer

Despite many advances, 20 American workers die each day as a result of occupational injuries. And occupational safety and health (OSH) is becoming even more complex as workers move away from the long-term, fixed-site, employer relationship. This book looks at worker safety in the changing workplace and the challenge of ensuring a supply of top-notch OSH professionals. Recommendations are addressed to federal and state agencies, OSH organizations, educational institutions, employers, unions, and other stakeholders. The committee reviews trends in workforce demographics, the nature of work in the information age, globalization of work, and the revolution in health care deliveryâ€”exploring the implications for OSH education and training in the decade ahead. The core professions of OSH (occupational safety, industrial hygiene, and occupational medicine and nursing) and key related roles (employee assistance professional, ergonomist, and occupational health psychologist) are profiled-how many people are in the field, where they work, and what they do. The book reviews in detail the education, training, and education grants available to OSH professionals from public and private sources. Publisher Description This unique and engaging open access title provides a compelling and ground-breaking account of the patient safety movement in the United States, told from the perspective of one of its most prominent leaders, and arguably the movement’s founder, Lucian L. Leape, MD. Covering the growth of the field from the late 1980s to 2015, Dr. Leape details the developments, actors, organizations, research, and policy-making activities that marked the evolution and major advances of patient safety in this time span. In addition, and perhaps most importantly, this book not only comprehensively details how and why human and systems errors too often occur in the process of providing health care, it also promotes an in-depth understanding of the principles and practices of patient safety, including how they were influenced by today’s modern safety sciences and systems theory and design. Indeed, the book emphasizes how the growing awareness of systems-design thinking and the self-education and commitment to improving patient safety, by not only Dr. Leape but a wide range of other clinicians and health executives from both the private and public sectors, all converged to drive forward the patient safety movement in the US. Making Healthcare Safe is divided into four parts: I. In the Beginning describes the research and theory that defined patient safety and the early initiatives to enhance it. II. Institutional Responses tells the stories of the efforts of the major organizations that began to apply the new concepts and make patient safety a reality. Most of these stories have not been previously told, so this account becomes their histories as well. III. Getting to Work provides in-depth analyses of four key issues that cut across disciplinary lines impacting patient safety which required special attention. IV. Creating a Culture of Safety looks to the future, marshalling the best thinking about what it will take to achieve the safe care we all deserve. Captivatingly written with an “insider’s” tone and a major contribution to the clinical literature, this title will be of immense value to health care professionals, to students in a range of academic disciplines, to medical trainees, to health administrators, to policymakers and even to lay readers with an interest in patient safety and in the critical quest to create safe care. Former Secretary of the Department of Homeland Security Janet Napolitano offers an insightful analysis of American security at home and a prescription for the future. Created in the wake of the greatest tragedy to occur on U.S. soil, the Department of Homeland Security was handed a sweeping mandate: make America safer. It would encompass intelligence and law enforcement agencies, oversee natural disasters, commercial aviation, border security and ICE, cybersecurity, and terrorism, among others. From 2009-2013, Janet Napolitano ran DHS and oversaw 22 federal agencies with 230,000 employees. In How Safe Are We?, Napolitano pulls no punches, reckoning with the critics who call it Frankenstein's Monster of government run amok, and taking a hard look at the challenges we'll be facing in the future. But ultimately, she argues that the huge, multifaceted department is vital to our nation's security. An agency that's part terrorism prevention, part intelligence agency, part law enforcement, public safety, disaster recovery make for an odd combination the protocol-driven, tradition-bound Washington D.C. culture. But, she says, it has made us more safe, secure, and resilient. Napolitano not only answers the titular question, but grapples with how these security efforts have changed our country and society. Where are the failures that leave us vulnerable and what has our 1 trillion dollar investment yielded over the last 15 years? And why haven't we had another massive terrorist attack in the U.S. since September 11th, 2001? In our current political climate, where Donald Trump has politicized nearly every aspect of the department, Napolitano's clarifying, bold vision is needed now more than ever. This book is about a bright five-year-old boy whose parents disagree and fight with one another. The young boy feels caught in the middle and hopes for a safe place to call home. Although his parents disagree, they both love him very much. This book can be a useful tool during a separation or disagreement in the home. This unique and engaging open access title provides a compelling and ground-breaking account of the patient safety movement in the United States, told from the perspective of one of its most prominent leaders, and arguably the movement’s founder, Lucian L. Leape, MD. Covering the growth of the field from the late 1980s to 2015, Dr. Leape details the developments, actors, organizations, research, and policy-making activities that marked the evolution and major advances of patient safety in this time span. 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Institutional Responses tells the stories of the efforts of the major organizations that began to apply the new concepts and make patient safety a reality. Most of these stories have not been previously told, so this account becomes their histories as well. III. Getting to Work provides in-depth analyses of four key issues that cut across disciplinary lines impacting patient safety which required special attention. IV. Creating a Culture of Safety looks to the future, marshalling the best thinking about what it will take to achieve the safe care we all deserve. Captivatingly written with an “insider’s” tone and a major contribution to the clinical literature, this title will be of immense value to health care professionals, to students in a range of academic disciplines, to medical trainees, to health administrators, to policymakers and even to lay readers with an interest in patient safety and in the critical quest to create safe care. A new approach to safety, based on systems thinking, that is more effective, less costly, and easier to use than current techniques. Engineering has experienced a technological revolution, but the basic engineering techniques applied in safety and reliability engineering, created in a simpler, analog world, have changed very little over the years. In this groundbreaking book, Nancy Leveson proposes a new approach to safety—more suited to today’s complex, sociotechnical, software-intensive world—based on modern systems thinking and systems theory. Revisiting and updating ideas pioneered by 1950s aerospace engineers in their System Safety concept, and testing her new model extensively on real-world examples, Leveson has created a new approach to safety that is more effective, less expensive, and easier to use than current techniques. Arguing that traditional models of causality are inadequate, Leveson presents a new, extended model of causation (Systems-Theoretic Accident Model and Processes, or STAMP), then shows how the new model can be used to create techniques for system safety engineering, including accident analysis, hazard analysis, system design, safety in operations, and management of safety-critical systems. She applies the new techniques to real-world events including the friendly-fire loss of a U.S. Blackhawk helicopter in the first Gulf War; the Vioxx recall; the U.S. Navy SUBSAFE program; and the bacterial contamination of a public water supply in a Canadian town. Leveson’s approach is relevant even beyond safety engineering, offering techniques for “reengineering” any large sociotechnical system to improve safety and manage risk. From newborns switched in the nursery to medication mix-ups and hospital-acquired infections, we are all familiar with the horror stories about hospital safety, and unfortunately, the statistics say we aren’t exaggerating. The safety issue in U.S. hospitals has become so profound and embedded, that we cannot hope to fix it without a paradigm shift in our approach. After defining and demonstrating the true depth of this dangerous concern, Safer Hospital Care: Strategies for Continuous Innovation elaborates on the steps required to make that paradigm shift a reality. A respected and sought out expert on hospital safety, author Dev Raheja draws on his 25 years of experience as a risk management and quality assurance consultant to provide hospital stakeholders with a systematic way to learn the science of safe care. Supported by case studies as well as input from such paradigm pioneers as Johns Hopkins and Seattle Children’s, he explains how to: Adapt evidence-based safety theories and tools taken from the aerospace, nuclear, and chemical industries Identify the combination of root causes that result in an adverse event Apply analytical tools that can effectively measure hospital efficiency Establish evidence between Lean strategies and patient satisfaction Make use of various types of innovation including accidental, incremental, strategic, and radical, and establish a culture conducive to innovation This practical guide shows how to find solutions that are simple and comprehensive, and can produce a high ROI. To reform hospitals, we must recognize that they are highly dynamic systems that must be fixed systemically. Instead of thinking in terms of continuous improvement, we need to think in terms of continuous innovation. Safe hospital care is not just about doing things right; it is also about breaking old habits, finding new tools and doing the right things. Experts estimate that as many as 98,000 people die in any given year from medical errors that occur in hospitals. That's more than die from motor vehicle accidents, breast cancer, or AIDSâ€”three causes that receive far more public attention. Indeed, more people die annually from medication errors than from workplace injuries. Add the financial cost to the human tragedy, and medical error easily rises to the top ranks of urgent, widespread public problems. To Err Is Human breaks the silence that has surrounded medical errors and their consequenceâ€”but not by pointing fingers at caring health care professionals who make honest mistakes. After all, to err is human. Instead, this book sets forth a national agendaâ€”with state and local implicationsâ€”for reducing medical errors and improving patient safety through the design of a safer health system. This volume reveals the often startling statistics of medical error and the disparity between the incidence of error and public perception of it, given many patients' expectations that the medical profession always performs perfectly. A careful examination is made of how the surrounding forces of legislation, regulation, and market activity influence the quality of care provided by health care organizations and then looks at their handling of medical mistakes. Using a detailed case study, the book reviews the current understanding of why these mistakes happen. A key theme is that legitimate liability concerns discourage reporting of errorsâ€”which begs the question, "How can we learn from our mistakes?" Balancing regulatory versus market-based initiatives and public versus private efforts, the Institute of Medicine presents wide-ranging recommendations for improving patient safety, in the areas of leadership, improved data collection and analysis, and development of effective systems at the level of direct patient care. To Err Is Human asserts that the problem is not bad people in health careâ€”it is that good people are working in bad systems that need to be made safer. Comprehensive and straightforward, this book offers a clear prescription for raising the level of patient safety in American health care. It also explains how patients themselves can influence the quality of care that they receive once they check into the hospital. This book will be vitally important to federal, state, and local health policy makers and regulators, health professional licensing officials, hospital administrators, medical educators and students, health caregivers, health journalists, patient advocatesâ€”as well as patients themselves. First in a series of publications from the Quality of Health Care in America, a project initiated by the Institute of Medicine Biological safety is a critical requirement when working with or around infectious disease agents. To prevent exposures and keep staff and patients safe, laboratories and health care facilities rely on personal protective equipment, standard operating procedures (SOPs), and engineering controls. In an instant, however, a single inappropriate human behavior can negate any of these safeguards. This reference provides an important call to action for anyone who relies on safety plans to consider carefully the humans who must follow those plans. Written by an expert in behavioral biosafety training, Prepare and Protect offers a common-sense program for addressing and reducing the risk factors of human behavior. Learn how to Examine the safety culture of your organization and its approach to risk Motivate the compliance, adherence to rules, and community thinking that keep everyone safe Evaluate, validate, and verify SOPs and staff competence Create safety plans and safety training programs that connect outcomes to behaviors Provide leadership that translates the containment philosophy from words to actions The critical message of this book is illustrated and enriched by personal accounts from infectious disease pioneers, from lab safety directors and trainers to the researchers and health care workers directly affected by infectious hazards. If your work involves pathogenic microbes—whether treating patients in a hospital emergency department or conducting research in a biosafety level 2 or higher laboratory—or overseeing those who do these jobs, this resource will teach you how to develop a culture of biosafety through behavior. When thirteen-year-old Tracy, whose mother died when she was three years old, is raped and beaten on the last day of school, all her feelings of security disappear and she does not know how to cope with the fear and dread that engulf her. Do you know what to do if you think someone is in your house? What if an unmarked car is trying to pull you over on a dark and lonely? Author Lynne Finch takes a comprehensive look at ways to improve your family’s immediate safety and methods for protecting them in the future. Finch covers a wide range of topics from temporary ways renters can make their home secure, to more permanent changes an owner can make. As well as travel tips for domestic and international travel, with suggestions as simple as how to use your luggage tags to not only make your bag distinct, but to be more security conscious. Through interviews with Law Enforcement officers, Finch provides advice on how to handle various social interactions that keeps you from becoming a victim. These safety suggestions are helpful to readers of all ages, and a must-read for those just going off to college. Learn how to keep your drink safe at a bar or club, and prevent your friend from becoming a target. As well as what to do if someone is following you home at night. Home Security Handbook is a well researched, thoughtful look at a serious subject that affects everyone live’s. Written in an approachable, conversational style, Finch provides informative tips that help prepare readers to deal with the most common safety concerns. Tragic events lead to new prevention and response strategies. We recognize that there are dangers in our communities and in our schools. These realities call for an enhanced focus on safety. The decades-old school fire drill has evolved to active shooter/threat drills as threats have escalated and materialized, often with tragic outcomes. Our nation is seeking new and innovative ways to keep children and adults safe in school settings. Far from simply developing techniques to respond efficiently to an active incident, public safety officials are also exploring technologies to gauge and prevent potential crises. And they are sharing their ideas and results. Across the country, entire communities are rallying and dedicating themselves to being proactive in preventing school violence. There is much talk about how existing programs can be reinvigorated, what new technologies can be created and how training tools can be distributed to school resource officers (SROs), administrators and local law enforcement agencies. Modern threats are being addressed with modern technology, strategy and resolve. The U.S. Department of Justice's National Institute of Justice (NIJ) is a leader in identifying and sharing new training and technology with law enforcement and other first responders. Since Congress passed the Safe Schools Initiative 15 years ago, NIJ has worked collaboratively with other federal agencies on behalf of our nation's law enforcement to answer the call to develop tools and strategies to boost security in our schools. Front-line professionals are working more closely with teachers and administrators, students, parents and community leaders to create alliances that will transform our nation's schools. Conquer the most essential adaptation to the knowledge economy The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth offers practical guidance for teams and organizations who are serious about success in the modern economy. With so much riding on innovation, creativity, and spark, it is essential to attract and retain quality talent—but what good does this talent do if no one is able to speak their mind? The traditional culture of “fitting in” and “going along” spells doom in the knowledge economy. Success requires a continuous influx of new ideas, new challenges, and critical thought, and the interpersonal climate must not suppress, silence, ridicule or intimidate. Not every idea is good, and yes there are stupid questions, and yes dissent can slow things down, but talking through these things is an essential part of the creative process. People must be allowed to voice half-finished thoughts, ask questions from left field, and brainstorm out loud; it creates a culture in which a minor flub or momentary lapse is no big deal, and where actual mistakes are owned and corrected, and where the next left-field idea could be the next big thing. This book explores this culture of psychological safety, and provides a blueprint for bringing it to life. The road is sometimes bumpy, but succinct and informative scenario-based explanations provide a clear path forward to constant learning and healthy innovation. Explore the link between psychological safety and high performance Create a culture where it’s “safe” to express ideas, ask questions, and admit mistakes Nurture the level of engagement and candor required in today’s knowledge economy Follow a step-by-step framework for establishing psychological safety in your team or organization Shed the “yes-men” approach and step into real performance. Fertilize creativity, clarify goals, achieve accountability, redefine leadership, and much more. The Fearless Organization helps you bring about this most critical transformation. Taking the worry out of wireless Once you get your wireless network up and running, you'll wonder how you got along without it. And you'll wonder how home and small business users survived before Geeks On Call. This book is jam-packed with simple steps, quick solutions, and basic information to make setting up and using your wireless network easier and safer than ever before. The Geeks give you the most efficient ways to build, secure, and troubleshoot a network that meets all your needs. Know what you need before you buy Set up and connect your network Install and configure wireless components Protect your wireless network Make the most of network features Add printers, video game adapters, and digital media players Maintain and troubleshoot your network Solve common problems Geeks On Call is the premier provider of on-site computer services. The certified, trained and tested technicians from Geeks On Call provide expert computer installation and networking services, on-site repairs, security

solutions and system upgrades for residential and commercial customers numbering in the hundreds of thousands each year. Founded in 1999, Geeks On Call began franchising in 2001. For more information, call 1-800-905-GEEK or visit www.geeksoncall.com. Geeks On Call franchises are independently owned and operated. (c)2005 Geeks On Call America, Inc. A groundbreaking new vision for public safety that overturns more than 200 years of fear-based discrimination, othering, and punishment As the effects of aggressive policing and mass incarceration harm historically marginalized communities and tear families apart, how do we define safety? In a time when the most powerful institutions in the United States are embracing the repressive and racist systems that keep many communities struggling and in fear, we need to reimagine what safety means. Community leader and lawyer Zach Norris lays out a radical way to shift the conversation about public safety away from fear and punishment and toward growth and support systems for our families and communities. In order to truly be safe, we are going to have to dismantle our mentality of Us vs. Them. By bridging the divides and building relationships with one another, we can dedicate ourselves to strategic, smart investments—meaning resources directed toward our stability and well-being, like healthcare and housing, education and living-wage jobs. This is where real safety begins. Originally published in hardcover as *We Keep Us Safe: Building Secure, Just, and Inclusive Communities*, *Defund Fear* is a blueprint of how to hold people accountable while still holding them in community. The result reinstates full humanity and agency for everyone who has been dehumanized and traumatized, so they can participate fully in life, in society, and in the fabric of our democracy. "This project aimed to collect and critically review the existing evidence on practices relevant to improving patient safety"--P. v. Welcome to Identity Safe Classrooms! In identity safe classrooms, students facing negative stereotypes or viewed as different are "seen," accepted, and valued for who and what they are. Their identity is embraced as an asset not a barrier for school success. Identity safety is a research-based set of practices that counter the harmful effects of stereotype threat and allow our students to reach their full capacity for learning, foster positive relationships, and better appreciate the full spectrum of human differences. The second of a two-volume set, *Identity Safe Classrooms, Grades 6-12*, is a call for educators to come together and realize a vision of schools as transformative places of opportunity and equity for all students. Inside you'll find: Design principles for promoting belonging and a welcoming classroom environment Compelling evidence from identity safety research on ways to mitigate stereotype threat along with counter-narratives that challenge societal biases about gender, race, and other differences Pragmatic strategies for student-centered teaching, including trauma-informed practices, that hold high expectations and validate each student's background as a resource for learning Vignettes with concrete examples and try-it-out activities and prompts for self-reflection Devour *Identity Safe Classrooms*, adopt its practices, and soon enough you'll inspire in all of your students a greater sense of empathy and agency in their educational experiences. "Dr. Becki Cohn-Vargas along with Alexandra Creer Kahn and Amy Epstein show us the intersections between adolescent identity development, racial identity development, and social-emotional development so we know how to use the diversity in classrooms as our strength." -Zaretta Hammond, Author of *Culturally Responsive Teaching and the Brain* "Identity Safe Classrooms should be in the hands of every educator who walks into a school. It's clear and accessible, grounded in research, thought-provoking and engaging, and actionable, and fills a crucial gap in our resources for creating just and liberated schools." -Elena Aguilar, Author of *The Art of Coaching* "The authors have done an excellent job showing how an identity safe classroom integrates the growth mindset in a secondary school. When students feel accepted and valued, when they feel safe learning from mistakes and encouraged to continually grow as learners, they can reach their highest potential." -Carol Dweck, Stanford University If an umpire could steal the show in a Major League game, Al Clark might well have been the one to do it. Tough but fair, in his thirty years as a professional umpire he took on some of baseball's great umpire baiters, such as Earl Weaver, Billy Martin, and Dick Williams, while ejecting any number of the game's elite—once tearing a hamstring in the process. He was the first Jewish umpire in American League history, and probably the first to eject his own father from the officials' dressing room. But whatever Clark was doing—officiating at Nolan Ryan's three hundredth win, Cal Ripken's record breaker, or the "earthquake" World Series of 1989, or braving a labor dispute, an anti-Semitic tirade by a Cy Young Award winner, or a legal imbroglio—it makes for a good story. Called Out but Safe is Clark's outspoken and often hilarious account of his life in baseball from umpire school through the highlights to the inglorious end of his stellar career. Not just a source of baseball history and lore, Clark's book also affords a rare look at what life is like for someone who works for the Major Leagues' other team. Shawna Potter has been a touring musician for over twenty years--and has been sexually harassed for just as long. Here's her DIY guide to fighting back. Despite good intentions, the environment within which people work can unfortunately encourage at-risk behavior. Both formal systems (e.g., incentives, measurement systems) and informal systems (e.g., peer pressure, safety interactions) have tremendous influence on safety-related behaviors at all levels of the organization. The more leaders and safety professionals can accurately assess the behavioral impact of formal and informal systems, the better able they are to adjust their systems to improve safety performance and safety culture. Understanding behavior scientifically is key. This book will demonstrate how the science of behavior can be used to create safe habits and assess and improve organizational systems. The result is dramatic improvement in all aspects of safety. If an umpire could steal the show in a Major League game, Al Clark might well have been the one to do it. Tough but fair, in his thirty years as a professional umpire he took on some of baseball's great umpire baiters, such as Earl Weaver, Billy Martin, and Dick Williams, while ejecting any number of the game's elite—once tearing a hamstring in the process. He was the first Jewish umpire in American League history, and probably the first to eject his own father from the officials' dressing room. But whatever Clark was doing—officiating at Nolan Ryan's three hundredth win, Cal Ripken's record breaker, or the "earthquake" World Series of 1989, or braving a labor dispute, an anti-Semitic tirade by a Cy Young Award winner, or a legal imbroglio—it makes for a good story. Called Out but Safe is Clark's outspoken and often hilarious account of his life in baseball from umpire school through the highlights to the inglorious end of his stellar career. Not just a source of baseball history and lore, Clark's book also affords a rare look at what life is like for someone who works for the Major Leagues' other team. The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race. Abstract: The book provides the reader with a basic understanding of the needs of children in today's society and stresses the high economic and social costs of neglecting those needs. The book is composed mainly of fact sheets containing information relevant to children and families that can be used as a foundation for developing policy and programs. Statistical data on child population and poverty, family status, maternal and child health, family income and other supports, education, and youth employment are provided for each state in tabular form. *Safe Place Called Home* is a Marshall Cavendish publication. Elizabeth Lochtefeld was a glowing, charismatic and driven woman who'd built a million-dollar fortune in Manhattan before settling into a new life in one of America's most elite resort communities. She'd planned to dedicate the rest of her life to charity-and to marry and finally start a family of her own. When Lochtefeld met thirty-seven year-old Tim Toolan-- a tall, strapping, handsome, and Columbia graduate and Wall Street ace who'd made it to Vice President at Smith Barney-she thought she'd found Mr. Right. She told friends she was in love. She hinted at marriage. But soon she saw past the Golden Boy facade, finding a deeply troubled man with a history of erratic behavior -- a man given to violent mood swings who'd been fired from his position at Smith Barney after trying to steal an \$80,000 Roman bust from a Park Avenue antiques show. Two days after she ended the affair, she lay dead on the floor of her Nantucket cottage. *Safe Harbor: A Murder in Nantucket* is the true story of love gone terribly wrong. *A Safer Retirement for the Pilot* was written to provide you with the knowledge to build your unique retirement plan and to assemble the right team to help you enjoy your chosen retirement lifestyle. If you're like many pilots, you don't want to leave your finances to chance. This book will explain a math-based, principle-based planning methodology that can help you live out your retirement dreams. This book takes a scientific look at safety leadership. Part one is an analysis of seven safety leadership practices that don;t work and what to do instead. Part two presents a model for effective safety leadership and culture change. An A-to-Z reference to the essentials of good home health care for more than 300 ailments, symptoms, and health-related concerns *Before You Call the Doctor* is easy to follow, and it's organized to get you the information you need—quickly. Does someone in your family have a headache? • Find headache listed alphabetically in Chapter 7, “The Head and Nervous System.” There, you’ll learn about the three most common kinds of headaches and their causes in the section called “What’s Going On.” • Under “Before You Call the Doctor,” you’ll find a range of home-treatment suggestions, from common over-the-counter medications, wet towels, and ice packs to the techniques of massage, acupressure, nasal decongestion, and headache prevention. • “When to Call the Doctor” tells you what to do—and what to expect—when self-care strategies don’t work. • Finally, there are six “Red Flags”—special signs to watch for that indicate a headache needs immediate expert attention. This indispensable guidebook contains detailed, practical information on every page to help you achieve greater medical self-reliance. Educates readers about safety, including the value of fear as a warning of danger, the need to beware of people whose behavior creates discomfort, and the importance of learning how to stay safe.

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