



HEALTH AWARENESS

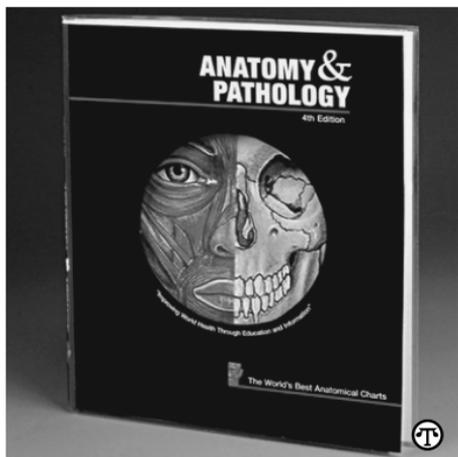
More Than Skin Deep

(NAPSA)—Ancient philosophers said “know yourself,” and the place to start may be your own body. Did you know the skin is the body’s largest organ and that hair and nails are derivatives of skin? And what about those other “low profile” organs? Can you point to your pancreas? Do you know what it does? Are you concerned about how your weight affects your health?

Bones, muscles, blood, organs and other anatomical parts work together in countless ways to form the different systems of the human body—and doctors say understanding these systems is key to people understanding and protecting their own health. The more you know, the better equipped you’ll be to take charge of your own medical care. You can effectively work with your doctor on finding a lifestyle that’s best for your health. That’s one reason books explaining the human body in simple terms have become more and more popular.

With the emergence of the educated and proactive consumer, medical resources nowadays serve many audiences in addition to health care practitioners, researchers and students.

For example, “Anatomy & Pathology: The World’s Best Anatomical Charts” (Lippincott, Williams & Wilkins; \$22.95) provides professional-quality, full-color illustrations of the body and how it works. The 4th Edition of “Anatomy & Pathology” features 50 new and updated anatomical charts created by seasoned medical illustrators from the Anatomical Chart Company—creators of the now-famous charts adorning doctors’ walls. The company



Medical reference books—such as the one above from the publishers of the famous anatomical charts adorning doctors’ walls—have become a popular resource among consumers.

employs teams of medical illustrators, health writers and outside medical experts to make their publications accurate, readable and informative. The section on the ear, for instance, shows the structures in this sensitive organ for hearing and balance—as well as displaying the smallest bones in the body.

The comprehensive reference, which has been called an essential addition for every library, covers the gamut of basic anatomical systems and organs as well as topical diseases (such as breast cancer and diabetes) and lifestyle issues (such as dangers of smoking and risks of obesity). Medical terminology and easy-to-understand supporting text are printed directly on each chart.

“Anatomy & Pathology” is available at bookstores, by calling 1-800-ANATOMY or by visiting www.anatomical.com.