



MEDICINE FOR MOUNTAINEERING & *Other Wilderness Activities*

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THE MOUNTAINEERS BOOKS

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With a fresh foreword by Buck Tilton and up to date essentials on reacting to wilderness mishaps, the 6th edition includes brand-new chapters on drowning, avalanche accidents, evacuation procedures, and even more. **JUST CLICK HERE** to download the sample chapter "Basic Treatment" from *Medicine for Mountaineering** The best-selling backcountry medical guide of its kind* This edition includes new chapters on avalanche injuries, drowning, vision disorders, medical evacuations, and lightning* Provides expert info on prevention, medical diagnosis, and treatment, plus medications, medical kits, and legal and ethical considerations. Compiled by highly recognized medical professionals in the crisis response and trauma field, the most recent edition of *Medicine for Mountaineering* features fully revised and expanded details to greatly help mountaineers weather storms, animal attacks, accidental injuries, and more.



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Still the Gold Standard - But With Some Reservations At the outset, I will openly condition my perspective on this and related books. I agree with other reviewers that small format was better. (Example from the Fifth Edition, chloramphenicol)³. Very comprehensive. In prior situations I have already been called upon to utilize a few of my knowledge to treat myself and others, but fortunately not really in severe or lifestyle threatening cases. My knowledge has been more than enough to give me an enthusiastic appreciation of how essential great references are. With that general background in mind, I have found the main topics Wilderness MEDICAL and Medicine to end up being one of several survival related topics that is fascinating. Well Done! Easy to read As an avid backpacker this reserve is crucial have for wilderness first aid. The business of the publication has been, and is still very well thought out, rendering the information available. The writing and editing are top notch, in a way that the actual content material is actually presented. Also, the expansion and addition of a number of chapters was well executed such that valuable additional information offers been added in the characteristically very clear design. (These expansions include fresh or extended chapters on Rescue and Evacuation, drowning, lightning injuries, avalanche accidental injuries, growth and division of the chapter on bites and stings, and other chapters.) Oddly the main one feature which would considerably improve the rapid utilization of this book in the field, diagnostic and treatment algorithm charts, is largely missing. There are some, but they aren't really sufficient. (The very best group of these charts in a reference for lay outdoorsmen I have seen is certainly in the AAOS Wilderness MEDICAL manual.) Occasionally the same or related information is presented in Medication for Mountaineering via charts or tables, but for rapid access an algorithm chart would be better. Best solitary publication in its genre of dozens I have examine. Auerbach.)². Both Medicine for Mountaineering and Dr. Forgey's book, Wilderness Medication, are more sensibly organized by organ system and/or type of injury. I agree with other reviewers that small format was better. Initial, if as explained in the Launch, all relevant details concerning dosing ought to be attained from the prescribing doctor, the same ought to be stated for the indications and contraindications. This decision is definitely nonsensical at best for a number of reasons.)The largest criticism I have may be the decision, noted in the Intro to the Sixth Edition to delete the dosing information for most of the drugs listed in the Medicines Appendix while still providing information on indications and contraindications. Moreover, there are many scenarios and elements which are definately not obscure which come to mind and support the inclusion of such details as follows:¹. The single best resource of it type. Once again, given the restrictions on available medicines in wilderness or austere settings, the first or second choice may not be obtainable. (The Fifth Edition correctly addressed this, with just a couple of examples being the info on metranidazole, benzodiazepines, and acetazolamide. (In some places this content in Auerbach's book seems more complete, however the grouping of chapters in that work into Main, Minor, and Environmental, and Miscellaneous complications seems arbitrary. The truth is, frequently medications in a wilderness medicine kit may be used for someone who is not the person for whom they were originally prescribed. Excellent While I have no encounter with previous editions, I must offer substantial praise because of this book. Therefore, the dosage information ought to be included in order that if the medicine ends up being administered to another individual the right dosage could be calculated. At the same time, I have always been an outdoor enthusiast, active in several different outdoor sports. Great start to build from!Eventually, the new edition is a very thorough and complete in its coverage, apart from the aforementioned noted criticisms.⁴. Wilderness medicine is now commonly defined as including remote treatment several hour from definitive health care, including recreational pursuits, remote living, remote work sites, disasters, and military situations. I will disregard the military as they generally produce their own references. In my own youth: I was an explorer scout with my regional police EMS unit and in the Civil Air Patrol. In disasters, for example, the only option could be scrounging drugs from available sources in a way that there is definitely no chance for a discussion and the only possibility to gain accurate details would be the reference at hand. While this may seem a remote likelihood, having resided in New Orleans since 1991, it isn't a remote probability at all to my mind. Obviously, similar problems can occur with travel to other countries in which either the supply of medication brought from your home is definitely exhausted or an unforeseen need arises and a local purchase must be made. In many locales drugs that are offered as prescription only in america are more readily available. Obviously, information ought to be sought from the physician or pharmacist if possible, but having a created reference will make a difference.Closely linked to the deletion

of the dosing information for medication may be the omission or limitation of alternative drug listings for a few diseases and conditions. For instance, different dosing regimens which might be useful for the same medication for different conditions will not be conveyed. Auerbach gives even more depth on drug choices in his focus on several diseases and circumstances, although Forgey generally will not. Murphy's rules can rapidly disrupt this assumption. The new edition clearly has a put on the bookshelf of any outdoor enthusiast. On the other hand, without the info noted above, it really is no longer an individual volume reference that may answer all requirements. Comparisons aside, *Medicine for Mountaineering* serves its purpose as an instructional and reference text message. Is this ideal, no, but it will happen. The very best advice will be to go to the doctor, clinic, or medical center. I can't recommend this book enough. In a nutshell, Forgey's text is much shorter but includes very practical tips for gear and medications, detailing alternative uses for some everything. It might be easier to pack than the additional two and is easy to reference. However, for general knowledge of such procedures, these texts provide superb background. I taught first-help and CPR; However, Personally, i find Auerbach simpler to read and his diagrams more helpful. I've advised on hundreds of illnesses and injuries. Finally, certain advanced techniques such as for example suturing seem unnecessary in these books. The layperson shouldn't be attempting such abilities, especially in a wilderness establishing, and especially if they're learning them from a textbook by itself. This and other good examples may require an untrained reader to filter out information that would not become terribly relevant. There are numerous alternatives for wound closure and I can think of no 'last resort' circumstance that would need an amateur suture attempt in the field. Auerbach and Wilkerson provide more extensive medical details. At a minimum, some drug reference material would will have to become carried with it for complete coverage. You can not be too prepared. As mentioned in the previous reviewer's excellent commentary, maybe no book has all of the answers. This is usually a fantastic place to start. In many ways I believe the task has been improved. Readable, and follow, it gives a comprehensive guidebook to understanding the issues that can be encountered in the back country. You will reference this book again and again I studied this reserve before attending a Wilderness EMT system, and it laid straight down a good foundation to understand from. I find I keep returning, month after month, for a refresher or reference for whatever problem is at hand. The assumption manufactured in the editorial decision is usually that the average person who received the prescription and had the discussion with health related conditions will be accessible or is not the harmed party. As accidental injuries and illnesses frequently flow from a minor injury to more significant condition, having them grouped sequentially can considerably aid a care provider in determining the complete level of injury or illness, treatment, and what to consider with regards to potential worsening. Whinging aside First duplicate was the blue binding. That one is a more substantial format. I am not a medical professional. Whinging aside. this is my hands-down preferred backcountry guide. OK, that's wrong. It's my second-favorite after my GPO duplicate of the Particular Forces medical guide. ...Which goes in a binder, not really in a pack...Others might like Auerbach better, ymmv. Obtain it! All three texts have their strengths with this text ranking only somewhat behind Auerbach's for me. It gives a very thorough examination of treating accidental injuries in the "outback". I bought this book when i read an earlier edition and wanted updated details. More valuable than an Epi-pen. Through an eternity of outdoor actions and with over ten years spent living in the third world Personally, i have encountered countless circumstances where competent profession medical care was not easily available. Goes into a . Predicated on my experience in obtaining prescriptions for use in outdoor medical packages, the conversation with the physician never appears to cover all of the possibilities apt to be encountered. Excellent reading A must read even for use around the home or on the road. This book can be an absolute necessary for anyone traveling or living from readily available medical attention. Nonetheless, the information is clearly better organized than various other works, like the Fifth Edition of *Medication for the outside* by Dr. Goes far beyond basic first aid and prepares a person for those unthinkable moments that might never happen, but can and perform happen. This book goes beyond first-aid and explains the concept of second-aid. Given the broad definition of what's to be resolved, the smarter option would be to have included much less, not more information concerning the drugs. I been trained in first-help, lifesaving, civil defense, fire rescue, remote control rescue; Wilkerson's design is simple to navigate and can also be quickly referenced. In times of need I have provided aid to strangers, companions, friends, and family for decades. Auerbach's medication

index offers a quick dosing reference (lacking in this text) and is well-organized by symptoms/indications but will not provide any more info or contraindications (included in this text). I have assisted in med-evacing injured travelers and assisted others on their way. Like the earlier reviewer, my medical library also contains Auerbach's Medication for the outside and Forgey's Wilderness Medication. But what when there is no ambulance, rescue group, doctor, clinic or medical center.. I firmly think that all active outdoor lovers should seek and find out info to be able to provide fair self-care and care for associates of their group who may become ill or harmed. Not for beginners. Murphy's Law: if you are ready for it, it probably won't happen, if you don't have any idea how to proceed in a situation, it'll probably happen.. That is where knowledge and a good medical kit can be found in quite handy. Very comprehensive. Not really for beginners. Switches into lots of detail and you can't take it with you. and advanced companies with proper training probably don't need the reference at all..without a really big backpack. Five Stars Great ! Not just for mountaineering It's an excellent balance between the outdoor environments. Four Stars Great Product and fast services!The sixth edition of Medicine for Mountaineering may be the third edition of this work I have purchased. Fast shipping, very well packaged, great info, thanks.



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