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Popular Mechanics 1945-05 Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

Difficult Decisions in Bariatric Surgery John Alverdy 2020-12-07 This book provides a practical guide to decision making within bariatric surgery. Through uniform and well-structured chapters, topics relating to patient selection, preoperative preparation, the ethics of bariatric surgery, choice of procedure, complications, late failure and management, malabsorptive procedures, and pediatric bariatric surgery are discussed and examined. Difficult Decisions in Bariatric Surgery aims to help readers navigate an increasingly complex surgical specialty and come to reasoned and evidence-based conclusions. This book is of interest to practicing and trainee surgeons, endocrinologists, endoscopists, and pediatricians.

Women's Health and Wellness 2005 Oxmoor House 2004-11 A updated edition offers a compilation of the past year's most beneficial articles, providing up-to-date, authoritative information on such areas as relationships, meal preparation, body conditioning, and healthy eating, in a wellness reference that provides a cross-referenced index of key topics. Original. 10,000 first printing.

The Number That Changed My Life Jeffrey W. Snyder 2014-08-07 Living in the fast lane and letting the good times roll. Exotic cars, expensive jewelry, opulent vacation homes and a seven figure bank account. This real life, Hollywood drama opens with what seems a wonderful dream, but then reality... A fleet of shiny black SUVs come screeching into his driveway. With his wife held at gunpoint by federal agents, Jeff is dragged away to prison for "questionable business practices." 41196: The Number That Changed My Life is a riveting, true life story of Jeff Snyder. Through a series of life altering events, Jeff became a cooperating witness against his father; the criminal mastermind behind numerous Ponzi schemes, stolen identities, money

laundering scams, and who eventually became a fugitive living in Central America. Through this author's journey, you will witness an incredible outcome as Jeff is dragged off to jail a broken man and manages to find the strength to overcome his life's biggest adversity. This transformational saga will keep you on the edge of your seat, stunned and dumbfounded, and will alter the way you view your personal adversities.

Nutrition and Bariatric Surgery Robert F. Kushner 2014-08-21 Bariatric surgery has led to improved health outcomes including significant weight loss and reduction in co-morbidities among patients with obesity. Clinical practice guidelines recommend that patients considering bariatric surgery undergo a comprehensive nutritional assessment. Nutrition and Bariatric Surgery is the first comprehensive book that uniquely addresses the dietary and nutritional care of the bariatric surgery patient. This book reviews the nutritional and physiological changes imposed by surgical revision of the gastrointestinal tract. Also discussed are nutritional assessment of the bariatric surgical patient as well as pre- and postoperative dietary management recommendations. Other clinical topics covered include nutritional anemia, metabolic bone disease, neurological disorders, and protein-calorie malnutrition. Nutrition and Bariatric Surgery examines eating behaviors before and after bariatric surgery as well as psychological issues, mood disorders, and nutritional concerns associated with weight regain. The book also addresses nutritional needs of special populations undergoing bariatric surgery including adolescents, pregnant or lactating women, and severely obese ICU patients. The book is an authoritative guide for health care professionals caring for the bariatric patient including physicians, dietitians, physician assistants, nurses, and nurse practitioners.

Sleep Disorders and Sleep Deprivation Institute of Medicine 2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology,

otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patientsâ"sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

34 Sleeve Patient Stories Dr Alvarez, Guillermo 2014-09-22 With each passing year, bariatric surgeries are becoming more and more common place. After years of frustrating weight loss and regains, patients are looking for permanent answers to their obesity problems. New procedures, new techniques and new surgeons enter the field of bariatrics each year. Many patients are electing to pay out of pocket and have surgery in Mexico. This book tells their stories of Gastric Sleeve surgery with a Bariatric Surgeon of Excellence: Dr. Guillermo Alvarez. Why they chose him and what life is like after the surgery.

Bulletin U.S. Lake Survey 1937

Billboard 1942-08-29 In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

Maintaining Recovery from Eating Disorders Naomi Feigenbaum 2011-09-15 After achieving a level of recovery from an eating disorder, it is vital to ensure the right practical and emotional supports are in place to maintain that recovery indefinitely. In this important book, Naomi Feigenbaum confronts the often neglected subject of how to take the essential steps towards a healthy and happy life after recovering from an eating disorder. This inspirational companion offers a wide range of healthy coping skills that are supported by expert advice from treatment professionals. Issues explored range from the practical aspects of recovery such as how to confront triggers and work with a treatment team, to the emotional hurdles that include accepting one's body, coping with trauma and sustaining meaningful relationships. A number of real people in recovery are introduced, proving that every experience is unique and the key to maintaining a healthy life is finding a path that works for the individual. This guide will help to signpost that path and inspire those in recovery with the confidence to take responsibility for their choices and ultimately their lives. Written with the aim of helping

those in recovery discover their own unique insights and passions and awaken a desire to enjoy life to the fullest, this positive and life-affirming book will be an invaluable aid for anyone in recovery from an eating disorder, their family, friends, and the healthcare professionals who work with them.

Gut Hormones Stephen Robert Bloom 1981

Complications in Bariatric Surgery Diego Camacho 2018-04-26 This text focuses on the complications following bariatric surgery. The focus is on the immediate and long term complications that would be important to both the general surgeon and those surgeons with specialty experience in bariatric surgery. Sections address the nutritional deficiencies following bariatric surgery with specific attention to Roux en Y gastric bypass and pancreatico-biliary diversion as well as the correction of these deficiencies with medical intervention as well as the indications for surgical revision or reversal. The text reviews the work-up of a bariatric patient with abdominal pain including the appropriate imaging and threshold for operative intervention and the techniques to achieve optimal visualization during this difficult situation. This section focuses on the operative management of anastomotic and staple line leaks and how to definitively manage these surgical emergencies as well as achieve source control and stabilization. Later chapters focus on specific complications following bariatric surgery with specific focus on RYGB, vertical sleeve gastrectomy (VSG), biliary pancreatic diversion, and gastric band. Complications include gastric fistula, gastric staple line disruption following VSG, gastro-jejunal leak following RYGB, reflux following bariatric surgery, and failure of weight loss following bariatric surgery. These sections are written by experts in the field of bariatrics and include evidence based medicine as well as expert opinion on the management of bariatric complications. The sections provide a review of the literature and references at the close of each section. Complications in Bariatric Surgery will serve as a resource for both the general surgeon who handles bariatric emergencies as well as the bariatric specialist.

Indianapolis Monthly 2001-12 Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

ADA Pocket Guide to Nutrition Assessment Pamela Charney 2009

My Banana Journey Stuart Moss 2021-06-15 My Banana Journey delves into the rarely told story of male obesity. This book provides a brutally honest, painful and comedic narrative of one man's lifelong battle with his weight and body image, which ultimately led to him making the decision to have bariatric surgery, leaving him with a banana shaped stomach. The story begins with a reflection on growing up as a Barnsley lad in a

tough mining village, with some powerful and poignant childhood memories of the realisation that he was fat and that society looked down upon that. Through relatively slim teenage years, Stuart suffered from body dysmorphia, never believing that the person he could see in the mirror wasn't fat. In adulthood, Stuart gained weight over many years, with too many beers, too many pizzas and too sedentary a lifestyle all being contributing factors. This led to a stern warning from his GP in his forties, that if he didn't lose weight, he would be facing a 'major life event' in the next ten years. The book then moves forward to 2019 and the approach of a potentially life-saving sleeve gastrectomy operation at St. James's hospital in Leeds, which would result in the loss of three quarters of Stuart's stomach. Stuart tells the story of the build up to the operation in a year that Britain was battling with Brexit, and Jeremy Corbyn was battling with Boris Johnson. He reveals the hoops that he had to squeeze through, the people that he met, his time in hospital, and the impact on his body post-op, when an unexpected consequence left him in crippling agony. The text is punctuated throughout with stories and observations about life, work, relationships, politics, travel, social media, phobias, mental health, anxieties, stress as well as eating and drinking to excess as a way of finding comfort and escape from some of life's everyday realities. The book ends with a stark warning of the underfunding of the NHS, something which has become even more relevant since the onset of the Covid-19 pandemic. This is a very honest and heartfelt text, you will laugh, you will be shocked, you will hopefully think beyond appearance the next time you see somebody that is overweight, it's true to say that My Banana Journey is a rollercoaster ride.

Morbid Obesity Adrian Alvarez 2010-03-11 Patients with extreme obesity undergoing surgical procedures need specific perioperative management. This new edition gives clear guidance on clinical management.

Prairie Farmer 1886

The Illustrated London News 1859

The 20/20 Diet Phil McGraw 2015-01-06 The 20/20 Diet by Dr. Phil McGraw gives readers a perfect, 20/20 vision of what their lives and bodies will look like when they finally lose weight and keep it off forever.

Itch E. Carstens 2014-02-25 Advances in itch research have elucidated differences between itch and pain but have also blurred the distinction between them. There is a long debate about how somatic sensations including touch, pain, itch, and temperature sensitivity are encoded by the nervous system. Research suggests that each sensory modality is processed along a fixed, direct-line communication system from the skin to the brain. *Itch: Mechanisms and Treatment* presents a timely update on all aspects of itch research and the clinical treatment of itch that accompanies many dermatological conditions including psoriasis, neuropathic itch, cutaneous t-cells lymphomas, and systemic diseases such as kidney and liver disease and

cancer. Composed of contributions from distinguished researchers around the world, the book explores topics such as: Neuropathic itch Peripheral neuronal mechanism of itch The role of PAR-2 in neuroimmune communication and itch Mrgprs as itch receptors The role of interleukin-31 and oncostatin M in itch and neuroimmune communication Spinal coding of itch and pain Spinal microcircuits and the regulation of itch Examining new findings on cellular and molecular mechanisms, the book is a compendium of the most current research on itch, its prevalence in society, and the problems associated with treatment.

Banner in the Sky James Ramsey Ullman 1988-04-15 The Citadel It stands unconquered, the last great summit of the Alps. Only one man has ever dared to approach the top, and that man died in his pursuit. He was Josef Matt, Rudi Matt's father. At sixteen, Rudi is determined to pay tribute to the man he never knew, and complete the quest that claimed his father's life. And so, taking his father's red shirt as a flag, he heads off to face the earth's most challenging peak. But before Rudi can reach the top, he must pass through the forbidden Fortress, the gaping chasm in the high reaches of the Citadel where his father met his end. Rudi has followed Josef's footsteps as far as they will take him. Now he must search deep within himself to find the strength for the final ascent to the summit -- to plant his banner in the sky. His father died while trying to climb Switzerland's greatest mountain -- the Citadel -- and young Rudi knows he must make the assault himself.

Surgery Christian de Virgilio 2015-01-10 *Surgery: A Case Based Clinical Review* provides the reader with a comprehensive understanding of surgical diseases in one easy to use reference that combines multiple teaching formats. The book begins using a case based approach. The cases presented cover the diseases most commonly encountered on a surgical rotation. The cases are designed to provide the reader with the classic findings on history and physical examination. The case presentation is followed by a series of short questions and answers, designed to provide further understanding of the important aspects of the history, physical examination, differential diagnosis, diagnostic work-up and management, as well as questions that may arise on surgical rounds. Key figures and tables visually reinforce the important elements of the disease process. A brief algorithmic flow chart is provided so the reader can quickly understand the optimal management approach. Two additional special sections further strengthen the student's comprehension. The first section covers areas of controversy in the diagnosis or management of each disease, and another section discusses pitfalls to avoid, where the inexperienced clinician might get in trouble. The text concludes with a series of multiple choice questions in a surgery shelf/USMLE format with robust explanations. *Surgery: A Case Based Clinical Review* is based on 20 years of Socratic medical student teaching by a nine-time Golden Apple teaching awardee from the UCLA School of Medicine and will be of great utility for medical

students when they rotate on surgery, interns, physician assistant students, nursing students and nurse practitioner students.

Presurgical Psychological Screening Andrew Block 2013 The success of many surgical procedures depends not only on the skill of the surgeon and the use of state-of-the-art technology, but also on the actions and characteristics of the patient. Patients' emotional and psychosocial concerns, health-related behaviours, outcome expectations, and compliance with treatment regimen can all strongly influence the ultimate effectiveness of surgery. Thus, mental health professionals are increasingly called upon to perform presurgical psychological screening (PPS) to ensure that patients are given the treatments most likely to be effective, while reducing the chances of worsening their conditions. This book presents PPS procedures for a wide range of surgery types, such as spinal surgery, organ transplantation, bariatric surgery, and plastic surgery. Drawing on both research and clinical experience, the authors explain how to conduct PPS, communicate results to patients and surgeons, and identify possible pre- or post-surgery interventions to mitigate risk factors and maximise the likelihood of surgical success. Case studies and a discussion of bioethics are included

Recipes for Life After Weight-Loss Surgery, Revised and Updated Margaret Furtado 2011-12 Weight Loss surgery is only the first step to maintaining a Healthy weight. Post-surgery is when it is most important to maintain proper eating habits with the right balance of nutrients. *Recipes for Life After Weight-Loss Surgery, Revised and Updated* provides you with a variety of tasty meals that are tailored for each stage of your post-operative eating plan. Included are meal plans, pantry lists, and 200 recipes that are delicious and specifically tailored to weight-Loss Surgery Requirements: – Zucchini Frittata with Capers and Olives– Lavender-Blueberry Muffins– Sesame-Glazed Salmon– Fall Harvest Pumpkin Soup This revised and expanded edition includes 50 new Recipes with Nutritional Analysis, meal plans for each post-op stage, and the latest information on weight Loss Surgery and procedures.

Surgical Management of Morbid Obesity Ward O. Griffen 1987

The Year One Challenge for Men Michael Matthews 2016-07-19 The Official Workout Journal for the Bigger Leaner Stronger Program Is this a bodybuilding book that can help you pack on brain-shrinking amounts of muscle in 30 days flat? No. Is it a fitness book full of dubious diet and exercise “hacks” and “shortcuts” for melting belly fat faster than a roided hornet? Absolutely not. But is it an exercise book that'll show you exactly what to do in the gym to gain 25-to-35 pounds of lean muscle? Yes. And faster than you probably think possible, or your money back. *The Year One Challenge for Men* is a workout journal companion to the bestselling workout book for men, *Bigger Leaner Stronger*. This workout book contains a full year's worth of

Bigger Leaner Stronger workouts for building a full chest, wide back, powerful legs, and built arms . . . in only 3-to-5 hours of weight training per week. This workout journal also provides you with a comprehensive *Bigger Leaner Stronger* “cheatsheet” that lists and demonstrates all exercises in the program, and explains how to choose the right routine for you, how to progress in your workouts, how to make exercise substitutions, and more. It's also backed by a “No Return Necessary” money-back guarantee, too, that works like this: if you're unsatisfied with this workout journal or program for any reason, let the author know, and you'll get a full refund on the spot. So, imagine . . . just 12 weeks from now . . . looking at the changes in your physique and thinking, "I did that. That's awesome. I'm awesome." And believing it. The bottom line is you can get that head-turning “Hollywood hunk” body without doing exhausting weightlifting workouts you hate. And this strength training program shows you how. Get your copy now, and start your journey to a bigger, leaner, and stronger you.

Core Topics in Airway Management Ian Calder 2010-12-16 Every anaesthetist reaches the end of their career with a collection of difficult airway experiences. Managing airway challenges relies on a combination of good clinical practice, knowledge of relevant basic sciences and critical evaluation of every aspect of airway care. This new edition of *Core Topics in Airway Management* provides any trainee or consultant involved in airway techniques with practical, clinically relevant coverage of the core skills and knowledge required to manage airways in a wide variety of patients and clinical settings. All new procedures and equipment are reviewed, and detailed chapters advise on airway issues in a range of surgical procedures. This edition also contains a series of practical questions and answers, enabling the reader to evaluate their knowledge. Written by leading airway experts with decades of experience managing difficult airways, *Core Topics in Airway Management, 2nd edition* is an invaluable tool for anaesthetists, intensivists, and emergency physicians.

Fetal Heart Rate Monitoring Freeman 2012 "Fetal heart rate monitoring is widely used by almost every obstetrician as a way to document the case and to help decrease health care costs. This is a short reference on the physiologic benefits, instrumentation, application and interpretation of fetalheart rate monitoring. The second half of the book uses actual FHR strips and cases to illustrate various anomalies (fetal distress, fetal distress in prematurity, fetus with CNS dysfunction). Several new drugs have been introduced for use during labor that effect FHR"--Provided by publisher.

Magnetic Surgery Michel Gagner 2021-07-07 The book encompasses the different concepts and designs using magnets for surgical purposes. It provides a concise yet comprehensive summary of the current status of the field that will help guide patient management and stimulate investigative efforts. The text reviews new data about interventions in all medical and surgical fields. Written by experts in their fields, topics focus on

endoluminal and laparoscopic operations, techniques from vascular and GI anastomosis. The book demonstrates the use of magnets to treat a variety of diseases such as reflux, back pain, and fecal incontinence. The reader will learn how to retract and gain exposure, dissect tissue planes, achieve hemostasis, and create anastomosis in a totally different way. Physical properties of external surface and internal magnets are discussed. The authors emphasize the importance of partnering with industry leaders to develop novel surgical tools. By harnessing the power of attraction, the energy and might of magnets, *Magnetic Surgery* serves as a valuable resource for clinicians, surgeons and researchers in biomedical engineering interested in this form of energy and physical metal properties. In utilizing these properties, the book seeks to improve surgical outcomes of patients worldwide.

Obesity, Bariatric and Metabolic Surgery Sanjay Agrawal 2023-02-01 This comprehensive guide with over 100 chapters covers all the aspects of bariatric and metabolic surgery including perioperative management, surgical techniques of common as well as newer procedures, complications, controversies and outcomes. All the chapters have been revised in this second edition with addition of new chapters and sections on OAGB/MGB Surgery & Metabolic Surgery. There are dedicated sections on revisional surgery and innovative endoscopic procedures. The book is well illustrated with photos and video clips along with step-by-step guidance for a complete range of Bariatric procedures. Medical aspects of obesity and metabolic syndrome are included in the introductory sections, and the last two sections cover diverse topics in this exciting field of bariatric surgery. Written by leading experts, *Obesity, Bariatric and Metabolic Surgery - A Comprehensive Guide* serves as an excellent reference manual for a wide range of healthcare professionals involved within the Bariatric Multidisciplinary Team including Bariatric Surgeons, General Surgeons, Trainees, Physicians, Anaesthesiologists, Dieticians, Psychologists, Psychiatrists, Radiologists and Nursing staff.

Black Skin, White Masks Frantz Fanon 2017-05-09 *Black Skin, White Masks* is a classic, devastating account of the dehumanising effects of colonisation experienced by black subjects living in a white world. First published in English in 1967, this book provides an unsurpassed study of the psychology of racism using scientific analysis and poetic grace. Frantz Fanon identifies a devastating pathology at the heart of Western culture, a denial of difference, that persists to this day. A major influence on civil rights, anti-colonial, and black consciousness movements around the world, his writings speak to all who continue the struggle for political and cultural liberation. With an introduction by Paul Gilroy, author of *There Ain't No Black in the Union Jack*.

Billboard 1952-01-12 In its 114th year, *Billboard* remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. *Billboard* publishes the most trusted charts

and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

Scientific Evidence for Musculoskeletal, Bariatric, and Sports Nutrition Ingrid Kohlstadt 2006-01-26 *Nutrition* has long been the missing ingredient in the treatment of the various musculoskeletal conditions seen daily by the health professionals. The often-stated reason for giving nutrition short shrift is the lack of evidence. Responding to this need, *Scientific Evidence for Musculoskeletal, Bariatric, and Sports Nutrition* provides clinicians with

Handbook of Vitamins Lawrence J. Machlin 1991 Abstract: Completely updated and expanded to reflect the latest literature on vitamins in a reference tool fashion, the book presents reviews of vitamins, their chemistry and metabolism along with some 230 diagrams and tables and 3,200 citations. Vitamins covered are vitamins A, D, E, K, C, B6, B12, thiamin, riboflavin, nicotinic acid, biotin, pantothenic acid, folic acid, choline, carnitine, and substances without vitamin status.

Business Periodicals Index 2001

Gynaecological Oncology for the MRCOG Mahmood Shafi 2018-04-19 Extensive and up-to-date resource on the full range of gynaecological cancers; practically-focused and essential for the MRCOG examination.

Pediatric Obesity Michael Freemark 2010-09-14 Childhood obesity and its co-morbidities -- including type 2 diabetes, hypertension, dyslipidemia, sleep apnea, and fatty liver disease -- have seen striking increases in recent years. Despite a wealth of investigation, there is considerable controversy regarding the etiology of childhood obesity and the optimal approaches for prevention and treatment. *Pediatric Obesity: Etiology, Pathogenesis, and Treatment* addresses the controversy with a range of features that make it a unique resource for those who care for obese children and their families. Written from a perspective that is international in scope, the distinguished authors re-assess the roles of genetic and environmental factors in the pathogenesis of childhood obesity and critically review new studies of the effects of lifestyle, pharmacologic, and surgical interventions. The evidence-based approach of *Pediatric Obesity: Etiology, Pathogenesis, and Treatment* provides a comprehensive and invaluable guide for all healthcare providers concerned with the evaluation and care of children with nutritional and metabolic disease and with the societal implications of the obesity epidemic.

Living with Bariatric Surgery Denise Ratcliffe 2018-03-20 *Living with Bariatric Surgery: Managing Your Mind and Your Weight* aims to help those who are considering bariatric surgery develop a psychological understanding of their eating behaviour and the changes needed in order to make surgery successful. It is also a resource for those who have undergone surgery to help them adapt to the physical, psychological and

relationship adjustments that occur. Whilst the benefits of bariatric surgery are significant, the psychological challenges it presents for patients have been overlooked. This book will help patients develop a realistic view of bariatric surgery and the changes required. It incorporates the real-life experiences of people who have had bariatric surgery, showing how they have responded to the psychological and behavioural changes after surgery, and also features helpful psychoeducation, exercises and strategies to facilitate reflection and learning. *Living with Bariatric Surgery* will be an essential guide for anyone considering, preparing for or recovering from bariatric surgery, as well as health professionals working with these clients.

Pelvic Ring Fractures Axel Gänsslen 2020-11-25 This book provides in-depth coverage of all aspects of pelvic ring fractures and their management. The opening chapters supply essential information on surgical anatomy, biomechanics, classification, clinical evaluation, radiological diagnostics, and emergency and acute management. The various operative techniques, including navigation techniques, that have been established and standardized over the past two decades are then presented in a step-by-step approach. Readers will find

guidance on surgical indications, choice of approaches, reduction and fixation strategies, complication management, and optimization of long-term results. Specific treatment concepts are described for age-specific fractures, including pediatric and geriatric injuries, and secondary reconstructions. Pelvic ring fractures represent challenging injuries, especially when they present with concomitant hemodynamic instability. This book will help trauma and orthopaedic surgeons at all levels of experience to achieve the primary treatment aim of anatomic restoration of the bony pelvis to preserve biomechanical stability and avoid malunion with resulting clinical impairments.

Popular Mechanics 1944-11 Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.