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Nuno Azóia

Sensors for Health Monitoring Nilanjan Dey,Jyotismita Chaki,Rajesh Kumar,2019-09-09 Sensors for Health Monitoring discusses the characteristics of U-Healthcare systems in different domains, providing a foundation for working professionals and undergraduate and postgraduate students. The book provides information and advice on how to choose the best sensors for a U-Healthcare system, advises and guides readers on how to overcome challenges relating to data acquisition and signal processing, and presents comprehensive coverage of up-to-date requirements in hardware, communication and calculation for next-generation uHealth systems. It then compares new technological and technical trends and discusses how they address expected u-Health requirements. In addition, detailed information on system operations is presented and challenges in ubiquitous computing are highlighted. The book not only helps beginners with a holistic approach toward understanding u-Health systems, but also presents researchers with the technological trends and design challenges they may face when designing such systems. Presents an outstanding update on the use of U-Health data analysis and management tools in different applications, highlighting sensor systems Highlights Internet of Things enabled U-Healthcare Covers different data transmission techniques, applications and challenges with extensive case studies for U-Healthcare systems

Limb Salvage of the Diabetic Foot Michael E. Edmonds,Bauer E. Sumpio,2019-09-30 This book provides a practical guide to the treatment of patients at risk from limb amputation. The most common presentations of the diabetic foot are presented in concise and evidence-based chapters covering the neuropathic foot, the Charcot foot, the ischemic foot, and the infected foot. Each section includes an introduction to the clinical approach as well as an algorithm illustrating the limb salvage pathway and intervention steps. Limb Salvage of the Diabetic Foot: An Interdisciplinary Approach aims to help the reader build an interdisciplinary understanding of the diabetic foot and its treatment and is of interest to all members of the interdisciplinary diabetic foot team including surgeons, podiatrists, radiologists, nurses, orthotists, infectious disease physicians, and endocrinologists.

Physical Activity and Sports Practice in Improving Body Composition and Sustainable Health Badicu Georgian,Francesco Campa,2021-03-09 In this book, distinguished contributors, including anthropologists, human biologists, physiologists, nutritionists, and clinical scientists, describe many of the new strategies for assessing body composition and physical performance. This volume is suitable for students and professionals in sports nutrition and exercise. It provides a needed link between body composition and physical performance. It will also be useful to workers in sports medicine and ergonomics.

Advances in the Assessment of Dietary Intake. Dale A. Schoeller,M. Westerterp,2017-08-15 Diet is a major factor in health and disease. Controlled, long-term studies in humans are impractical, and investigators have utilized long-term epidemiological investigations to study the contributions of diet to the human condition. Such studies, while valuable, have often been limited by contradictory findings; a limitation secondary to systematic errors in traditional self-reported dietary assessment tools that limit the percentage of variances in diseases explained by diet. New approaches are available to help overcome these limitations, and *Advances in the Assessment of Dietary Intake* is focused on these advances in an effort to provide more accurate dietary data to understand human health. Chapters cover the benefits and limitations of traditional self-report tools; strategies for improving the validity of dietary recall and food recording methods; objective methods to assess food and nutrient intake; assessment of timing and meal patterns using glucose sensors; and physical activity patterns using validated accelerometers. *Advances in the Assessment of Dietary Intake* describes new avenues to investigate the role of diet in human health and serves as the most up-to-date reference and teaching tool for these methods that will improve the accuracy of dietary assessment and lay the ground work for future studies.

Anesthesia in Thoracic Surgery Manuel Granell Gil,Mert Şentürk,2020-01-08 This book reviews and describes the best practices of anesthesia in thoracic surgery, according to evidence-based medicine. It covers preoperative assessment, applied pharmacology, airway management and ventilation methods. The analgesic methods in this surgical specialty are also discussed. This book is aimed at all specialists in the world of anesthesiology and critical care as well as to physicians in training. It may also be of interest to thoracic surgeons and pulmonologists.

Artificial Intelligence in Healthcare Adam Bohr,Kaveh Memarzadeh,2020-06-21 Artificial Intelligence (AI) in Healthcare is more than a comprehensive introduction to artificial intelligence as a tool in the generation and analysis of healthcare data. The book is split into two sections where the first section describes the current healthcare challenges and the rise of AI in this arena. The ten following chapters are written by specialists in each area, covering the whole healthcare ecosystem. First, the AI applications in drug design and drug development are presented followed by its applications in the field of cancer diagnostics, treatment and medical imaging. Subsequently, the application of AI in medical devices and surgery are covered as well as remote patient monitoring. Finally, the book dives into the topics of security, privacy, information sharing, health insurances and legal aspects of AI in healthcare. Highlights different data techniques in healthcare data analysis, including machine learning and data mining Illustrates different applications and challenges across the design, implementation and management of intelligent systems and healthcare data networks Includes applications and case studies across all areas of AI in healthcare data

Dietary assessment Food and Agriculture Organization of the United Nations,2018-06-11 FAO provides countries with technical support to conduct nutrition assessments, in particular to build the evidence base required for countries to achieve commitments made at the Second International Conference on Nutrition (ICN2) and under the 2016-2025 UN Decade of Action on Nutrition. Such concrete evidence can only derive from precise and valid measures of what people eat and drink. There is a wide range of dietary assessment methods available to measure food and nutrient intakes (expressed as energy insufficiency, diet quality and food patterns etc.) in diet and nutrition surveys, in impact surveys, and in monitoring and evaluation. Different indicators can be selected according to a study's objectives, sample population, costs and required precision. In low capacity settings, a number of other issues should be considered (e.g. availability of food composition tables, cultural and community specific issues, such as intra-household distribution of foods and eating from shared plates, etc.). This manual aims to signpost for the users the best way to measure food and nutrient intakes and to enhance their understanding of the key features, strengths and limitations of various methods. It also highlights a number of common methodological considerations involved in the selection process. Target audience comprises of individuals (policy-makers, programme managers, educators, health professionals including dietitians and nutritionists, field workers and researchers) involved in national surveys, programme planning and

monitoring and evaluation in low capacity settings, as well as those in charge of knowledge brokering for policy-making.

Geriatric Diabetes Medha N. Munshi, Lewis A. Lipsitz, 2007-05-21 The number of elderly patients with diabetes is increasing at a significant rate. Responding to this growth, this source serves as a solid arsenal of information on the varying presentations and challenges associated with diabetes in the geriatric patient, and supplies clearly written sections on the screening, diagnosis, and treatment of diabetes

The Future of Digital Business Innovation Vincenzo Morabito, 2016-03-05 This book identifies and discusses the main challenges facing digital business innovation and the emerging trends and practices that will define its future. The book is divided into three sections covering trends in digital systems, digital management, and digital innovation. The opening chapters consider the issues associated with machine intelligence, wearable technology, digital currencies, and distributed ledgers as their relevance for business grows. Furthermore, the strategic role of data visualization and trends in digital security are extensively discussed. The subsequent section on digital management focuses on the impact of neuroscience on the management of information systems, the role of IT ambidexterity in managing digital transformation, and the way in which IT alignment is being reconfigured by digital business. Finally, examples of digital innovation in practice at the global level are presented and reviewed. The book will appeal to both practitioners and academics. The text is supported by informative illustrations and case studies, so that practitioners can use the book as a toolbox that enables easy understanding and assists in exploiting business opportunities involving digital business innovation.

WHO guidelines on physical activity and sedentary behaviour, 2020-11-20

Exercise and Diabetes Sheri R. Colberg, 2013-05-30 Physical movement has a positive effect on physical fitness, morbidity, and mortality in individuals with diabetes. Although exercise has long been considered a cornerstone of diabetes management, many health care providers fail to prescribe it. In addition, many fitness professionals may be unaware of the complexities of including physical activity in the management of diabetes. Giving patients or clients a full exercise prescription that take other chronic conditions commonly accompanying diabetes into account may be too time-consuming for or beyond the expertise of many health care and fitness professionals. The purpose of this book is to cover the recommended types and quantities of physical activities that can and should be undertaken by all individuals with any type of diabetes, along with precautions related to medication use and diabetes-related health complications. Medications used to control diabetes should augment lifestyle improvements like increased daily physical activity rather than replace them. Up until now, professional books with exercise information and prescriptions were not timely or interactive enough to easily provide busy professionals with access to the latest recommendations for each unique patient. However, simply instructing patients to “exercise more” is frequently not motivating or informative enough to get them regularly or safely active. This book is changing all that with its up-to-date and easy-to-prescribe exercise and physical activity recommendations and relevant case studies. Read and learn to quickly prescribe effective and appropriate exercise to everyone.

Treadmill Exercise and Its Effects on Cardiovascular Fitness, Depression and Muscle Aerobic Function Nuno Azóia, 2010 The link between physical activity and health benefits has been intuitively known for years. Moreover, medical literature clearly demonstrates that physical activity positively affects a number of parameters related to health and longevity. In this book, current evidence about physical training in cardiovascular diseases (CVD) is reviewed, focusing on the mechanism by which it determines its beneficial effects, including its link to inflammatory response. In addition, this book examines whether the exercise pace self-selected by individuals is adequate to produce an exercise intensity able to promote benefits in cardiopulmonary fitness and health. The effects of cardiopulmonary exercise testing (CPET) are also explored, as well as the other important roles of CEPT, such as its use in cardiac reconditioning. In addition, a fundamental understanding of age-associated normohemodynamic state is described for comparison data and for improved means of aerobic exercise fitness and performance. Treadmill exercise test parameters are important to identify patients with increased mortality risks, which would otherwise remain unrecognised and untreated. Thus, the association between peripheral arterial disease (PAD), treadmill exercise test parameters and long-term outcomes are discussed in this book.

The Lives of Amish Women Karen M. Johnson-Weiner, 2020-09-15 Aimed at anyone who is interested in the Amish experience, The Lives of Amish Women will help readers understand better the costs and benefits of being an Amish woman in a modern world and will challenge the stereotypes, myths, and imaginative fictions about Amish women that have shaped how they are viewed by mainstream society.

Handbook of Behavioral Medicine Andrew Steptoe, 2010-09-27 Behavioral medicine emerged in the 1970s as the interdisciplinary field concerned with the integration of behavioral, psychosocial, and biomedical science knowledge relevant to the understanding of health and illness, and the application of this knowledge to prevention, diagnosis, treatment, and rehabilitation. Recent years have witnessed an enormous diversification of behavioral medicine, with new sciences (such as genetics, life course epidemiology) and new technologies (such as neuroimaging) coming into play. This book brings together such new developments by providing an up-to-date compendium of methods and applications drawn from the broad range of behavioral medicine research and practice. The book is divided into 10 sections that address key fields in behavioral medicine. Each section begins with one or two methodological or conceptual chapters, followed by contributions that address substantive topics within that field. Major health problems such as cardiovascular disease, cancer, HIV/AIDs, and obesity are explored from multiple perspectives. The aim is to present behavioral medicine as an integrative discipline, involving diverse methodologies and paradigms that converge on health and well being.

Talking with Patients and Families about Medical Error Robert D. Truog, David M. Browning, Judith A. Johnson, Thomas H. Gallagher, 2011-01-17 More than a million patient safety incidents occur every year, and medical error is the third leading cause of death in the United States. Illuminating the experiences of those affected by medical error—patients, their loved ones, and physicians and other medical professionals—Talking with Patients and Families about Medical Error delves deeply into the challenges of communicating honestly and openly about mistakes in medical practice. cc Based on guidelines from the Institute for Professional and Ethical Practice and the authors' own experiences, the practice-based approaches outlined here offer concrete guidance on • initiating discussions • dealing professionally and compassionately with patients' reactions • who should be included in the conversation • what information should be documented in the medical record • how to respond to questions about financial compensation Aimed at promoting resolution and healing, this book stresses the importance of clear, empathetic communication that

will improve clinical and organizational responses to medical missteps and mismanagement. It emphasizes five features of the physician-patient relationship deserving of special attention: transparency, respect, accountability, continuity, and kindness (TRACK). Narrative examples of common situations demonstrate how conversations about medical error can lead to healing.

Twelve Years a Slave Solomon Northup, 2024-01-04 Filmatized in 2013 and the official recipient of three Oscars, Solomon Northup's powerful slave narrative 'Twelve Years a Slave' depicts Nortup's life as he is sold into slavery after having spent 32 years of his life living as a free man in New York. Working as a travelling musician, Northup goes to Washington D.C, where he is kidnapped, sent to New Orleans, and sold to a planter to suffer the relentless and brutal life of a slave. After a dozen years, Northup escapes to return to his family and pulls no punches, as he describes his fate and that of so many other black people at the time. It is a harrowing but vitally important book, even today. For further reading on this subject, try 'Uncle Tom's Cabin' by Harriet Beecher Stowe. Solomon Northup (c.1807-c.1875) was an American abolitionist and writer, best remembered for his powerful race memoir 'Twelve Years a Slave'. At the age of 32, when he was a married farmer, father-of-three, violinist and free-born man, he was kidnapped in Washington D.C and shipped to New Orleans, sold to a planter and enslaved for a dozen years. When he gained his freedom, he wrote his famous memoir and spent some years lecturing across the US, on behalf of the abolitionist movement. 'Twelve Years a Slave' was published a year after 'Uncle Tom's Cabin' by Harriet Beecher Stowe and built on the anti-slavery momentum it had developed. Northup's final years are something of a mystery, though it is thought that he struggled to cope with family life after being freed.

MRI of the Lung Hans-Ulrich Kauczor, Mark Oliver Wielpütz, 2018-11-28 This book provides a comprehensive overview of how to use MRI for the imaging of lung disease. Special emphasis is placed on routine applications and the clinical impact of MRI in each setting. In addition, current technological developments are reviewed and information presented on dedicated applications of MRI in preclinical and translational research, clinical trials, and specialized institutions. During the past two decades, significant advances in the technology have enabled MRI to enter and mature in the clinical arena of chest imaging. Standard protocols are now readily available on MR scanners, and MRI is recommended as the first- or second-line imaging modality for a variety of lung diseases, not limited to cystic fibrosis, pulmonary hypertension, and lung cancer. The benefits and added value of MRI originate from its ability to both visualize lung structure and provide information on different aspects of lung function, such as perfusion, respiratory motion, ventilation, and gas exchange. On this basis, novel quantitative surrogates for lung function and therapy control (imaging biomarkers) are generated. The second edition of MRI of the Lung has been fully updated to take account of recent advances. It is written by an internationally balanced team of renowned authors representing all major groups in the field.

Vascular Anaesthesia Jonathan Thompson, Richard Telford, 2014 Providing a practical, current, evidence-based approach to all aspects of perioperative care for the patient with vascular disease, Vascular Anaesthesia is an essential read for all vascular anaesthetists, anaesthetic nurses and anyone else involved in the care of vascular patients throughout the world. Vascular Anaesthesia summarizes current knowledge, particularly on interventional procedures (radiological, diagnostic, and surgical). This book also equips the trainee anaesthetist with the scientific and clinical knowledge to pass the Final FRCA examination. It enables doctors to approach vascular surgical patients with a firm understanding of a particular procedure, particularly its risks and options for perioperative management based on current best practice. The management of the patient with vascular disease is evolving rapidly: this indispensable pocket reference is of sufficient detail to update the regular and occasional vascular anaesthetist with current best practice for particular, common clinical scenarios. The book also equips the non-anaesthetic medical, nursing, and theatre staff with knowledge and understanding of all other aspects of perioperative care.

Health Behavior Change E-Book Stephen Rollnick, Pip Mason, Christopher C Butler, 2010-04-23 Engagingly written by experts with worldwide reputations in the field, Health Behavior Change presents an exciting method which can be used to help patients change their behaviour in both hospital and community settings. The method is applicable to any behaviour, such as overeating, physical inactivity and smoking or with patients struggling with the consequences of chronic conditions like diabetes and heart disease. Using brief, structured consultations with the client, the practitioner encourages the patient to take charge of decision-making concerning their health. It relies upon partnership between professional and patient rather than dominance of one over the other and is carried out in a spirit of negotiation rather than confrontation. The text clearly outlines the fundamental principles behind the method while applying it to practice. Problems of resistance and lack of motivation are explored and practical strategies to manage them are suggested. The patient is at the centre throughout. Short case examples and dilemmas from clinical settings ground the method in the reality of practice. Well accepted method. Reflects professionals' current concerns with health promotion and effective use of time. Highly respected authors. Community focus. Genuine international market. Particularly relevant to US practice. US spellings throughout. text revised and updated throughout to reflect developments in the field e.g. new studies that have been conducted since 1e published improved appearance with addition of a second colour and more modern page design to increase appeal chapter summaries added to aid assimilation more material relating to obesity

Severe Asthma in Children and Adolescents Erick Forno, Sejal Saglani, 2019-11-13 This book provides readers with a comprehensive review of severe asthma in children and adolescents, covering epidemiology, genetics, risk factors, co-morbidities, clinical presentation, diagnosis and treatment. Written by leaders in the field, chapter discussions draw on the mechanisms driving the disease, genetics, multidisciplinary approaches, immunomodulators, and other important aspects in the management of the disease. Severe Asthma in Children and Adolescents: Mechanisms and Management is designed to be a practical guide, opening with an introduction on the epidemiology of severe childhood asthma, as well as a discussion of special considerations of the disease unique to the preschool-aged patient. The distinctions between the diagnosis and management of asthma in young children of various ages, and specific approaches for the adolescent with severe asthma, including the transition into adult care are then addressed. Finally, the book closes with a discussion on the current state and future avenues for severe asthma research. Severe Asthma in Children and Adolescents is an indispensable reference for the healthcare professional, for basic and translational researchers, as well as for students, residents and fellows.

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