



# Mayo Clinic Guide to Your Baby's First Year

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## Mayo Clinic Guide to Your Baby's First Year By Mayo Clinic

Becoming a new parent is both exhilarating and overwhelming. Being thrust into a new world of responsibility for a tiny human being can leave you feeling unprepared for the task. Now, Mayo Clinic Guide to Your Baby's First Year gives the clear guidance new parents are looking for from the trusted experts at Mayo Clinic.

This easy-to-use yet comprehensive how-to manual provides answers and explanations to the questions and concerns of new parents. From baby-care basics to month-by-month development to common illnesses to health and safety, this book covers it all. There's also a wealth of tips and advice for couples coping with the many changes to daily life that come with parenthood, as well as full-color photography and graphics throughout the book.

The companion book to Mayo Clinic Guide to a Healthy Pregnancy, this is the second in a series of parenting guides by Mayo Clinic's pediatric experts who, as active parents, can personally relate to the joys and challenges of parenthood. Mayo Clinic Guide to Your Baby's First Year is a one-stop resource for caring for a newborn that all parents can trust.

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This new source offers current information on the prevention, diagnosis, and treatment of cardiovascular disease. Well illustrated with color plates, drawings, and charts, it explains anatomy, physiology, and medical and surgical procedures and discusses such issues as the roles of caffeine, alcohol, and fish oil in heart disease. It is similar in scope to the Yale University School of Medicine Heart Book ( LJ 3/1/92). While the Mayo Clinic Heart Book has more illustrations and offers outstanding coverage of anatomy and physiology, the Yale book has better information on drugs; heart disease in women, ethnic minorities, and children; and consumer advice for patients. Both books are fine resources for consumer health collections. Libraries that already own the Yale book need not add the Mayo Clinic Heart Book , but those looking for additional material on heart disease should purchase it.

- *Barbara M. Bibel, Oakland P.L., Cal.*

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### About the Author

By the baby experts at Mayo Clinic. Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy that the needs of the patient come first. Over 3,600 physicians and scientists and 50,000 allied staff work at Mayo, which has sites in Rochester, Minn.; Jacksonville, Fla.; and Scottsdale/Phoenix, Ariz. Collectively, Mayo Clinic treats more than 500,000 patients a year. For more than 100 years, millions of people from all walks of life have found answers at Mayo Clinic. Mayo Clinic works with many insurance companies, does not require a physician referral in most cases and is an in-network provider for millions of people.

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#### Lea Wheeler:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? May be reading a book might be option to fill your free time/ holiday.

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**Mildred Lucas:**

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