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The Hernia Solution: The Most Comprehensive, Up-to-date Advice and Information

M.D. F.A.C.S. David Albin

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#521568 in Books Mill City Press, Inc. 2011-10-04Original language:EnglishPDF # 1 9.02 x .32 x 5.98l, .47
#File Name: 1937600041138 pages | File size: 57.Mb

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As you read The Hernia Solution, Doctor Albin, the Hernia Specialist, will put your mind at ease with the latest information and a rundown of the most cutting-edge surgical techniques available to help you decide what is best for you. This book will help inform you when hernia surgery is absolutely necessary, when you can wait, and when you may not need surgery at all. Plus you'll find invaluable post-op care that will reduce pain while getting you back to work and your favorite sport ASAP! This book is a compilation of important facts, findings, and questions that have arisen during my interviewing, diagnosing, and treatment of patients. Well, I am here to dispel the myths and get you to the truth about hernias. If it should happen to you or someone you care about, let this book be your guide to quell your fears and bring you peace of mind. It is my intention that after reading The Hernia Solution, you will have a complete understanding and be able to make a fully informed decision on how to best treat your particular hernia.