

health and wellness jhu

Health and Wellness at JHU: Your Guide to a Thriving Campus Life

Are you a prospective student, current student, faculty member, or simply someone interested in the vibrant health and wellness initiatives at Johns Hopkins University (JHU)? Then you've come to the right place! This comprehensive guide dives deep into the diverse range of health and wellness resources available at JHU, ensuring you have all the information you need to prioritize your well-being while navigating the academic rigors and exciting opportunities of this prestigious university. We'll explore everything from mental health services and fitness facilities to nutritional guidance and stress management techniques, providing you with a clear picture of the support system JHU offers its community.

Understanding JHU's Commitment to Health and Wellness

Johns Hopkins University understands that academic success and overall well-being are inextricably linked. A healthy mind and body are crucial for thriving in the demanding academic environment. That's why JHU has invested significantly in creating a robust network of resources designed to support the holistic health of its students, faculty, and staff. This commitment extends beyond simply providing services; it's woven into the fabric of the campus culture, fostering a supportive environment where seeking help is encouraged and prioritized.

Accessing Mental Health Services at JHU: A Lifeline for Students and Staff

Mental health is a critical component of overall well-being, and JHU recognizes this. The university

offers a comprehensive range of mental health services through Counseling Center, readily accessible to students, faculty, and staff. These services include individual therapy, group therapy, workshops, and crisis intervention. The Counseling Center employs a team of licensed professionals who provide confidential and supportive care tailored to individual needs. They offer a variety of approaches to therapy, ensuring a personalized experience for each individual. Furthermore, the university actively promotes mental health awareness through campaigns and educational initiatives, creating a culture of open communication and support. Understanding the signs of stress, anxiety, and depression is crucial, and JHU provides ample resources to help students and staff navigate these challenges effectively.

Physical Fitness and Recreation: Staying Active at JHU

Maintaining physical fitness is crucial for both physical and mental health. JHU boasts excellent recreational facilities, catering to various fitness levels and interests. The university's fitness centers offer a wide array of equipment, group fitness classes, and personal training options. From yoga and Zumba to weight training and cardio workouts, there's something for everyone. Beyond the structured fitness programs, JHU encourages outdoor activities and provides access to recreational spaces, promoting a holistic approach to fitness. This combination of indoor and outdoor options allows individuals to find activities they enjoy and stick to a regular fitness routine.

Nutritional Wellness and Healthy Eating Habits at JHU

JHU understands the importance of proper nutrition in maintaining a healthy lifestyle. The university offers various resources to support healthy eating habits, including nutritional counseling and educational programs. Many dining halls on campus provide options for various dietary needs and preferences, catering to vegetarian, vegan, and gluten-free diets, among others. Educational initiatives often focus on mindful eating, portion control, and making informed food choices. This holistic approach ensures that students and staff have the knowledge and resources to make healthy food choices a sustainable part of their daily lives.

Stress Management and Mindfulness Practices at JHU

The demanding academic environment can lead to significant stress. JHU recognizes this and provides resources to help students and staff manage stress effectively. Mindfulness practices, such as meditation and yoga, are often promoted through workshops and classes offered by the university. These programs equip individuals with techniques to reduce stress, improve focus, and enhance overall well-being. Moreover, JHU encourages work-life balance, recognizing the importance of time management and prioritizing self-care as essential components of stress reduction. By promoting a culture that values mental well-being, JHU strives to create a supportive environment where students and staff can thrive.

Beyond the Basics: Specialized Health and Wellness Programs at JHU

JHU's commitment to health and wellness goes beyond the core services. The university often offers specialized programs addressing specific health needs and interests within the community. These programs might include workshops on specific health concerns, specialized fitness classes, or health screenings. Staying informed about these programs is crucial to taking full advantage of the comprehensive health and wellness support system at JHU. Checking the university's website and campus newsletters regularly will keep you updated on the latest offerings.

Conclusion: Embracing Well-being at JHU

Johns Hopkins University's dedication to the health and wellness of its community is evident in the wide array of resources and initiatives it provides. By prioritizing physical and mental health, JHU creates an environment conducive to academic success and personal growth. Taking advantage of these resources is a crucial step in ensuring a thriving and fulfilling experience at this prestigious institution. Remember, prioritizing your well-being is not selfish; it's essential for achieving your full potential.

FAQs:

1. Are JHU's health and wellness services free for students? Many services are included in student fees, while some specialized programs or therapies may have associated costs. Check with the specific department for detailed information.
1. Do JHU's fitness centers require memberships? Access to fitness centers is typically included in student fees or available through separate memberships for faculty and staff.
1. What if I have a specific dietary restriction? JHU dining halls offer various options to accommodate various dietary needs, including vegetarian, vegan, gluten-free, and allergy-friendly choices. Contact dining services for specific details.
1. Are there resources available for those experiencing a mental health crisis? Yes, JHU offers 24/7 crisis intervention services. Contact information is readily available on the university's website and through campus resources.
1. How can I stay updated on new health and wellness initiatives at JHU? Regularly check the JHU website, campus newsletters, and student portals for announcements about new programs and resources. Many departments also have social media pages where they share updates.

health and wellness jhu: Why Wellness Sells Colleen Derkatch, 2022-12-13 How and why

the idea of wellness holds such rhetorical—and harmful—power. In *Why Wellness Sells*, Colleen Derkatch examines why the concept of wellness holds such rhetorical power in contemporary culture. Public interest in wellness is driven by two opposing philosophies of health that cycle into and amplify each other: restoration, where people use natural health products to restore themselves to prior states of wellness; and enhancement, where people strive for maximum wellness by optimizing their body's systems and functions. *Why Wellness Sells* tracks the tension between these two ideas of wellness across a variety of sources, including interviews, popular and social media, advertising, and online activism. Derkatch examines how wellness manifests across multiple domains, where being well means different things, ranging from a state of pre-illness to an empowered act of good consumer-citizenship, from physical or moral purification to sustenance and care, and from harm reduction to optimization. Along the way, Derkatch demonstrates that the idea of wellness may promise access to the good life, but it serves primarily as a strategy for coping with a devastating and overwhelming present. Drawing on scholarship in the rhetoric of health and medicine, the health and medical humanities, and related fields, Derkatch offers a nuanced account of how language, belief, behavior, experience, and persuasion collide to produce and promote wellness, one of the most compelling—and harmful—concepts that govern contemporary Western life. She explains that wellness has become so pervasive in the United States and Canada because it is an ever-moving, and thus unachievable, goal. The concept of wellness entrenches an individualist model of health as a personal responsibility, when collectivist approaches would more readily serve the health and well-being of whole populations.

health and wellness jhu: What Inclusive Instructors Do Tracie Marcella Addy, Derek Dube, Khadijah A. Mitchell, Mallory SoRelle, 2023-07-03 Inclusive instruction is teaching that recognizes and affirms a student's social identity as an important influence on teaching and learning processes, and that works to create an environment in which students are able to learn from the course, their peers, and the teacher while still being their authentic selves. It works to disrupt traditional notions of who succeeds in the classroom and the systemic inequities inherent in traditional educational practices.—Full-time Academic Professional, Doctorate-granting University, EducationThis book uniquely offers the distilled wisdom of scores of instructors across ranks, disciplines and institution types, whose contributions are organized into a thematic framework that progressively introduces the reader to the key dispositions, principles and practices for creating the inclusive classroom environments (in person and online) that will help their students succeed. The authors asked the hundreds of instructors whom they surveyed as part of a national study to define what inclusive teaching meant to them and what inclusive teaching approaches they implemented in their courses. The instructors' voices ring loudly as the authors draw on their responses, building on their experiences and expertise to frame the conversation about what inclusive teachers do. The authors in addition describe their own insights and practices, integrating and discussing current literature relevant to inclusive teaching to ensure a research-supported approach. Inclusive teaching is no longer an option but a vital teaching competency as our classrooms fill with racially diverse, first generation, and low income and working class students who need a sense of belonging and recognition to thrive and contribute to the construction of knowledge. The book unfolds as an informal journey that allows the reader to see into other teachers' practices. With questions for reflection embedded throughout the book, the authors provide the reader with an inviting and thoughtful guide to develop their own inclusive teaching practices. By utilizing the concepts and principles in this book readers will be able to take steps to transform their courses into spaces that are equitable and welcoming, and adopt practical strategies to address the various inclusion issues

that can arise. The book will also appeal to educational developers and staff who support instructors in their inclusive teaching efforts. It should find a place in reflective workshops, book clubs and learning communities exploring this important topic.

health and wellness jhu: *Searching for Health* Kapil Parakh, Anna Dirksen, 2021-04-20 An insider's guide to searching online, communicating with your physician, and maximizing your health from a doctor who works at Google. We've all been there. Late at night, staring into the glow of a phone trying to make sense of some health-related issue that we know nothing about. In *Searching for Health*, Dr. Kapil Parakh, with Anna Dirksen, brings to life knowledge he gained from working at Google and practicing medicine. Helping readers avoid common pitfalls, get the information they need, and partner effectively with their health team to figure out a path to good health together, the book distills decades of scientific research into a set of easy-to-follow tips. It also incorporates • firsthand accounts of common challenges on the path to good health; • an inside look at how doctors approach and assess health-related information; • techniques that consumers can use to locate evidence-based information online, whether in blogs, social media postings, forums, or news stories; • guidance on how individuals can make the best use of new technologies, such as health trackers and other applications; • recommendations to help patients assess health information for themselves and make decisions based on what they find; • brief summaries of the scientific studies underpinning the recommendations; and • online and offline resources—including handy checklists and worksheets—to help readers prepare for appointments, discuss tough topics with their doctors, and take control of their health. In addition to helping readers find evidence-based information online, the book provides insights into what you can expect from a visit to a doctor or hospital, how to make a decision about surgery or other treatment, what tests doctors will order, which symptom trackers are really effective, and what questions to ask about medications, supplements, and more. *Searching for Health* is a valuable resource for charting a healthier path through life.

health and wellness jhu: *Practitioner Research for Social Work, Nursing, and the Health Professions* Payam Sheikhattari, Michael T. Wright, Gillian B. Silver, Cyrilla van der Donk, Bas van Lanen, 2022-02-01 An invaluable tool for health and social work students and professionals who want to improve their practice through collaborative research with patients, clients, and colleagues. Throughout history, some of the most prominent contributors to health and social sciences have been men and women comfortable with both practice and academia. But today, research in health-related fields is increasingly conducted in specialized settings by people who are first and foremost researchers. Critics bemoan this loss of practice-based research, long considered a vital part of the contribution that doctors, nurses, public health workers, and social workers can make both to their field and the communities in which they work. Unfortunately, the explosion of new discoveries in health-related fields, along with the exponential increase in the amount of knowledge being produced and the growing demands of practice, have caused both the production and application of knowledge to become highly specialized and increasingly complex. This has resulted in a widening gap between research and practice. Recognizing the need for a guide to this type of research, *Practitioner Research for Social Work, Nursing, and the Health Professions* is a thoroughly reimagined version of a book originally published in 2011 in the Netherlands. Aimed at American practitioners, it is a highly practical guide for anyone in social work, nursing, and other health care and social welfare settings. Its seven-step Practitioner Research Method offers readers a tried-and-true approach to conducting research in their own work environments, and the authors use real-world examples to highlight strategies for overcoming barriers and incorporating research. While leading practitioners through each stage of the research process, the authors explain in detail how to apply a variety of field-tested tools and techniques. A unique and indispensable resource for students in undergraduate and graduate research courses, as well as for seasoned professionals who seek a practical guide for developing and implementing their own research projects in social work, nursing, and the health professions, this book is also the first textbook to introduce the concept and practice of practitioner research to an American audience.

health and wellness jhu: *A Doctor's Dozen* Catherine Florio Pipas, MD, MPH, 2018-09-04

Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

health and wellness jhu: The Johns Hopkins Guide to Diabetes Christopher D. Saudek, Richard R. Rubin, Thomas W. Donner, 2014-04-30 A comprehensive and easy-to-read guide to diabetes. The authors will help you understand the disease, and work with your care team to maintain good health.

health and wellness jhu: Weight Loss for Life Lawrence J. Cheskin, Kimberly A. Gudzune, 2022-01-04 This is not a fad diet book. This is the most comprehensive, scientifically based program to lose weight and keep it off, with practical details about diet and nutrition, movement and motivation, medications, supplements, surgery, and more. In *Weight Loss for Life*, two experts from the Johns Hopkins Healthful Eating, Activity & Weight Program provide you with all of the information you need on your weight loss journey. They bring together leading experts in behavioral health, nutrition, exercise, and nursing to help you develop a plan that works best for you—and that's not focused on just restricting calories or certain foods. Anyone struggling with unwanted weight gain or obesity will find this program to be helpful, compassionate, and clear. A central feature of the program is a Personal Plan of Action to help you set up reachable goals, plan your meals, and make time for movement. All the recommendations are customizable based on your personal health and needs. You'll enjoy the interactive features, too, with surveys throughout asking you to reflect on your own eating habits as well as barriers to success. And unlike other works on the market, *Weight Loss for Life* covers it all: supplements, prescription medications, med spas, and surgical options. If you struggle, it can help you get back on track. Throughout, testimonials from others who have followed the program along with hundreds of photographs and drawings will help educate and keep you motivated along your weight loss journey. *Weight Loss for Life* is the guide to the science and art of achieving and maintaining a healthful weight.

health and wellness jhu: Your Complete Guide to Liver Health Paul J. Thuluvath, 2022-09-27 This comprehensive guide to liver disease and health teaches readers everything they need to know about the human liver, including how to prevent liver infections and disease, how liver diseases are diagnosed and treated, and how to take care of one's liver--

health and wellness jhu: Wellness Issues for Higher Education David S. Anderson, 2015-07-16 *Wellness Issues for Higher Education* is an essential resource that addresses a range of student wellness issues confronting professionals in college and university settings. Organized around five dimensions of Wellness—Emotional, Social, Intellectual, Physical, and Spiritual—this book comprehensively covers key topics that contribute to students' success in college. Each topical chapter includes proactive wellness advice, and is designed to prepare the reader to better understand the facts, issues, and strategies appropriate for addressing the issue. Each Chapter Features: Background information, theory, and research Historical and emerging issues Common questions, controversies, challenging situations, and misconceptions Practical applications for the campus This practical guide prepares practitioners to understand and deal with the wellness and health promotion issues contributing to their students' overall success and well-being. Armed with this valuable resource, higher education and student affairs professionals can work to improve academic performance, retention, satisfaction, and quality of life. This thorough resource will guide those working at any level in residence life, student activities, orientation, health education, student leadership, advising, instruction, and other areas of student development.

health and wellness jhu: The Topography of Wellness Sara Jensen Carr, 2021-06-15 The COVID-19 pandemic has re-ignited discussions of how architects, landscapes, and urban planners can shape the environment in response to disease. This challenge is both a timely topic and one with an illuminating history. In *The Topography of Wellness*, Sara Jensen Carr offers a chronological narrative of how six epidemics transformed the American urban landscape, reflecting changing views of the power of design, pathology of disease, and the epidemiology of the environment. From the infectious diseases of cholera and tuberculosis, to so-called social diseases of idleness and crime, to the more complicated origins of today's chronic diseases, each illness and its associated combat strategies has left its mark on our surroundings. While each solution succeeded in eliminating the disease on some level, sweeping environmental changes often came with significant social and physical consequences. Even more unexpectedly, some adaptations inadvertently incubated future epidemics. From the Industrial Revolution to present day, this book illuminates the constant evolution of our relationship to wellness and the environment by documenting the shifting grounds of illness and the urban landscape.

health and wellness jhu: Johns Hopkins Patients' Guide to Prostate Cancer Arthur L. Burnett, 2010-01-20 The Johns Hopkins Patients' Guide to Prostate Cancer is a concise, easy-to-follow "how to" guide that puts you on a path to wellness by explaining prostate cancer treatments from start to finish. It guides you through the overwhelming maze of treatment decisions, simplifies the complicated schedule that lies ahead, and provides valuable tools to help you to put together your plan of care. Empower yourself with accurate, understandable information that will give you the ability to confidently participate in the decision making about your care and treatment.

health and wellness jhu: *Building Healthy Communities Through Medical-religious Partnerships* William Daniel Hale, Richard Gordon Bennett, 2000 This work describes an approach to the development of community-based health education and patient advocacy programmes targeted at disease prevention and management. Partnerships between health systems and religious congregations, the authors show, can be remarkably successful at bringing appropriate care to people who are often difficult to serve. Describing programmes based on a six-year collaboration between health care systems and religious organizations in Florida, the book offers guidance for religious and medical leaders interested in developing similar programmes in their congregations and communities.

health and wellness jhu: **Eating Disorders** Philip S. Mehler, 2017-11-29 A comprehensive guide to the medical complications, diagnosis, and treatment of eating disorders. In this new edition of their best-selling work, Drs. Philip S. Mehler and Arnold E. Andersen provide a user-friendly and comprehensive guide to treating and managing eating disorders for primary care physicians, mental health professionals, worried family members and friends, and nonmedical professionals (such as teachers and coaches). Mehler and Andersen identify common medical complications that people who have eating disorders face and answer questions about how to treat both physical and behavioral aspects of eating disorders. Serious complications, including cardiac arrhythmia, electrolyte abnormalities, and gastrointestinal problems, are discussed in detail. Incorporating illustrative case studies, medical background on the complications, guidelines for diagnosis and treatment, and an up-to-date list of selected references, chapters provide comprehensive coverage of topics, including team treatment and nutritional rehabilitation. The authors also address special areas of concern, such as athletes who have eating disorders, males with eating disorders, and the pharmacological treatment of obesity. New topics include diabetes and eating disorders, osteoporosis, involuntary feeding, innovative psychological strategies, and ethical dilemmas.

health and wellness jhu: Toxic Communities Dorceta E. Taylor, 2014 From St. Louis to New Orleans, from Baltimore to Oklahoma City, there are poor and minority neighborhoods so beset by pollution that just living in them can be hazardous to your health. Due to entrenched segregation, zoning ordinances that privilege wealthier communities, or because businesses have found the OCypaths of least resistance, OCO there are many hazardous waste and toxic facilities in these communities, leading residents to experience health and wellness problems on top of the race and

class discrimination most already experience. Taking stock of the recent environmental justice scholarship, *a Toxic Communities* examines the connections among residential segregation, zoning, and exposure to environmental hazards. Renowned environmental sociologist Dorceta Taylor focuses on the locations of hazardous facilities in low-income and minority communities and shows how they have been dumped on, contaminated and exposed. Drawing on an array of historical and contemporary case studies from across the country, Taylor explores controversies over racially-motivated decisions in zoning laws, eminent domain, government regulation (or lack thereof), and urban renewal. She provides a comprehensive overview of the debate over whether or not there is a link between environmental transgressions and discrimination, drawing a clear picture of the state of the environmental justice field today and where it is going. In doing so, she introduces new concepts and theories for understanding environmental racism that will be essential for environmental justice scholars. A fascinating landmark study, *a Toxic Communities* greatly contributes to the study of race, the environment, and space in the contemporary United States.

health and wellness jhu: A Man's Guide to Healthy Aging Edward H. Thompson Jr., Lenard W. Kaye, 2013-11-25 Explores all aspects of health as men reach middle age and beyond. As they reach middle age, most men begin looking forward to what's next. They gear up to experience renewed productivity and purpose and are more conscious of their health. *A Man's Guide to Healthy Aging* is an authoritative resource for them, and for older men, as well. In collaboration with a variety of medical experts, the authors provide a comprehensive guide to healthy aging from a man's perspective. Edward H. Thompson, Jr., and Lenard W. Kaye—a medical sociologist and a gerontologist and social worker—offer invaluable information in four parts: • *Managing Our Lives* describes the actions men can take to stay healthy. Here is information about how to eat well, reduce stress, and stay active for better overall health. • *Mind and Body* considers how physical health and state of mind are connected. It explores sleep, drug and alcohol use, spirituality, and attitudes about appearance—and explains how all of these factors affect mental health. • *Bodily Health* examines how body systems function and what changes may occur as men age. It covers the body from head to toe and reviews how to manage chronic diseases such as cancer, diabetes, and heart conditions. • *Living with Others* shows the importance of interacting with friends and family. Topics include sexual intimacy, friendship, and caregiving, as well as how men can make the best decisions about end-of-life issues for themselves and their loved ones. Refuting the ageist stereotype that men spend their later years winding down, this book will help men reinvent themselves once, twice, or more—by managing their health, creating new careers, and contributing their skills and experiences to their communities.

health and wellness jhu: Mothers in Medicine Katherine Chretien, 2017-12-19 Women are entering medical school in equal numbers as men, yet still face unique challenges in a profession where, overall, male physicians outnumber female physicians 3 to 1. Women in medicine also face decisions such as when to have a child during training and often struggle with work-life balance. This book features real stories and advice from mothers in medicine at all stages of training from medical student to practicing physician and addresses the topics that shape the lives, joys, and challenges of women in medicine today. The book is based on the best posts and wisdom shared on the *Mothers in Medicine* blog, which was established in 2008 by the editor and has published over 1500 posts and has over 4.8 million page views to date. The book is organized by themes that are unique to the physician-mother: career decisions, having children during training, navigating life challenges, practice issues, and work-life balance. Each chapter features an excerpt from the blog followed by an honest discussion of the key considerations, guidelines, and tips as related to each topic in the conversational, personal tone of the blog. The book concludes with a chapter that features the most popular questions posted on the *Mothers in Medicine* blog and a summary of the responses received from the community of readers. *Mothers in Medicine: Career, Practice, and Life Lessons Learned* is a valuable and contemporary resource for pre-medical students, medical students, residents, and physicians.

health and wellness jhu: Health Behavior Change in Populations Scott Kahan, Andrea

Carlson Gielen, Peter J. Fagan, Lawrence W. Green, 2014-11-26 Focuses on today's major public health concerns to teach students the principles of population health behavior and behavior change. The single greatest way to improve health and quality of life is not by developing new medical approaches, but by addressing harmful personal behaviors. These behaviors—which include tobacco, alcohol, and drug use, diet, and physical activity—play a significant role in the risk for and development, treatment, and management of the most common causes of disease, disability, and death in the modern world. Health Behavior Change in Populations is designed to teach students and practitioners strategic principles for creating positive behavioral change on a population level. With an emphasis on the application of theory and research to practice, this textbook presents current and future public health professionals with a range of methods geared towards helping people make healthy choices, from informing the individual to modifying the surroundings and circumstances that drive decision-making. Written and edited by experts in the health professions, the book is arranged into three sections: State of the Field, State of the Science, and Cross-Cutting Issues. The chapters within these sections include learning objectives with boldfaced keywords and a glossary of terms. Each chapter addresses • The magnitude of the public health burden • Key determinants and conceptual framework for behaviors and behavior change, including individual, familial, interpersonal, community, sociocultural, structural, and political perspectives • Current evidence-based interventions and best practices • Roles for key stakeholders, including health plans, employers/workplace, health departments/agencies, sectors such as recreational and agricultural, policymakers, community groups/advocates, clinics/clinicians, researchers, and funding institutions • Considerations for implementation, evaluation, and translation

health and wellness jhu: My Quest for Health Equity David Satcher, 2020-09-08 Reading this book is like sitting down with Dr. David Satcher to hear stories of leadership and lessons learned from his lifetime commitment to health equity. Dr. David Satcher is one of the most widely known and well-regarded physicians of our time. A former four-star admiral in the US Public Health Service Commissioned Corps, he served as the assistant secretary for health, the surgeon general of the United States, and the director of the Centers for Disease Control and Prevention before founding the eponymous Satcher Health Leadership Institute at Morehouse School of Medicine. At the core of his impact on public health, he is also a lifelong leader for civil rights and health equity. Born black and poor in the deep South, Dr. Satcher was a victim of an unjust health care system: he almost died of whooping cough at the age of two because Jim Crow laws meant that his black doctor could not admit him to a hospital. That experience was the first of many that shaped him as a leader and a healer deeply attuned to social inequity—someone who was determined to make a positive difference. In My Quest for Health Equity, Dr. Satcher takes an inspiring and instructive look inside his fifty-year career to shed light on the challenge and burden of leadership. Explaining that he has thought of each leadership role—whether in academia, community, or government—as an opportunity to move the needle toward health equity, he shares the hard-won lessons he has learned over a lifetime in the medical field. Drawing on his early memories, medical school days, experience in the civil rights movement, and professional highs and lows, Dr. Satcher touches on a number of topics, including • the essential qualities of leadership • leading from science to policy to practice • the importance of clear communication and continual learning • the need for workplace discipline • confronting failure • specific health issues, including the obesity epidemic, reproductive health, and mental health stigma • team approaches to leadership • and much more In this book, readers will discover a template for using leadership roles of all types to eliminate health disparities. My Quest for Health Equity is a vital resource for current and rising leaders.

health and wellness jhu: My House Is Killing Me! Jeffrey C. May, 2001-11-23 Explores the different areas of the home, including bedrooms, kitchens, basements that may be causing health problems due to allergies and asthma, and describes the problems that can be caused by heating and cooling systems.

health and wellness jhu: The Mental Hygiene Movement Clifford Whittingham Beers, 1917

health and wellness jhu: The 36-Hour Day Nancy L. Mace, Peter V. Rabins, 2021-08-10 The

36-Hour Day is the definitive dementia care guide.

health and wellness jhu: Is Cancer Inevitable? Ashani T. Weeraratna, Tim Wendel, 2021-12-07
The author, a researcher in oncology, studies the cellular mechanisms of carcinogenesis. In this book written for a popular audience, the author takes a step back from the details of cells to look at the broader issue of how aging affects cancer--

health and wellness jhu: Handbook of Pharmaceutical Public Policy Thomas Fulda, 2007-07-25
Get an invaluable view of the impact of economics and politics on pharmaceuticals in the United States Pharmacy and pharmaceutical drug use are highly regulated and the various regulatory forces interact with diverse goals. Pharmaceutical Public Policy is a comprehensive review of the legislation, trends, business developments, and policy interpretations that have shaped drug use during the last 50 years. This unique single source explains drug regulatory activity, the major insurance and payment systems, and the impact of economics and politics on drug use in the United States. Leading experts provide a thorough and objective look at public policy issues, making this text perfect for upper level undergraduate and graduate level pharmacy, medical, and public health educators and students. Pharmacists and pharmacy students must learn more than just the physical sciences and clinical aspects of the pharmaceutical industry. The rationale for policies, rules, and regulations is integral to understanding how to best serve patients and make the entire pharmaceutical sector more equitable and cost-effective. Pharmaceutical Public Policy examines the most pressing issues facing the industry, including control of the rising costs for drugs and ensuring correct drug usage by patients. This insightful text offers an in depth perspective of the policies and the debates that surround them. Chapters are well-referenced and many include helpful figures and tables to illustrate facts and ideas. Topics in Pharmaceutical Public Policy include: pharmacy law and regulation Medicare and prescription drug coverage FDA drug approval process Medicaid and prescription drugs public health pharmacy Department of Veterans Affairs pharmacy programs Department of Defense pharmacy programs innovative state drug program practices state and federal regulation of pharmacy the future of the pharmaceutical industry managed care pharmacy PBM's (pharmacy benefit managers) risk minimization importation and reimportation biotechnology and pharmacogenetics policy and issues product promotion competition between drugs drug insurance design patient compliance abuse of prescription drugs health care systems and insurance in Europe much more Pharmaceutical Public Policy is a one-of-a-kind resource that explains just who the players are and the complexity of the issues that are examined in most pharmaceutical policy debates, and is perfect for pharmacy students, educators, other health professionals, trade association leaders, and policymakers.

health and wellness jhu: Just Medicine Dayna Bowen Matthew, 2016-10-25 Offers an innovative plan to eliminate inequalities in American health care and save the lives they endanger Over 84,000 black and brown lives are needlessly lost each year due to health disparities: the unfair, unjust, and avoidable differences between the quality and quantity of health care provided to Americans who are members of racial and ethnic minorities and care provided to whites. Health disparities have remained stubbornly entrenched in the American health care system—and in *Just Medicine* Dayna Bowen Matthew finds that they principally arise from unconscious racial and ethnic biases held by physicians, institutional providers, and their patients. Implicit bias is the single most important determinant of health and health care disparities. Because we have missed this fact, the money we spend on training providers to become culturally competent, expanding wellness education programs and community health centers, and even expanding access to health insurance will have only a modest effect on reducing health disparities. We will continue to utterly fail in the effort to eradicate health disparities unless we enact strong, evidence-based legal remedies that accurately address implicit and unintentional forms of discrimination, to replace the weak, tepid, and largely irrelevant legal remedies currently available. Our continued failure to fashion an effective response that purges the effects of implicit bias from American health care, Matthew argues, is unjust and morally untenable. In this book, she unites medical, neuroscience, psychology, and sociology research on implicit bias and health disparities with her own expertise in civil rights

and constitutional law. In a time when the health of the entire nation is at risk, it is essential to confront the issues keeping the health care system from providing equal treatment to all.

health and wellness jhu: COPD Donald A. Mahler, 2022-01-25 Providing up-to-date, evidence-based content that covers more than just medications, COPD gives you the tools you need to keep active—and thrive.

health and wellness jhu: Parkinson's Disease William J. Weiner, Lisa M. Shulman, Anthony E. Lang, 2001 Provides information about Parkinson's disease, a degenerative neurologic condition that causes problems with movement, as well as a host of nonmotor difficulties, explaining what the disease is, identifying symptoms at the early, moderate, and advanced stages, and discussing diagnosis, treatment, and other issues.

health and wellness jhu: The Complete Guide to Food Allergies in Adults and Children Scott H. Sicherer, 2022-05-03 The most complete guide to preventing, testing, living with, and treating food allergies in children and adults. In this comprehensive, evidence-based guide for adults and children with food allergies and those who care for them, Dr. Scott H. Sicherer provides all the critical information you need on preventing, testing, living with, and treating food allergies. Organized in an accessible Q&A format and illustrated with case studies, the book thoroughly explains how to prevent exposure to a known allergen at home, at work, at school, in restaurants, and elsewhere. Emphasizing the most recent advances, Sicherer touches on everything from handling an anaphylactic emergency to diagnosing allergies and intolerances, all while detailing chronic health problems caused by food, such as eczema, hives, and gastrointestinal symptoms. He also shares: • the benefits and risks of new therapies • new prevention guidelines • new approaches to improve quality of life and reduce anxiety • the latest insights on adult-onset food allergies • new diagnostic tests now commercially available • approaches shown to increase safety in school • the latest thinking on treating eczema through the diet • new doses and self-injection devices for treating food anaphylaxis • new information about food allergies that affect the gut Dr. Sicherer also reviews food reactions that are not allergic, such as lactose intolerance, irritable bowel syndrome, and celiac disease. He explains how to get adequate nutrition when you must avoid dietary staples and discusses whether allergies ever go away (they do—and sometimes they return). Finally, he includes an allergy and anaphylaxis emergency plan and checklists to reduce cross-contamination. This is the most authoritative and accessible allergy book on the market.

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criminal justice system and compelling chapters on menopause as a time of activism, rage, reawakening, transformation and realising your own power. The honesty, intimacy and passion shared in these pages will make you see menopause in a whole new light. Each chapter shapes a much-needed courageous conversation about how we can and should view menopause and midlife. Read on to be part of the new conversation.

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and Philip G. Janicak, specialists in treating people who have schizophrenia, offer an easy-to-read primer for people with the disorder, along with their families and other caregivers. Drawing on their combined sixty years of clinical and research experience, Drs. Rado and Janicak define schizophrenia and explain what is known about its causes discuss the difference between negative symptoms (such as lack of emotion and social withdrawal) and positive symptoms (such as hallucinations, delusions, and thought disorders) describe medication and psychosocial and behavioral treatments—and the importance of early diagnosis and treatment for better long-term outcomes explain what people with schizophrenia and their families can do to help keep the person well explore how schizophrenia affects the entire family detail medical conditions that people with schizophrenia are more likely than other people to have—including heart disease, obesity, and diabetes offer key takeaway points for every topic Designed for the lay reader and based on the most recent medical literature, *Living with Schizophrenia* offers information and understanding to help people coping with this often misunderstood disorder to best achieve recovery and healing.

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said, We are such a fast-food culture, I love the idea of making the dinner last for hours. These are the conversations that will help us to evolve. *Let's Talk About Death (over Dinner)* offers keen practical advice on how to have these same conversations—not just at the dinner table, but anywhere. There's no one right way to talk about death, but Hebb shares time—and dinner—tested prompts to use as conversation starters, ranging from the spiritual to the practical, from analytical to downright funny and surprising. By transforming the most difficult conversations into an opportunity, they become celebratory and meaningful—ways that not only can change the way we die, but the way we live.

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establishment to remember medicine's noble heritage of caring for people when they are vulnerable. The Price We Pay offers a road map for everyday Americans and business leaders to get a better deal on their health care, and profiles the disruptors who are innovating medical care. The movement to restore medicine to its mission, Makary argues, is alive and well--a mission that can rebuild the public trust and save our country from the crushing cost of health care.

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