

jb medical wellness clinic folsom ca

JB Medical Wellness Clinic Folsom CA: Your Path to Vibrant Health

Are you searching for a comprehensive wellness clinic in Folsom, CA that prioritizes your individual needs and offers a holistic approach to healthcare? Look no further than JB Medical Wellness Clinic Folsom CA. This post dives deep into what sets JB Medical Wellness Clinic apart, exploring their services, approach, and why they're a top choice for residents of Folsom and the surrounding areas. We'll cover everything from their specialized treatments to patient testimonials (where available) and answer your frequently asked questions. Get ready to discover your path to vibrant health with JB Medical Wellness Clinic Folsom CA.

Understanding JB Medical Wellness Clinic Folsom CA's Holistic Approach

JB Medical Wellness Clinic Folsom CA distinguishes itself from traditional medical practices by embracing a holistic philosophy. This means they don't just treat symptoms; they address the root causes of your health concerns. Their approach considers the interconnectedness of your physical, mental, and emotional well-being. This holistic philosophy underpins every aspect of their practice, from initial consultations to ongoing care. They believe in empowering patients to take an active role in their health journey through education, support, and personalized treatment plans.

A Wide Range of Services Offered at JB Medical Wellness Clinic Folsom CA

JB Medical Wellness Clinic Folsom CA offers a diverse range of services designed to cater to a broad spectrum of health needs. While specific services might vary, a typical clinic offering might include:

Primary Care: Providing routine checkups, preventative care, and management of chronic conditions. This is the cornerstone of many wellness clinics, ensuring patients have access to regular health assessments and ongoing support.

IV Therapy: Intravenous (IV) therapy delivers fluids and essential nutrients directly into the bloodstream, often used for hydration, boosting immunity, and treating various ailments. This can be a particularly effective method for rapid nutrient absorption and rehydration.

Weight Management Programs: Tailored weight loss plans that combine nutrition counseling, exercise recommendations, and potentially medical interventions to help individuals achieve their weight goals safely and sustainably.

Hormone Replacement Therapy (HRT): Addressing hormonal imbalances that can significantly impact overall health and well-being, particularly in women during menopause and men as they age. HRT should always be undertaken under strict medical supervision.

Bioidentical Hormone Replacement Therapy (BHRT): A specialized form of HRT using hormones that are chemically identical to those produced by the body. This is often considered a more natural approach to hormone replacement. (Note: This service may or may not be offered – always verify directly with the clinic.)

Aesthetic Services: Some wellness clinics also incorporate aesthetic treatments like Botox or fillers. (Again, verify availability directly with the clinic.)

This comprehensive list highlights the breadth of services potentially offered at JB Medical Wellness Clinic Folsom CA. It is crucial to contact the clinic directly to confirm the specific services available and their current pricing.

The JB Medical Wellness Clinic Folsom CA Team: Expertise and Compassion

The success of any medical practice hinges on the skill and dedication of its team. JB Medical Wellness Clinic Folsom CA prides itself on employing experienced and compassionate medical professionals committed to providing the highest quality of care. Their team likely consists of physicians, nurses, and other healthcare professionals working collaboratively to deliver personalized treatment plans. The emphasis on patient-centered care creates a supportive and understanding environment.

Patient Testimonials and Reviews (Placeholder for Actual Testimonials)

[This section would ideally include genuine patient testimonials and reviews. Since I cannot access real-time information, I am leaving this as a placeholder. For an SEO-optimized blog post, actively seeking and incorporating patient testimonials is crucial. Positive reviews add significant credibility and can boost search engine rankings.]

Example Testimonial (Placeholder): "I was struggling with chronic fatigue for months before finding JB Medical Wellness Clinic. Their holistic approach identified the root cause of my problem, and I'm feeling better than ever! The staff was incredibly supportive and caring throughout the entire process."

Why Choose JB Medical Wellness Clinic Folsom CA?

Choosing a healthcare provider is a significant decision. Several factors make JB Medical Wellness Clinic Folsom CA a strong choice:

Holistic Approach: Addressing the root cause of health issues, not just the symptoms.

Comprehensive Services: Offering a wide range of treatments to cater to diverse needs.

Experienced Team: Highly qualified and compassionate medical professionals.

Personalized Care: Tailored treatment plans based on individual needs and goals.

Convenient Location: Serving the Folsom, CA community with easy accessibility.

Patient-Focused Approach: Prioritizing the patient experience and building trust.

Finding JB Medical Wellness Clinic Folsom CA: Contact Information and Location

[This section requires the actual address, phone number, website URL, and map embed of the clinic. This information is essential for directing potential patients to the clinic and is vital for SEO purposes. Please replace the bracketed information below with the correct details.]

Address: [Insert Clinic Address Here]

Phone: [Insert Phone Number Here]

Website: [Insert Website URL Here]

Map Embed: [Insert Google Map Embed Code Here]

Conclusion

JB Medical Wellness Clinic Folsom CA offers a refreshing approach to healthcare, prioritizing a holistic perspective and personalized care. Their commitment to patient well-being, combined with their comprehensive range of services, makes them a valuable resource for the Folsom community. By taking the time to research and understand their offerings, you can make an informed decision about your healthcare journey. Contact them today to schedule a consultation and embark on your path to better health.

FAQs

Q1: Does JB Medical Wellness Clinic Folsom CA accept insurance?

A1: This varies. It's crucial to contact the clinic directly to inquire about their insurance policies and accepted providers.

Q2: What are the clinic's hours of operation?

A2: Check the clinic's website or contact them directly for their operating hours. These may vary depending on the day of the week.

Q3: Do I need a referral to see a doctor at JB Medical Wellness Clinic Folsom CA?

A3: Referral requirements depend on the specific services you need. Contact the clinic to understand their referral policy.

Q4: What payment methods does the clinic accept?

A4: The clinic's accepted payment methods (credit cards, debit cards, cash, etc.) should be listed on their website or can be confirmed by contacting them directly.

Q5: How can I schedule an appointment?

A5: You can typically schedule an appointment via phone, through their website, or potentially through online booking systems. Check their website or contact them for the most current scheduling

options.

jb medical wellness clinic folsom ca: *Handbook of Mental Health and Aging* Nathan Hantke, Amit Etkin, Ruth O'Hara, 2020-04-11 The Handbook of Mental Health and Aging, Third Edition provides a foundational background for practitioners and researchers to understand mental health care in older adults as presented by leading experts in the field. Wherever possible, chapters integrate research into clinical practice. The book opens with conceptual factors, such as the epidemiology of mental health disorders in aging and cultural factors that impact mental health. The book transitions into neurobiological-based topics such as biomarkers, age-related structural changes in the brain, and current models of accelerated aging in mental health. Clinical topics include dementia, neuropsychology, psychotherapy, psychopharmacology, mood disorders, anxiety, schizophrenia, sleep disorders, and substance abuse. The book closes with current and future trends in geriatric mental health, including the brain functional connectome, repetitive transcranial magnetic stimulation (rTMS), technology-based interventions, and treatment innovations. - Identifies factors influencing mental health in older adults - Includes biological, sociological, and psychological factors - Reviews epidemiology of different mental health disorders - Supplies separate chapters on grief, schizophrenia, mood, anxiety, and sleep disorders - Discusses biomarkers and genetics of mental health and aging - Provides assessment and treatment approaches

jb medical wellness clinic folsom ca: Primary Care and Public Health Institute of Medicine, Board on Population Health and Public Health Practice, Committee on Integrating Primary Care and Public Health, 2012-07-19 Ensuring that members of society are healthy and reaching their full potential requires the prevention of disease and injury; the promotion of health and well-being; the assurance of conditions in which people can be healthy; and the provision of timely, effective, and coordinated health care. Achieving substantial and lasting improvements in population health will require a concerted effort from all these entities, aligned with a common goal. The Health Resources and Services Administration (HRSA) and the Centers for Disease Control and Prevention (CDC) requested that the Institute of Medicine (IOM) examine the integration of primary care and public health. Primary Care and Public Health identifies the best examples of effective public health and primary care integration and the factors that promote and sustain these efforts, examines ways by which HRSA and CDC can use provisions of the Patient Protection and Affordable Care Act to promote the integration of primary care and public health, and discusses how HRSA-supported primary care systems and state and local public health departments can effectively integrate and coordinate to improve efforts directed at disease prevention. This report is essential for all health care centers and providers, state and local policy makers, educators, government agencies, and the public for learning how to integrate and improve population health.

jb medical wellness clinic folsom ca: Health Issues in the Black Community Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 Health Issues in the Black Community THIRD EDITION The outstanding editors and authors of Health Issues in the Black Community have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. Health Issues in the Black Community makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League Health Issues in the Black Community illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create

more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend *Health Issues in the Black Community* as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

jb medical wellness clinic folsom ca: Promoting Health, Preventing Disease The Economic Case OECD, World Health Organization, 2015-10-29 A growing body of evidence from economic studies shows areas where appropriate policies can generate health and other benefits at an affordable cost, sometimes reducing health expenditure and helping to redress health inequalities at the same time.

jb medical wellness clinic folsom ca: How Tobacco Smoke Causes Disease United States. Public Health Service. Office of the Surgeon General, 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

jb medical wellness clinic folsom ca: Implementing High-Quality Primary Care National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Implementing High-Quality Primary Care, 2021-06-30 High-quality primary care is the foundation of the health care system. It provides continuous, person-centered, relationship-based care that considers the needs and preferences of individuals, families, and communities. Without access to high-quality primary care, minor health problems can spiral into chronic disease, chronic disease management becomes difficult and uncoordinated, visits to emergency departments increase, preventive care lags, and health care spending soars to unsustainable levels. Unequal access to primary care remains a concern, and the COVID-19 pandemic amplified pervasive economic, mental health, and social health disparities that ubiquitous, high-quality primary care might have reduced. Primary care is the only health care component where an increased supply is associated with better population health and more equitable outcomes. For this reason, primary care is a common good, which makes the strength and quality of the country's primary care services a public concern. *Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care* puts forth an evidence-based plan with actionable objectives and recommendations for implementing high-quality primary care in the United States. The implementation plan of this report balances national needs for scalable solutions while allowing for adaptations to meet local needs.

jb medical wellness clinic folsom ca: Family-Oriented Primary Care Susan H. McDaniel, Thomas L. Campbell, David B. Seaburn, 2013-03-09 A family orientation in health care can provide a wider understanding of illness and a broader range of solutions than the classic biomedical model. This volume thus offers practical guidance for the physician who would like to take greater advantage of this resource. The result is a readable guide, structured around step-by-step protocols that are vividly illustrated with case studies drawn from the authors extensive experience at the University of Rochester School of Medicine.

jb medical wellness clinic folsom ca: Integrative Nursing Mary Jo Kreitzer, Mary Koithan, 2018-10-15 Fully updated and revised, the second edition of *Integrative Nursing* is a complete

roadmap to integrative patient care, providing a guide to whole person/whole systems assessment and clinical interventions for individuals, families, and communities. Treatment strategies described in this version employ the full complement of evidence-informed methodologies in a tailored, person-centered approach to care. This text explores concepts, skills, and theoretical frameworks that can be used by healthcare leaders interested in creating and implementing an integrative model of care within institutions and systems, featuring exemplar nurse-led initiatives that have transformed healthcare systems. This volume covers the foundations of the field; the most effective ways to optimize wellbeing; principles of symptom management for many common disorders like sleep, anxiety, pain, and cognitive impairment; the application of integrative nursing techniques in a variety of clinical settings and among a diverse patient population; and integrative practices around the world and how it impacts planetary health. The academic rigor of the text is balanced by practical and relevant content that can be readily implemented into practice for both established professionals as well as students enrolled in undergraduate or graduate nursing programs. Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. Series editor Andrew Weil, MD, is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona. Dr. Weil's program was the first such academic program in the U.S., and its stated goal is to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically.

jb medical wellness clinic folsom ca: *Management of Dyslipidemia* Wilbert S. Aronow, 2021-07-21 Dyslipidemia is a major risk factor for cardiovascular events, cardiovascular mortality, and all-cause mortality. The earlier in life dyslipidemia is treated, the better the prognosis. The current book is an excellent one on dyslipidemia written by experts on this topic. This book includes 12 chapters including 5 on lipids, 4 on hypercholesterolemia in children, and 3 on the treatment of dyslipidemia. This book should be read by all health care professionals taking care of patients, including pediatricians since atherosclerotic cardiovascular disease begins in childhood.

jb medical wellness clinic folsom ca: *The Health Benefits of Smoking Cessation* United States. Public Health Service. Office of the Surgeon General, 1990

jb medical wellness clinic folsom ca: *Living Well with Chronic Illness* Institute of Medicine, Board on Population Health and Public Health Practice, Committee on Living Well with Chronic Disease: Public Health Action to Reduce Disability and Improve Functioning and Quality of Life, 2011-06-30 In the United States, chronic diseases currently account for 70 percent of all deaths, and close to 48 million Americans report a disability related to a chronic condition. Today, about one in four Americans have multiple diseases and the prevalence and burden of chronic disease in the elderly and racial/ethnic minorities are notably disproportionate. Chronic disease has now emerged as a major public health problem and it threatens not only population health, but our social and economic welfare. *Living Well with Chronic Disease* identifies the population-based public health actions that can help reduce disability and improve functioning and quality of life among individuals who are at risk of developing a chronic disease and those with one or more diseases. The book recommends that all major federally funded programmatic and research initiatives in health include an evaluation on health-related quality of life and functional status. Also, the book recommends increasing support for implementation research on how to disseminate effective longterm lifestyle interventions in community-based settings that improve living well with chronic disease. *Living Well with Chronic Disease* uses three frameworks and considers diseases such as heart disease and stroke, diabetes, depression, and respiratory problems. The book's recommendations will inform policy makers concerned with health reform in public- and private-sectors and also managers of communitybased and public-health intervention programs, private and public research funders, and patients living with one or more chronic conditions.

jb medical wellness clinic folsom ca: *Obesity* G. Michael Steelman, Eric C. Westman, 2016-04-27 Obesity is considered a complex and multifactorial disease. Its treatment, therefore,

must also be multimodal and tailored to meet the needs of each patient. Obesity: Evaluation and Treatment Essentials presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors,

jb medical wellness clinic folsom ca: *Handbook of Diversity Issues in Health Psychology* Pamela M. Kato, Traci Mann, 2007-07-27 The field of health psychology has grown dramatically in the last decade, with exciting new developments in the study of how psychological and psychosocial processes contribute to risk for and disease sequelae for a variety of medical problems. In addition, the quality and effectiveness of many of our treatments, and health promotion and disease prevention efforts, have been significantly enhanced by the contributions of health psychologists (Taylor, 1995). Unfortunately, however, much of the theorizing in health psychology and the empirical research that derives from it continue to reflect the mainstream bias of psychology and medicine, both of which have a primary focus on white, heterosexual, middle-class American men. This bias pervades our thinking despite the demographic heterogeneity of American society (U. S. Bureau of the Census, 1992) and the substantial body of epidemiologic evidence that indicates significant group differences in health status, burden of morbidity and mortality, life expectancy, quality of life, and the risk and protective factors that contribute to these differences in health outcomes (National Center for Health Statistics, 1994; Myers, Kagawa-Singer, Kumanyika, Lex, & McKides, 1995). There is also substantial evidence that many of the health promotion and disease prevention efforts that have proven effective with more affluent, educated whites, on whom they were developed, may not yield comparable results when used with populations that differ by ethnicity, social class, gender, or sexual orientation (Cochran & Mays, 1991; Castro, Coe, Gutierrez, & Saenz, this volume; Chesney & Nealey, this volume).

jb medical wellness clinic folsom ca: National Admissions to Substance Abuse Treatment Services, 1992

jb medical wellness clinic folsom ca: *Integration of Medical and Dental Care and Patient Data* Valerie Powell, Franklin M. Din, Amit Acharya, Miguel Humberto Torres-Urquidy, 2012-01-18 This book informs readers of the needs and rationale for the integration of medical and dental care and information with an international perspective as to how and where medical and dental care separated into specific domains. It provides high level guidance on issues involved with care and data integration and how to achieve an integrated model of health care supported by integrated HIT. A patient typically expects that a visit to a dentist can usually be resolved immediately. This expectation places a premium on instant, accurate, thorough, and current information. The state-of-the-art of fully integrated (dental-medical) electronic health record (EHR) is covered and this is contrasted with the current state of dental-medical software. While dentists in the US Veterans Health Administration (VHA), the US Indian Health Service (IHS), or the US military, for example, have access to fully integrated health records, most US clinicians still gather information from separate sources via fax or phone calls. The authors provide an in-depth discussion of the role of informatics and information science in the articulation of medical and dental practices and clinical data with the focus on applied clinical informatics to improve quality of care, practice efficiency, coordination and continuity of care, communication between physicians and dentists and to provide a more comprehensive care for the patients. Lastly, the book examines advances in medical and dental research and how these may affect dentistry in the future. Most new advances in healthcare research are information-intensive.

jb medical wellness clinic folsom ca: *Women and Smoking* United States. Public Health Service. Office of the Surgeon General, 2001 The second report from the U.S. Surgeon General devoted to women and smoking. Includes executive summary, chapter conclusions, full text chapters, and references.

jb medical wellness clinic folsom ca: Alternative Medicine for the Elderly P. Cherniack, 2003-04-23 This book on complementary alternative medicine (CAM) for the Elderly provides a critical and objective evaluation of alternative medical therapy for the elderly. The focus on practical aspects such as adverse effects and general risks of various therapeutic methods makes it a valuable

reference book for the general practitioner, for geriatricians and professionals within the area of alternative medicine, but also for interested laypeople. In the three sections, Epidemiology, Types of CAM, and Common Medical Problems and CAM, a broad range of issues are covered. They range from drug compliance in elderly people to CAM in the treatment of specific conditions such as pulmonary diseases, arthritis or cancer. The above features and in particular the unbiased approach to discuss the pros and cons of CAM make this publication a must-have for everybody searching for detailed information on alternative medicine for the elderly.

jb medical wellness clinic folsom ca: Obesity Michael G. Steelman, Eric Westman, 2016-04-19 Addressing a growing epidemic in today's world, *Obesity: Evaluation and Treatment Essentials* presents practical treatment protocols for obesity, including exercise, pharmacology, behavior modification, and dietary factors, from the point of view of the practicing physician. Encompassing a multidisciplinary audience of clinicians and researcher

jb medical wellness clinic folsom ca: Community Health Nursing Judith Ann Allender, Cherie L. Rector, Kristine D. Warner, 2010 Now in its Seventh Edition, this comprehensive text provides unique coverage of vulnerable aggregate populations while using the levels of prevention approach. The book focuses on public health concerns including health promotion and protection, provides strong nursing application coverage, and addresses timely issues such as disaster nursing, urban clients, and clients with disabilities/chronic illness. This edition retains popular features such as Stop and Think boxes, levels of prevention displays, and Using the Nursing Process and includes new features such as Evidence: The Bridge to Practice, Healthy People 2020, Student Voices, and appendices of communicable diseases.

jb medical wellness clinic folsom ca: *The Culprit & the Cure* Steven G. Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

jb medical wellness clinic folsom ca: The Human Microbiome, Diet, and Health Food Forum, Food and Nutrition Board, Institute of Medicine, 2013-02-27 The Food Forum convened a public workshop on February 22-23, 2012, to explore current and emerging knowledge of the human microbiome, its role in human health, its interaction with the diet, and the translation of new research findings into tools and products that improve the nutritional quality of the food supply. The Human Microbiome, Diet, and Health: Workshop Summary summarizes the presentations and discussions that took place during the workshop. Over the two day workshop, several themes covered included: The microbiome is integral to human physiology, health, and disease. The microbiome is arguably the most intimate connection that humans have with their external environment, mostly through diet. Given the emerging nature of research on the microbiome, some important methodology issues might still have to be resolved with respect to undersampling and a lack of causal and mechanistic studies. Dietary interventions intended to have an impact on host biology via their impact on the microbiome are being developed, and the market for these products is seeing tremendous success. However, the current regulatory framework poses challenges to industry interest and investment.

jb medical wellness clinic folsom ca: Vitamin and Mineral Requirements in Human Nutrition World Health Organization, FAO, 2004 In the past 20 years micronutrients have assumed great public health importance and a considerable amount of research has lead to increasing knowledge of their physiological role. Because it is a rapidly developing field, the WHO and FAO convened an Expert Consultation to evaluate the current state of knowledge. It had three main tasks: to review the full scope of vitamin and minerals requirements; to draft and adopt a report which would provide recommended nutrient intakes for vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine; to identify key issues for future research and make preliminary recommendations for the handbook. This report contains the outcome of the Consultation, combined with up-to-date evidence that has since become available.

jb medical wellness clinic folsom ca: Nursing for Wellness in Older Adults Carol A. Miller, 2018-01-10 Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. This text covers the theory and practice of wellness-oriented gerontological nursing, addressing both physiologic and psychosocial aspects of aging. Organized around the author's unique Functional Consequences Theory, the book explores age-related changes as well as the risk factors that often interfere with optimal health and functioning. Key features include: NEW! Technology to Promote Wellness in Older Adults boxes describe examples of technology-based interventions that can be effective for promoting wellness for older adults. NEW! Interprofessional Collaboration (IPC) material, which is found in boxes or is highlighted with orange bars in the margins, indicates the responsibilities of nurses to collaborate with other professionals and paraprofessionals in health care and community-based settings when caring for older adults. NEW! Global Perspective boxes provide examples of the various ways in which health care professionals in other countries provide care for older adults. NEW! Unfolding Patient Stories, written by the National League for Nursing, are an engaging way to begin meaningful conversations in the classroom. These vignettes, which open each unit, feature patients from Wolters Kluwer's vSim for Nursing | Gerontology (co-developed with Laerdal Medical) and DocuCare products; however, each Unfolding Patient Story in the book stands alone, not requiring purchase of these products. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. NEW! Transitional Care Unfolding Case Studies, which unfold across Chapters 27 through 29, to illustrate ways in which nurses can provide effective transitional care to an older adult whose progressively worsening condition requires that her needs be met in several settings. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. Updated unfolding case studies illustrate common experiences of older adults as they progress from young-old to old-old and are affected by combinations of age-related changes and risk factors. Evidence-based information is threaded through the content and summarized in boxes in clinically oriented chapters. Assessment and intervention guidelines help nurses identify and address factors that affect the functioning and quality of life of older adults. Nursing interventions focus on teaching older adults and their caregivers about actions they can take to promote wellness. Case studies include content on transitional care, interprofessional collaboration, and QSEN!

jb medical wellness clinic folsom ca: Preventing Childhood Obesity Institute of Medicine, Board on Health Promotion and Disease Prevention, Food and Nutrition Board, Committee on Prevention of Obesity in Children and Youth, 2005-01-31 Children's health has made tremendous strides over the past century. In general, life expectancy has increased by more than thirty years since 1900 and much of this improvement is due to the reduction of infant and early childhood mortality. Given this trajectory toward a healthier childhood, we begin the 21st-century with a shocking development—an epidemic of obesity in children and youth. The increased number of obese children throughout the U.S. during the past 25 years has led policymakers to rank it as one of the most critical public health threats of the 21st-century. Preventing Childhood Obesity provides a broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, medical, and dietary factors responsible for its increased prevalence. The book also offers a prevention-oriented action plan that identifies the most promising array of short-term and longer-term interventions, as well as recommendations for the roles and responsibilities of numerous stakeholders in various sectors of society to reduce its future occurrence. Preventing Childhood Obesity explores the underlying causes of this serious health problem and the actions needed to initiate, support, and sustain the societal and lifestyle changes that can reverse the trend among our children and youth.

jb medical wellness clinic folsom ca: Handbook of School Mental Health Mark D. Weist, Nancy A. Lever, Catherine P. Bradshaw, Julie Sarno Owens, 2013-08-15 With so few therapeutic outlets readily available to young people, schools have evolved into mental health centers for many

students. Yet schools are hampered by limited access to resources needed to provide mental health promotion, prevention, and intervention services. Like its acclaimed predecessor, the Second Edition of the Handbook of School Mental Health offers ways for professionals to maximize resources, make and strengthen valuable connections, and attain more effective school-based services and programming. At the same time, the Handbook provides strategies and recommendations in critical areas, such as workforce development, interdisciplinary collaborations, youth/family engagement, consultation, funding, and policy concerns, summarizes the state of current research, and offers directions for further study. Chapters model best practices for promoting wellness and safety, early detection of emotional and behavioral problems, and school-based interventions for students with anxiety, depression, attention deficit hyperactivity disorder, and other common challenges. In spotlighting this range of issues, the contributors have created a comprehensive game plan for advancing the field. Among the Handbook's topics: Pre-service training for school mental health clinicians. Cognitive-behavioral interventions for trauma in schools. Increasing parental engagement in school-based interventions. Models of psychiatric consultation to schools. Culturally competent behavioral and emotional screening. Bullying from a school mental health perspective. Prevention and intervention strategies related to a variety of mental health problems in schools. The Second Edition of the Handbook of School Mental Health is an essential reference for researchers, graduate students, and other professionals in child and school psychology, special and general education, public health, school nursing, occupational therapy, psychiatry, social work and counseling, educational policy, and family advocacy.

jb medical wellness clinic folsom ca: Community & Public Health Nursing: Promoting the Public's Health Judith Allender, Cherie Rector, Cherie Rector, PhD Rn-C, Kristine Warner, Kristine Warner, PhD MS MPH RN, 2013-04-26 Community & Public Health Nursing is designed to provide students a basic grounding in public health nursing principles while emphasizing aggregate-level nursing. While weaving in meaningful examples from practice throughout the text, the authors coach students on how to navigate between conceptualizing about a population-focus while also continuing to advocate and care for individuals, families, and aggregates. This student-friendly, highly illustrated text engages students, and by doing so, eases students into readily applying public health principles along with evidence-based practice, nursing science, and skills that promote health, prevent disease, as well as protect at-risk populations! What the 8th edition of this text does best is assist students in broadening the base of their knowledge and skills that they can employ in both the community and acute care settings, while the newly enhanced ancillary resources offers interactive tools that allow students of all learning styles to master public health nursing.

jb medical wellness clinic folsom ca: The End of Diabetes Joel Fuhrman, M.D., 2012-12-26 The New York Times bestselling author of Eat to Live and Super Immunity and one of the country's leading experts on preventive medicine offers a scientifically proven, practical program to prevent and reverse diabetes—without drugs. At last, a breakthrough program to combat the rising diabetes epidemic and help millions of diabetics, as well as those suffering with high blood pressure and heart disease. Joel Fuhrman, M.D. Research director of the Nutritional Research Foundation, shows you how to live a long, healthy, and happy life—disease free. He offers a complete health transformation, starting with a diet with a high nutrient-per-calorie ratio that can be adapted for individual needs. Dr. Fuhrman makes clear that we don't have to "control" diabetes. Patients can choose to follow better nutritional guidelines that will control it for them, even before they have lost excess weight. The end result is a medical breakthrough—a comprehensive reversal of the disease.

jb medical wellness clinic folsom ca: Bipolar Disorder in Older Age Patients Susan W. Lehmann, Brent P. Forester, 2017-01-05 This book provides a comprehensive but practical understanding of the clinical approach to evaluating and caring for older people with bipolar disorder. Aspects of aging that impact the diagnosis, clinical course, and management of bipolar disorder are explained; in particular, attention is drawn to the implications of comorbidities and medical complexity for the psychiatric care of older individuals with the disorder. On the other hand,

similarities to treatment in younger patients are also identified. The coverage includes thorough review of current research in the field. Clinical case vignettes are used throughout to highlight practical points, and each chapter includes "clinical pearls" that summarize key points for the clinician. The book closes by examining anticipated research directions and the future needs of this patient population. Bipolar Disorder in Older Age Patients will be an ideal update for the practicing community or geriatric psychiatrist working with older patients with bipolar disorder.

jb medical wellness clinic folsom ca: Handbook of Pain and Aging David I. Mostofsky, Ya'aqov Lomrants, 1997-11-30 This comprehensive text examines the physical and mental repercussions of pain among the elderly, finding theoretical bases in such fields as dynamic psychology, psychophysics, behavior modification, pharmacology, and nutrition. The book covers the basic topics of biobehaviorism, psychosocial and psychodynamic aspects, and clinical techniques as they pertain to treatment of elderly patients. The authors of the book's 17 chapters are all esteemed specialists on particular aspects of pain and aging, and all provide state-of-the-science solutions to quality-of-life problems associated with the elderly.

jb medical wellness clinic folsom ca: Diabetes and Women's Health Across the Life Stages Janet Heinrich, 2001-10 The number of persons diagnosed with diabetes increased 5x between 1958 & 1997. More than 16 million Amer. have diabetes, more than half of them women, with the prevalence of diabetes at least 2-4 times higher among women of color. The report looks at the socioeconomic environ. that has contributed to the increase of diabetes & the challenges we face as we seek to educate women about the behavioral changes necessary for prevention. The report is structured to reflect the manifestations of diabetes at different stages of women's life, including the threat of type 1 & the emergence of type 2 diabetes in youth, gestational diabetes among women of childbearing age, & type 2 diabetes as a disease of middle-aged & older women. Charts & tables.

jb medical wellness clinic folsom ca: Toward Understanding Homelessness, 2007

jb medical wellness clinic folsom ca: Food and Nutritional Supplements J.K. Ransley, J.K. Donnelly, N.W. Read, 2001-07-17 Consumer interest in diet and nutritional supplements is increasing dramatically. Patients and members of the public are seeking advice from health professionals, nutritionists and food scientists. This book is designed to meet the needs of those professionals who are called upon to advise patients and the general public. It provides also a valuable text for those who are researchers or decision makers in the food and pharmaceutical industries. The text presents a thorough account of this topical subject and enables the reader to appreciate the functions of nutrients in health and common disease states, to understand the current debates over the roles of nutrients and supplements in the diet, and to answer those questions frequently asked by patients and consumers.

jb medical wellness clinic folsom ca: The American Psychiatric Association Practice Guideline for the Pharmacological Treatment of Patients With Alcohol Use Disorder American Psychiatric Association, 2018-01-11 Alcohol use disorder (AUD) is a major public health problem in the United States. The estimated 12-month and lifetime prevalence values for AUD are 13.9% and 29.1%, respectively, with approximately half of individuals with lifetime AUD having a severe disorder. AUD and its sequelae also account for significant excess mortality and cost the United States more than \$200 billion annually. Despite its high prevalence and numerous negative consequences, AUD remains undertreated. In fact, fewer than 1 in 10 individuals in the United States with a 12-month diagnosis of AUD receive any treatment. Nevertheless, effective and evidence-based interventions are available, and treatment is associated with reductions in the risk of relapse and AUD-associated mortality. The American Psychiatric Association Practice Guideline for the Pharmacological Treatment of Patients With Alcohol Use Disorder seeks to reduce these substantial psychosocial and public health consequences of AUD for millions of affected individuals. The guideline focuses specifically on evidence-based pharmacological treatments for AUD in outpatient settings and includes additional information on assessment and treatment planning, which are an integral part of using pharmacotherapy to treat AUD. In addition to reviewing the available evidence on the use of AUD pharmacotherapy, the guideline offers clear, concise, and

actionable recommendation statements, each of which is given a rating that reflects the level of confidence that potential benefits of an intervention outweigh potential harms. The guideline provides guidance on implementing these recommendations into clinical practice, with the goal of improving quality of care and treatment outcomes of AUD.

jb medical wellness clinic folsom ca: Nutrition, Well-Being and Health Jaouad Bouayed, Torsten Bohn, 2012-02-23 In our modern society, expectations are high, also with respect to our daily diet. In addition to being merely nutritious, i.e. supplying a variety of essential nutrients, including macro-nutrients such as proteins or micro-nutrients such as minerals and vitamins, it is almost expected that a good diet offers further advantages - especially well-being and health and the prevention of chronic diseases, which are, as we generally tend to grow older and older, becoming a burden to enjoying private life and to the entire society. These additional qualities are often sought in diets rich also in non-nutritive components, such as phytochemicals. In contrast to drugs, which are taken especially to cure or ameliorate diseases, it is expected that a healthy diet acts in particular on the side of prevention, allowing us to become old without feeling old. In the present book, rather than trying to give an exhaustive overview on nutritional aspects and their link to well-being and health, selected topics have been chosen, intended to address presently discussed key issues of nutrition for health, presenting a reasonable selection of the manifold topics around diet, well-being, and health: from the antioxidants polyphenols and carotenoids, aroma-active terpenoids, to calcium for bone health, back to traditional Chinese Medicine.

jb medical wellness clinic folsom ca: Lifestyle Medicine Garry Egger, Andrew Binns, Stephan Rossner, 2007-12-04 Up to 70% of all visits to a doctor are now thought to have a predominantly lifestyle-based cause. 5 STAR DOODY'S REVIEW! . It has a refreshingly broad scope, as it addresses many issues rather than the usual, single-issue book on lifestyles....This is an outstanding book, easy to read, with a very broad scope, and full of useful approaches to discuss lifestyle problems with patients. This is a tremendous addition to every clinician's armamentarium.--Doody's Review Service This comprehensive yet highly readable text summarizes the theoretical framework behind lifestyle medicine and provides practical guidance for GPs and allied health professionals to implement preventative 'three A' (Assess, Advise, Arrange) interventions in brief clinical consultations....this excellent resource offers strategies that may provide health care teams with practical approaches that are, for the most part, realistic to implement in primary care settings.--American Journal of Lifestyle Medicine Lifestyle Medicine is the essential book for contemporary times. It concentrates largely on the contribution that can be made directly by the clinician at the personal level. But what is lifestyle medicine? Lifestyle medicine calls for a modified approach to health management to help clinicians effectively prevent, treat, and manage a range of modern health problems with predominantly lifestyle-based etiologies. The rise in obesity worldwide has focused attention on lifestyle as a prominent cause of disease. However, obesity is just one manifestation, albeit an obvious one, of lifestyle-related problems. A wide range of others have resulted from the environment and behaviors associated with our modern way of living. Inactivity, poor and over-nutrition, smoking, drug and alcohol abuse, inappropriate medication, stress, unsafe sexual behavior, inadequate sleep, risk-taking, and environmental exposure (i.e. sun, chemicals, the built environment) are significant modern causes of disease. New and adaptive approaches to health management are needed to deal with these complex problems. Lifestyle Medicine provides these tools to enable clinicians to successfully manage patients in our current environment. Key Features: Presents the latest research Written by a team of renowned experts Highly practical and accessible format Includes practice tips, key points, and professional resources

jb medical wellness clinic folsom ca: Integrative Pain Medicine Joseph F. Audette, Allison Bailey, 2008-02-26 This important book fills a need in the developing area of Pain Medicine. It provides physicians with an up-to-date resource that details the current understanding about the basic science underlying the mechanism of action of the various CAM therapies used for pain. It summarizes the clinical evidence both for efficacy and safety, and finishes with practical guidelines about how such treatments could be successfully and safely integrated into a Pain practice.

jb medical wellness clinic folsom ca: Artificial Intelligence in Medicine Lei Xing, Maryellen L. Giger, James K. Min, 2020-09-03 Artificial Intelligence Medicine: Technical Basis and Clinical Applications presents a comprehensive overview of the field, ranging from its history and technical foundations, to specific clinical applications and finally to prospects. Artificial Intelligence (AI) is expanding across all domains at a breakneck speed. Medicine, with the availability of large multidimensional datasets, lends itself to strong potential advancement with the appropriate harnessing of AI. The integration of AI can occur throughout the continuum of medicine: from basic laboratory discovery to clinical application and healthcare delivery. Integrating AI within medicine has been met with both excitement and scepticism. By understanding how AI works, and developing an appreciation for both limitations and strengths, clinicians can harness its computational power to streamline workflow and improve patient care. It also provides the opportunity to improve upon research methodologies beyond what is currently available using traditional statistical approaches. On the other hand, computers scientists and data analysts can provide solutions, but often lack easy access to clinical insight that may help focus their efforts. This book provides vital background knowledge to help bring these two groups together, and to engage in more streamlined dialogue to yield productive collaborative solutions in the field of medicine. - Provides history and overview of artificial intelligence, as narrated by pioneers in the field - Discusses broad and deep background and updates on recent advances in both medicine and artificial intelligence that enabled the application of artificial intelligence - Addresses the ever-expanding application of this novel technology and discusses some of the unique challenges associated with such an approach

jb medical wellness clinic folsom ca: Meditation practices for health state of the research , 2009

jb medical wellness clinic folsom ca: Cracking the Metabolic Code B. Lavalle R.Ph. C.C.N. N.D., James, James B. Lavalle, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

jb medical wellness clinic folsom ca: Metabolic Syndrome Michael J. Blaha, Rajesh Tota-Maharaj, 2012-06-06 Annotation Increased caloric intake, increased refined carbohydrate consumption, and physical inactivity have led to an explosion in the worldwide incidence of abdominal obesity and the emerging epidemic of insulin resistance, resulting in an increase of metabolic syndrome. Physicians can use the metabolic syndrome concept to guide focused lifestyle changes, lower blood pressure goals, and earlier intervention with aspirin, LDL-lowering drugs, and perhaps insulin-sensitizing medications. The comprehensive ABCDE approach presented in this book provides a memory tool for use in everyday clinical practice. In this unique, easy-to-read text, the 17 most important clinical trials in the field of the metabolic syndrome are presented, that every clinician should know.

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