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this interdisciplinary text examines five different components of family health biology behavior social cultural circumstances the environment and health care and the ways they affect the abilities of family members to perform well in their homes workplaces and communities special awareness is paid to health disparities among individuals

families groups regions and nations the author discusses how health of individual families influences our local national and global communities families and health argues that family health is not a privilege for the few but a personal national and global right and responsibility

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this book focuses on a seldom discussed topic despite its immeasurable impact on the health of the citizens and public health in hong kong the development of outpatient medical services and their contributions in the early 20th century chinese elite organized and operated a number of chinese public dispensaries in hong kong and kowloon initially to reduce the prevalence of dump bodies on the streets during epidemics of smallpox or plague and to determine the cause of death of these bodies later other services including domiciliary deliveries by trained midwives were added the government founded similar clinics in the new territories after wwii the government took over all the chinese public dispensaries and operated them as general outpatient clinics over the years more general clinics and special clinics were developed these clinics helped improve the health indices of the population to those of the western countries by the 1970s endorsement modern day medicine increasingly emphasises patient management on an outpatient basis we are indebted to professor moira m w chan yeung for her tireless efforts in researching the history of medical outpatient services in hong kong through this book readers will gain insights into how outpatient medicine in the past has shaped the city's modern day healthcare system and have a glimpse into its future development professor lau chak sing head of department of medicine lks faculty of medicine the university of hong kong an exemplary piece of scholarship that interprets the past and illuminates our future paths seldom has history so dear and near been told with such prides and hopes for maestros and ordinary folks professor gilberto k k leung clinical professor and associate dean teaching learning lks faculty of medicine the university of hong kong

with healthcare reform looming in the future more and more people want to gain greater control over their healthcare options from costs to treatments to information this book shows people how to use their computer as a productive and effective tool to help plan for healthcare decide on medications maintain exercise and track healthcare expenses

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