

Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care

By Daniel L. Krinsky, Rosemary R. Berardi

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Thoroughly updated and revised, the *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care* provides accessible information on nonprescription drug pharmacotherapy, nutritional supplements, medical foods, nondrug and preventive measures, and complementary and alternative therapies. The 17th edition helps students and practitioners develop problem-solving skills needed to assess and triage a pharmacy patient s medical complaints. It provides Food and Drug Administration (FDA) approved dosing information and evidence-based research on the efficacy and safety of over-the-counter (OTC) and herbal medications.

52 peer-reviewed chapters provide updated content on OTC medications and complementary therapies, prescription-to-OTC conversions, FDA revised or final rules, FDA safety and label warnings, therapeutic issues and controversies, treatment or prevention guidelines, OTC drug withdrawals from the market, and updated product tables and references.
Disease-oriented chapters contain new and revised case studies, treatment algorithms, comparisons of self-treatments, patient education boxes, product selection guidelines, and dosage and administration guidelines.
A new chapter, *Self-Care Components of Selected Chronic Diseases* covers asthma, diabetes mellitus, hypertension and heart failure, dyslipidemia, and osteopenia and osteoporosis.
Key Points section at the end of chapters highlights important concepts.
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Review
Essentially a treatise on self-care, it should be required reading not only for pharmacists, but for any health professional. --N. Kupferberg, Ohio State University CHOICE, October 2009; 47 (2)

This textbook remains the most comprehensive review of self-care disorders and nonprescription medications available to pharmacists and students. --Ashley Branham, PharmD and Stephen M. Caiola, MS, The Annals of Pharmacotherapy, September 2009

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