



The Five Mile Press

For Release 7 April 2008



Doctor in the House – a complete medical guide for every Australian home

Malcolm Clark, a Melbourne doctor, is intent on empowering Australians to participate more actively in their own healthcare. He feels so strongly about this that he has written a complete medical guide to common illnesses and medical conditions, suitable for every Australian home. Entitled **Doctor in the House**, it will be published by The Five Mile Press on 7 April 2008.

This comprehensive guide is for everyone, not just for families. It features an A–Z of general health, separate sections devoted to children's, women's and men's health, as well as travel health and healthy living sections.

Written in plain English with minimal medical jargon, **Doctor in the House** is both entertaining and informative, featuring light-hearted illustrations and packed with helpful information on the most common problems/ topics seen by GPs in their practices. Set out in a two column question-and-answer format, it outlines symptoms, answers why conditions happen, how to test for them and outlines treatments.

“Communication is the key to successful General Practice,” says Dr Clark. “Listening to patients and providing them with relevant health information allows them to actively participate in their own healthcare. This book translates ‘medicalese’ into an easy-to-read guide to common health problems that people can use from home.”

Examples from the specialised sections include:

- Children's Health: what parents need to know about a range of conditions such as food allergies, middle ear infections and stuttering.
- Women's Health: the latest information about hormone replacement therapy, including natural alternatives, contraception, breast checks and ovarian cancer.
- Men's Health: treatments from hair pills to hormone patches, prostates to erection problems.
- Travel Health: everything you need to know from economy-class syndrome (or not?) to preparing for an African safari, jet lag survival tips, vaccinations and overcoming fear of flying!
- Healthy Living: tackles issues related to maintaining an optimum health lifestyle including dieting, dental health, stress management, eye care and much more.

In this peer reviewed guide, Dr Clark includes the most common medical problems, as well as those of greatest interest, and, importantly, integrates alternative and complementary medicine. **Doctor in the House** is based on his experiences over the last fourteen years working full time as a GP and raising a young family.

This is a great book for anyone who has a fascination with how the body works and why it sometimes doesn't.

Dr Malcolm Clark, MB, BCh, BAO., LRCP & SI, FRACGP, Dip AMAC, was educated in Melbourne and studied medicine in Dublin, Ireland. He completed his general practice training program in 1995 and a diploma in medical acupuncture in 1997. He is Principal GP of a busy General Practice in Melbourne's south-east and is Honorary Clinical Senior Lecturer at the University of Melbourne's Department of General Practice.

DOCTOR IN THE HOUSE by Dr Malcolm Clark

Published by:	The Five Mile Press	www.fivemile.com.au
Size:	432 pages 235 mm x 153 mm	
RRP:	\$19.95	
Publicity date:	Monday 7 April, 2008	
Available from:	Good bookstores everywhere	

For review copies, images or interviews with Dr Malcolm Clark please contact Julie Morgan or Helen McDonald at JMM Communications on 03 9696 5060