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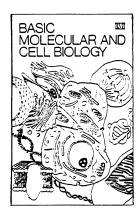
# 4 new books from the BMJ – published 28 March 1988

The British have been travelling overseas for centuries, but never in such enormous numbers as now. Holidaymakers from Britain between them take about 15 million trips abroad each year, and thousands more go to work, either for firms or voluntary organisations. Strange climate, customs, food, disease can all cause illness. Well Away advises non-medical readers on how to avoid this. Adapted by Eric Walker and Glyn Williams from their ABC of Healthy Travel, it gives straightforward practical advice on everything from immunisations and insurance before departure to first aid while abroad. The one guidebook no traveller can afford to be without.

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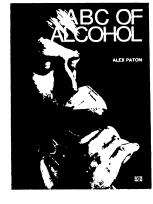


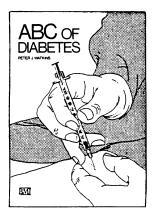
The extraordinary technical developments in molecular biology over the past few years, and the equally rapid advances in understanding of cell biology, will almost certainly result in far reaching changes in medical research and practice. In this collection of articles experts in molecular and cell biology provide the background for information to give clinicians an insight into the way in which the medical sciences may be moving over the next few years and into the exciting possibilities opening up for the treatment of genetic disorders, cancer, and the common illnesses of Western society such as degenerative vascular disease and diabetes.

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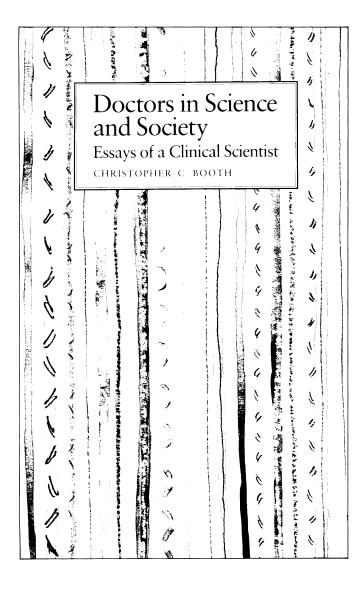


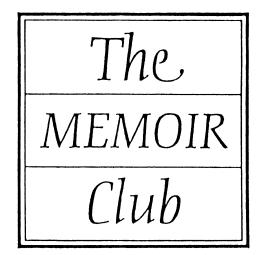
Many advances in the treatment of diabetes have been made in the past decade: self measurement of blood glucose, intravenous infusions and intramuscular insulin treatment for diabetic emergencies, continuous subcutaneous insulin infusion techniques, and new tests for autonomic function. The outlook for diabetic pregnancy has been transformed; photocoagulation for retinopathy is reducing blindness; and at last diabetic renal disease is receiving some attention. Dr Peter Watkins's articles set these advances in their clinical context, providing a practical guide to the management of diabetes for non-specialist doctors and nurses. There have recently been several more developments both in understanding the causes of diabetes and improving its management, and this second, revised, edition incorporates the most important of these latest innovations.

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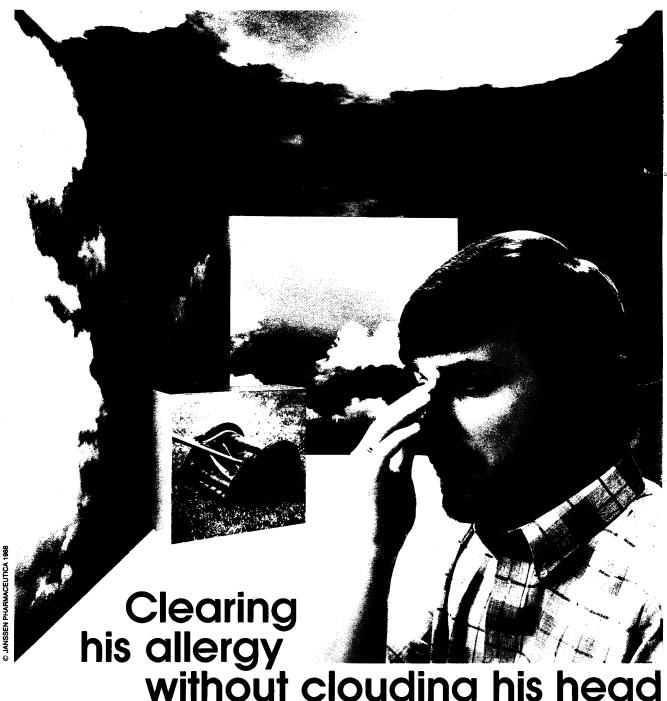
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