

# Table of Contents

**Preface, 1**

**Chapter 1: The Four Pillars of a Successful Medical Practice, 5**

**Chapter 2: Taking a Western Medical History, 13**

**Chapter 3: General Physical Assessment and Vital Signs, 27**

**Chapter 4: Examination of the Head, Ears, Eyes, Nose, and Throat (HEENT), 33**

**Chapter 5: Examination of the Chest and Lungs, 41**

**Chapter 6: Examination of the Heart, 61**

**Chapter 7: Examination of the Abdomen, 73**

**Chapter 8: Examination of the Musculoskeletal System, 89**

**Chapter 9: Examination of the Neurological System, 101**

**Chapter 10: Examination of the Skin, 127**

**Chapter 11: Be on the Lookout for Red Flag Cases, 133**

**Conclusion: 161**

**Appendix: Hematology, Blood Chemistry, & Other Laboratory Tests,  
163**

## **ON THE WEBSITE**

In the back of this book is a CD with a link and login allowing you to access many files including:

- *Author's Introductory Comments*

Video demonstrations of:

- *HEENT Examination*
- *Taking a blood pressure*
- *Abdominal examination*
- *Chest and lung examination*
- *Examination of the heart*

You will also find:

- *Answer keys for the chapter review quizzes*
- *Answer keys for all the clinical scenario case studies*
- *Appendix: Understanding Your Patient's Western Drugs*
- *Links to a variety of websites where you can listen to both healthy and pathological heart and lung sounds.*