

Contents



See page 30.



See page 114.

The Year's Major Health Stories 2

A review of the top health stories in the news and where to find information about them in this edition of *The World Book Health & Medical Annual*.

Special Reports

Fifteen articles present in-depth information about topics of current importance in the fields of health and medicine.

Is Caffeine Bad for You? by Patricia Thomas	10
Fighting the "Great Crippler" by Beverly Merz	33
Small Motions, Big Problems by Richard Trubo	42
The Tragedy of Sudden Infant Death Syndrome by Thomas H. Maugh II	56
A Cancer You Can Stop by Sally Squires	70
When a Twitch Means Trouble by Michael Woods	86
For Down Syndrome, Things Look Up by Sigfried M. Pueschel	100
Solving the Toxic Shock Mystery by John Camper	114
Fats Under Fire by Patricia Long	128
When Epilepsy Strikes by John R. Hughes	142
From Rain Forest to Pharmacy by Joseph Wallace	161
Finding the Cause of Muscular Dystrophy by Yvonne Baskin	170
When You're Burning Up by Richard Saltus	184
Legacy of Fear: Leprosy Through the Ages by William H. Allen	196
Making Sense of Food Labels by Andrea Horwich	210

Health & Medical News Update

226

Forty-one alphabetically arranged articles report on the year's major developments in health and medicine, from "Aging" and "AIDS" to "Veterinary Medicine" and "Weight Control."

In addition, six Close-Up articles focus on noteworthy developments as well as common medical problems:

- A Pill by Any Other Name:** 268
The Generic Drug Scandal [Drugs]
- Estrogen Replacement Therapy:** 288
Worth the Risks? [Glands and Hormones]
- "Shanghaied" by the Flu** [Infectious Diseases] 301
- L-tryptophan: A Food Supplement** 310
Dangerous to Your Health? [Nutrition]
- A New Flap Over Fluoride** [Safety] 319
- Combating Cooties** [Skin] 325

People in Health Care

338

Two articles spotlight people who contribute to health care—ordinary citizens who donate blood and intensive care nurses whose vigilance helps critically ill patients survive.

- Toward a Safe Blood Supply** 340
by Rebecca Voelker
- Caring for Patients in Intensive Care** 352
by Alan Doelp

Health Studies

364

The World Book Health & Medical Annual takes a wide-ranging, in-depth look at an important development in medicine today.

- The Promise of Organ Transplants** 366
by Thomas H. Maugh II

Index

385

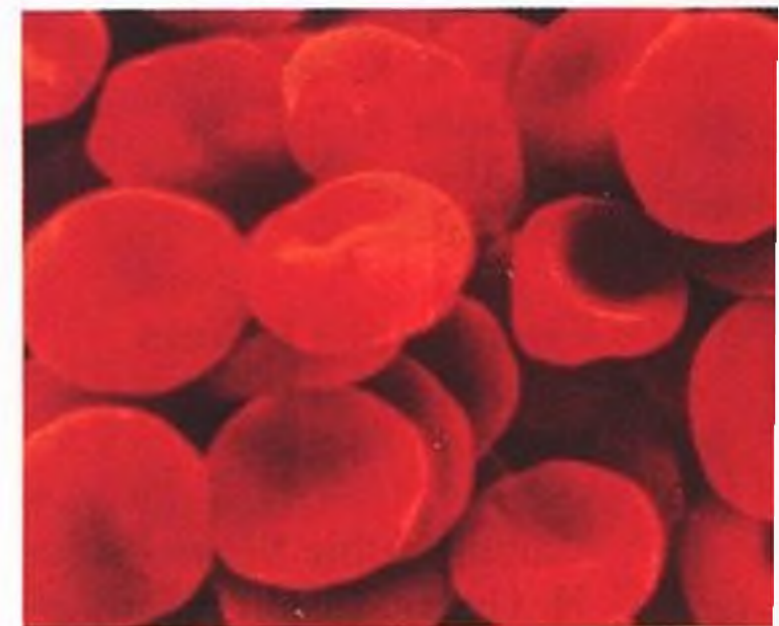
A cumulative index of topics covered in the 1991, 1990, and 1989 issues of *The World Book Health & Medical Annual*.

Cross-Reference Tabs

A tear-out page of cross-reference tabs for insertion in *The World Book Encyclopedia* appears before page 1.



See page 188.



See page 340.



See page 367.

Special Reports

Fifteen Special Reports present in-depth information about topics of current importance in health and medicine.

Is Caffeine Bad for You? 10

by Patricia Thomas

Caffeine provides the punch in many drinks, foods, and drugs. But controversy brews over its other possible effects.

Fighting the "Great Crippler" 33

by Beverly Merz

Rheumatoid arthritis strikes millions of people of all ages. Although there is no cure, proper treatment can help control the disease.

Small Motions, Big Problems 42

by Richard Trubo

Repetitive strain injury, today's top job-related health problem, grows from months or years of simple, repeated tasks.

The Tragedy of Sudden Infant Death Syndrome 56

by Thomas H. Maugh II

Much remains to be learned about SIDS, a mysterious malady that kills more babies than cancer or heart disease.

A Cancer You Can Stop 70

by Sally Squires

Each year, 6,000 American women die of cervical cancer. Nearly all those lives could be saved with the help of a simple, painless test.

When a Twitch Means Trouble 86

by Michael Woods

For a century, no one realized how variable Tourette syndrome can be. Today, research offers new hope for people plagued by embarrassing tics and other involuntary symptoms.

For Down Syndrome, Things Look Up 100

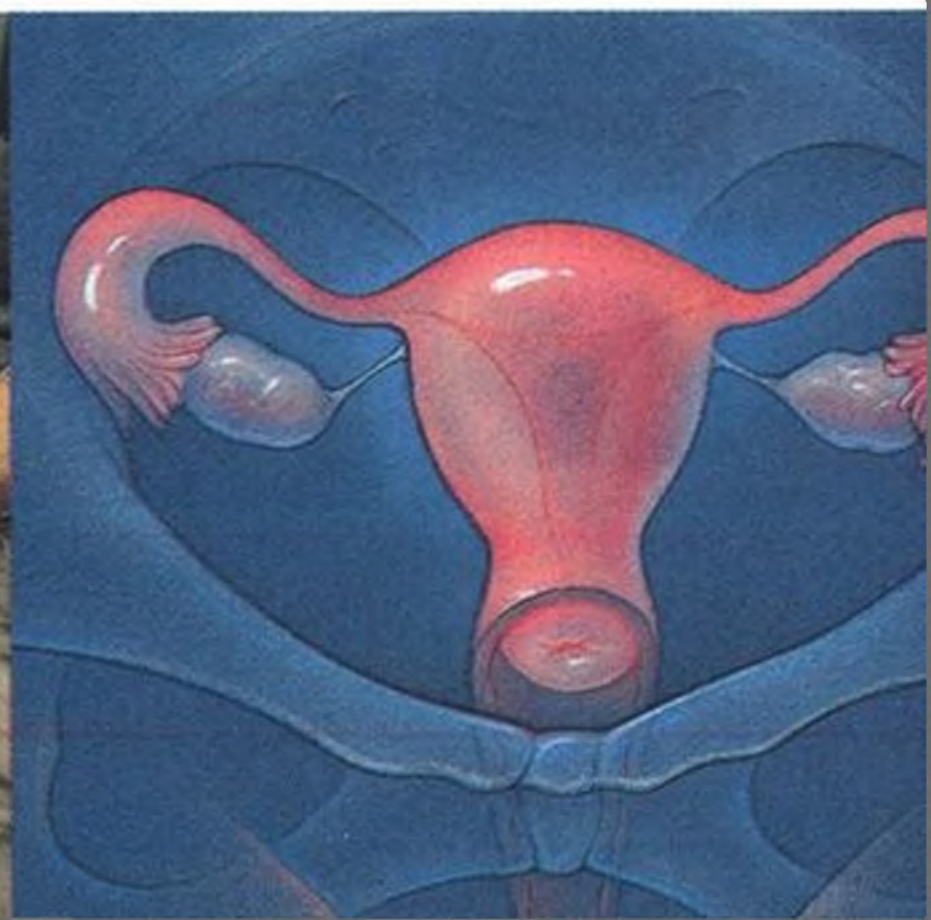
by Sigfried M. Pueschel

Medical and educational progress, plus changes in society's expectations, promise a fuller, healthier life for people with Down syndrome.

See page 14.

See page 50.

See page 70.



Solving the Toxic Shock Mystery 114

by John Camper

In 1980, a sudden, sometimes fatal illness struck hundreds of American women—and sent medical experts scrambling to find the cause.

Fats Under Fire 128

by Patricia Long

Will reducing the amount of fat you eat lower your risk of health problems? Examine the scientific evidence and judge for yourself.

When Epilepsy Strikes 142

by John R. Hughes

Epilepsy, a common disorder marked by recurrent seizures, need not overwhelm a person's life.

From Rain Forest to Pharmacy 161

by Joseph Wallace

Racing against time, scientists are screening plants from the world's disappearing rain forests for substances that may one day treat cancer, AIDS, and other diseases.

Finding the Cause of Muscular Dystrophy 170

by Yvonne Baskin

An all-out research effort led to the discovery of the gene that causes Duchenne muscular dystrophy.

When You're Burning Up 184

by Richard Saltus

What is fever? Why does it make you feel so miserable? And what should you do about it?

Legacy of Fear: Leprosy Through the Ages 196

by William H. Allen

No disease has been more feared or misunderstood than leprosy.

Making Sense of Food Labeling 210

by Andrea Horwich

Many people are baffled by the labels on food packages. Here are some tips on interpreting labeling lingo.

See page 142.

See page 156.

See page 184.

