

## **Preventive Medical Care in Psychiatry: A Practical Guide for Clinicians**

Robert M. McCarron



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### Preventive Medical Care in Psychiatry: A Practical Guide for Clinicians

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**Preventive Medical Care in Psychiatry: A Practical Guide for Clinicians** Robert M. McCarron Preventive Medical Care in Psychiatry: A Practical Guide for Clinicians is designed to assist psychiatrists and other mental health providers in making the shift from treating mental disorders to treating the holistic needs of people with mental disorders. Individuals with chronic mental illness typically have higher rates of adverse health risk behaviors, such as smoking, poor diet, and lack of physical activity, which puts them at high risk for the development of obesity, type 2 diabetes, and cardiovascular disease. Additionally, these individuals frequently lack a primary care physician. By focusing on the knowledge and skills mental health providers need to prevent and detect common medical conditions in their patients, the book enables them to develop models of care that are integrated within individuals and across populations. Written by experts in the field-many with dual training in psychiatry and medicine - the book focuses on clinical care that is within the scope of psychiatrists and other mental health care providers who work in outpatient mental health and integrated clinics. These clinicians will find Preventive Medical Care in Psychiatry: A Practical Guide for Clinicians to be an eminently useful, evidence-based guide to offering holistic care and improving their patients' health.

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