A.D.A.M.
At Home

Symptom
Analysis
•
Diseases,
Treatments,
& Outcomes
•
Medical
Photographs
•
Emergency
First Aid
•
Nutrition
& Diet
•
Current
Medical
Topics

M
Mosby
Consumer
Health

Distributed By:

MINDSCAPE

Physician's
HomeAssistant™

RESTRICTED PHOTO ACCESS

You may want to enter a password to restrict access to some of the photographs if children will be using Physician's Home Assistant™.

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TABLE OF CONTENTS

LICENSE AGREEMENT HIGHLIGHTS

It's important that you understand the basic principles of the software license agreement. When you install the program, it is assumed you have agreed to all the terms in the license agreement. Here are the most important features:

You can install Physician's Home Assistant on your hard drive only. You can't make any copies of the program, as it is illegal to do so.

You can share the information and insights you gain from Physician's Home Assistant with your relatives and friends. You cannot share the actual program with them by copying the software or any of the documentation or material that came with it.

You can dispose of your Physician's Home Assistant program by transferring it to someone else, but if you do so you must delete any files from the program from your own disk drive. In addition, you must give the new owner all the supporting documentation that came with the program.

CUSTOMER SUPPORT

If you encounter any technical problems with this program, call Mindscape at (415) 898-5157 (Monday through Friday 8:30am - 5:00pm PST).

GETTING STARTED

Using This Guide

This Guide provides the information you need to get the most from your Physician's Home Assistant program. Use the Guide to set up your program and then familiarize yourself with program usage and contents.

System Requirements

Windows®
486dx33 or higher
Microsoft® Windows® 3.1 or later
8 MB RAM
4 MB disk space
SVGA color monitor, 256 colors at 640 x 480 resolution or higher
Double-speed CD-ROM drive
Windows®-compatible sound card

Macintosh®
68030 CPU, 16 MHz or faster
Macintosh® operating system 7.1
8 MB RAM
4 MB free hard disk space
12 inch or larger color monitor
256 colors at 640 x 480 resolution or higher
Macintosh®-compatible double-speed or faster CD-ROM drive

It is assumed that users of Physician's Home Assistant are already familiar with the basics of their Macintosh® or Windows® systems. If you experience difficulty using Physician's Home Assistant due to a lack of understanding of your computer system, please refer to your Macintosh or Windows manual for guidance. If you are having difficulty using the program itself, please telephone Mindscape's Technical Support at (415) 898-5157.

Installing Physician's Home Assistant

Windows®
Insert Physician's Home Assistant CD into the CD-ROM drive.
In Windows, select Run from the Program Manager file menu. Note: If you are using Windows 95, click on the Start button, and then on Run.
Type d:setup without spaces between words (assuming your system is configured with the CD as the 'd' drive; use a different letter if necessary).
Select Install.
Click the Create button to build an icon after the installation is complete.
When Physician's Home Assistant has been installed successfully, open the PHAssistant folder and double-click on the PHA icon.

Macintosh®
Insert Physician's Home Assistant CD into the CD-ROM drive.
Double-click the PHAssistant icon.
Double-click the Installer icon.
Select Install.
When Physician's Home Assistant has been installed successfully, open the PHAssistant folder and double-click on the PHA icon.

INTRODUCTION TO THE PROGRAM

Welcome

Welcome to Physician's Home Assistant, an easy-to-use home medical software program. Physician's Home Assistant was developed by a team of health care professionals including doctors, nurses, pharmacists and nutritionists with the aid of up-to-date textbooks and case studies. Wisely used, this program enables you to take an active role in understanding and promoting the optimum health of your family. Physician's Home Assistant lets you replace concern with knowledge.

Personalized Interactive Modules

Symptom Analysis

Have you ever been to the doctor and found it difficult to describe your symptoms? In the Symptom Analysis section, Physician's Home Assistant prompts you with "YES/NO" questions regarding your symptoms. Based on your first set of answers, Physician's Home Assistant asks follow-up questions. This is similar to the way you communicate with your health care provider, to discover possible causes for symptoms which may be troubling you.

When you have finished entering symptoms and have answered the follow-up questions, Physician's Home Assistant will let you print your symptoms and give you a list of possible causes. This list is not a "diagnosis", because making a diagnosis is generally a three-part process which includes history (symptoms), physical exam findings and medical tests. However, you may wish to research the "possible causes" in preparation for your doctor's appointment. Being able to describe your symptoms clearly to your doctor should make your appointment go more smoothly and help your doctor to make a more accurate diagnosis. There are some general rules to follow when using symptom analysis:

Rule 1: It is not necessary to answer all questions.

Most symptoms are listed under the "body-part" category buttons. When entering your initial symptoms, it is not necessary to answer ALL questions. The most important information you must provide Physician's Home Assistant to get a list of possible causes is information about the symptoms that are actually present. ANSWER "YES" TO ALL OF THE SYMPTOMS THAT YOU HAVE. DO NOT ANSWER "NO" TO SYMPTOMS THAT YOU DO NOT HAVE.

Rule 2: During follow-up questioning, it is still not necessary to answer all questions.

When answering follow-up questions, ANSWER "YES" TO ANY QUESTION THAT DESCRIBES HOW YOU FEEL. ANSWER "NO" TO ONLY THOSE QUESTIONS WHICH YOU BELIEVE

HAVE A DIRECT BEARING ON YOUR CASE. If a question seems unrelated, irrelevant, or you are unsure or confused about its meaning, do not answer it. As a rule, there should be very few "no's" answered in any given case.

Rule 3: When in doubt, tell Physician's Home Assistant.

Sometimes Physician's Home Assistant tries to suggest questions it thinks would be most helpful to answer. You'll know it is doing this when you repeatedly see a particular question that you had originally left blank. When this happens, answer the question. If you don't know the answer, click the "?" box, or type in a "?" if the software wants you to type in an answer.

Rule 4: Skin rashes require inputting minimum parameters.

When answering questions about a skin rash, it is important that you provide Physician's Home Assistant with these minimum parameters:
Location: generalized (all over) or localized (and if localized, where?)
Type: blister, patch, etc.
Color: red, purple, brown, etc.
Present: Yes or No
Changes Over Time: If the nature of a rash/illness changes over its course, that should be noted in the section "Changes Over Time"
Other Parameters: Other parameters such as shape, texture, etc., may help if one of the questions clearly describes the rash or lesion.

Drug Interactions

When using the Drug Interaction section, you can either inquire about the side effects of individual drugs or ask Physician's Home Assistant to alert you to potential interactions within many combinations of prescription and over-the-counter drugs before you take them. You can also check for interactions between drugs and caffeine or alcohol. Your health care providers (doctors, therapists pharmacists, for example) do not always have access to complete information about the drugs you may be taking. Only you know if you are using over-the-counter drugs, or if you are taking medications prescribed by different providers for different reasons. Physician's Home Assistant is a powerful tool to help lower your risk of taking unwise combinations of drugs.

Medical Record

Have you ever had to search for your children's immunization records in order to register them into a new school? Do you know when you had your last tetanus shot? Physician's Home Assistant's Medical Record lets you record pertinent medical and health-related information. You can maintain medical records with details in 26 different categories. Records are filed individually, and can be printed so that wherever you go you can take your medical history with you.

Encyclopedia

The Encyclopedia section provides you with information on a variety of health related topics including diseases, medical tests and surgeries,

poisons, first aid, and nutrition. The program helps you know when it is important to contact a health care provider and provides tips for home care when it is appropriate.

Diseases

In this section, you will find disease definitions, causes, incidence, risk factors, prevention, symptoms, and signs. The treatment, outcome expectations, and complications are also explained.

Symptoms

This section provides an alphabetical list of symptoms (like fever) with specific information about each symptom, including alternative names, definitions, common causes, and home care. A picture may also be provided for better understanding of the symptom.

Medical Tests

Over 600 medical tests are explained in this section. You can learn how a test is done, how it feels, the risks, and how to prepare for the test. You can even check the relative costs. You'll also learn how to interpret the results.

Surgeries

Nearly 100 surgeries are described, including everything the patient needs to know a description of the procedure, how it's done, expectations after the surgery, and possible risks. You will learn what to

expect during convalescence.

Drugs

More than 4,000 drugs are described. You can find drugs by both generic and commonly used names. The section describes proper drug use, cautions for use, and possible side effects.

Nutrition

Many diseases, such as diabetes, heart disease and celiac sprue, can be positively affected by diet. This section provides valuable information about the guidelines for specific disease-related diets. Included are recommended meal plans, food sources, and descriptions of how nutrients function in the body.

Poisons

In any emergency you know you must get help FAST. (Dial 911 wherever that service is available.) However, before an emergency occurs Physician's Home Assistant can make you aware of many dangerous substances in and around your home and teach you and your family not only how to prepare for an emergency, but to avoid them. So take the time to browse this section. You'll be surprised where poisons can be found. Also learn the symptoms of poisonings, home treatment, and what to expect at the emergency room if it is necessary to seek assistance. Treatment expectations and probable outcome for the victim are also discussed.

Injuries

You will learn many common injury causes, symptoms, and considerations. You will also learn what NOT to do when someone is injured, and when to call for emergency medical assistance. Tips on injury prevention are also included in this section.

Special Topics

This section helps answer many of your general or specific questions about healthcare. Many topics provide associated pictures to further your understanding.

Pictures

Physician's Home Assistant provides over 700 medical photographs and illustrations. They serve as visual aids for many of the topics in this program. Illustrations and photographs cannot be printed with this version of Physician's Home Assistant.

Index

The Index contains a listing of every subject found in the Physician's Home Assistant program. There are over 10,000 entries. Use the Index as a medical dictionary, or when you are not sure which section contains your topic of interest. Check the Index whenever you're having trouble finding anything in the program.

Home Window

If you were unable to run the multimedia tutorial, you can spend a few minutes familiarizing yourself with Physician's Home Assistant by selecting "view slide show tour" under the help menu.

Printing

To print information from Physician's Home Assistant, choose the File menu and Print command at the top left of the screen. You can print screens, text, and reports from your Medical Record.

Preferences

The Preferences menu at the top of the screen allows you to change the appearance of the text by changing the font or letter size. To access Preferences, point to Font and click. Click on the font style or size you prefer. Remember that the larger the point number, the larger the size of the letters. Once you have changed the font or the size, Physician's Home Assistant remembers your preference until you change it again. You can also choose to save your medical records on a different disk. If a number of people use the Physician's Home Assistant program, it may be more convenient and personal for each user to maintain his/her own patient record on a floppy disk. To store your records on a separate disk, access Preferences and click Alternate Save Location. You will then be asked for the location at which you want these files saved. Once you have chosen an alternate location, your files will always be saved at that location until you remove the Alternate Location preference. All files

saved at the alternate location will be stored under the title "HPATRECS" (which stands for Physician's Home Assistant Patient Records). A folder with that name will be created for Macintosh users; a directory file with that name will be created for PC Compatible users. Note that you should not attempt to change the locations of, or edit, the files within this folder/directory the files are in a format known only to the Physician's Home Assistant application.

Help
Click Help in the menu Bar at the top of the screen at any time to receive hints for using the window you are currently viewing. There are many Help screens available throughout the Physician's Home Assistant program.

Color
All medical information in the program has been color-coded to give you direct access to information about that topic. All disease names appear in brown, all symptom names are in blue, injuries are in red, and so on. When you see a word that is in color, you can click on that word to receive more information (definition, causes, home care, etc.)

Control Panel
The Control Panel remains at the top of the screen as you use Physician's Home Assistant. From the Control Panel, you can access any section of the Physician's Home Assistant program at any time. Three buttons on the Control Panel access the interactive sections of the Physician's Home Assistant program: Symptom Analysis, Drug Interactions, and Medical Record. The Encyclopedia button provides access to the reference sections of the Physician's Home Assistant program. Click the Encyclopedia button, and a pop-up panel of several buttons appears. Click on any section/category to view an alphabetical list of topics in that section. Then, click on the topic of interest to retrieve the information on that topic. At the right of the Control Panel are two additional buttons;

Go Back
Click Go Back and you will return to the immediately preceding screen. You can repeatedly Go Back one screen at a time, as many steps as you wish.

Trace
The Trace button opens a list of every screen you have viewed since first entering the Physician's Home Assistant program. The most recently viewed screen is listed at the top. Trace is very useful when you begin moving around in the Physician's Home Assistant program. For example, you may have clicked on several color-coded words to gather information, and then forgotten which section of Physician's Home Assistant you were using. Trace lists every screen you have viewed and the section of Physician's Home Assistant program in which the screen is found. Click on any entry in the Trace list to immediately return to that screen.

Hints And Reminders

The bottom half of the Control Panel shows Hints and Reminders pertaining to the section of the program you are using. Make a habit of checking that window periodically.

TECHNICAL SUPPORT

Windows® System Requirements: 486dx33 MHz processor; Microsoft® Windows® 3.1x or Windows 95; 8 MB RAM; 10 MB hard disk space; SVGA color monitor, 256 colors; Double speed CD-ROM drive; MPC-2 compatible sound card.

Macintosh® System Requirements: 68030/25MHz processor or higher, or Power Macintosh in native mode; System 7.1; 8 MB RAM; 6 MB hard disk space; 13-inch (640x480) or larger monitor, 256 colors; Double-speed CD-ROM drive.

For information on basic computing tasks, refer to the *Macintosh User's Guide*, *Microsoft Windows User's Guide*, or *Introducing Microsoft Windows 95.*

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