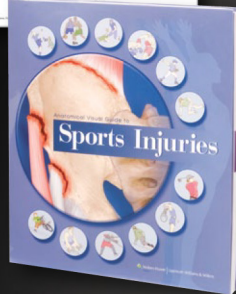
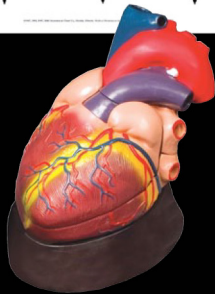
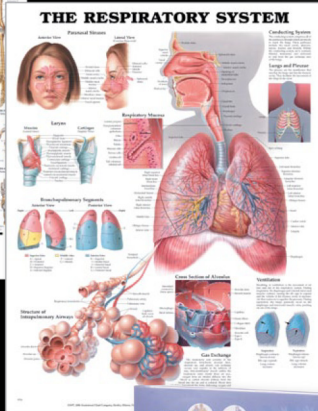


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- 4 Anatomical Charts & Posters
- 27 Anatomical Chart Collections
- 31 Reference Materials & Study Aids
- 35 Pediatric/Elementary Reference Materials
- 36 Alternative Therapy Resources
- 38 Nutrition Resources
- 39 Health Education Resources
- 41 Training Aids & Simulators
- 42 Anatomical Models
- 58 Skeletal Models
- 75 Gifts
- 76 Index

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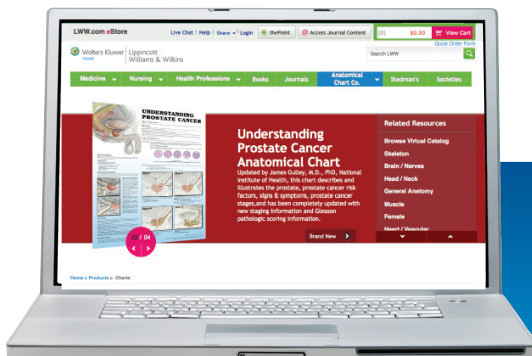
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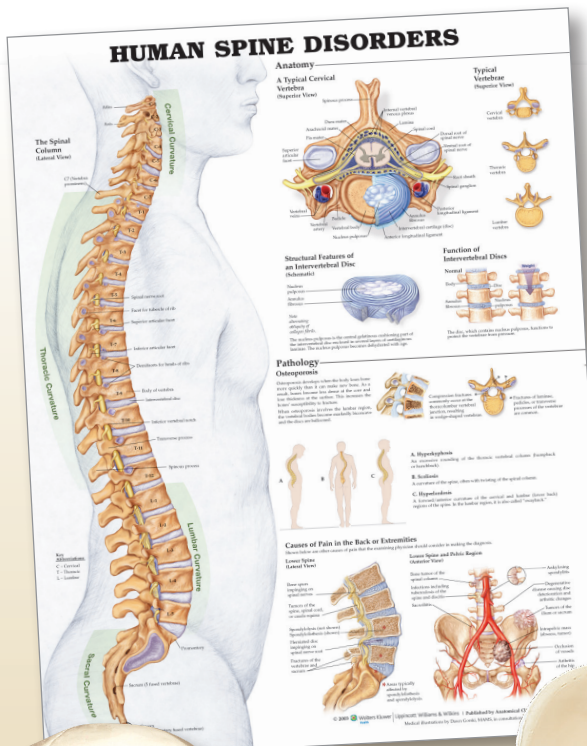
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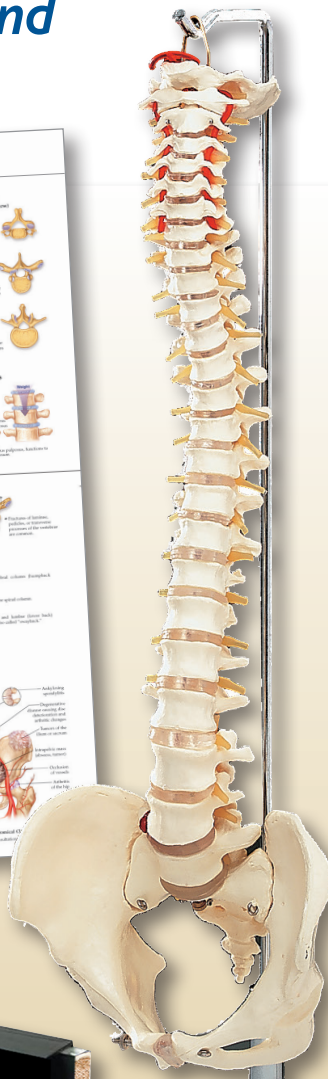
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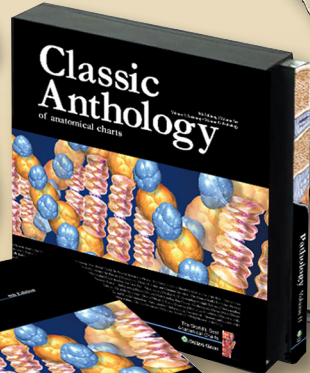
Human Spine Disorders Chart  
**See page 6**



Budget Vertebral  
Column Model  
**See page 61**



Budget Skull ..... **See page 64**



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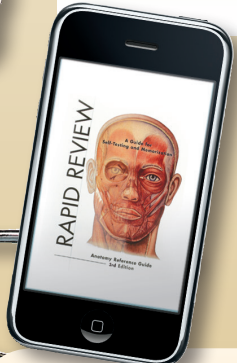
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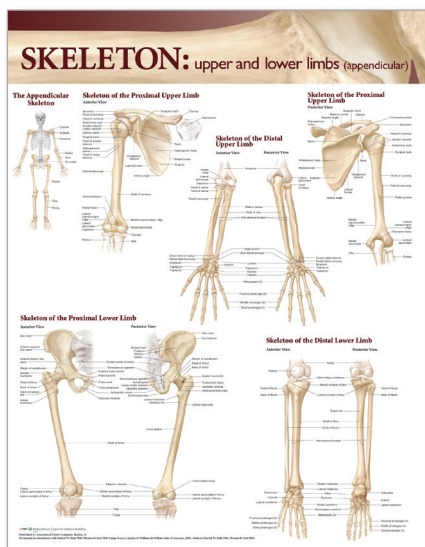
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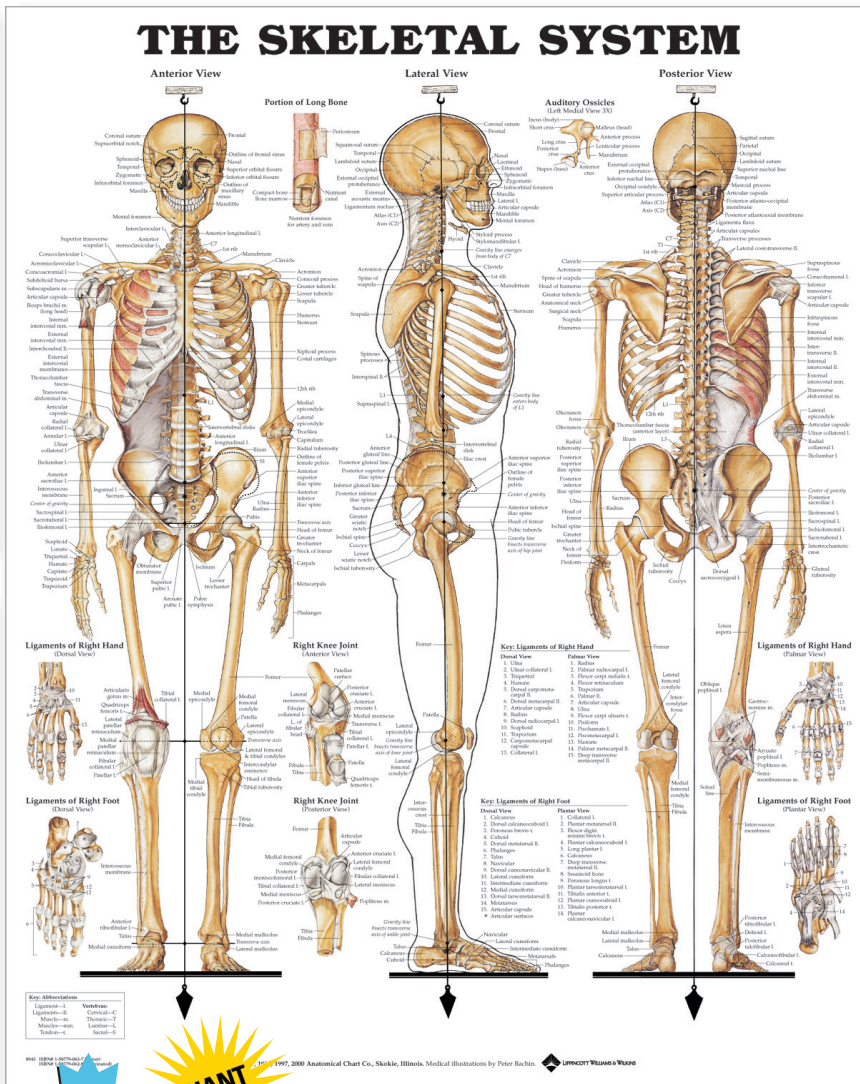




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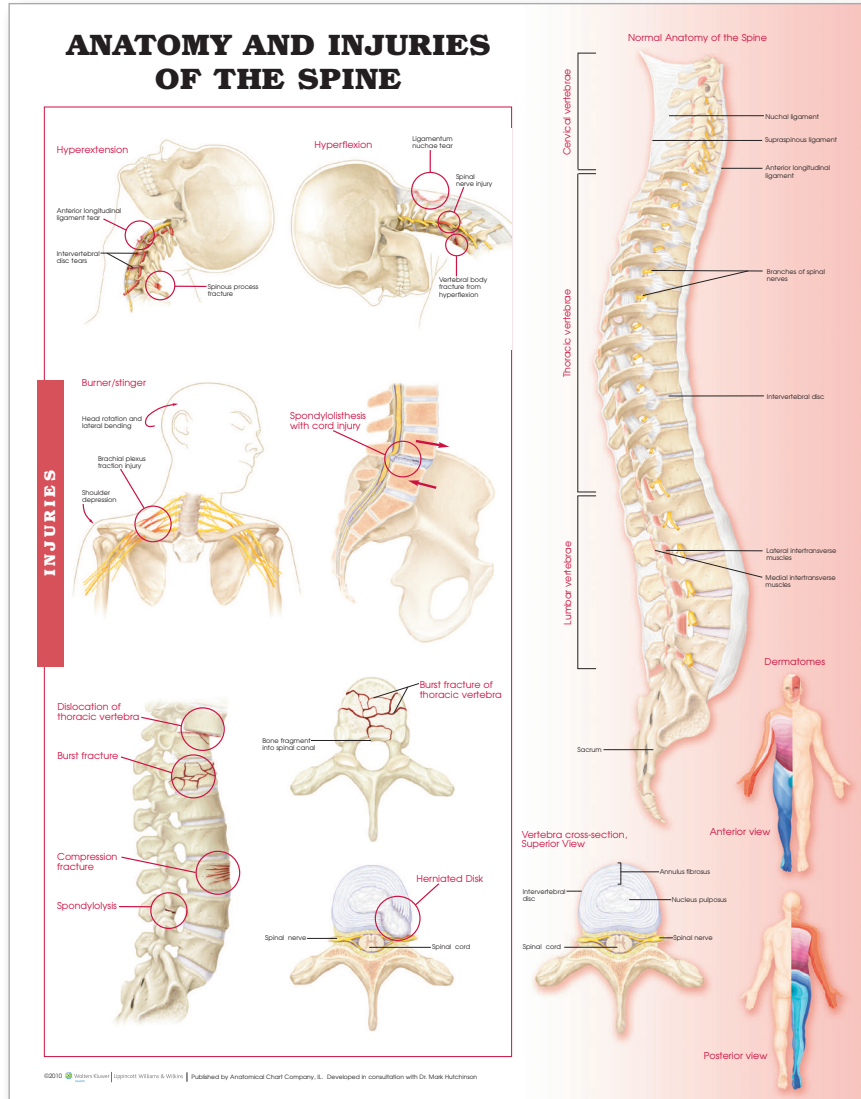
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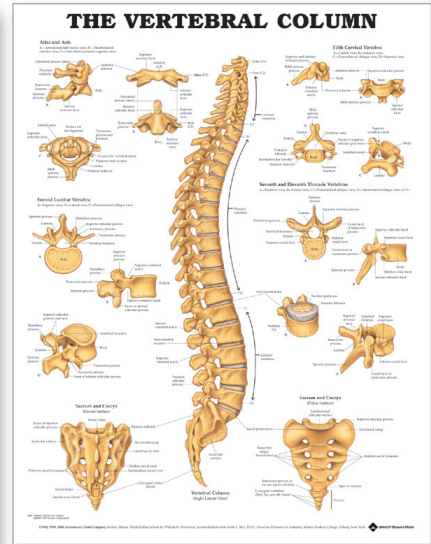
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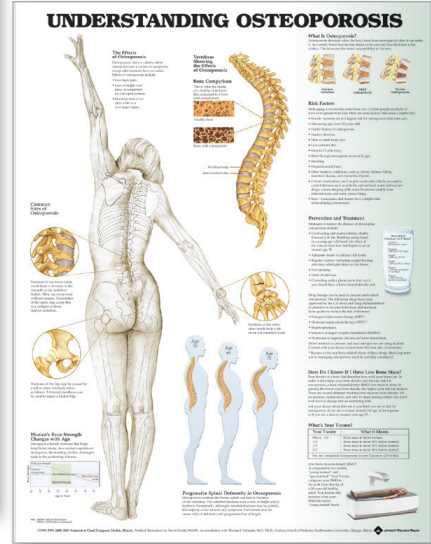




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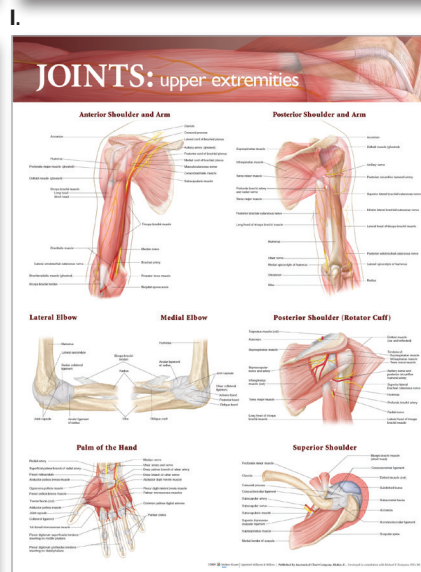
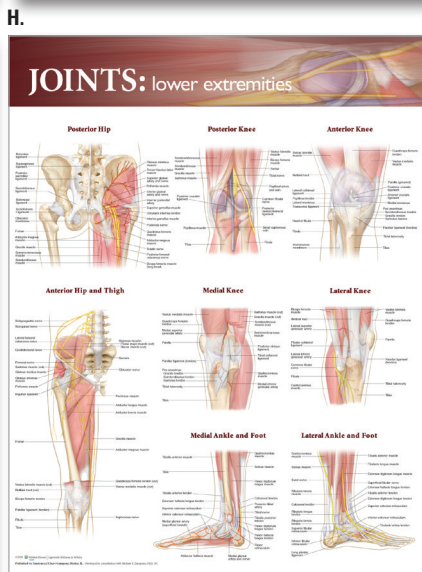
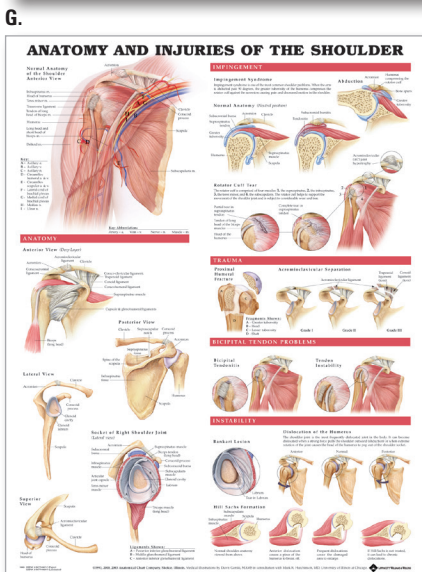
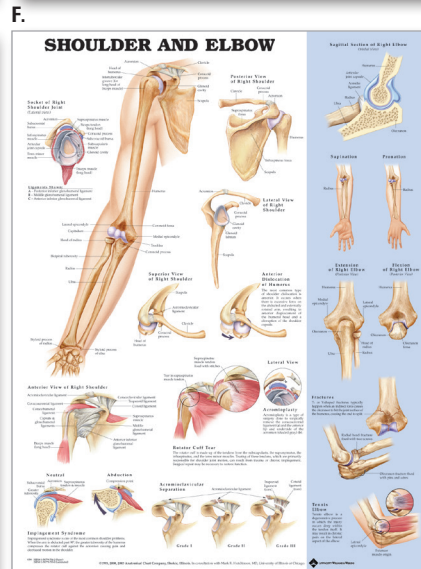
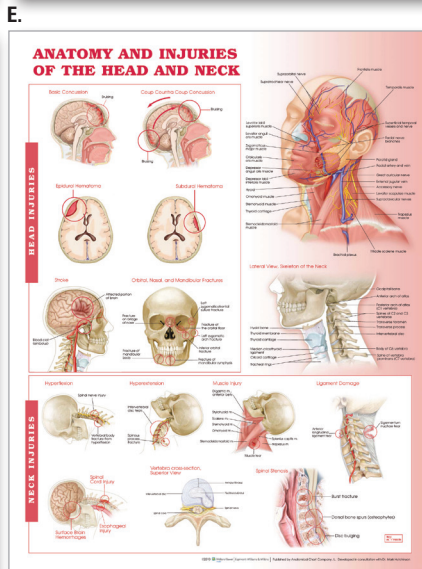
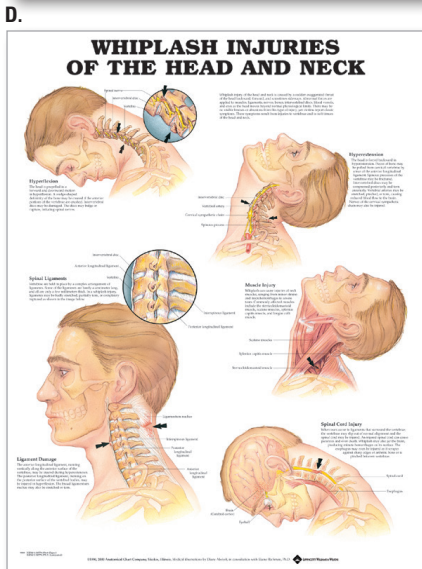
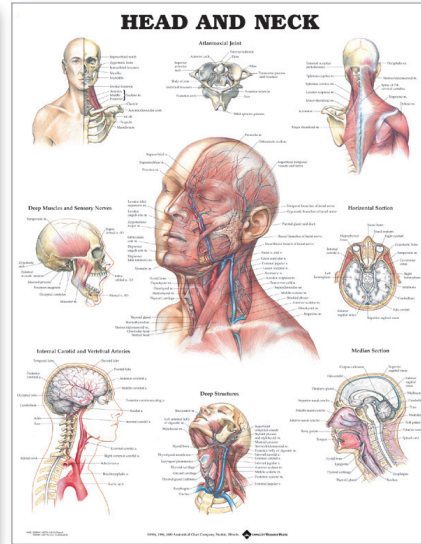
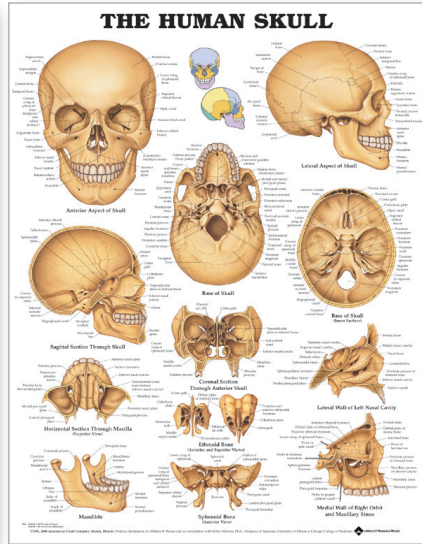
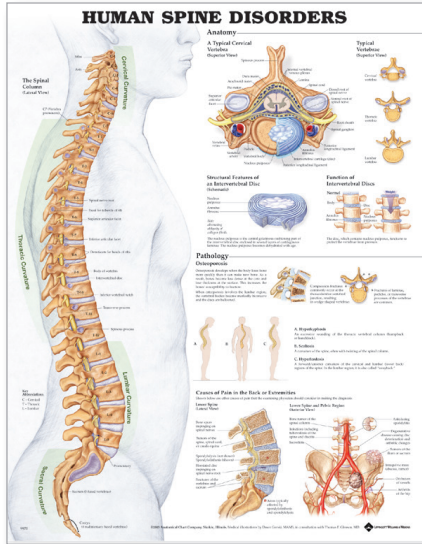


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# KNEE INJURIES

**Anterior View of Normal Knee**  
(Patella removed)

**Oblique View**

**Posterior View**

**Traumatic Knee Injuries**

- Ligament tear
- Bone avulsion
- Ligament sprain
- Patellar dislocation

**Sports Related Ligament Injuries**

- Sudden posterior movement of the tibia while the knee is flexed at 90 degrees may damage the posterior cruciate ligament.
- Hyperextension of the knee joint can damage the anterior cruciate and tibial collateral ligaments.
- Forceful external rotation of the foot in the "step-back" causes the knee to twist at the knee, putting excessive strain on the tibial collateral ligament. It can also cause partial or complete patellar instability.
- A lateral blow to the knees while the feet are firmly planted may cause damage to the tibial and fibular collateral ligaments.

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**Meniscus**

The meniscus is a crescent-shaped piece of cartilage that lies between the femur and tibia. Each knee has two menisci, one medial and one lateral. Together, they cushion the joint by distributing downward forces outward and away from the central anchor points of the meniscus.

**Meniscus Tears**

Rotation of the femur can pinch and tear the meniscus.

**Types of Meniscus Tears**

- Oblique
- Longitudinal
- Radial
- Degenerating fraying

**Symptoms of Damaged Meniscus**

With your hand on your knee, you may feel roughness during a range of motion. This commonly occurs when the femur is gliding across a degenerative fraying of the meniscus or patella.

Locking usually occurs when a piece of torn cartilage or bone becomes wedged between the femur and tibia during a range of motion. This causes the joint to suddenly "lock".

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## Athletic Injuries of the Knee

**Normal Anatomy**

**Injuries**

- Anterior Cruciate Ligament (ACL) Injury
- Posterior Cruciate Ligament (PCL) Injury
- Collateral Ligament Injury
- Meniscus Injury
- Patellar Dislocation
- Patellar Instability
- Patellar Tendon Injury
- Quadriceps Injury
- Hamstring Injury
- Ilotibial Band Injury
- Chondromalacia Patellae
- Osteoarthritis
- Rheumatoid Arthritis
- Gout
- Tendinitis
- Bursitis

**Mechanisms of Injury**

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A.

## HIP AND KNEE

**Hip Joint (pelvis and femur)**

**Knee Joint (femur, tibia and fibula)**

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B.

## ANATOMY AND INJURIES OF THE HIP

**Normal Anatomy of the Hip Joint**

**BLOOD SUPPLY AND NERVE SUPPLY**

**HIP JOINT FRACTURES**

**Acetabular Fracture**

**Proximal Femoral Fracture**

**Acetabular Fracture**

**Proximal Femoral Fracture**

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## Hip and Knee Inflammations

**Osteoarthritis (OA)**

**Rheumatoid Arthritis (RA)**

**Gout and Pseudogout**

**Tendinitis**

**Bursitis**

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## UNDERSTANDING ARTHRITIS

**Joint Affected by Osteoarthritis (OA)**

**Joint Affected by Rheumatoid Arthritis (RA)**

**Common Symptoms of Arthritis**

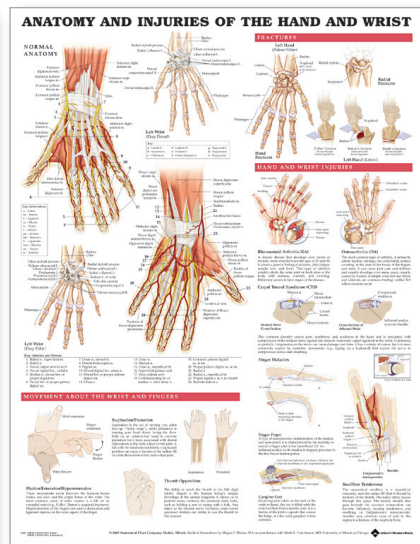
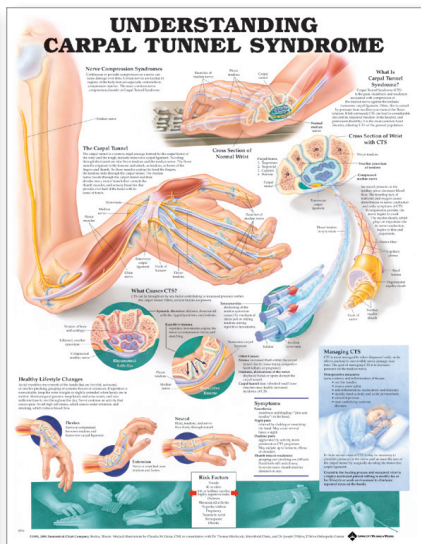
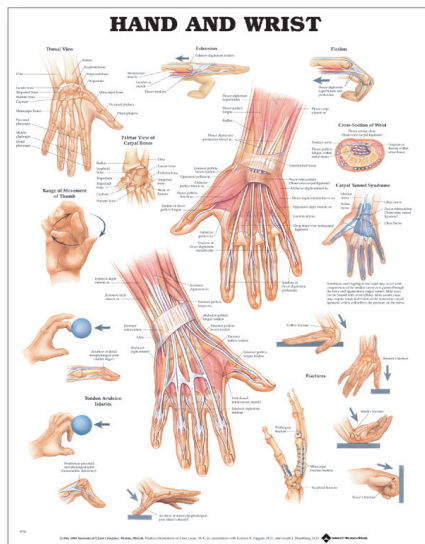
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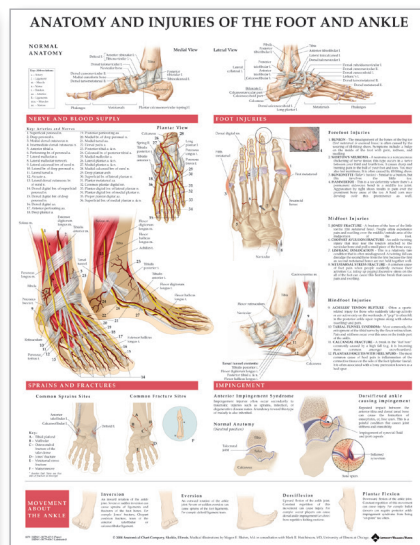
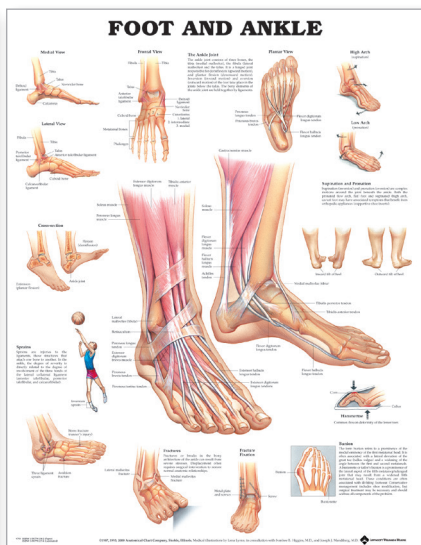
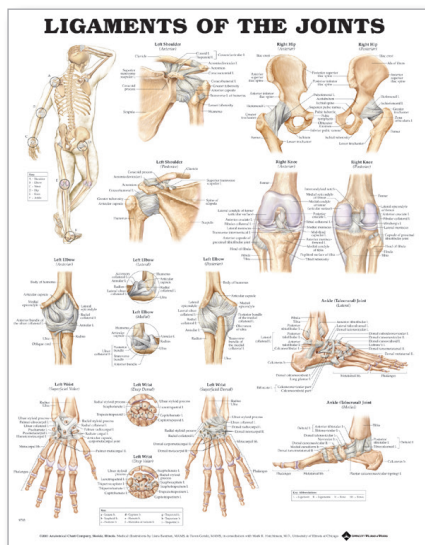
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# LOW BACK PAIN

**understanding**

LOW BACK PAIN IS A COMMON AILMENT THAT AFFECTS MOST PEOPLE AT LEAST ONCE IN THEIR LIVES.

THE SPINE IS DESIGNED TO HOLD THE BODY UPRIGHT AND SERVE AS ITS PRIMARY SUPPORT. THE LOW BACK, WHICH INCLUDES THE LUMBAR CURVATURE OF THE SPINE, IS MADE UP OF BONES, MUSCLES, NERVES, LIGAMENTS, TENDONS AND INTERVERTEBRAL DISCS.

THIS PART OF THE ANATOMY HAS SO MANY COMPLEX MOVING PARTS, IT'S NO WONDER THAT IT REQUIRES SPECIAL CARE. THE BEST WAYS TO PREVENT BACK PAIN AND MAINTAIN A HEALTHY BACK ARE BY KEEPING MUSCLES STRONG AND FLEXIBLE, PRACTICING PROPER LIFTING TECHNIQUES AND MAINTAINING A HEALTHY BODY WEIGHT.

**PAIN RADIATING FROM INJURY**

**Types of Low Back Pain**

Back pain is classified as acute or chronic. Acute back pain is usually the result of an injury or trauma and can last from a few days to a few weeks. It is generally resolved within 6 to 12 weeks. Back pain becomes chronic when it persists for 12 or more months beyond the expected healing time. About 15% of low back pain cases progress from acute to chronic.

There are 3 main types of back pain:

1. Non-specific low back pain is not associated with a single known cause and accounts for about 85% of back pain cases. The pain is commonly due to sports injuries and sudden emotional physical exertion. For example, gardening or housework secondary during the week.
2. Back pain caused by various spinal conditions such as spondylitis, bulging disc (also called protrusion, herniation or ruptured disc), spinal stenosis, spondylosis, spondylolisthesis and spondylolysis.
3. Back pain resulting from a specific trauma, for example, a car accident or cancer.

**Causes and Risk Factors**

Age - As people age, bone strength (osteons, or the muscle elasticity and tone). The discs in between the vertebrae lose fluid and flexibility which decreases their ability to cushion spinal compression.

- Back strains, sprains, spasms, or disc ruptures can be caused by lifting items that are too heavy or by using improper lifting techniques.
- Osteoporosis.
- Poor physical condition - Due to factors such as sedentary life style or unhealthy amounts of exercise (either too little or too much).

**Other contributing factors related to non-specific back pain include:**

- Obesity
- Inappropriate posture
- Poor standing position
- Weight gain during pregnancy
- Smoking
- Stress
- Anxiety and/or depression
- Build-up of scar tissue from repeat injuries

**Signs and Symptoms**

Common symptoms of low back pain include:

- Muscle ache
- Shooting or stabbing pain
- Limited flexibility or range of motion
- Inability to stand straight

When ongoing pain is not relieved, chronic pain sufferers may experience:

- Poor sleep quality and lack of concentration
- Inability to perform tasks well at home or work
- Irritability
- Depression

**Treatment and Management**

The goal of treatment for low back pain is to reduce pain and restore function, strength, and prevent injury recurrence. A combination of treatments may be recommended by your health care professional. In a few serious cases, surgery may be performed to restore low back pain.

Some common treatments include:

- Ice and heat
- Physical activity; staying in bed can make back pain worse and weaken muscles
- Medications
  - Nonsteroidal anti-inflammatory drugs (NSAIDs) or acetaminophen
  - Opioids (to help manage pain)
  - Muscle relaxants
  - Medications for sleep and depression

**Alternative approaches include:**

- Physical therapy
- Spinal manipulation/chiropractic care
- Acupuncture
- Massage therapy
- Biofeedback
- Yoga and relaxation techniques
- Cognitive behavioral therapy

**Prevention**

Maintaining a healthy back is very important in preventing low back pain. Some techniques include:

- Focus on physical and mental well-being
- Exercise regularly with low-impact aerobic activities such as walking and swimming
- Strengthen abdominal and back muscles with core-conditioning exercises
- Practice yoga for strength and flexibility, and stretch well after exercising
- Eat a proper diet
- Maintain a healthy weight
- Quit smoking
- Manage stress levels
- Practice proper lifting techniques - lift with your knees, keeping your back straight and stomach muscles contracted. Do not lift anything excessively heavy.
- Utilize ergonomically designed products, as well as work and living spaces.
- Maintain proper posture when sitting or standing
- Wear comfortable low-heeled shoes
- Sleep on a firm surface and on your side to reduce curving of the spine.

**Correct Postures and Techniques to Avoid Low Back Pain**

# Understanding Pain

**3** How pain works

**What is Pain?**

Pain is a complex sensation that is both physical and emotional. It is a warning signal that tells you that something is wrong and that you need to take action to prevent further damage.

**2 Types of Pain**

**1 ACUTE PAIN**

Acute pain is a sharp, intense pain that is usually caused by an injury or trauma. It is usually resolved within a few days to a few weeks.

**2 CHRONIC PERSISTENT PAIN**

Chronic pain is a long-lasting pain that persists for 12 or more months beyond the expected healing time. It is often caused by a variety of factors, including injury, trauma, and underlying medical conditions.

**Where do you Feel Pain?**

Pain can be felt in many different parts of the body, including the head, neck, back, chest, arms, and legs. The location of the pain can help you identify the underlying cause.

**Pain Scale**

0 1 2 3 4 5 6 7 8 9 10

Spanish

# DERMATOMES

**Cutaneous Areas of Peripheral Nerve Innervation\***

**Key:**

- Sensory
- Motor
- Sympathetic
- Parasympathetic
- Mixed
- Unknown
- Not known
- Not shown
- Not applicable
- Not defined
- Not specified
- Not indicated
- Not marked
- Not labeled
- Not named
- Not titled
- Not captioned
- Not described
- Not explained
- Not analyzed
- Not interpreted
- Not concluded
- Not determined
- Not established
- Not confirmed
- Not validated
- Not verified
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- Not authorized
- Not approved
- Not accepted
- Not agreed
- Not endorsed
- Not recommended
- Not suggested
- Not advised
- Not encouraged
- Not permitted
- Not allowed
- Not authorized
- Not approved
- Not accepted
- Not agreed
- Not endorsed
- Not recommended
- Not suggested
- Not advised
- Not encouraged
- Not permitted
- Not allowed

A.

C.

# THE NERVOUS SYSTEM

# THE SPINAL NERVES

**Brain**

**Midbrain, Medulla Oblongata and Spinal Cord**

**Spinal Nerves**

**Spinal Cord Segments**

**Spinal Nerve Roots**

**Spinal Nerve Branches**

**Spinal Nerve Distribution**

**Spinal Nerve Function**

**Spinal Nerve Injury**

**Spinal Nerve Disease**

**Spinal Nerve Treatment**

# THE AUTONOMIC NERVOUS SYSTEM

**KEY**

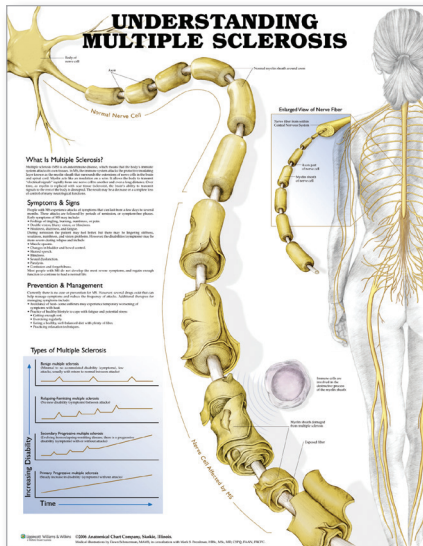
- Sympathetic
- Parasympathetic
- Mixed
- Unknown
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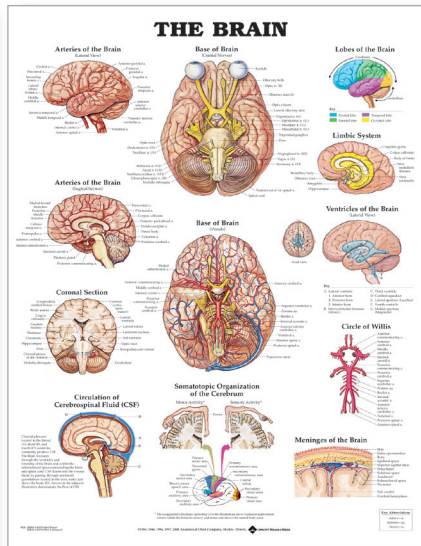
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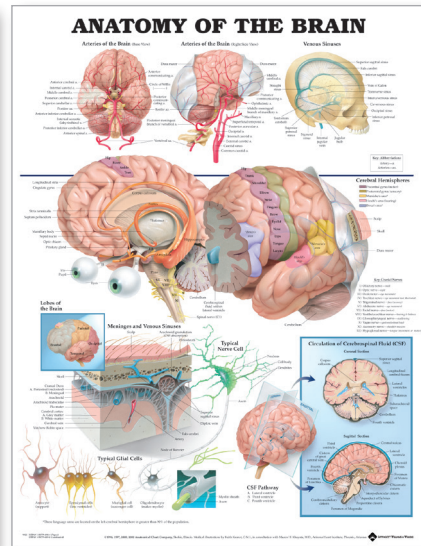




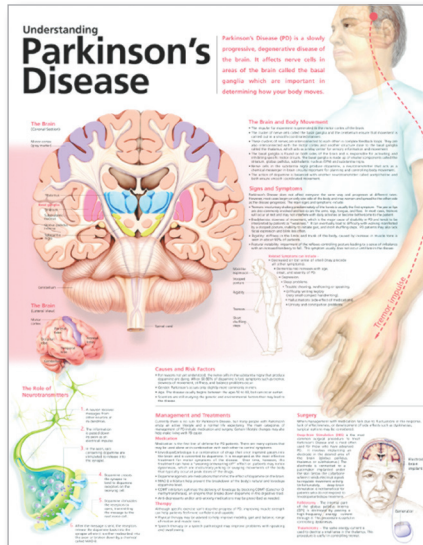
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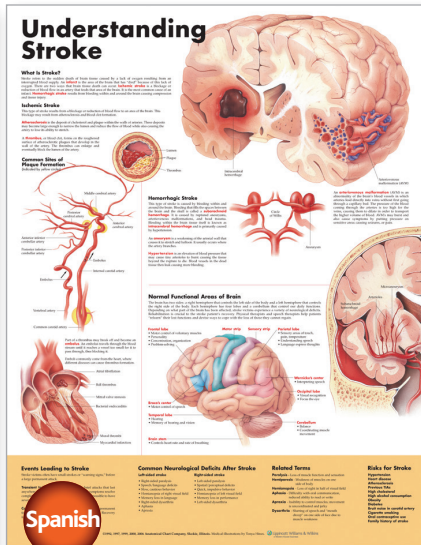
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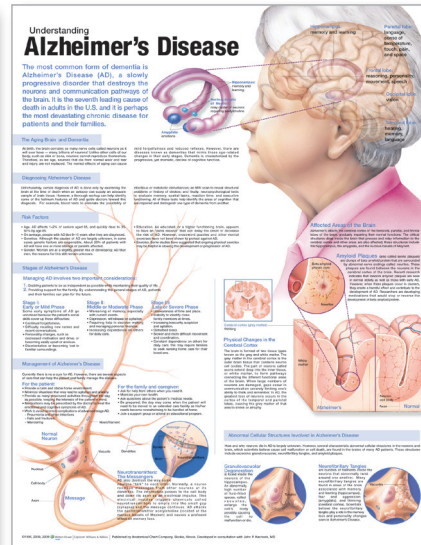
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# Understanding Schizophrenia

Schizophrenia is a psychiatric illness that often begins when a person is in his or her late teens, 20s or 30s. As with any illness, the symptoms can differ from person to person and can change over time. When the disease is active, most patients experience the hallmark symptoms of psychosis in the form of delusions and hallucinations. When the disease is inactive, many patients still experience trouble with concentration and motivation.

## What causes Schizophrenia?

**Genes and Environment** - While schizophrenia is found in only 1% of the population, 10% of those who have the disease also have a first-degree relative (parent, brother or sister) or second-degree relative (aunt, uncle, grandparent), cousin with the disorder which leads researchers to believe that genetics play some part in the illness. While genes are clearly involved, no single gene can cause schizophrenia. It is very likely that genes interacting with the environment (such as exposure to viruses or malnutrition before birth, problems during birth, adolescent drug use or head injury) cause schizophrenia.

**Different Brain Chemistry and Structure** - Scientists believe there is an imbalance in the delicate chemical reactions of the brain. Specifically, with the neurotransmitters dopamine and glutamate. Neurotransmitters are substances that allow brain cells to communicate with each other.

**Causes of Psychosis other than Schizophrenia** - Schizophrenia is only one cause of psychosis. Therefore, schizophrenia is only diagnosed if other causes of psychosis have been excluded.

**Medical illnesses** - (e.g., Brain infections, like syphilis or AIDS).

**Intoxications** - (e.g., Illicit drugs, toxins, and medications).

**Other Psychiatric Disorders** - (e.g., Bipolar disorder, delusional disorder, personality disorders).

## Stages of Illness

**Prodromal Phase** - This phase is associated with a cognitive decline that precedes the onset of the illness by several years occurring during prepubertal, childhood and puberty.

**Acute Psychotic Episode** - Patient shows symptoms of psychotic episodes and these may be present for up to two years before treatment. Symptoms include:
 

- Positive Symptoms (Hallucinations, delusions, etc.)
- Negative Symptoms (Emotional and behavioral changes)
- Depression and Suicidality.

**Post-Psychotic Phase (Residual/Resolving Symptoms)** - Once treatment (medication and psychotherapy) begins, it can take up to three months to see whether the treatment is effective. When treatment is effective, positive symptoms remit and the levels of depression are low or may disappear. For other patients, symptoms may persist or emerge and they may need to try other medications or treatment options.

**Maintenance Phase** - The prognosis of schizophrenia varies from complete recovery (after a period of acute illness) to severe, ongoing symptoms that require rehabilitation. Even when the symptoms are successfully treated, function often remains impaired. For most patients, having schizophrenia means living in the community with varying degrees of symptoms and varying needs for support.

Some people may have a relapse—their symptoms come back or get worse. Usually, relapses happen when people stop taking their medication or when they only take it sometimes. Some people stop taking their medication because they feel better or they may feel they do not need it anymore. But no one should stop taking an antipsychotic medication without talking to his or her doctor first.

## Gray Matter Deficit in Schizophrenia

**Onset of Illness** vs **Illness after 5 Years**

**Healthy Neuron** vs **Abnormally Pruned Neuron**

## Symptoms of Schizophrenia Fall into Four Broad Categories

**Positive Symptoms** are often the most obvious signs of the illness.
 

- Hallucinations are unusual perceptions of things that are not there such as seeing things, hearing voices, smelling odors and feeling sensations on the skin. People with schizophrenia may hear voices for a long time before family and friends notice the problem. The voices may talk to the person about his or her behavior, order the person to do things, or warn the person of danger.
- Delusions are false beliefs that are persistent and that do not go away after receiving logical or accurate information. People with schizophrenia may believe that neighbors can control their behavior or that radio stations are broadcasting their thoughts. Or, they may believe that others are trying to harm them by cheating, poisoning or spying on them.
- Disorganized Speech is speech that is unclear or confused. People have difficulties expressing themselves.

**Negative Symptoms** are harder to recognize or part of the disorder and can be mistaken for depression or lack of motivation.
 

- "Flat Affect" (a person's face does not move or they talk in a dull monotonous voice)
- Lack of pleasure in everyday life (anhedonia).
- Lack of interest in beginning planned activities (avolition).
- Speaking little, even when encouraged to elaborate (alogia).

**Mood Symptoms** are important since they reduce the quality of life and may increase a patient's risk of suicide. Some mood symptoms include:
 

- Depression.
- Demoralization (hopelessness, loss of meaning in life, being incompetent).
- Dysphoria (a state of being ill at ease).
- Irritability.
- Euphoric or Manic Periods, hyperactivity or over-ecstatic thoughts and speech).

**Cognitive Symptoms** are subtle, and like negative symptoms, they can be difficult to recognize. Because cognition includes "executive functioning" such as goal setting and figuring out steps to kindly achieve those goals, cognitive symptoms often make it hard to be independent and learn a thing.
 

- Ability to understand information and use it to make decisions or solve problems.
- Trouble focusing and paying attention.
- Poor verbal learning (difficulties learning new material in a class or from a book).
- Problems with "working memory" (the ability to hold information "on-line" briefly, like during a phone number).

## Course of Illness

## Treatment and Management

Antipsychotic Medications are the mainstay of treatment for schizophrenia; they are most effective in the treatment of acute psychosis and the prevention of relapse. Antipsychotics do not work well for negative symptoms and cognitive problems.

While all antipsychotics (except clozapine) have similar efficacy with regards to treating psychosis, people respond in different ways to antipsychotic medications and no one can tell beforehand how a person will respond. Sometimes a person needs to try several medications before finding the right one. Medications can greatly affect side effects. Concerning side effects include persistent abnormal movements (called tardive dyskinesia) which are more likely with the older drugs. Weight gain and diabetes are also concerns with most antipsychotics.

Psychosocial Treatments are as important as medications. Patients who receive regular psychosocial treatment also are more likely to keep taking their medication, and they are less likely to have relapses or be hospitalized.

- **Cognitive Behavioral Therapy (CBT)** is a type of psychotherapy that focuses on thinking and behavior. CBT helps patients with symptoms that do not go away even when they take medication. The therapist teaches people with schizophrenia how to test the reality of their thoughts and perceptions, how to "not listen" to their voices, and how to manage their overall symptoms.
- **Integrated Treatment for Substance Abuse** - Substance abuse is the most common co-occurring disorder in people with schizophrenia. When schizophrenia treatment programs and drug treatment programs are used together, patients get better results.
- **Rehabilitation Programs** can include job counseling and training, money management counseling, help in learning to use public transportation, and opportunities to practice communication skills. Programs like these help patients hold jobs, remember important details, and improve their functioning.
- **Family Education** - People with schizophrenia are often discharged from the hospital into the care of their families, so it is important that family members know as much as possible about the disease.

# Understanding Depression

## What is Depression?

Depression is a medical condition that affects everyone. It is a mood disorder that causes people to feel sad, hopeless, and exhausted. There are different types of depression, but the most common is major depressive disorder. Major depression can be treated, and get on the way of a person able to work, study, sleep, and eat well.

## Signs and Symptoms of Major Depression

Depression can last for weeks or months. The following symptoms are common for more than two weeks at any one time. You should be treated for depression if you have:

- Persistent sad, anxious or hopeless mood
- Loss of interest or enjoyment in normal daily activities
- Feelings of guilt, worthlessness or helplessness
- Changes in appetite and associated weight gain or loss or decrease in energy
- Unexplained aching pains, especially in the back or joints
- Difficulty concentrating, remembering, and making decisions
- Thoughts of death or suicide, or an attempt at suicide

## Who is at Risk for Depression?

Other Types of Depression: Dysthymia (Dysthymic Disorder), Seasonal Affective Disorder (SAD), Bipolar Disorder (Manic-Depressive Illness), Postnatal Depression (Postpartum Depression), Grief (Sorrowful Psychology).

## Suicide

Approximately 10% of people with depression will attempt suicide at some point in their lives. Suicide is a serious risk for people with depression. If you are thinking about suicide, please seek help immediately.

## Treatment

Antidepressants, Psychotherapy, and a combination of both. Medication can help relieve the symptoms of depression, but it is not a cure. Psychotherapy can help people understand their thoughts and feelings, and learn coping strategies. A combination of both is often the most effective treatment.

# Understanding Sleep Disorders

## What is Sleep?

Why Does the Body Need Sleep? Sleep is a natural state of consciousness during which the body and mind rest and recover. It is essential for good health and well-being. Sleep helps the body repair itself, and it is important for the brain to process information and learn from experiences.

## Why Does the Sleep-Regulating System (SRS) Fail?

When the SRS fails, it can lead to sleep disorders. This can be caused by a variety of factors, including stress, anxiety, depression, and certain medications. Sleep disorders can have a significant impact on a person's health and quality of life.

## Stages of Sleep

Stage 1: Light Sleep (N1) - The body begins to relax, and the heart rate slows down. Stage 2: Light Sleep (N2) - The body becomes even more relaxed, and the heart rate slows down further. Stage 3: Deep Sleep (N3) - The body is in a state of deep relaxation, and the heart rate is at its lowest. Stage 4: Deep Sleep (N4) - The body is in a state of very deep relaxation, and the heart rate is at its lowest.

## Common Sleep Disorders

- **Insomnia** - Difficulty falling asleep or staying asleep.
- **Excessive Daytime Sleepiness (EDS)** - Feeling tired and sleepy during the day.
- **Narcolepsy** - A condition characterized by excessive daytime sleepiness and sudden attacks of sleep.
- **Obstructive Sleep Apnea** - A condition in which the airway becomes blocked during sleep, leading to breathing pauses.

# Migraines & Headaches

## Primary Headaches

**Migraine Headache** - Characterized by severe, throbbing pain, often on one side of the head. It is often accompanied by nausea, vomiting, and sensitivity to light and sound.

**Cluster Headache** - Characterized by severe, sharp pain, often around the eye. It is often accompanied by tearing, redness, and swelling of the eye.

**Tension-type Headache** - Characterized by a dull, aching pain, often on both sides of the head. It is often caused by stress and muscle tension.

## Secondary Headaches

**Secondary (Organic) Headache** - Caused by an underlying medical condition, such as a brain tumor or infection.

## Healthy Lifestyle Strategies to Avoid Headaches

Headache Diagnostic Guide and Headache Treatment Guide are included.

# Understanding Epilepsy

## What is Epilepsy?

Epilepsy is a chronic neurological disorder characterized by recurrent, unprovoked seizures. It affects approximately 1% of the population.

## What Causes Epilepsy?

Genetic factors, brain injury, infections, and structural abnormalities can all lead to epilepsy.

## How the Brain Works

Neurons are the basic units of the brain. They communicate with each other through electrical signals. In epilepsy, these signals become abnormal, leading to seizures.

## Seizure Classification

Generalized Seizures: Affect the entire brain. Partial Seizures: Affect only part of the brain.

## Diagnosis and Treatment

Diagnosis is typically made through EEG (Electroencephalogram) and MRI. Treatment often involves antiepileptic drugs (AEDs).

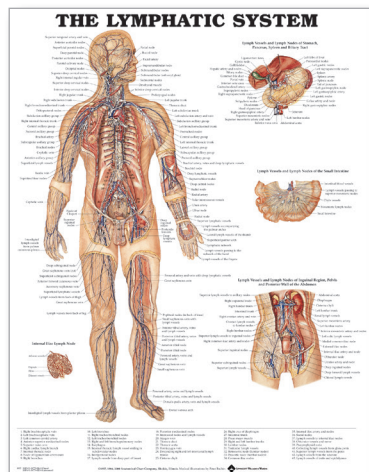
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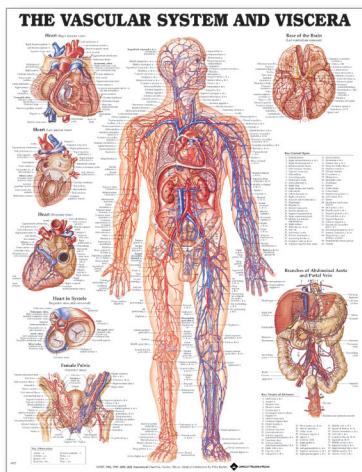
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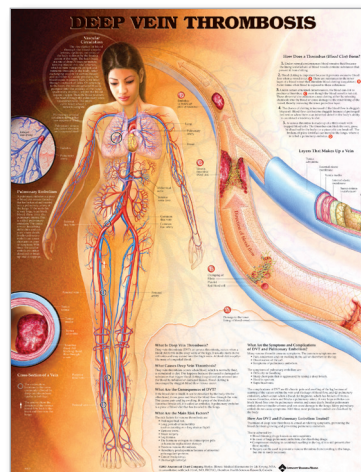




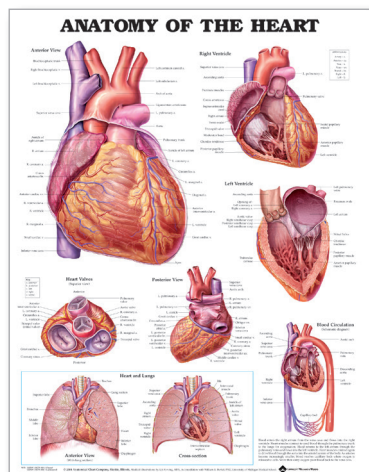
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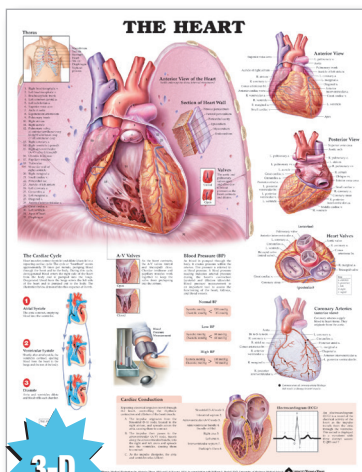
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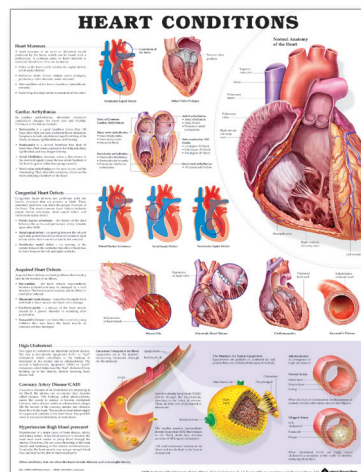
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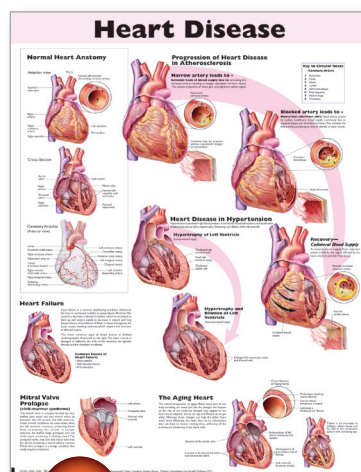
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**Complications of High Blood Pressure**

High blood pressure that is not controlled can cause long-term damage to your blood vessels, brain, heart, kidneys, and eyes. Learning about your blood pressure can help reduce your risk of having a stroke or heart attack. Ask your health care provider to check your blood pressure today.

**BRAIN**

**Stroke** - Blood vessels in the brain that are damaged, weakened and narrowed by high blood pressure may become blocked and burst causing blood to seep into the brain tissue (hemorrhage). Or blood clots may form in the arteries leading to the brain, blocking blood flow.

**Transient Ischemic Attack (TIA)** - Sometimes called a "mini-stroke," a temporary disruption of blood supply to the brain. It is often caused by atherosclerosis or a blood clot - both of which can be a result of high blood pressure.



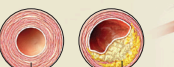
**EYES**

Thickened, narrowed or torn blood vessels in the eyes may result in vision loss.



**BLOOD VESSELS**

High blood pressure can damage the inner walls of arteries causing them to thicken and harden, a condition called **arteriosclerosis**. Cholesterol and other substances (plaque) in the blood can collect on the damaged walls of the arteries, a condition called **atherosclerosis**, and may block blood flow causing problems such as chest pain (angina), heart attack, heart failure, stroke, kidney disease, blocked arteries in your legs or arms (peripheral arterial disease), eye damage, and aneurysms.



**ANEURYSM**

Over time, the constant pressure of blood moving through a weakened artery can cause a section of the wall to bulge and form a large aneurysm. An aneurysm can burst and cause internal bleeding. Aneurysms can form in any artery in the body, but they're most common in the aorta, the body's largest artery.



**HEART**

**Coronary Artery Disease (CAD)** - Affects the arteries that supply blood to the heart. The thinned and narrowed coronary arteries prevent blood from flowing freely to the heart, causing chest pain (angina), heart attack or irregular heart rhythms (arrhythmias).

**Left Ventricular Hypertrophy (LVH)** - High blood pressure forces the heart to work harder to pump blood to the rest of the body. This causes the heart's left pumping chamber (the left ventricle) to thicken or stiffen limiting the ventricle's ability to pump blood, increasing the risk of heart attack, heart failure and sudden cardiac death.

**Heart Failure** - Over time, the strain on the heart from high blood pressure can cause the heart to weaken and work less effectively, eventually failing to meet the body's demand for blood.



**KIDNEYS**

High blood pressure is one of the most common causes of kidney failure. It can damage both the large arteries leading to the kidneys and the tiny blood vessels within the kidneys. Damage to either prevents the kidneys from effectively filtering waste from the blood, allowing dangerous levels of fluid and waste to accumulate.



**Prevention and Management**

High blood pressure can be prevented and managed best by adjusting your lifestyle. Decrease your blood pressure by:

- Lose weight if overweight
- Exercise regularly
- Decrease fat in your diet
- Increase fiber in your diet
- Do not smoke
- Avoid excessive alcohol intake
- Manage stress
- Follow your physician's instructions and take any medications as prescribed



# Understanding High Blood Pressure

**What is High Blood Pressure?**

Most of the time, high blood pressure does not cause any symptoms. It is often diagnosed when a patient visits their physician for a routine check-up. Many people do not realize they have high blood pressure until it has caused damage to their body. In rare cases, headaches can result from extremely high blood pressure.

**Signs and Symptoms of High Blood Pressure**

Most of the time, high blood pressure does not cause any symptoms. It is often diagnosed when a patient visits their physician for a routine check-up. Many people do not realize they have high blood pressure until it has caused damage to their body. In rare cases, headaches can result from extremely high blood pressure.

**How is Blood Pressure Measured?**

Blood pressure is measured with a simple test using a blood pressure cuff. The cuff is wrapped around your upper arm and inflated enough to stop the blood flow in your artery for a few seconds. When the cuff is released or deflated, the first sound heard by your health care provider through the stethoscope is the whooshing sound of your heart pumping blood into your arteries. This is called the "systolic" blood pressure. The "diastolic" blood pressure is when this noise disappears, indicating the heart is relaxed. The systolic blood pressure number is always stated first followed by the diastolic number. For example, your blood pressure may be read as "117 over 76", or written "117/76".

**Two numbers are used to describe blood pressure:**

**Systolic (top number)** The top number called "systolic blood pressure" measures blood pressure when the heart pumps blood forward through the arteries to the rest of your body. This force creates pressure on the arteries. Blood pressure is highest when the heart beats, pumping the blood. A normal healthy number is around 117.

**Diastolic (bottom number)** The second number is lower than the systolic pressure and measures blood pressure when the heart relaxes between beats. This is called "diastolic blood pressure." A normal healthy number is around 76. Your blood pressure normally changes throughout the day. It rises when you are active, and lowers when you are resting.

**117 / 76 mmHg**  
mmHg is a measurement of pressure

**Healthy and Unhealthy Blood Pressure Levels**

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

*\*Your doctor should consult annually for blood pressure readings.*

**Typing and Causes of High Blood Pressure (Hypertension)**

Primary or essential hypertension is the most common type of high blood pressure. In most cases the exact cause is unknown; however there are several factors that increase or contribute to your chances of developing high blood pressure:

- Obesity or being overweight
- Lack of physical activity
- Poor diet, especially one that includes too much salt and too little potassium
- Genetic and family medical history
- Age and gender
- High levels of alcohol consumption
- Ethnic background
- Stress
- Smoking and second hand smoke

**Secondary hypertension may result from a known cause such as:**

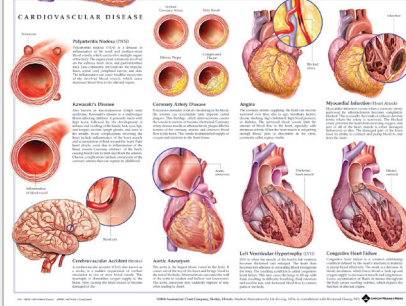
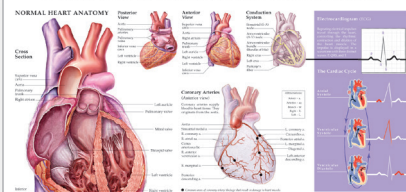
- Chronic kidney disease
- Adrenal and thyroid problems or tumors
- Diabetes
- Pregnancy
- Some neurologic disorders

**High Blood Pressure in Children**

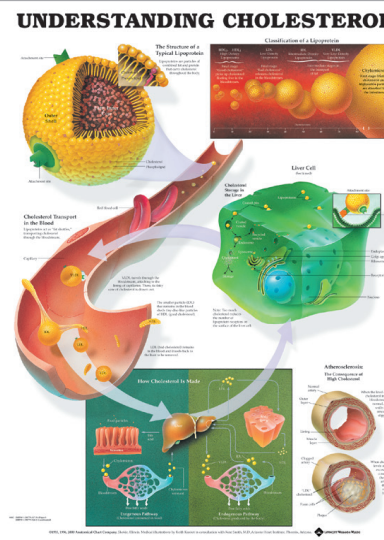
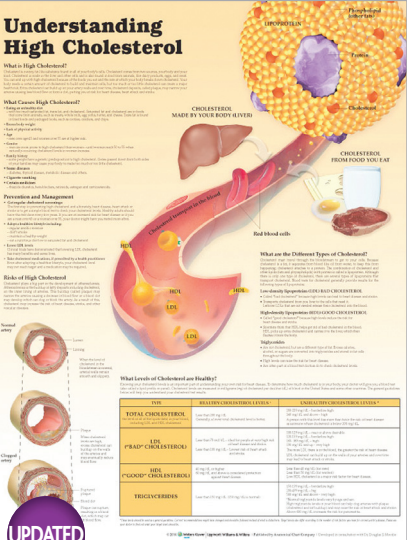
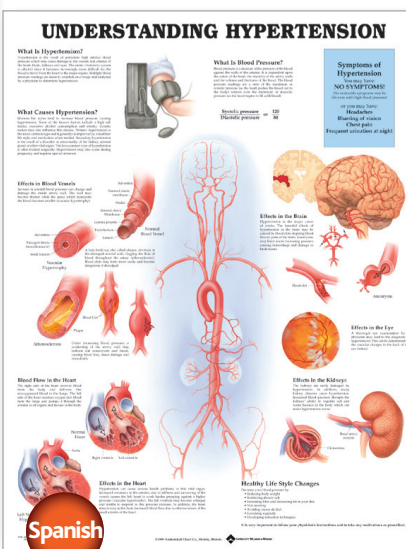
Some children and even babies can have high blood pressure. Although high blood pressure is far more common among adults, the rate among kids is on the rise, a trend that experts link to the increase in childhood obesity. Early diagnosis and treatment can reduce or prevent the harmful complications of high blood pressure. The American Heart Association recommends that all children have their blood pressure measured yearly. Children have the same test for high blood pressure as adults, however, interpreting the numbers is more difficult. Your child's physician will use charts based on your child's gender, weight, age and blood pressure numbers to determine whether or not your child has high blood pressure.

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BMI & Waist Circumference. Body Mass Index (BMI) and Waist Circumference. Includes classification tables and a BMI table. Spanish version available.

METABOLIC SYNDROME. What is Metabolic Syndrome? Metabolic Syndrome Risk Factors, High Blood Glucose, High Blood Pressure, and Medical Conditions Associated with Metabolic Syndrome. Includes a diagram of a woman's torso showing internal organs.



4

Charts & Posters

27

Chart Collections

31

Reference Materials  
& Study Aids

35

Pediatric/Elementary  
Reference Materials

36

Alternative Therapy  
Resources

### UNDERSTANDING DIABETES

**What is Diabetes?**  
Diabetes is a chronic condition that affects the way your body uses blood sugar (glucose). Blood sugar is the main source of energy for your cells. In people with diabetes, the pancreas either does not produce enough insulin or the cells in the body do not respond properly to the insulin that is produced. This causes blood sugar levels to rise.

**Types of Diabetes**  
1. **Type 1 Diabetes Mellitus (T1DM)**: An autoimmune disease where the body's immune system attacks and destroys the insulin-producing cells in the pancreas.  
2. **Type 2 Diabetes Mellitus (T2DM)**: A condition where the body's cells become resistant to insulin, and the pancreas cannot produce enough insulin to overcome this resistance.

**What Happens in Diabetes?**  
1. The pancreas produces insulin.  
2. Insulin allows glucose to enter the cells.  
3. Cells use glucose for energy.  
4. Without insulin, glucose stays in the blood, leading to high blood sugar.

**Symptoms of Diabetes**  
Increased thirst, frequent urination, hunger, fatigue, blurry vision, slow-healing sores, and frequent infections.

**Risk Factors**  
Genetics, obesity, sedentary lifestyle, and poor diet.

**Diabetes Management**  
Regular blood sugar monitoring, medication, diet, and exercise.

**5 Tips for Successful Diabetes Self-Management**  
1. Monitor blood sugar levels.  
2. Take medication as prescribed.  
3. Eat a healthy diet.  
4. Exercise regularly.  
5. Stay hydrated.

**UPDATED**

A.

### UNDERSTANDING TYPE 1 DIABETES

**What is Type 1 Diabetes?**  
Type 1 diabetes is an autoimmune disease where the body's immune system attacks and destroys the insulin-producing cells in the pancreas.

**What happens in Type 1 Diabetes?**  
1. **Digestive System**: The pancreas produces insulin.  
2. **The Pancreas and Type 1 Diabetes**: The immune system destroys the insulin-producing cells.  
3. **How Insulin Works**: Insulin allows glucose to enter the cells.  
4. **Glucose Buildup**: Without insulin, glucose stays in the blood.

**Complications**  
**SHORT-TERM**  
Hypoglycemia (low-blood sugar): Symptoms include shakiness, sweating, and confusion.  
Hyperglycemia (high-blood sugar): Symptoms include increased thirst, frequent urination, and blurry vision.  
**LONG-TERM**  
Heart Disease and Stroke, Kidney Disease, Eye Disease, and Nerve Damage (Neuropathy).

**Ma... 1 Diabetes**

**UPDATED**

B.

### UNDERSTANDING TYPE 2 DIABETES

**What is Type 2 Diabetes?**  
Type 2 diabetes is a chronic condition where the body's cells become resistant to insulin, and the pancreas cannot produce enough insulin to overcome this resistance.

**What happens in Type 2 Diabetes?**  
Multiple factors cause high blood sugar and insulin resistance in Type 2 Diabetes, including genetics, obesity, and sedentary lifestyle.

**Risk Factors**  
Obesity, sedentary lifestyle, poor diet, and family history.

**Managing Type 2 Diabetes**  
Regular blood sugar monitoring, medication, diet, and exercise.

**The 3 Keys to Successful Diabetes Management**  
1. Monitor blood sugar levels.  
2. Take medication as prescribed.  
3. Eat a healthy diet and exercise regularly.

**UPDATED**

C.

### THE ENDOCRINE SYSTEM

**Thyroid and Parathyroid Glands**  
The thyroid gland produces thyroid hormones, which regulate metabolism. The parathyroid glands produce parathyroid hormone, which regulates calcium levels.

**Pituitary Gland and Hypothalamus**  
The hypothalamus controls the pituitary gland, which produces hormones that regulate other glands.

**Thyroid Gland**  
Produces thyroid hormones (T3 and T4).

**Heart**  
Pumps blood throughout the body.

**Stomach, Duodenum, and Jejunum**  
Part of the digestive system.

**Adrenal Glands**  
Produce adrenaline and cortisol.

**Kidney**  
Filters blood and produces urine.

**Pancreas**  
Produces insulin and glucagon.

**Testes**  
Produce testosterone.

**Ovary**  
Produces estrogen.

**Placental Hormones**  
Produced during pregnancy.

D.

### THYROID DISORDERS

**What is the Thyroid?**  
The thyroid gland is a butterfly-shaped gland in the neck that produces thyroid hormones.

**Common Thyroid Disorders**  
**Overactive Thyroid (Hyperthyroidism)**: Excess thyroid hormone production. Symptoms include weight loss, rapid heartbeat, and anxiety.  
**Underactive Thyroid (Hypothyroidism)**: Insufficient thyroid hormone production. Symptoms include weight gain, fatigue, and depression.  
**Thyroid Nodules and Cancer**: Growths on the thyroid gland.

**How to Check Your Thyroid**  
Physical exam, blood tests (TSH, T3, T4), and ultrasound.

E.

### Internal Organs of the Human Body

**The brain** is the command center of the central nervous system. It receives signals from the body and controls voluntary and involuntary activities.

**The lungs** are the main components of the respiratory system. They exchange air and exchange gases, removing carbon dioxide from the blood and providing it with oxygen.

**The heart** pumps the body's entire volume of blood to and from the lungs using the right ventricle and left atrium and to and from all the organs using the left ventricle and right atrium.

**The digestive tract** is a continuous tube extending from the mouth to the anus. It breaks down food into nutrients and absorbs them into the bloodstream.

**The liver**, the largest internal organ, and gallbladder are involved in digestion and metabolism. The liver produces bile, which helps break down fats in the small intestine. It also filters out bacteria and other foreign substances that enter the bloodstream.

**The kidneys** filter waste from the blood, maintain fluid-electrolyte and acid-base balance, produce the hormone that stimulates red blood cell production, and produce active vitamin D.

**The spleen** breaks down old and damaged red blood cells and filters out bacteria and other foreign substances from the bloodstream. It also stores blood cells and produces white blood cells.

**The gallbladder** stores the bile produced by the liver.

**The pancreas** produces and secretes pancreatic enzymes into the duodenum. It also produces insulin and glucagon, which regulate blood sugar levels.

**The stomach** temporarily stores food and begins the digestive process, breaking down the food with gastric juices.

**The large intestine** absorbs water, electrolytes, and the remaining digested waste.

**The small intestine** completes digestion. Food molecules are absorbed through the wall of the intestine into the circulatory system and delivered to the cells of the body.

**The bladder** stores urine that has been excreted from the kidney.

F.

### Gastroesophageal Disorders and Digestive Anatomy

**Gastroesophageal Junction**  
The point where the esophagus meets the stomach.

**Gastric Ulcers**  
Open sores on the lining of the stomach.

**Sigmoidocolonic Junction**  
The point where the sigmoid colon meets the large intestine.

**GERD (Gastroesophageal Reflux Disease)**  
Occurs when stomach acid flows back into the esophagus.

**Acid Reflux**  
The backflow of stomach acid into the esophagus.

**Histal Hernia**  
Occurs when part of the stomach protrudes through the diaphragm.

G.

### THE DIGESTIVE SYSTEM

**The Oral Cavity, Salivary Glands and Stomach**  
The oral cavity is where digestion begins. Salivary glands produce saliva, which contains enzymes that begin the breakdown of food.

**The Liver, Pancreas and Duodenum**  
The liver and pancreas produce enzymes and bile that enter the duodenum, where most digestion occurs.

**Wall of Stomach**  
The stomach wall has three layers: the mucosa, submucosa, and muscularis.

**Wall of Jejunum**  
The jejunum wall has three layers: the mucosa, submucosa, and muscularis.

**Wall of Colon**  
The colon wall has three layers: the mucosa, submucosa, and muscularis.

**The Small and Large Intestines**  
The small intestine completes digestion and absorbs nutrients. The large intestine absorbs water and electrolytes.

H.

### DISEASES OF THE DIGESTIVE SYSTEM

**Esophageal Cancer**  
A malignant tumor that starts in the esophagus.

**Stomach Cancer**  
A malignant tumor that starts in the stomach.

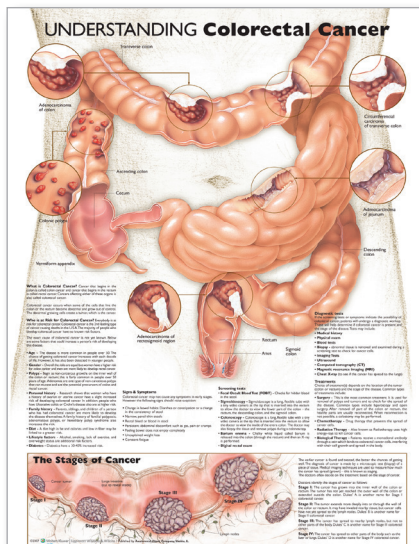
**Colorectal Cancer**  
A malignant tumor that starts in the colon or rectum.

**Celiac Disease**  
An autoimmune disease where the immune system attacks the small intestine.

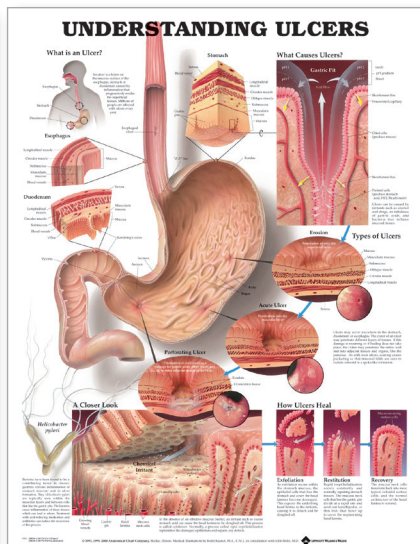
**Inflammatory Bowel Disease (IBD)**  
A group of chronic conditions that cause inflammation in the digestive tract.

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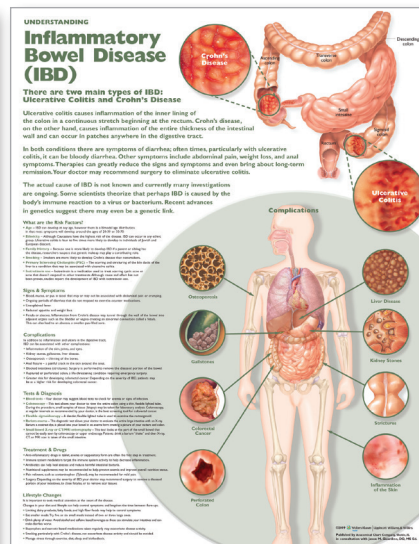




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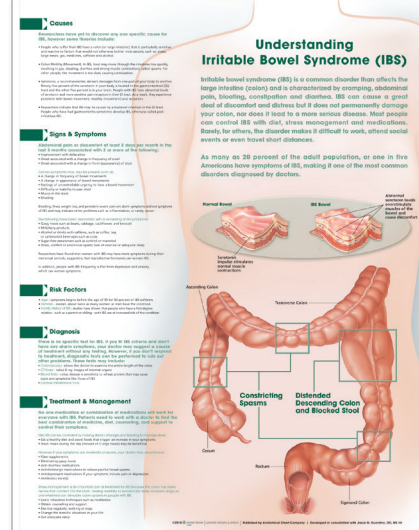
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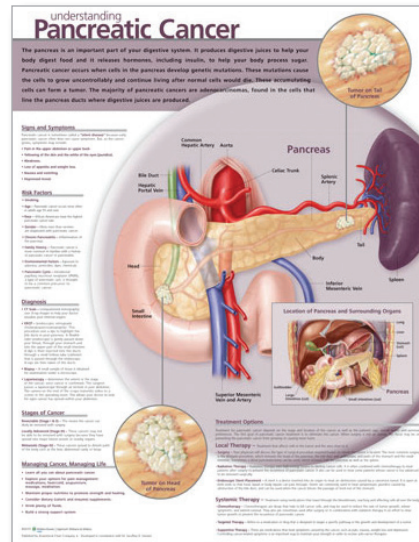
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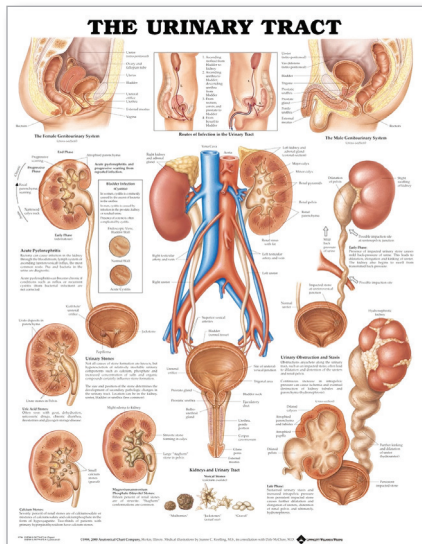


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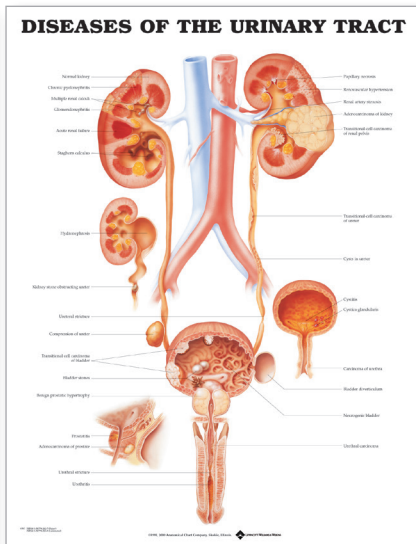


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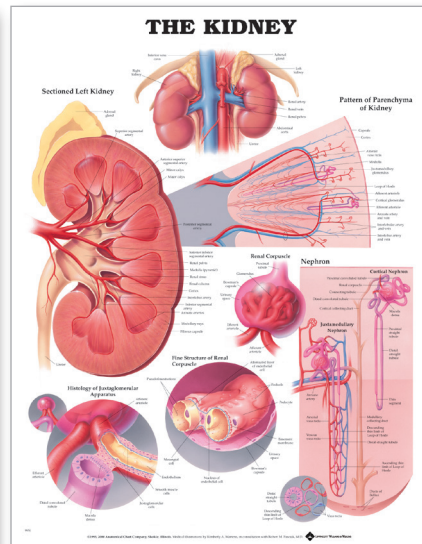




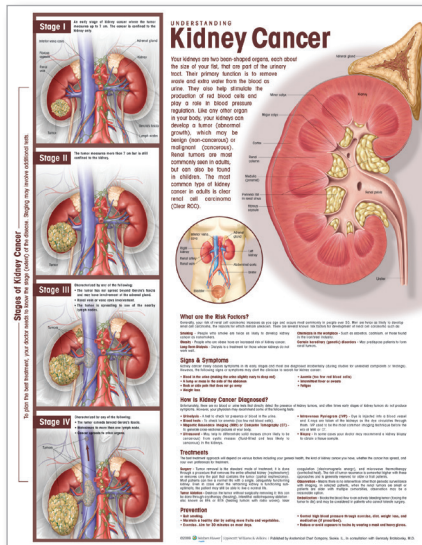
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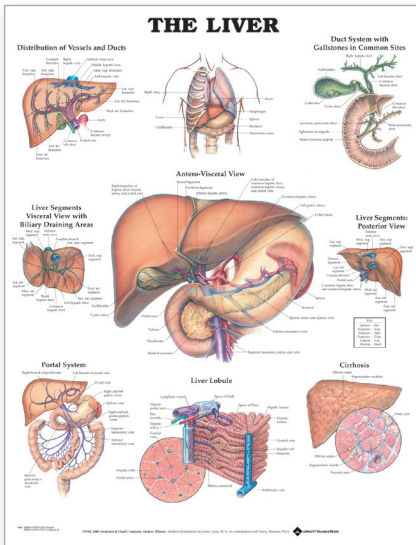
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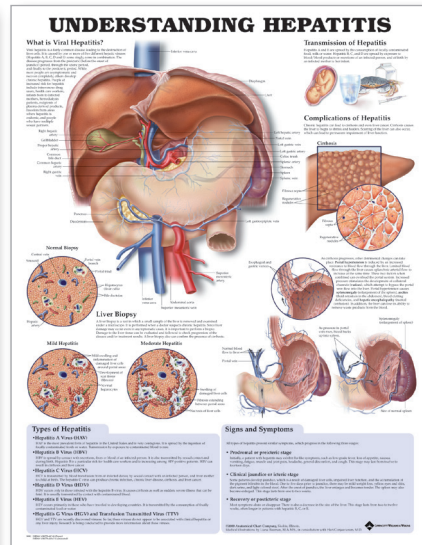
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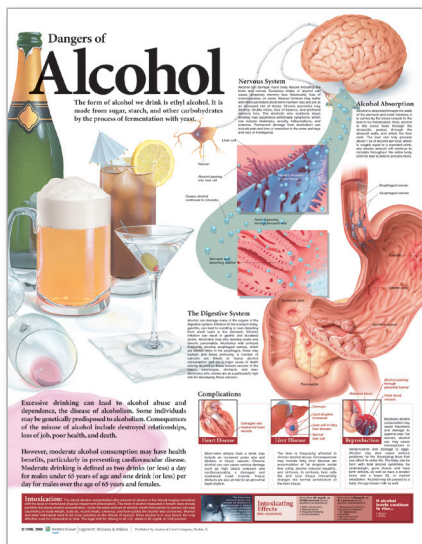
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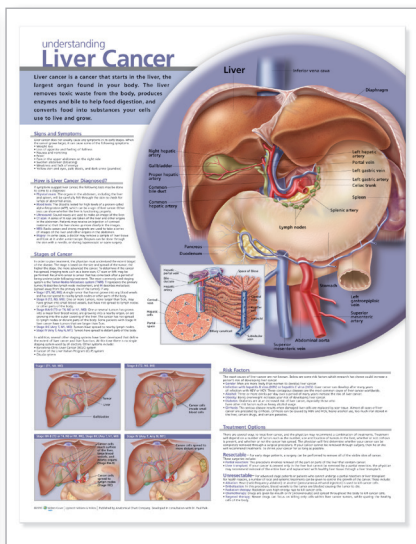
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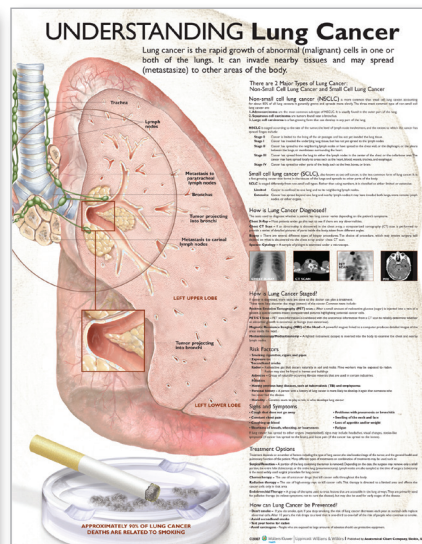
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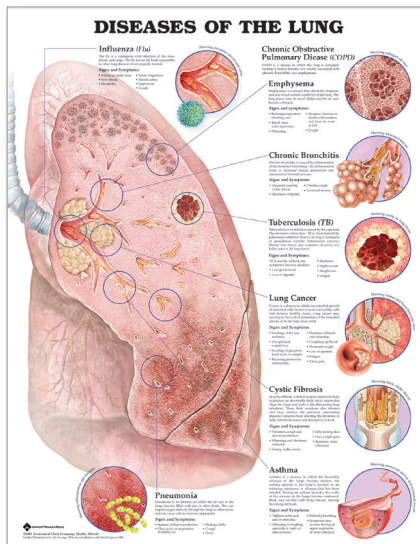
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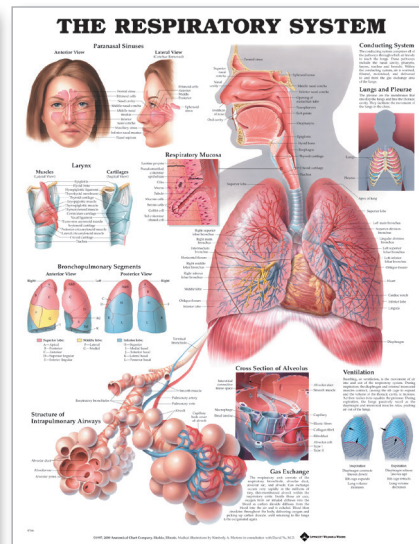
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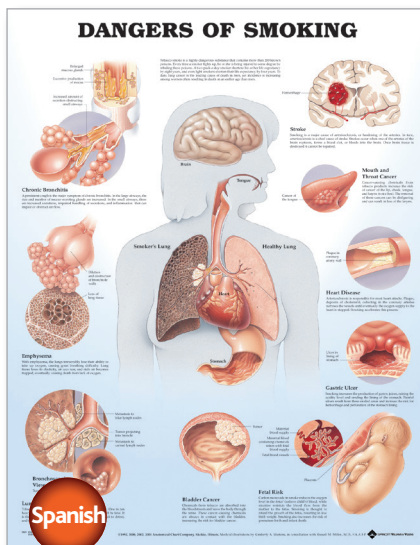
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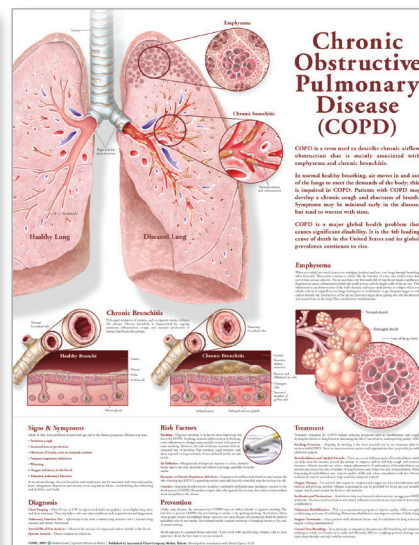
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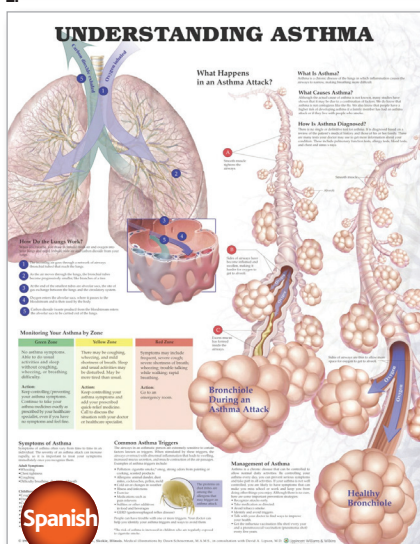
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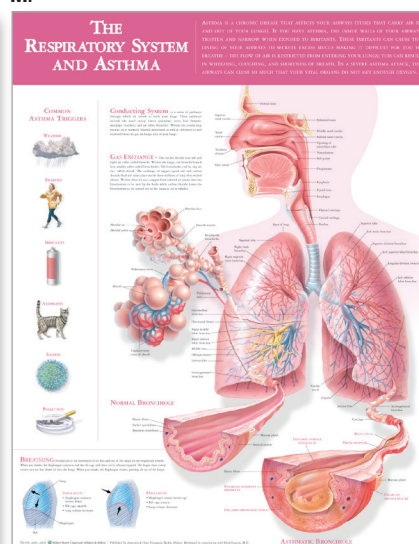
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# UNDERSTANDING ALLERGIES

**What Is An Allergy?**  
An allergy is an overreaction or hypersensitivity of the body's immune system to normally harmless substances, called allergens. An allergic reaction occurs when the body's immune system responds to an allergen as if the substance were disease causing. Subsequent exposures to this substance can result in physical symptoms that range from mild to life threatening.

**Who Gets Allergies?**  
The tendency to develop allergies is thought to be inherited, because they commonly develop in those who have a family history of allergies. It is possible for anyone to develop allergies at any age. Environmental factors can make our immune systems overly sensitive. This could then trigger allergies in people with no family history or hasten the onset in those with a family history.

**What Are Common Allergens?**  
Allergens can enter the body in a number of different ways, including inhaling, eating, drinking, injection (as with bee venom), and contact with the skin or eyes. Common allergens include pollen, mold, animal hair or dander, dust mites, certain medications (for example, penicillin), and certain foods (for example, peanuts, eggs, milk, wheat, and seafood).

**Anaphylaxis: An Allergic Emergency**  
Anaphylaxis is a life-threatening reaction. The onset of this reaction may occur within seconds or minutes of exposure. Symptoms may include a red rash over most of the body. Skin becomes warm to the touch, intense tightening and swelling of the airways make breathing difficult, and there is a drop in blood pressure. Breathing can stop and the body may slip into shock. If medication is not administered quickly, heart failure and death can result within minutes in the most severe reactions. Allergens in insect venom and medications such as antibiotics are more likely to cause anaphylaxis than are any other allergens. Anaphylaxis is not a common reaction and can be controlled with prompt medication and the help of a physician.

**Managing Allergies**  
The first step in managing allergies is to identify the type of reaction you are having, whether it is watery eyes, sneezing, or difficulty breathing. Second, try to identify the trigger or the situation that led to the symptoms. Ask yourself a few questions:  
 • Why did the reaction occur?  
 • Were there any animals or insects near you?  
 • Inside or outside?  
 • Were you eating or drinking?  
 • Did you use a new soap or detergent?  
 • Were there any new clothes?  
 • Were you wearing any new jewelry?  
 • Did you use a new soap or detergent?  
 A physician can perform skin or blood allergy tests with a variety of common allergens. Once the allergen has been identified, manage your allergies by following some tips:  
 • Avoid allergens when possible.  
 • Avoid tobacco smoke and other irritants.  
 • Use medication as prescribed.  
 • See a doctor regularly.  
 • Stop smoking.

**Hay Fever (allergic rhinitis)**  
Commonly caused by exposure to ragweed and some tree pollens. It affects the eyes and nose. Causes sneezing, runny nose, watery, itchy eyes; itchy, itchy throat; and, sometimes, a stuffy, blocked nose.

**Sinusitis**  
An inflammation, or swelling, of the tissue lining the sinuses. Symptoms may include facial pain/pressure, a "stuffy head" (congestion), nasal stuffiness, nasal discharge, and loss of sense of smell.

**Eczema (atopic dermatitis)**  
A group of medical conditions that cause the skin to become inflamed or irritated. It causes itchy, red rashes of the skin characterized by lesions, scaling, and flaking.

**Hives (urticaria)**  
An outbreak of swollen, pale red bumps or patches (wheals) on the skin, as a result of the body's adverse reaction to certain allergens, or for unknown reasons.

**Asthma**  
Affects the respiratory system, causing coughing, wheezing, and chest tightness after exposure to an allergen. Common allergens that worsen asthma include plant pollens and dust mites.

**Contact Dermatitis**  
An inflammation of the skin caused by direct contact with an irritating or allergy-causing substance (such as poison ivy or latex gloves). It causes redness, itching, swelling, or rashes on the skin.

**Allergic Conjunctivitis**  
An inflammation of the conjunctiva, the tissue that lines the eyeball and inside of the eyelids, associated with allergies. The eyes become red, itchy, and watery.

**Food Allergies**  
Symptoms include swelling of lips, throat, face, and tongue; upset stomach; vomiting; abdominal cramps; hives, and skin rashes. Food allergies may be life threatening.

**Household Allergies**  
Dust mites are microscopic organisms that feed on live and shed skin tissue. Mites are commonly found on pillows, mattresses, and upholstered furniture. Mite feces are responsible for a majority of the year-round types of allergies, and are a major cause of asthma.

**Drug Allergies**  
Certain medicines can trigger allergic reactions ranging from mild rashes to life-threatening symptoms, which can affect any tissue or organ in the body.

**Spanish**

A.

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# UNDERSTANDING INFLUENZA

**What Is Influenza?**  
Influenza is a viral infection of the upper respiratory tract (nose and throat) that causes the sudden onset of fever, chills, muscle aches, and fatigue. It is often confused with the common cold, but the symptoms can last for 2 weeks. Rarely, a bacterial infection can complicate a cold caused by a virus.

**Prevention**  
 • Wash your hands frequently.  
 • Avoid contact with people who have the flu.  
 • Avoid touching your nose, mouth, and eyes.  
 • Avoid sharing cups, glasses, and other personal items.  
 • Avoid crowded places.  
 • Avoid public places during the flu season.  
 • Avoid contact with sick people.  
 • Avoid contact with sick animals.  
 • Avoid contact with sick birds.

**Special Risk Factors**  
 • People who live in long-term care facilities.  
 • People who work in health care facilities.  
 • People who travel frequently.  
 • People who have chronic medical conditions.  
 • People who are over 65 years old.  
 • People who are pregnant.  
 • People who are taking certain medications.

**The Vaccination (Flu Shot)**  
 The flu shot is a vaccine that helps prevent the flu. It is made from inactivated virus particles. It is given as an injection into the muscle. The flu shot is recommended for everyone 65 years of age and older, and for people with certain chronic medical conditions, people who live in long-term care facilities, and people who work in health care facilities.

**Complications**  
 • Bacterial pneumonia.  
 • Sinusitis.  
 • Ear infections.  
 • Asthma.  
 • Heart failure.  
 • Death.

**What to Do If You Get Sick**  
 • Rest.  
 • Drink plenty of fluids.  
 • Take over-the-counter pain relievers.  
 • Avoid contact with other people.  
 • Stay home from work or school.

**Questions & Answers**  
 Q: Can you get the flu from a cold?  
 A: No, you cannot get the flu from a cold. The flu is caused by a different virus than the common cold.  
 Q: Is the flu more serious than the common cold?  
 A: Yes, the flu is more serious than the common cold. It can cause complications, such as pneumonia, and it can be fatal.  
 Q: Can the symptoms of the flu be prevented?  
 A: Yes, the symptoms of the flu can be prevented by getting a flu shot and practicing good hygiene.

B.

# The Common Cold

**Understanding**  
 The common cold is a viral infection of the upper respiratory tract (nose and throat) that causes the sudden onset of fever, chills, muscle aches, and fatigue. It is often confused with the common cold, but the symptoms can last for 2 weeks. Rarely, a bacterial infection can complicate a cold caused by a virus.

**Causes and Risk Factors**  
 • Contact with an infected person.  
 • Contact with an infected object.  
 • Contact with an infected animal.  
 • Contact with an infected bird.  
 • Contact with an infected insect.  
 • Contact with an infected plant.  
 • Contact with an infected soil.  
 • Contact with an infected water source.

**Signs and Symptoms**  
 • Runny nose.  
 • Sneezing.  
 • Sore throat.  
 • Coughing.  
 • Fever.  
 • Fatigue.  
 • Muscle aches.

**Complications of the Common Cold**  
 • Bacterial pneumonia.  
 • Sinusitis.  
 • Ear infections.  
 • Asthma.  
 • Heart failure.  
 • Death.

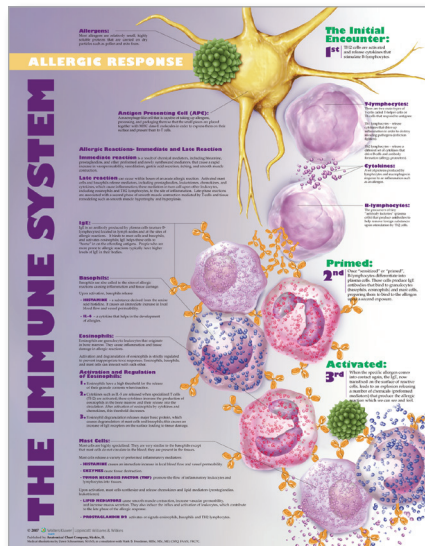
**Treatment and Management**  
 • Rest.  
 • Drink plenty of fluids.  
 • Take over-the-counter pain relievers.  
 • Avoid contact with other people.  
 • Stay home from work or school.

**Prevention**  
 • Wash your hands frequently.  
 • Avoid contact with people who have the cold.  
 • Avoid touching your nose, mouth, and eyes.  
 • Avoid sharing cups, glasses, and other personal items.  
 • Avoid crowded places.  
 • Avoid public places during the cold season.  
 • Avoid contact with sick people.  
 • Avoid contact with sick animals.  
 • Avoid contact with sick birds.

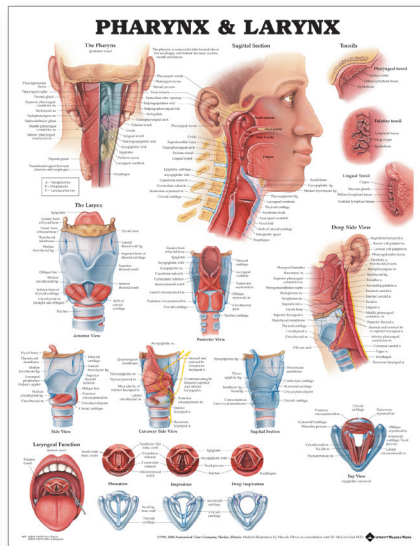
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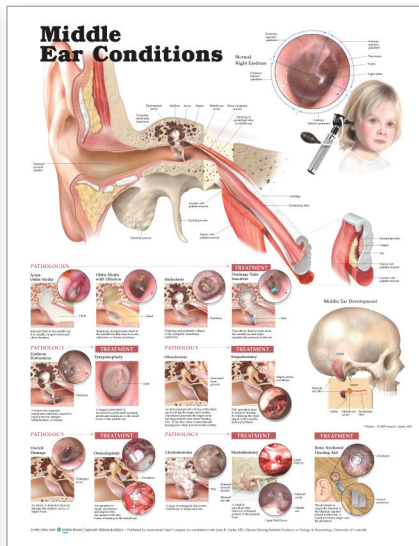




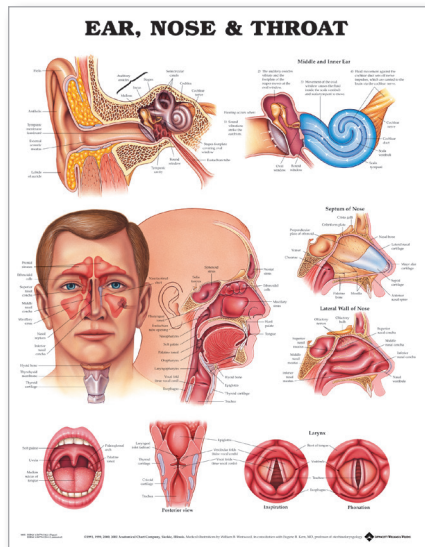
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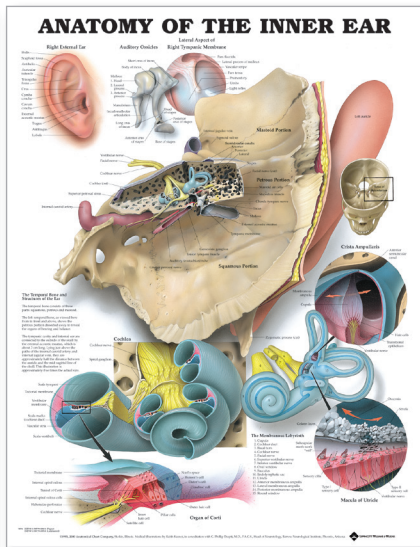
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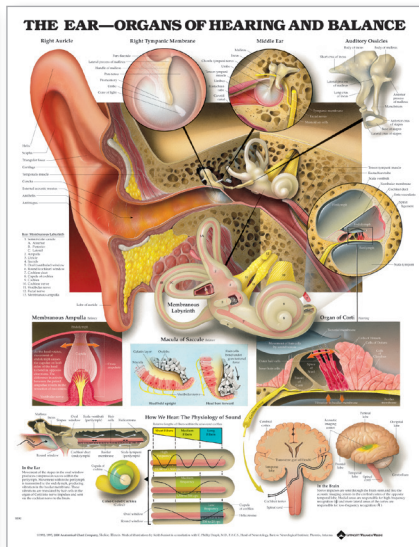
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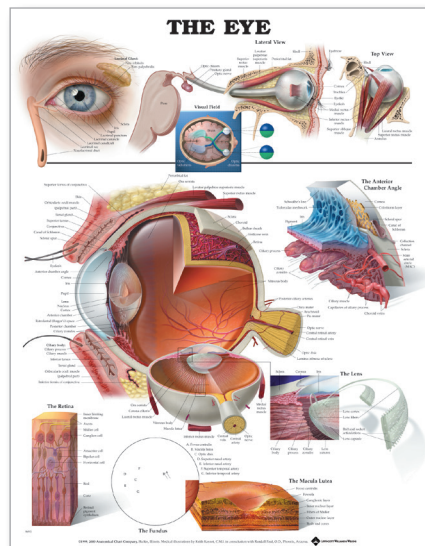
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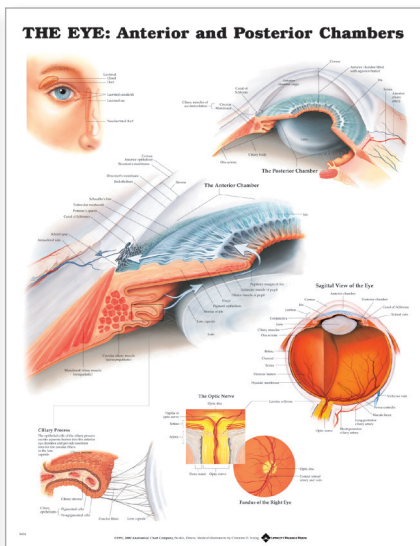
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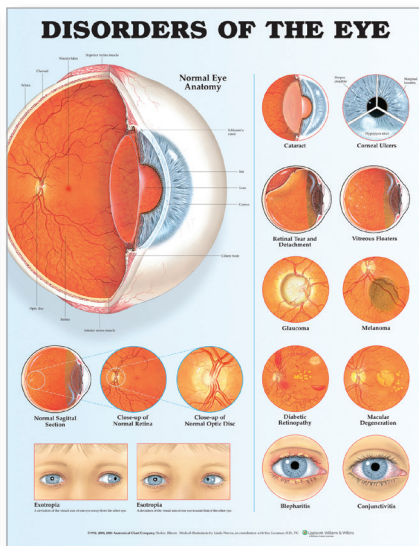
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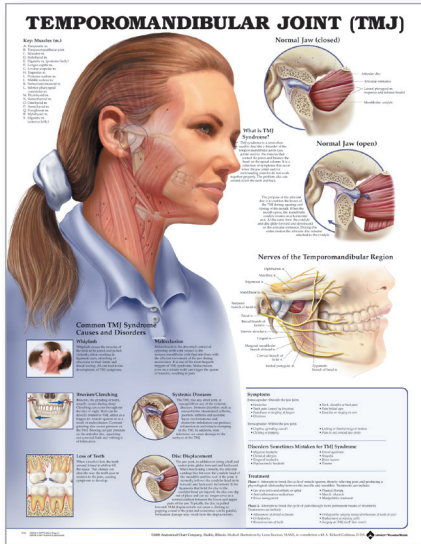


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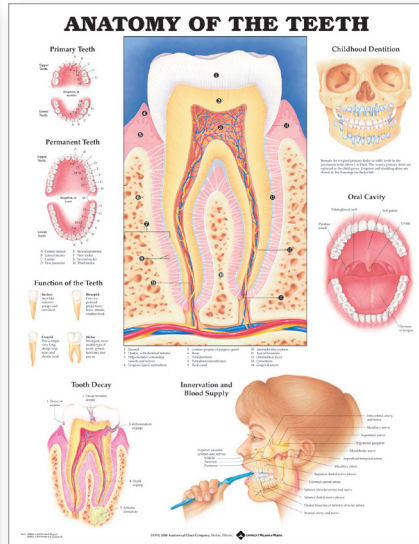


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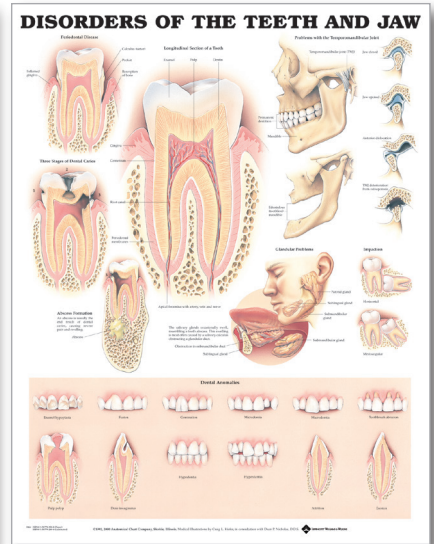




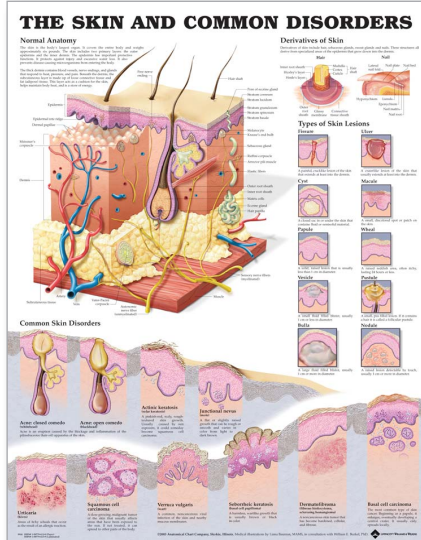
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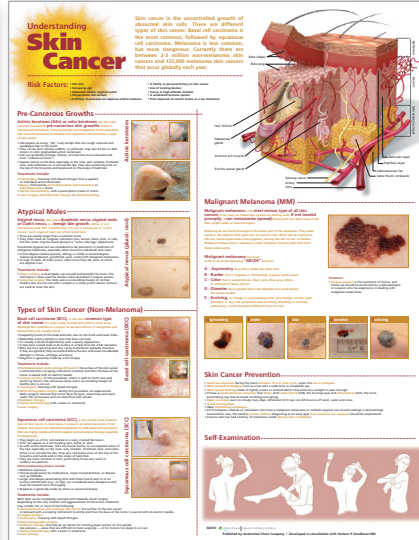
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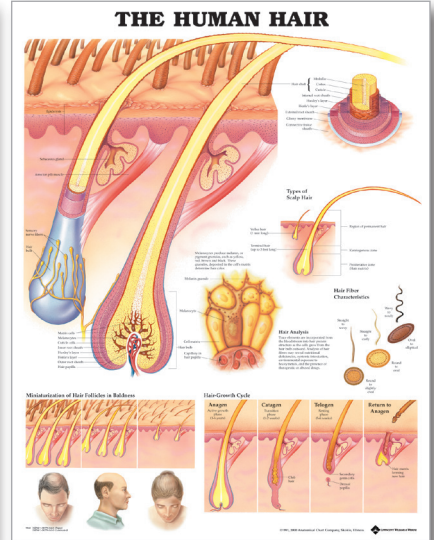
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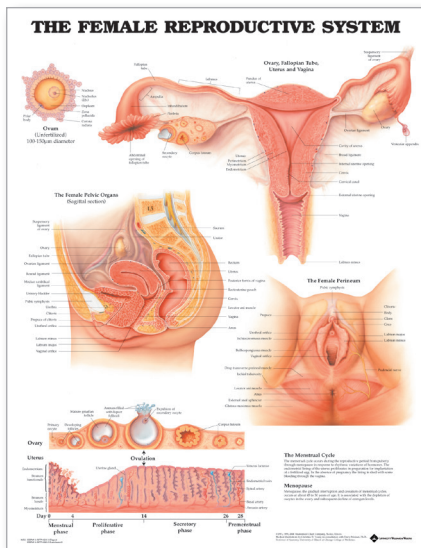


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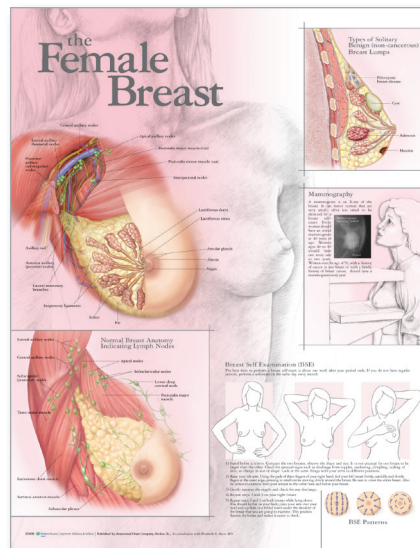
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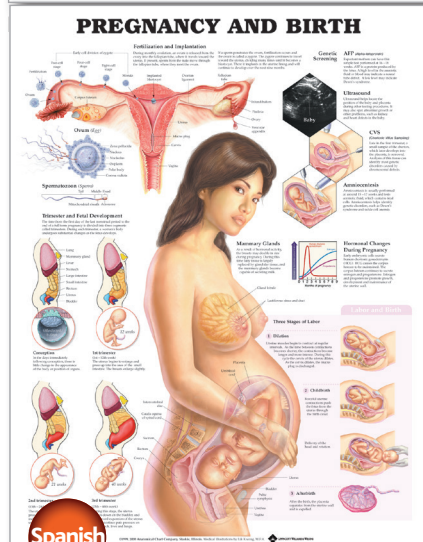
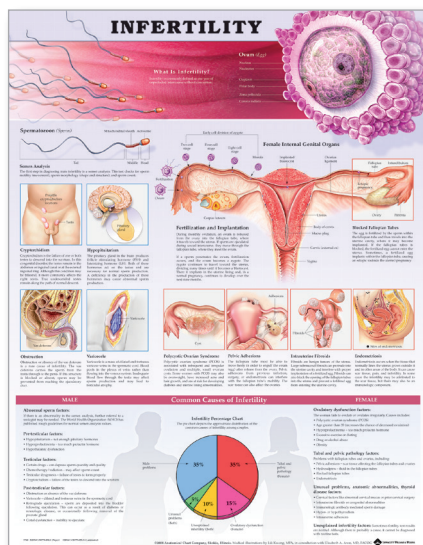
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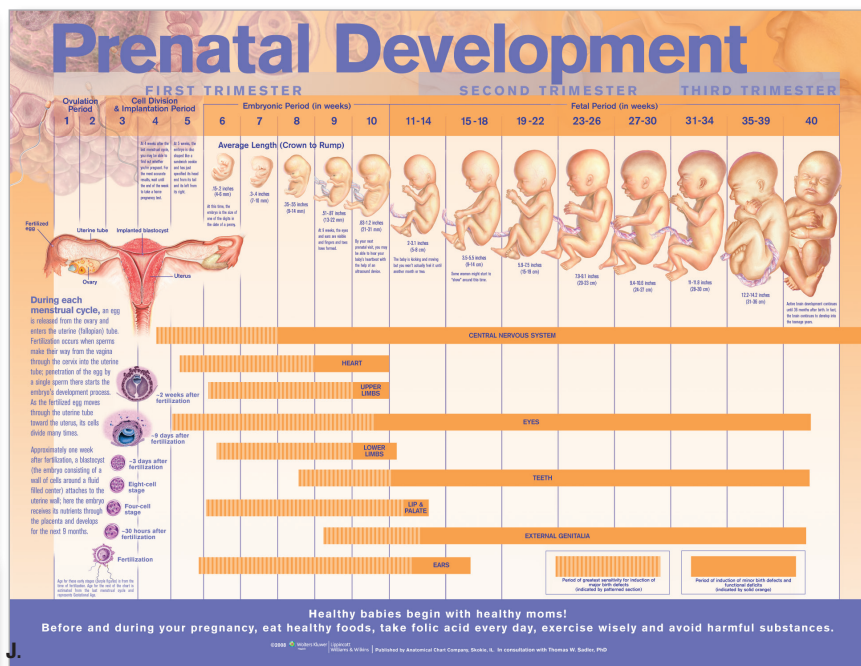
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H.



K.



Healthy babies begin with healthy moms! Before and during your pregnancy, eat healthy foods, take folic acid every day, exercise wisely and avoid harmful substances.

**Be sure to see ...**

- Alternative Therapy Resources (pages 36-37)
- Anatomical Chart Collections (pages 27-30)
- Anatomical Models (pages 42-57)
- Gifts (page 75)
- Reference Materials & Study Aids (pages 31-34)
- Skeletal Models (pages 58-74)



# Understanding Breast Cancer

**What Is Breast Cancer?**  
Breast Cancer is the most common form of cancer in women and is the number 2 killer (after lung cancer) of women age 15 to 54. It can also occur in men, though incidence is rare. The survival rate has improved because of earlier diagnosis and the variety of treatment now available. The most common location for Breast Cancer is the upper outer quadrant (the upper part of the breast closest to the armpit), although it may occur in any part of the breast. The size of which a cancer can be felt varies based on its location in the breast and the characteristics of both the cancer and the normal breast tissue. Breast Cancer may spread by way of the lymphatic system to the underarm lymph nodes or by the bloodstream to the lungs, liver, bones and other organs, or directly to the skin or surrounding tissues.

**Types of Breast Cancer**  
Ductal carcinoma in situ (DCIS) is the most common type of in situ cancer. In situ cancers lack the ability to spread outside of the organ. Infiltrating ductal carcinoma (IDC) is the most common type of invasive breast cancer. Invasive or infiltrating cancers have the ability to spread to other parts of the body. Other invasive cancers include: infiltrating lobular carcinoma, medullary carcinoma, tubular carcinoma and mucinous cancer.

**Breast Self Examination (BSE)**  
The best time to perform a self-exam is about one week after your period ends. If you do not have regular periods, perform a self-exam on the same day every month.

**BSE Patterns**  
• **Visual Inspection:** Stand before a mirror. Compare both breasts, noticing the shape and size. It is not unusual for one breast to be larger than the other. Check for unusual signs such as puckering, dimpling, swelling of skin, or change in size or shape. Look at the same things with your arms in different positions.  
• **Roller your left arm:** Using the pads of your fingers, roll your left breast firmly, carefully and slowly. Begin at the outer edge, moving slowly toward the center. Be sure to cover the entire breast. Also be sure to feel around the breast from your armpit to the collar bone as well as below your breast.  
• **Repeat the steps above on your right breast.**  
• **While lying down,** repeat the steps above on both breasts. Lie flat on your back with your arms over your head. Place a pillow or folded towel under the shoulder of the breast that you are going to examine. This position flattens the breast and makes it easier to check.

**Signs and Symptoms**  
• A lump or mass in the breast  
• Change in shape or size of the breast  
• Change in the skin, such as thickening or dimpling, scaly skin around the nipple, or orange-peel-like appearance, or ulcers  
• Discharge from the nipple that occurs without squeezing the nipple  
• Change in the nipple, such as itching, burning, erosion, or retraction  
• Swelling of the arm  
• Pain (with an advanced tumor)  
• Change in skin temperature or color (to warm, hot, or pink area)

**Risk Factors for Breast Cancer**  
The cause of breast cancer isn't known, but its higher incidence in women suggests that estrogen is a cause or contributing factor. Women who are at increased risk include those who:  
• have a family history of breast cancer in close relatives (mother, sister, daughter)  
• have a long menstrual history (begin menstruating at an early age or experienced menopause late)  
• have had breast cancer in one breast  
• have had breast biopsy showing atypical hyperplasia (increased cell production)  
• were first pregnant after age 31  
• have never been pregnant  
• were exposed to low-level ionizing radiation

**Staging**  
Clinical Staging is a part of the pretreatment evaluation and is performed based on physical exam and x-rays studies. The final (pathologic) stage is determined by microscopic examination of the biopsied tissue and axillary specimens to assess the size of the cancer and the presence of lymph node involvement, and the possibility of systemic metastasis (spread of cancer outside of the breast and lymph nodes). The most common used system is the **Tumor-Node-Metastasis system (TNM)**. T represents the tumor, N the lymph node involvement, and M the metastasis (if any).

**Stage I**  
T (Tumor size less than or equal to 2cm)  
N (No axillary metastasis)  
M (no metastasis)

**Stage II**  
T (Tumor size less than 5cm)  
N (axillary metastasis not fixed)  
M (no metastasis)  
OR  
T (any size larger than 2cm)  
N (no axillary metastasis)  
M (no metastasis)

**Stage III**  
T (greater than 5cm)  
N (axillary metastasis not fixed or fixed)  
M (no metastasis)

**Stage IV**  
T (any size)  
N (axillary metastasis not fixed or fixed)  
M (distant metastasis)

A.

## BENIGN BREAST DISEASE

**What is Benign Breast Disease?**  
Benign breast disease refers to a group of non-cancerous conditions that affect the breasts. These conditions can cause changes in the way the breasts look and feel, but they do not increase the risk of developing breast cancer.

**Breast Self-Examination (BSE)**  
The best time to perform a self-exam is about one week after your period ends. If you do not have regular periods, perform a self-exam on the same day every month.

**BSE Patterns**  
• **Visual Inspection:** Stand before a mirror. Compare both breasts, noticing the shape and size. It is not unusual for one breast to be larger than the other. Check for unusual signs such as puckering, dimpling, swelling of skin, or change in size or shape. Look at the same things with your arms in different positions.  
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• **While lying down,** repeat the steps above on both breasts. Lie flat on your back with your arms over your head. Place a pillow or folded towel under the shoulder of the breast that you are going to examine. This position flattens the breast and makes it easier to check.

**Diagnosis: Procedures for a Detected Breast Abnormality**  
• **Mammography:** A procedure that uses low-dose X-rays to produce images of the breast tissue.  
• **Ultrasound:** A procedure that uses sound waves to create images of the breast tissue.  
• **Biopsy:** A procedure that involves removing a small sample of breast tissue for examination under a microscope.

**Treatment**  
Treatment for benign breast disease depends on the specific condition and the patient's symptoms. Options may include observation, medication, or surgery.

## Common GYNECOLOGICAL DISORDERS

**NORMAL MENSTRUAL CYCLE**  
Mostly three phases through, menopause, the menstrual cycle occurs in response to normal hormonal changes. The menstrual flow of an average female is preparation for the maturation of a follicular egg. If pregnancy does not occur the lining of uterus is shed, resulting in a menstrual period. A normal menstrual cycle is 21 to 35 days.

**ABNORMAL MENSTRUAL CYCLE**  
Abnormal vaginal bleeding is a flow of blood from the vagina that occurs either at the wrong time during a cycle or in irregular amounts brought by several factors. Any form of abnormal vaginal bleeding warrants a visit to your doctor.

**REGULAR HEAVY BLEEDING**  
Heavy menstrual bleeding is a condition in which a woman experiences unusually heavy or long menstrual periods. This can lead to iron deficiency anemia and other health problems.

**IRREGULAR BLEEDING**  
Irregular bleeding is a condition in which a woman experiences menstrual periods that are not regular. This can be a sign of an underlying health condition.

**PERIODS THAT ARE TOO PAINFUL**  
Dysmenorrhea is a condition in which a woman experiences severe menstrual cramps. This can be a sign of an underlying health condition.

**PERIODS THAT ARE TOO LONG**  
Menorrhagia is a condition in which a woman experiences unusually long menstrual periods. This can lead to iron deficiency anemia and other health problems.

**PERIODS THAT ARE TOO SHORT**  
Oligomenorrhea is a condition in which a woman experiences unusually short menstrual periods. This can be a sign of an underlying health condition.

**PERIODS THAT ARE TOO LIGHT**  
Hypomenorrhea is a condition in which a woman experiences unusually light menstrual periods. This can be a sign of an underlying health condition.

**PERIODS THAT ARE TOO DARK**  
Hypermenorrhea is a condition in which a woman experiences unusually dark menstrual periods. This can be a sign of an underlying health condition.

**PERIODS THAT ARE TOO BRIGHT**  
Hypermenorrhea is a condition in which a woman experiences unusually bright menstrual periods. This can be a sign of an underlying health condition.

B.

## Understanding Menopause

Menopause is defined as the time after 12 consecutive months without periods when the production of the hormones estrogen and progesterone significantly declines. The average age at which menopause occurs in the United States is 51.

**What are the Changes I Might Expect?**  
• Hot flashes and night sweats  
• Vaginal dryness  
• Mood changes  
• Weight gain  
• Hair loss  
• Skin changes  
• Changes in cholesterol levels

**Medications**  
• Hormone therapy (HT)  
• Selective serotonin reuptake inhibitors (SSRIs)  
• Antidepressants  
• Pain relievers  
• Blood thinners

**Staying Healthy After Menopause**  
• Regular exercise  
• Healthy diet  
• Regular checkups  
• Avoid smoking  
• Limit alcohol consumption

**The Role of Hormones**  
• Estrogen  
• Progesterone  
• Testosterone

D.

## Understanding CERVICAL CANCER

The cervix is the lower, narrow end of the uterus. Cervical cancer is a disease in which cancer cells form in the tissues of the cervix. The most common types of cervical cancer are squamous cell cancer, adenocarcinoma, cancer, and adenocarcinoma.

**RISK FACTORS**  
• Human papillomavirus (HPV) infection  
• Smoking  
• Weakened immune system  
• Early sexual activity  
• Multiple sexual partners  
• Long-term use of oral contraceptives

**TREATMENT**  
• Surgery  
• Radiation therapy  
• Chemotherapy

**DIAGNOSIS / SCREENING**  
• Pap smear  
• Colposcopy  
• Biopsy

**PREVENTION**  
• HPV vaccination  
• Safe sex practices  
• Regular Pap smears

**STAGING**  
• Stage I  
• Stage II  
• Stage III  
• Stage IV

E.

## Understanding Ovarian Cancer

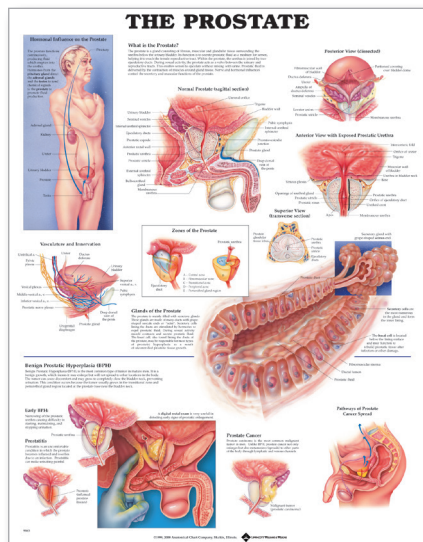
Ovaries are almond-sized reproductive organs that release eggs and make hormones. The most common form of ovarian cancer starts on the surface of the ovary and is called epithelial ovarian cancer. Rare types of ovarian cancer include germ cell tumors (developing in the cells that produce eggs) and stromal cell tumors (found in the cells of the ovarian connective tissue that produce the female hormones).

**Stages of Cancer**  
• Stage I  
• Stage II  
• Stage III  
• Stage IV

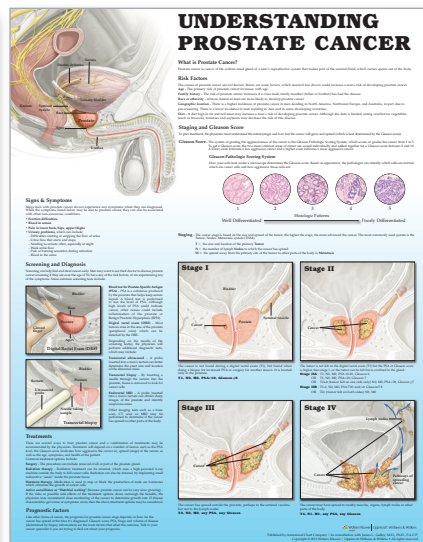
**Treatment Options**  
• Surgery  
• Radiation therapy  
• Chemotherapy

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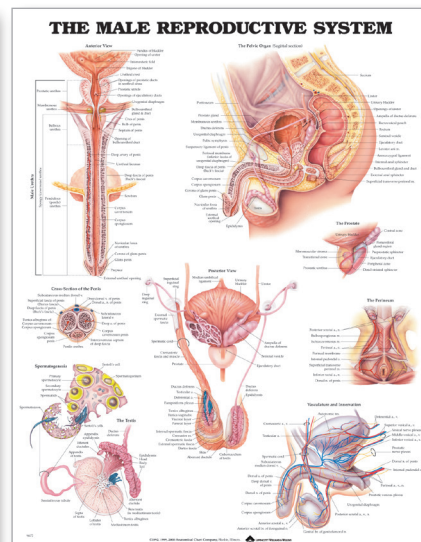




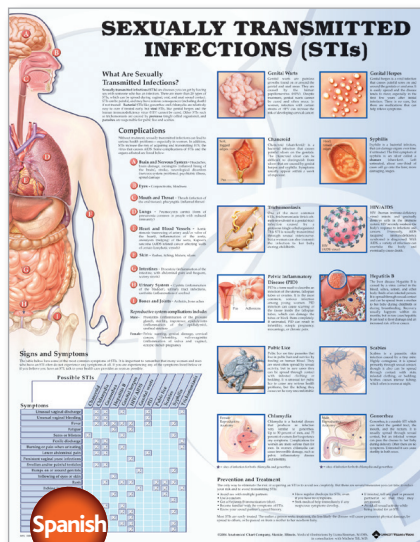
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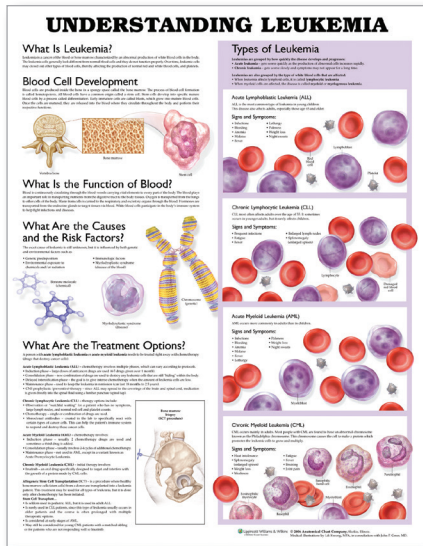
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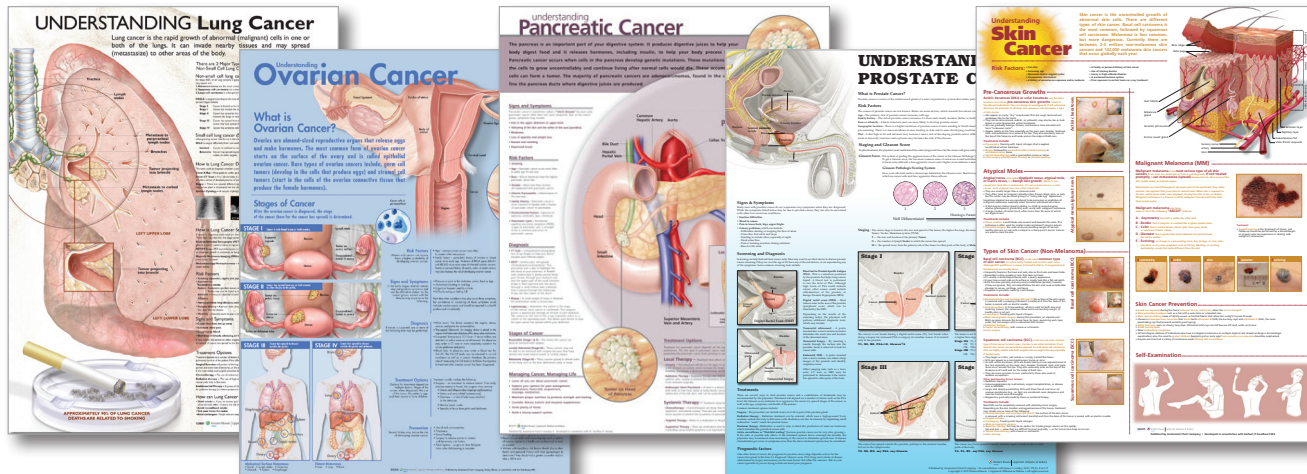
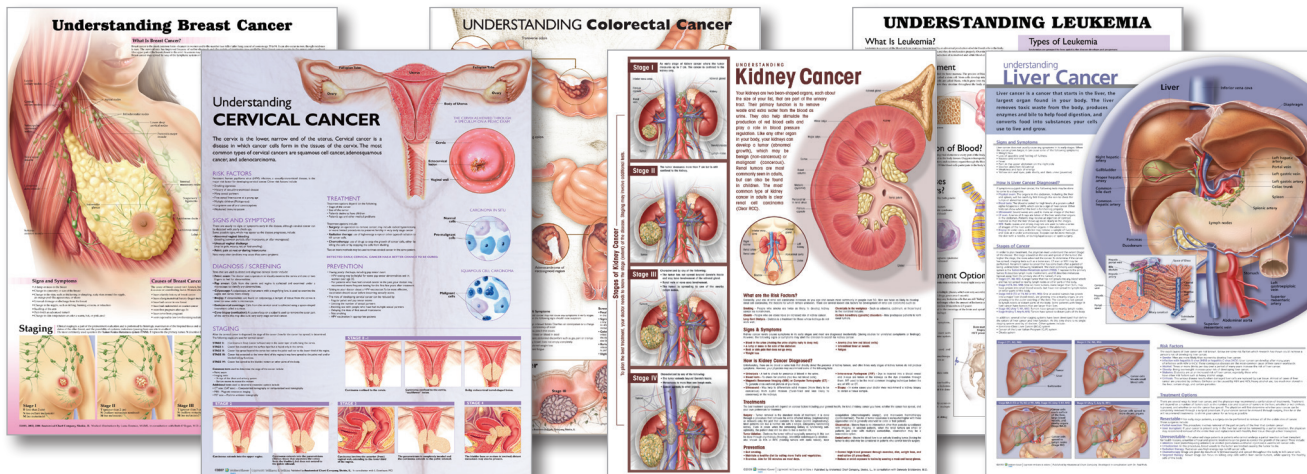
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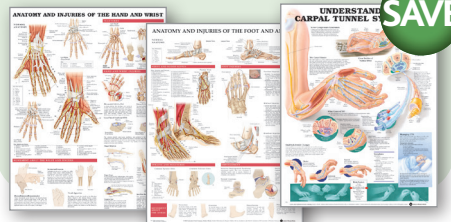
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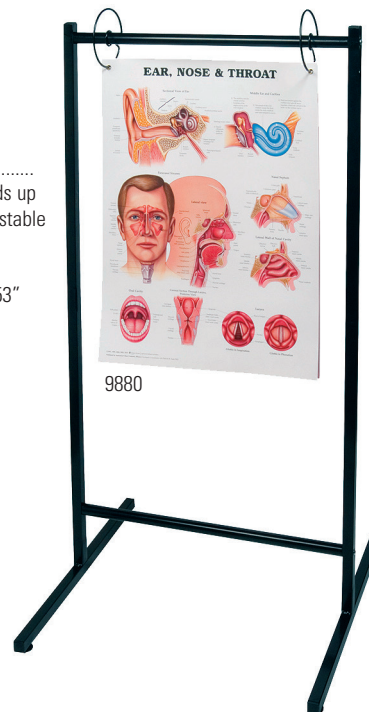
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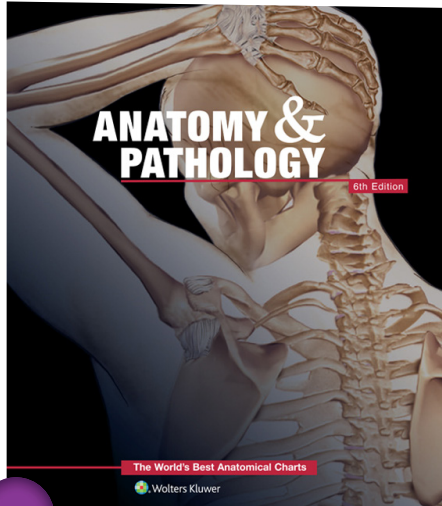
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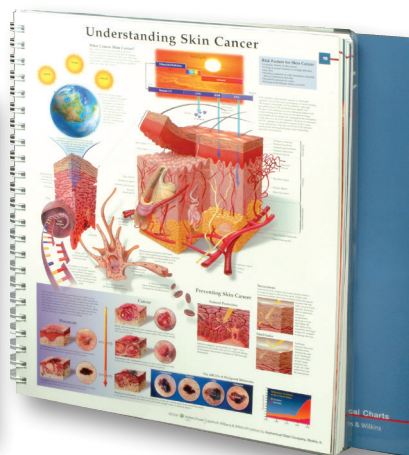
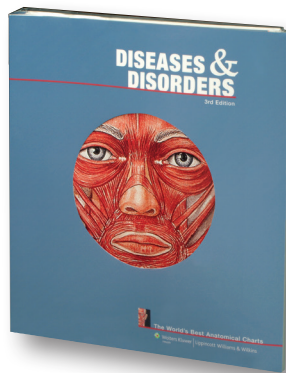
978-1-4698-8990-0.....

**Now fully updated** to include more diseases and significant health topics. You'll welcome the ...

- **spiral binding** that allows the book to lie flat for easy reference
- **52 full-color charts** created by elite medical illustrators
- **up-to-the-minute facts** on high blood pressure, sleep disorders, allergies, cancer, pregnancy, and more
- **clear, concise supporting points** printed directly on each chart — no loose papers to misplace.

Contents:

- Systems of the Body** – 12 charts
- Structures of the Body** – 16 charts
- Diseases and Disorders** – 24 charts



**Diseases & Disorders, 3rd Edition – 70 Charts**

978-0-7817-8211-1.....

Contents:

- Brain Diseases & Disorders** – 9 charts
- Cancer** – 7 charts
- Cardiovascular and Venous Diseases & Disorders** – 6 charts
- Dental Diseases & Disorders** – 2 charts
- Digestive System Diseases & Disorders** – 3 charts
- Endocrine System Diseases & Disorders** – 4 charts
- Eye and Ear Diseases & Disorders** – 3 charts
- Infectious Diseases & Disorders** – 6 charts
- Muscular and Skeletal Diseases & Disorders** – 11 charts
- Reproductive Diseases & Disorders** – 8 charts
- Respiratory Diseases & Disorders** – 4 charts
- Healthy Lifestyle Issues** – 7 charts



**Communicate clearly in Spanish with vivid illustrations and concise messages that say exactly what you mean.**

### Systems & Structures, 3rd Edition – 44 Charts

978-1-60547-104-4.....

The Third Edition of Systems and Structures: The World's Best Anatomical Charts features 44 new and updated anatomical charts created by some of the world's best medical illustrators. This reference is an essential addition for every library, whether you are a health professional, student, or interested consumer.

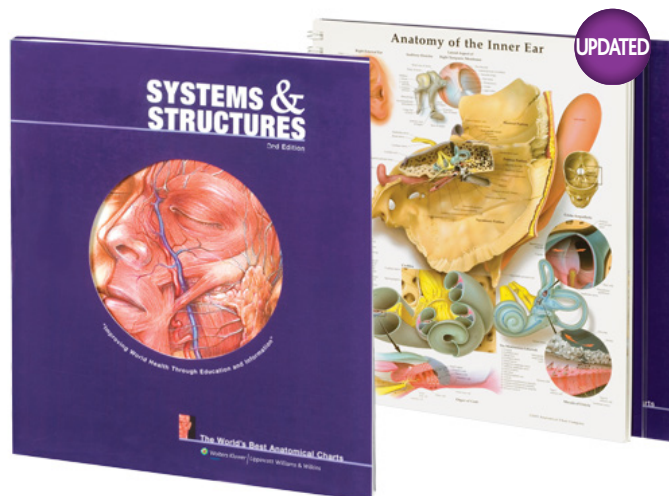
The chart format provides a clear and visual understanding of human anatomy and physiology. Medical terminology and easy-to-understand supporting text are printed directly on each chart so you never have to refer to separate keys cards or manuals.

Printed in vivid, lifelike colors on high-quality paper, and spiral bound in a convenient sized format, this book is ideal for studying human anatomy, patient consultation, or quick reference.

Contents:

**Systems of the Body** – 14 charts

**Structures of the Body** – 30 charts



### English and Spanish Anatomical Chart Desktop Collection

978-1-58779-980-8.....

**English and Spanish Anatomical Chart Desktop Collection** includes 34 of our most popular anatomy and pathology topics presented in both English and Spanish (68 charts total), with emphasis on those disorders that may often affect the Hispanic/Latino population.

Handy for learning terminology, this book is also very handy in bilingual patient counseling situations. The covered spiral binding allows the book to lay flat on a desk with the chart in English on the left side, next to the same chart in Spanish on the right.

Printed in vivid lifelike colors on high-quality paper, the anatomical charts show the human body in a format that provides a clear and visual understanding of human anatomy, physiology and diseases. Medical terminology and easy-to-understand supporting text are printed directly on each chart so you never have to refer to a separate key card or manual. Size: 10" x 12" (25.4cm x 30.48cm).

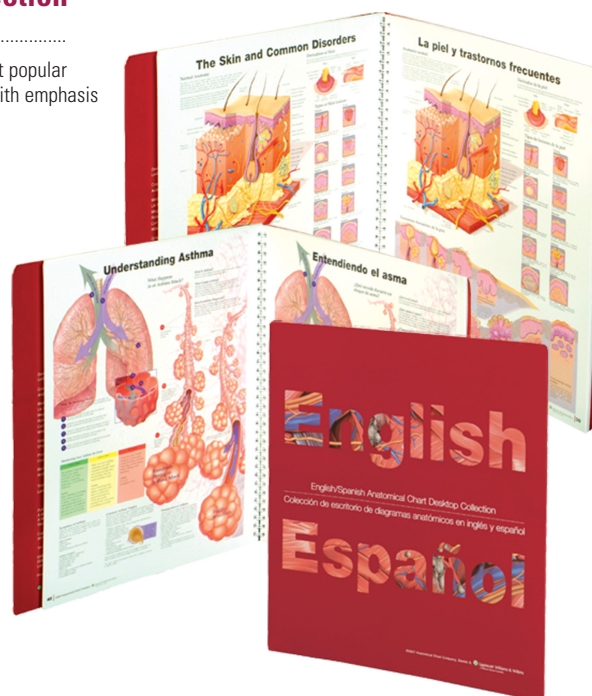
Contents:

**Systems / Sistemas** — 20 charts, including The Muscular System

**Organs and Structures / Órganos y estructuras** — 14 charts, including The Brain, The Heart, and Pregnancy and Birth

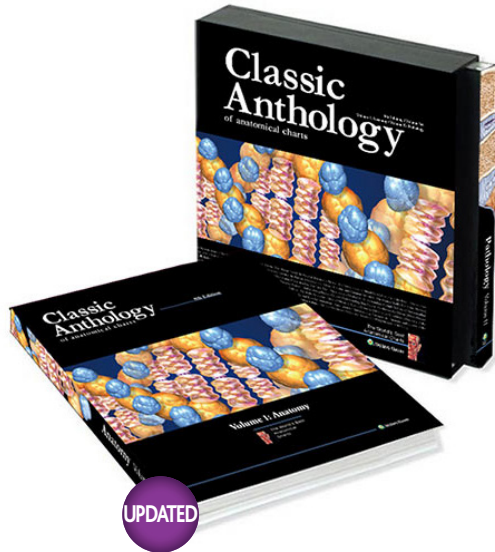
**Diseases and Disorders / Enfermedades y trastornos** — 26 charts, including Understanding Asthma and Understanding Type 2 Diabetes

**Healthy Lifestyles Issues / Temas relacionados con un estilo de vida sano** — 8 charts, including Keys to Healthy Eating





*The essential anatomy collection with a wealth of enhancements.*



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The Eighth Edition of the **Classic Anthology of Anatomical Charts** features 104 new and updated anatomical charts in a two-volume boxed set. This beautiful compilation provides a clear understanding of human anatomy, a visual comparison of physiological principles, and highlights important pathological conditions. Medical terminology and updated text are printed directly on each chart so you never have to refer to a separate key card or manual.

This edition has been edited to include the most popular anatomical and pathological subjects with 22 new and updated charts. Ideal for studying human anatomy, patient consultation, or quick reference, this truly is one of the most comprehensive and attractive compilations of charts on the market.

Features:

- 104 charts printed in vivid, lifelike colors
- Two volumes: Anatomy (44 charts) and Pathology (60 charts)
- Each volume has a hard cover with a side-spiral binding
- Attractive and durable storage box
- Durable laminated pages

*Clearly explain anatomy and sports injuries to your patients for better prevention and quicker return to play.*

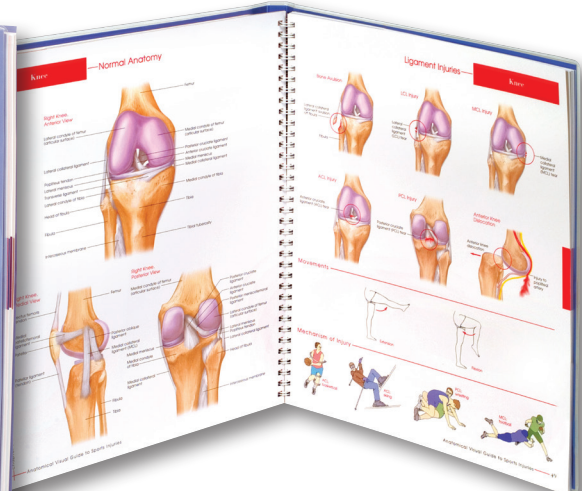
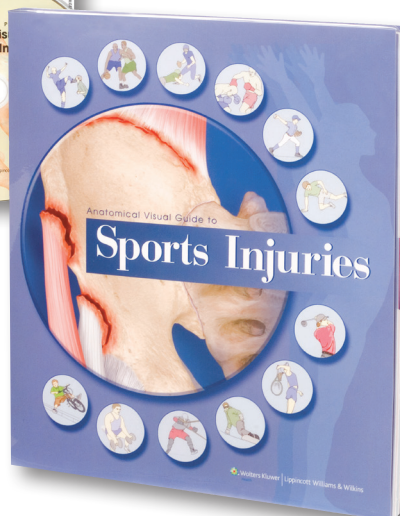
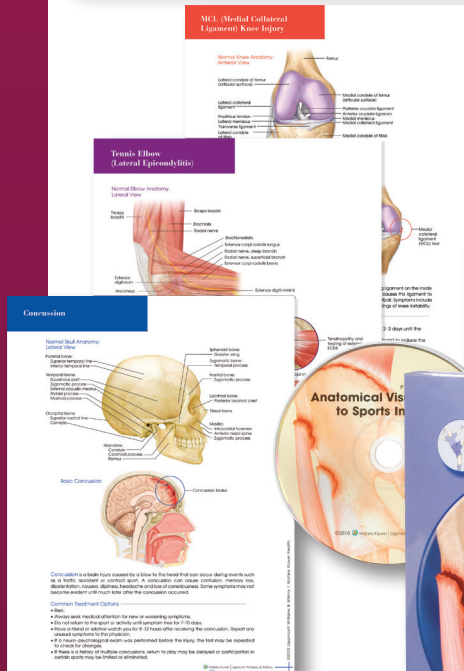
**Anatomical Visual Guide to Sports Injuries**

978-0-7817-7361-4.....

**Anatomical Visual Guide to Sports Injuries**, sensibly organized by body region, is a highly visual guide that displays the basic layers of anatomy in key views, movement, and over 150 of the most common sports injuries seen in adult and pediatric patients. In addition to pathology, over 90 mechanisms of select injuries will also be shown in context of a human figure.

With over 350 illustrations, this product helps primary care and sports medicine practitioners explain anatomical and injury concepts to their patients and clients. It can also be used by beginning sports medicine and athletic trainer students as an aid to visual learning.

**A BONUS CD-ROM** lets you easily print **55 patient teaching handouts** that show clear, anatomically correct images along with explanations of many common sports injuries.



*Learn quickly with labeled illustrations on the left—and key facts on the right.*

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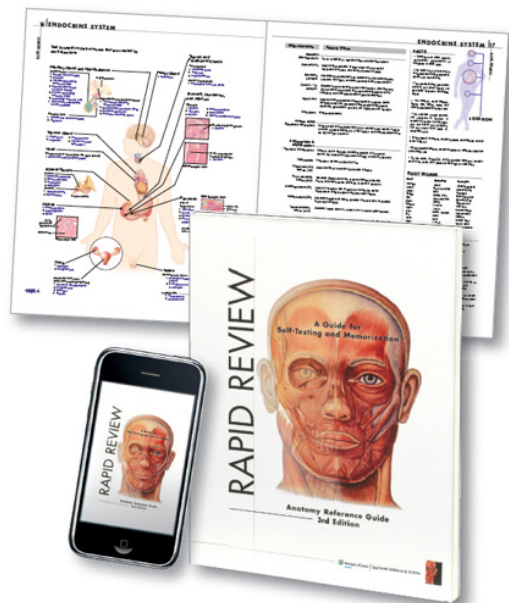
The 3rd edition of the **Rapid Review Anatomy Reference Guide** features 3 new sections — lymphatic system, immune system, and foot and ankle. This study aid continues to be a student favorite not only for its 31 sections of useful content, but because the labels of each system and organ are printed on acetate overlay pages, which allows quick and effective memorization. Designed for high school, college, and healthcare career students, this reference guide can also be used for patient education.

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- Illustrations of the major systems, organs and structures
- Labels of the system, organ or structure on acetate overlays for easy self-testing

**On the right hand side** of each section you will find useful related information:

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- Location of organ or system highlighted on a human figure
- Roots of key words and their meanings
- Related terminology and definitions



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- These popular study guides feature a new look, updated content and improved organizational features. The durable, folding format means that our most popular anatomical images are portable for the on-the-go student. Guides show numbered anatomical structures and contain answers that can be concealed for easy self-testing and memorization. Write-on/wipe-off laminated surface.
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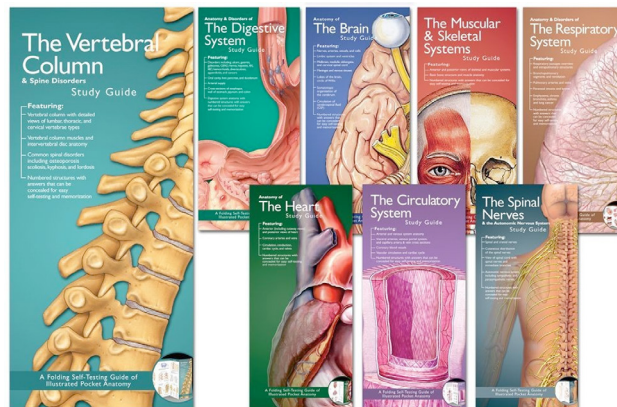
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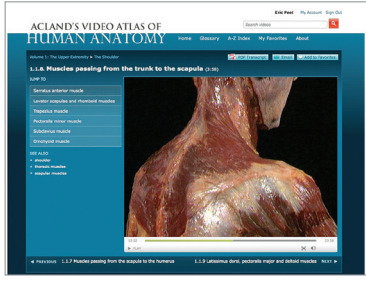


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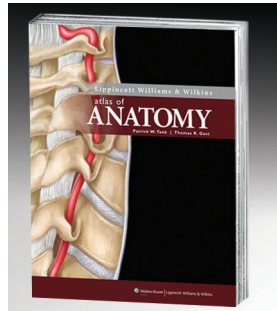
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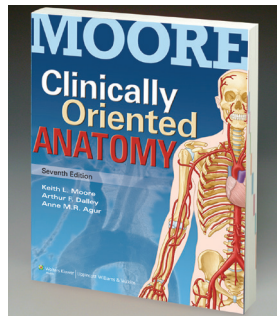




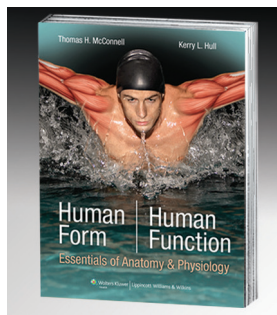
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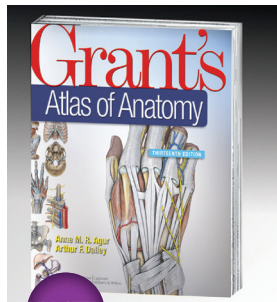
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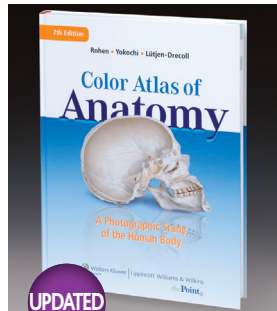


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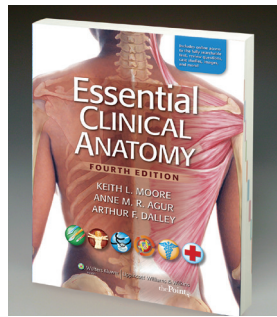
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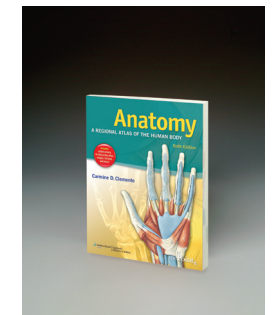


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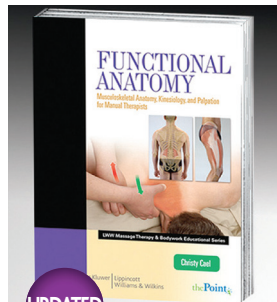
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**C. Color Atlas of Anatomy: A Photographic Study of the Human Body, 7th Edition North American Edition:**

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**International Edition:**

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**D. Clinically Oriented Anatomy, 7th Edition North American Edition:**

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**E. Essential Clinical Anatomy, 4th Edition North American Edition:**

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are now grouped to reduce interruption of text and are categorized with icons to promote easier comprehension of clinical information. A companion Website includes fully searchable online text, interactive cases, USMLE-style questions, and clinical *Blue Box* video podcasts. Online faculty resources include an image bank and a question bank.

**F. Human Form, Human Function: Essentials of Anatomy & Physiology**

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- This original text offers an accessible and casual narrative style, dynamic artwork, and a complete suite of ancillaries help build a solid foundation and spark students' enthusiasm for learning the human body. A companion Website includes the full-text online, podcasts, an online Dissection Atlas, animations, additional review questions, answers to various chapter questions, an online Instructor's Manual, and PowerPoint® slides.

**G. Anatomy: A Regional Atlas of the Human Body, 6th Edition North American Edition:**

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**International Edition:**

978-1-60913-308-5.....

- Provides a clear, colorful, clinically relevant review of anatomy. Features over 1,000 realistically detailed illustrations, combined with a wealth of accompanying diagnostic images and muscle charts, making this atlas an outstanding learning resource for all students in the health science and related professions. This edition includes new plates on the brachial plexus and on nerves of the lower limb as well as new clinical images, including CT scans, x-rays, and sonograms.

**H. Grant's Atlas of Anatomy, 13th Edition North American Edition:**

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**International Edition:**

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- This cornerstone anatomy atlas reaches students worldwide with its realistic dissection illustrations, detailed surface anatomy photos, clinical images and comments, and quick-reference muscle tables. Renowned for its accuracy, pedagogy, and clinical relevance, this classic atlas boasts significant enhancements, including updated artwork, new conceptual diagrams, and vibrantly re-colored illustrations. Clinical material is clearly highlighted in blue text for easy identification.
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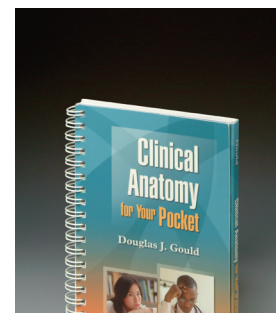
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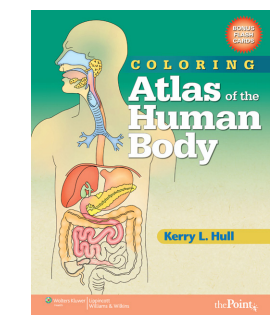
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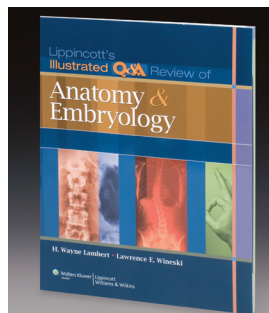
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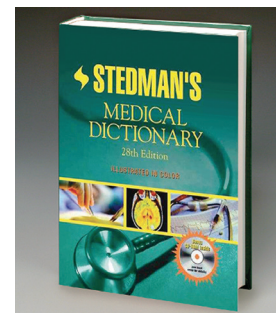
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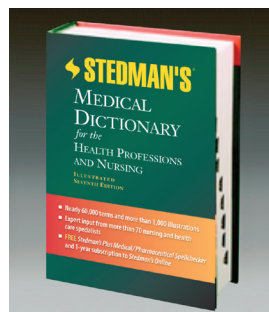
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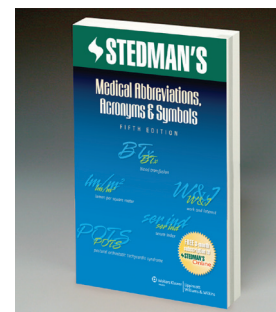
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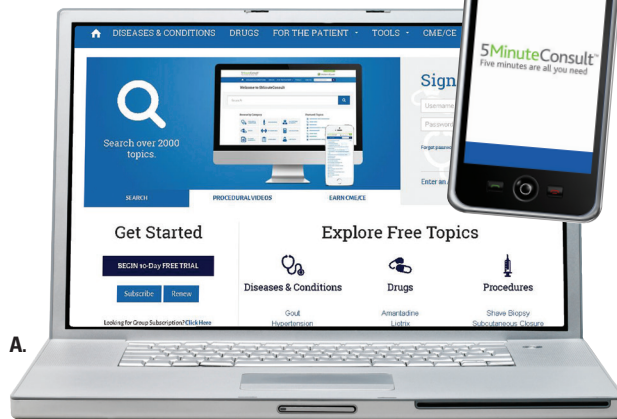
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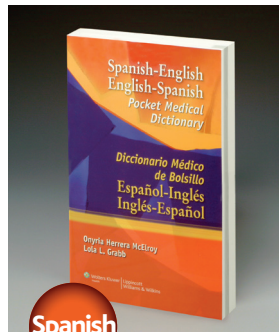


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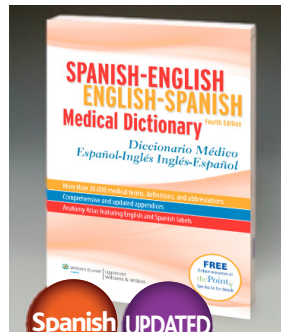
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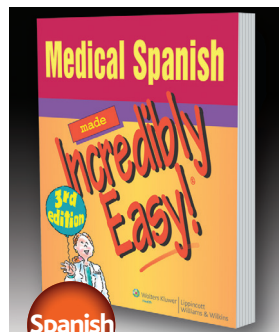
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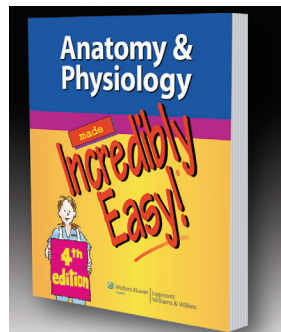
**B. Spanish**



**C. Spanish UPDATED**



**D. Spanish**



**E.**

**B. Spanish-English English-Spanish Pocket Medical Dictionary**

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- This handy reference will help non-Spanish-speaking physicians and other health care providers communicate with Spanish-speaking patients with greater precision and ease. This portable pocket-size book contains over 12,000 terms and includes a section on common medical abbreviations.

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- Designed to give easier and faster access to over 23,000 comprehensive medical terms, technology-related medical terms, and medical abbreviations, plus definitions, translations, tips on pronunciation, signs and symptoms of common disorders, practical phrases used in daily communication with patients, and much more.
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- 352 pages, 200 illustrations, soft cover

**E. Anatomy & Physiology Made Incredibly Easy!, 4th Edition**

978-14511-4726-1.....

- Presents the vast, sometimes overwhelming details of anatomy and physiology in the user-friendly, award-winning *Incredibly Easy!* style. Featuring a 4-color interior and light-hearted humor throughout, the text reviews the core concepts of anatomy and physiology and offers detailed coverage of every major body system. Companion Website offers online ancillaries for students and instructors.
- 384 pages, soft cover

**F. Nursing 2016 Drug Handbook, 36th Edition**

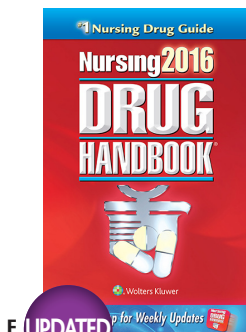
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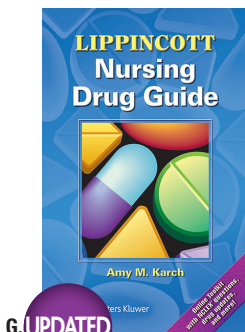
**G. Lippincott's Nursing Drug Guide**

978-1-4698-3937-0.....

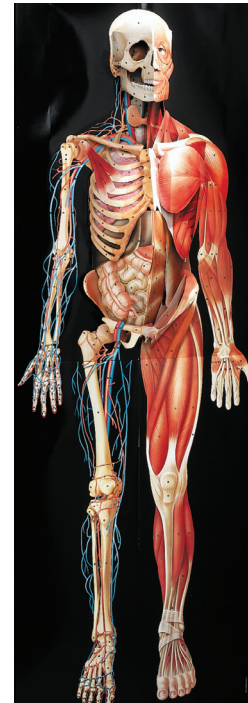
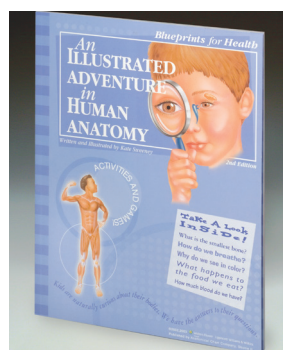
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- KSSET9.....
- A collection of 9 charts designed for 8- to 10-year-olds. Each chart illustrates its subject in colorful, clear pictures. Concepts are explained in easily understood anatomically correct terms and text.
  - Each chart measures 20"x 26" (50.8cm x 66cm) and is laminated for durability with eyelets for hanging.

**Individual laminated charts**

**A. Your Respiratory System**

978-1-58779-741-5.....

**B. Your Taste and Smell**

978-1-58779-747-7.....

**C. Your Brain and Nerves**

978-1-58779-743-9.....

**D. Your Ears Hearing and Balance**

978-1-58779-751-4.....

**E. Your Eyes**

978-1-58779-749-1.....

**F. Your Digestive System**

978-1-58779-739-2.....

**G. Your Skeleton**

978-1-58779-735-4.....

**H. Your Muscles**

978-1-58779-737-8.....

**I. Your Heart and Blood**

**ANATOMICAL CHART COMPANY**

978-1-58779-745-3.....

**J. Elementary Teaching Models**

CHMS.....

- A set of 5 brightly colored models complements our *Illustrated Adventure in Human Anatomy* book and charts. The set includes: life-size 2-part heart, a 3-times life-size 4-part ear, 3-times life-size 8-part eyeball, head with 8-part brain, and a 16-1/2" tall skeleton.
- All models measure approximately 5"- 6". Choking hazard: small parts. Not for children under 3 years.

**K. An Illustrated Adventure in Human Anatomy, 2nd Edition**

978-1-58779-490-2.....

- Designed for ages 8-12. The skeletal, muscular, digestive, and respiratory systems as well as the brain & nerves, heart & blood, eyes and ears are all illustrated with kid-friendly pictures and easy to understand descriptions and anatomically correct terms.
- Soft cover, 56 pages. 8-1/2"x 11"(21.6cm x 27.9cm)

**L. Petit Pete Skeleton**

CMS6P.....

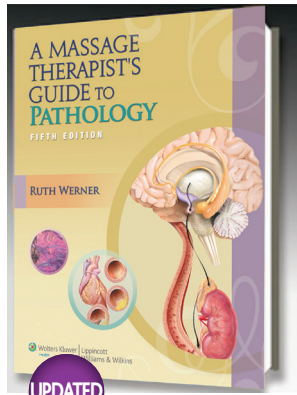
- Pete's arms and legs are affixed with tiny screws to allow movement and are realistically jointed at the elbow and knee.
- Size: 8-1/2" (21.6cm) tall, 9-1/2" (24.1cm) tall on stand (included). Choking hazard: small parts. Not for children under 3 years.

**M. Dimensional Man Chart**

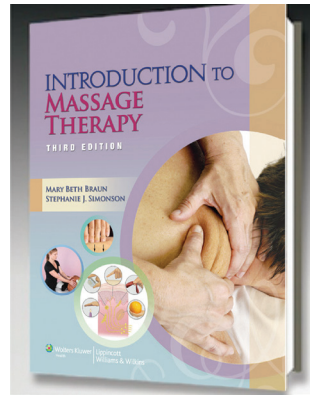
978-0-671-70342-4.....

- This life-size anatomical chart transforms into a 3-dimensional model in minutes. Study various organs by unlatching or turning movable parts to reveal inner structures. Includes an index identifying over 300 bones, muscles, organs, arteries and veins.
- Size: 72" (182.9cm) tall.

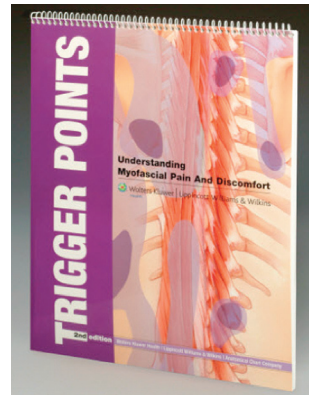




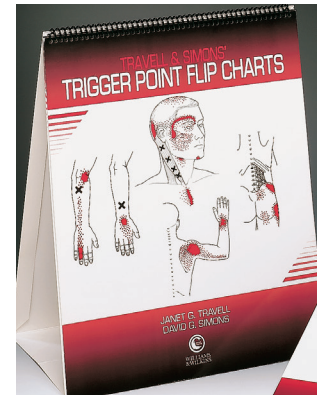
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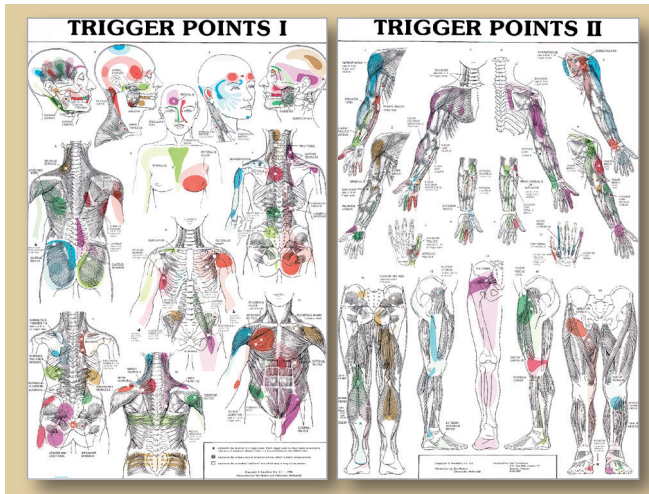
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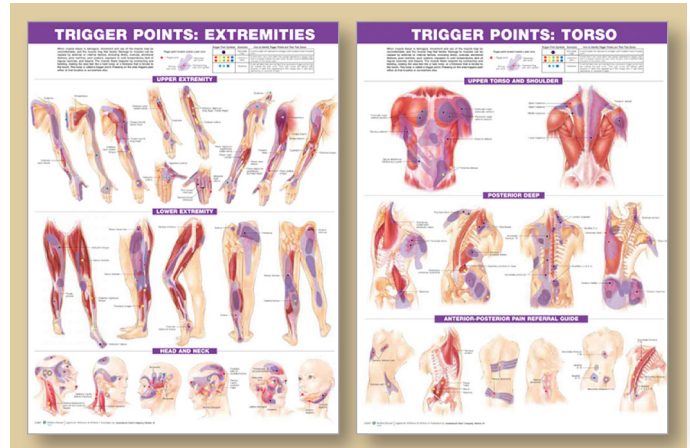
C.



D.



E.



F.

**A. A Massage Therapist's Guide to Pathology, 5th Edition**

978-1-60831-910-7.....

- This new edition offers detailed information on the etiology, signs, symptoms, and treatment of more than 500 diseases and conditions, and also helps students discover how massage therapy influences the healing process. Organized by body system, this cornerstone textbook features case histories and updated content to reflect new research on pathologies, and maintains the focus on not only explaining the disease, but also its applicability and indications in massage therapy.
- 663 pages, 232 illustrations, soft cover

**B. Introduction to Massage Therapy, 3rd Edition**

978-1-4511-7319-2.....

- A comprehensive, user-friendly introductory text that helps beginning students learn history, anatomy, physiology, pharmacology, assessment, terminology and pathology. Illustrations and artwork clarify anatomy, positioning and hands-on techniques.
- 544 pages, 400 illustrations, soft cover

**C. Trigger Points: Understanding Myofascial Pain and Discomfort, 2nd Edition**

978-1-58779-959-4.....

- Flip chart is perfect visual aid for explaining role of trigger points in causing pain and discomfort. Includes 33 detailed anatomical illustrations of trigger points, affected pain sensitive areas and 22 diagrams of pain relief exercises. Built-in easel.
- Nine markable, laminated pages. Size: 11"x 14" (27.9cm x 35.6cm)

**D. Travell and Simons' Trigger Point Flip Charts**

978-0-683-18008-4.....

- From definitive work on locating trigger points and easing myofascial pain. All upper and lower extremity pain patterns and corresponding trigger points clearly illustrated in convenient spiral bound flip chart. Includes folding easel.
- 24 pages, size: 12"x 15" (30.5cm x 38.1cm)

**E. Trigger Points I and II Chart Set**

TRIGP (heavy paper).....

TRIGL (laminated).....

- Shows every trigger point in human anatomy. Important areas are color-coded.
- Set of 2 charts, each 21"x 34" (53.3cm x 86.4cm)

**F. Trigger Point Chart Set: Torso and Extremities, 2nd Edition**

978-0-7817-7306-5 (heavy paper).....

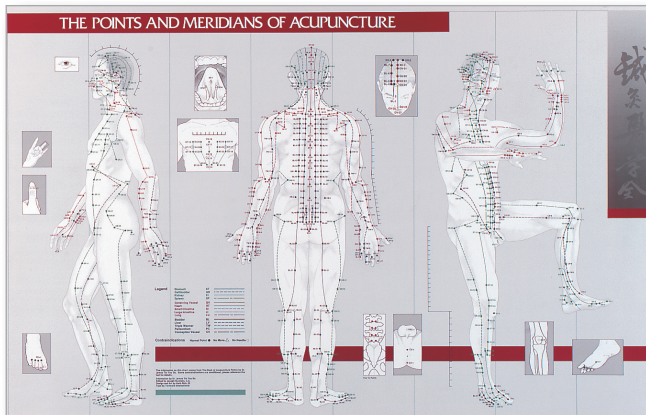
978-0-7817-7307-2 (laminated).....

- Clearly labels specific muscles affected by trigger points. Colorfully illustrated trigger point locations, primary and secondary pain sensitive zones, origins and insertions for many impacted muscles.
- Set of 2 charts, each 20"x 26" (50.8cm x 66cm)

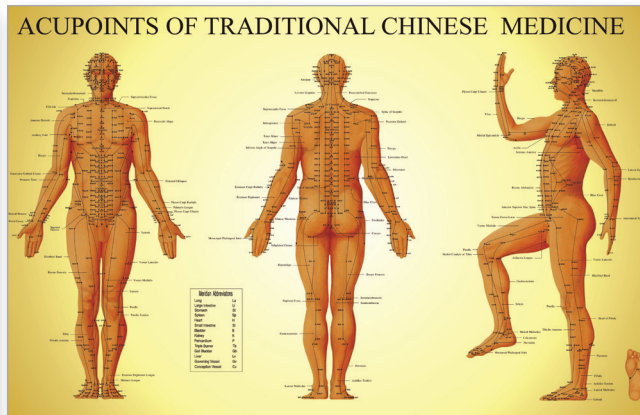
**G. The Points and Meridians of Acupuncture**

RW1L.....

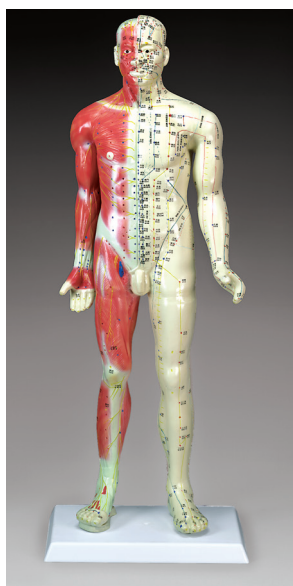
- Based on Dr. James Tin Yau So's *Book of Acupuncture Points*, this chart combines 3 separate views and many smaller illustrations on one 23" x 36" (58.4cm x 91.4cm) chart. Concentrating on channel point positions, it also includes the major extra points with contraindication.
- Laminated for durability.



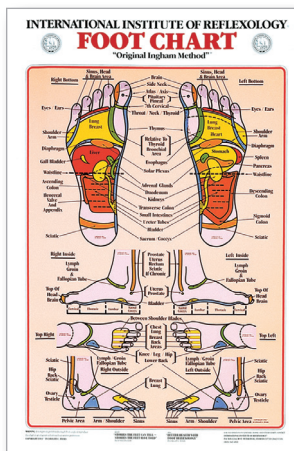
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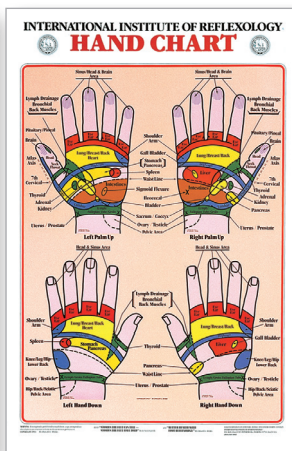
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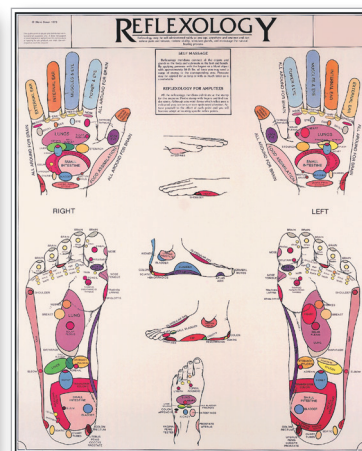
I.



J.



K.



L.

**H. Acupoints of Traditional Chinese Medicine**

- RW2L.....
- Front, back and side views include the 14 main meridians and points of traditional Chinese medicine and over 110 anatomical landmarks and muscle references commonly used when describing acupoint locations. Laminated.
  - Size: 24" x 36" (70cm x 91.4cm)

**I. Deluxe Acupuncture Model**

- 80401.....
- A detailed plaster model depicting the Twelve Primary channels, the Eight Extraordinary channels and the para-spinal "Hwa To" points on the left side, with "cun" markers for easy evaluation of distances between points. The right side is a subcutaneous view of the circulatory, neural and muscular structures. Guide included.
  - Size: 34" tall (86.4cm)

**J. Foot Reflexology Chart**

- FWC20L.....
- From the International Institute of Reflexology, this chart shows anatomical relationships between foot reflexes and corresponding areas of the body. Laminated.
  - Size: 17" x 31" (43.1cm x 78.7cm)

**K. Hand Reflexology Chart**

- HWC30L.....
- From the International Institute of Reflexology, this chart shows anatomical relationships between hand reflexes and corresponding areas of the body. Laminated.
  - Size: 17" x 31" (43.1cm x 78.7cm)

**L. Reflexology Chart**

- EE1L.....
- This colorful chart locates these reflex points, which then allows you to work these areas for maximum results, contributing to general health and well-being.
  - Laminated for durability. Size: 17" x 22" (43.1cm x 55.9cm)





A.



B.



C.

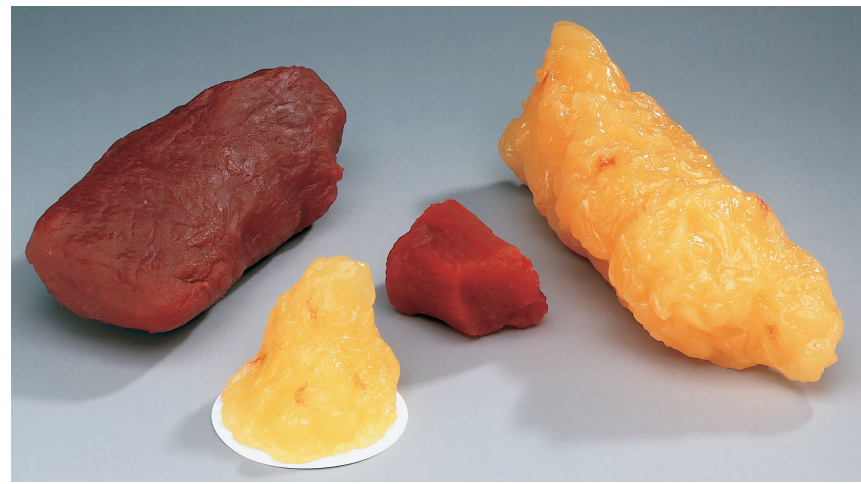
**A. How Does Your Fat Stack Up? Display Case**  
L DFA105.....

**B. How Does Your Sugar Stack Up? Display Case**  
L DSU105.....

**C. How Does Your Salt Stack Up? Display Case**  
L DSA105.....

**SAVE** *Set of all 3—Save 10%*  
L DC05.....

- Our popular display cases reflect current trends in nutrition. Each display demonstrates amounts of hidden fat, sugar, or salt in 18 different foods using real salt, sugar, and realistic pats of butter. An updated selection of common and popular foods is shown. Includes health educator guide.
- Made of sturdy acrylic. 9" x 14" x 1-1/2" (22.9cm x 35.6cm x 3.8cm)



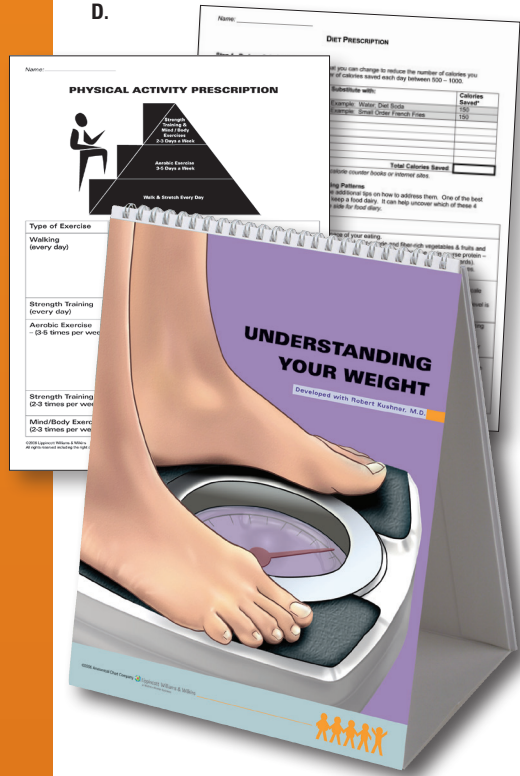
D.

**D. Fat and Muscle Replicas**  
WA7173 One-lb. Fat Replica .....  
WA4313 Five-lb. Fat Replica .....  
WA14573 One-lb. Muscle Replica .....  
WA8836 Five-lb. Muscle Replica .....

- Grossly dramatic replicas of 1 and 5 lbs. (454g / 2.27kg) of fat and muscle are shocking and motivating attention-getters. (Not anatomically correct.)

**E. Understanding Your Weight Flipchart Book with Pads**  
978-1-58779-926-6 Flipchart Book .....

- Designed to help health professionals discuss the sensitive subject of excess weight with adult patients. Flipbook systematizes obesity counseling techniques developed by Dr. Robert Kushner of Northwestern Memorial Hospital's Wellness Center. Topics presented in a step-by-step process to aid counseling with simple visual and textual information facing the patient and "educator tips" on side facing the physician/counselor. 50 sheet "prescription" pads included to track physical activity. Replacement pads are also sold separately.



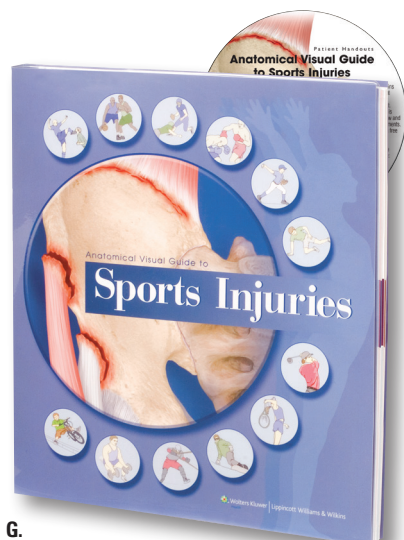
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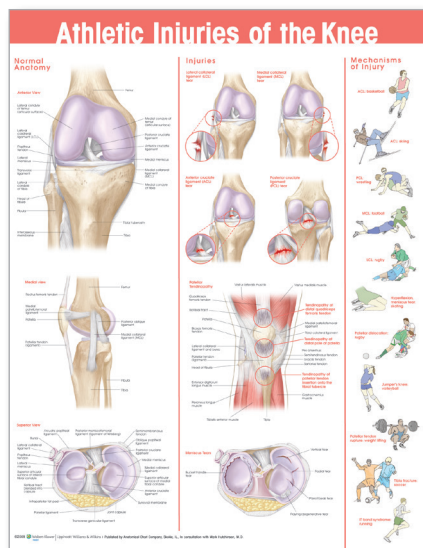
F.

**SAVE** *Nutrition and Healthy Weight Chart Set*  
*Save 15% over individual chart prices!*  
NWC.....

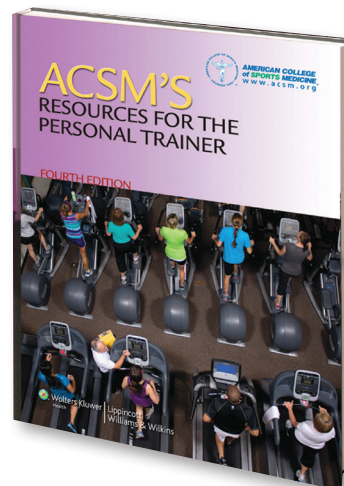
- Includes 2 discounted 20" x 26" (50.8cm x 66cm) laminated charts: Maintaining a Healthy Weight



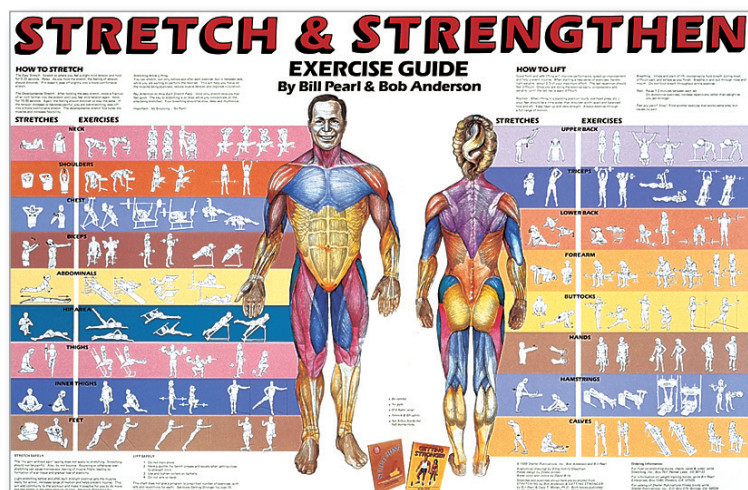
G.



H.



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J.

**G. Anatomical Visual Guide to Sports Injuries**

978-0-7817-7361-4.....

- This highly visual guide is sensibly organized by body region and displays the basic layers of anatomy, movement, and common sports injuries in adults and children. A BONUS CD-ROM lets you easily print more than 55 patient teaching handouts that show clear, anatomically correct images along with sports injury explanations.

**H. 6720 Athletic Injuries of the Knee**

978-0-7817-8675-1 Laminated .....

978-0-7817-8672-0 Paper .....

**I. ACSM's Resources for the Personal Trainer, 4th Edition**

978-1-4511-0859-0.....

- Official ACSM tool for The ACSM Certified Personal Trainer<sup>SM</sup> exam, provides essential, foundational expertise for professionals involved in developing and implementing individualized approaches to exercise. Includes information on

writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise, and motivating individuals to begin and continue healthy behaviors.

- 592 pages, 202 illustrations, hardcover

**J. Stretch & Strengthen Chart**

5009-L.....

- This chart shows you how to stretch every muscle group safely. Laminated.
- Size: 35"x 23" (88.9cm x 58.4cm)

**K. Male Muscular Figure**

AS3.....

- A 1/4 life-size model of the male muscular system, painted to show topography of muscles. Includes a key card booklet referencing 46 labeled muscles and 9 labeled bones. Removable from green<sup>®</sup> base. Does not dissect.
- Somso<sup>®</sup> Modelle, size: 21"x 13" x 6" (53.3cm x 33cm x 15.2cm)



K.

**Be sure to see ...**

- Anatomical Chart Collections (pages 27-30)
- Anatomical Models (pages 42-57)
- Gifts (page 75)
- Reference Materials & Study Aids (pages 31-34)
- Skeletal Models (pages 58-74)

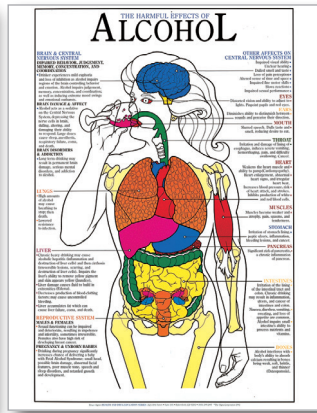




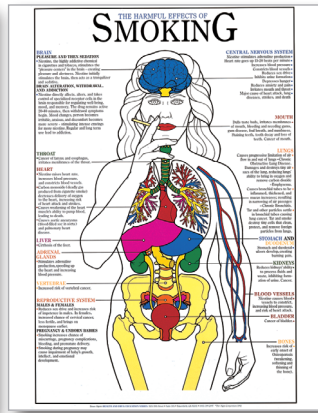
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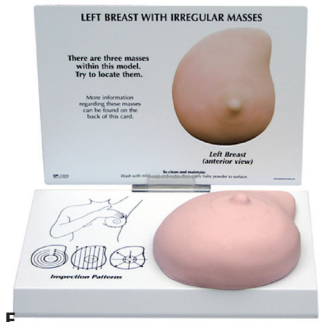
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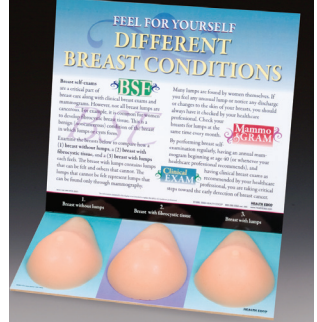
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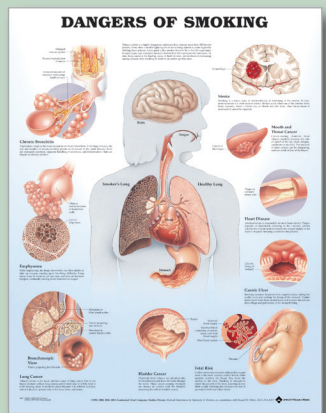
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**A. CPR for Adults Chart**

CPR1L (ages 9 and over) .....  
 • Step-by-step guide explains the emergency techniques of CPR. Revised in 2012.  
 • Size: 18" x 24" (45.7cm x 61cm)

**B. Choking First Aid for Adults Chart**

CPR4L (ages 9 and over) .....  
 • Step-by-step guide explains the techniques to be used on a choking victim.  
 • Size: 18" x 24" (45.7cm x 61cm)

**C. Harmful Effects of Alcohol**

HDE-2L.....

**D. Harmful Effects of Smoking**

HDE-4L.....

- Informative and safety-filled charts showing the harmful effects of 2 of the most talked about subjects in schools today. Each chart highlights the harmfully affected areas. Laminated for durability. Sold individually.
- Size: 24" x 36" (61cm x 91.4cm)

**E. Breast Cancer Model**

G340 .....  
 • This model is made of a durable life-like material with 3 masses that simulate locations of typical tumor growths. Removable patient education card included.  
 • Size: 8-3/4" x 6-1/4" x 3" (22.2cm x 15.9cm x 7.6cm)

**F. Multi-Type Breasts Model**

A26426 .....  
 • Featuring breast models that can be picked up and examined, this display highlights the importance of breast self-examination, mammography, and clinical breast exams in the detection of breast cancer and other breast conditions. Model includes a breast without lumps, a breast with fibrocystic tissue, and a breast with lumps and comes with a carrying case.  
 • Size: 13-1/2" x 11-1/2" x 14-1/2" (34.3cm x 29.2cm x 36.8cm)

**G. Breast Examination Teaching Model**

A26500 (standard BSE model) .....  
 A26502 (heavy duty BSE model).....  
 • This full-sized model is made of a synthetic material that closely resembles the touch and feel of real flesh. Contains palpable and non-palpable lumps that simulate easy and hard-to-find breast tumors. Includes a slip-on cover and carrying case.

**H. Testicular Self-Examination Model**

A26400 .....  
 • This life-size model of the scrotum and testicles, made from BIOLIKE™ synthetic tissue, has two simulated tumors embedded in each testicle.

**I. Healthy Lifestyles Chart Set**

**Save 25% over individual chart prices!**  
 DCS1 .....  
 • Set includes Dangers of Smoking chart and Dangers of Alcohol chart.  
 • Both charts are 20" x 26" (5.8cm x 66cm) and laminated with eyelets.





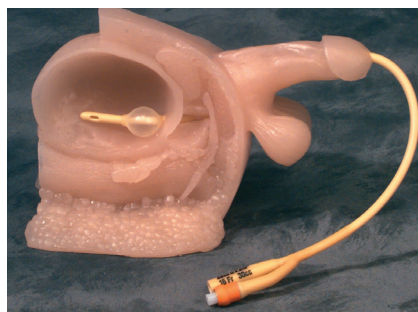
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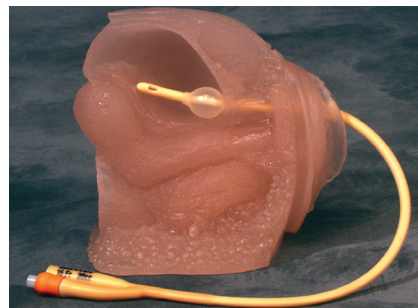
K.



L.



M.



N.

**J. Venipuncture Training Arm Model**

G26220 .....  
 • This lifelike arm model may be injected with a syringe or IV drip at the antecubital fossa, forearm, and back of the hand. Will withstand many sticks and can be easily restored to its original feel with powder. The model may be washed with soap and water. Core is made of lightweight flexible foam, skin is Latex. Comes with durable carrying case that measures 21-1/2" x 1-1/2" x 4" (51.6cm x 3.8cm x 10.1cm).

**K. Injection Teaching Model**

A26200 .....  
 • Teaching model provides flesh-like surface for practice of injection techniques. Biolike™ material can be punctured repeatedly without showing holes. Injection of liquid not recommended. Includes carrying case.  
 • Size: 6" x 4-3/4" x 1-3/4" (15.6cm x 12.1cm x 4.4cm)

**L. Hand Hygiene Chart**

978-1-4511-9338-1 Laminated .....

**M. Male Model with Bladder**

A26104 ..... \$200.00

• This model allows students to practice locating the urethra and inserting a catheter through it into the bladder. Made of Biolike 2™, a soft fleshy feeling plastic, this model features a visco-elastic urethra that accurately duplicates the feeling of inserting a lubricated catheter into the bladder. Carrying case and lubricant included. Catheter not included. Size: 9" x 4" x 6" (22.9cm x 10.1cm x 15.2cm)

**N. Female Model with Bladder**

A26108 .....

• Allows students to locate urethra and pass lubricated catheter through it into bladder. Made of Biolike™, a soft fleshy material, it has a visco-elastic urethra. Lubricant included.  
 • Female 6" x 4" x 6" (15.2cm x 10.1cm x 15.2cm)

Customers rate Anatomical Chart Company products



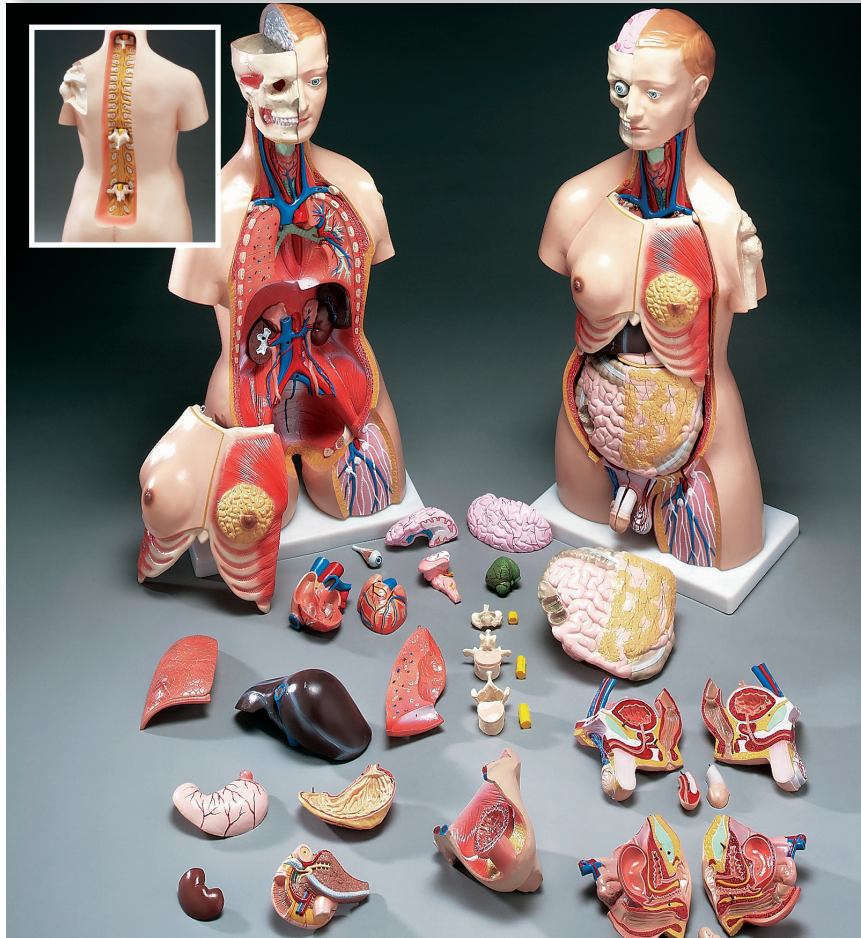
*"Wonderful teaching tool"*

Valerie, Dallas, TX

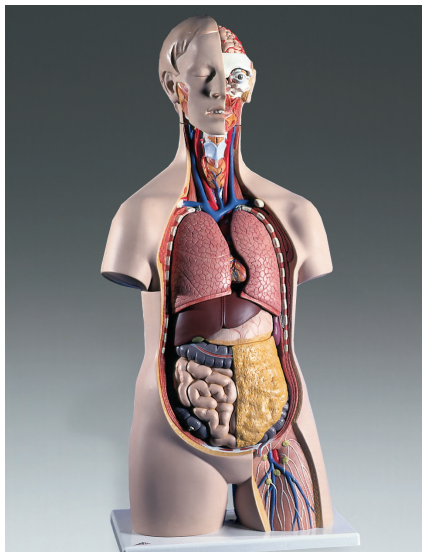


**Anatomical models say "please touch" for active, hands-on learning.**

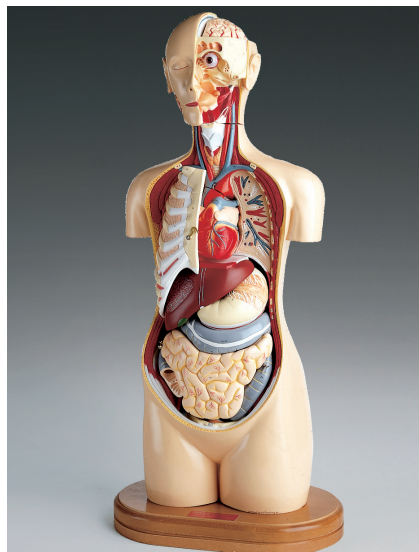
Patients and students gain a true grasp of anatomical features with replicas that explore everything from heart conditions to the smallest bones of the ear.



A.



C.



D.



B.

**A. Budget Functional Francis Torso**

- CMT32.....
- Male/female torso features 32 parts: 3 removable vertebrae, 3 spinal cord segments, a female breast plate, head, eyeball, 4-part brain, 2 half lungs, 2-part heart, liver, one-half kidney, duodenum with pancreas and spleen, 2-part stomach, intestines, 4-part male genitalia, 2-part female genitalia with removable fetus, and a gender neutral bladder cover. Mounted on base.
  - Size: 33-1/2" (85.1cm) tall

**B. Thin Man Anatomy Overlay Chart**

- DG700.....
- Life-size; 4 overlays peel away layers of tissue to reveal 200 labeled anatomical features; warp proof board supported by steel frame
  - Denoyer-Geppert Co., size: 63" (160cm) tall, weight: 15 lbs (6.8kg).

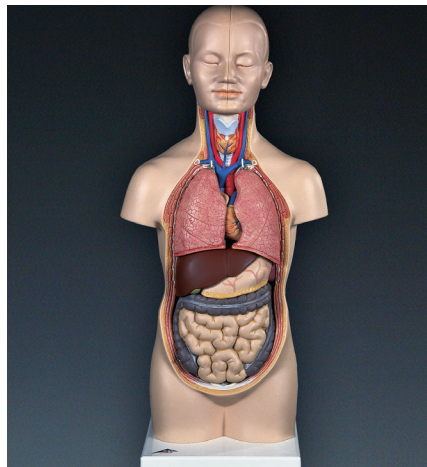
**C. Classic Sexless Torso**

- B13.....
- Life-size; separates into 14 parts including: 3-part head, 2 lungs, 2-part heart, stomach, liver with gallbladder, intestines (small and large), one-half kidney and one-half bladder. Mounted on base.
  - 3B Scientific GmbH, size: 36" (91.4cm) tall

**D. KnowBody™ Deluxe Teaching Torso**

- DG710 (Deluxe Torso).....
- 16-part torso with 23 dissected structures, 300 numbered anatomical features, 16 detachable parts including head, eyeball, 4-part brain, cross-section left lung with ribs, right lung, 2-part heart, liver with gallbladder, 2-part stomach, large and small intestine, and torso unit. Rigidly mounted.
  - Denoyer-Geppert Co., size: 38" (96.5cm) tall





E.

**E. 12-Part Mini Torso**

- B22.....
- One-third life-size; 12 parts include: head (2 parts), one-half brain, lungs (2 parts), heart (2 parts), liver with gallbladder, stomach and intestines (small and large).
  - 3B Scientific GmbH, size: 21" (53.3cm) tall

**F. Budget Sweet Sue Torso**

CFT1.....

**G. Budget Dapper Dan Torso**

CMT2.....

- Male and female torsos with a removable breast cover revealing 14 dissected parts: torso, breast plate, lung (4 parts), heart, trachea and esophagus, diaphragm, stomach, liver, pancreas and spleen, bladder and uterus, and intestines. Mounted on base.
- Size: 18" (45.7cm) tall

**H. Budget Little Joe Torso**

CMT4.....

- Male torso dissects into 15 parts: torso, posterior section of head, brain (2 parts), trachea, lungs (4 parts), heart, liver stomach, intestines, and kidney with pancreas.
- Size: 10" (25.4cm) tall

**I. Budget Peter/Petra Torso**

CMT3.....

- Dissects into 13 parts: 2-part head with removable half brain, 2 lungs, heart, liver, intestines, 2-part female genitalia, 2-part male genitalia, and torso on base.
- Size: 16-1/2" (41.9cm) tall

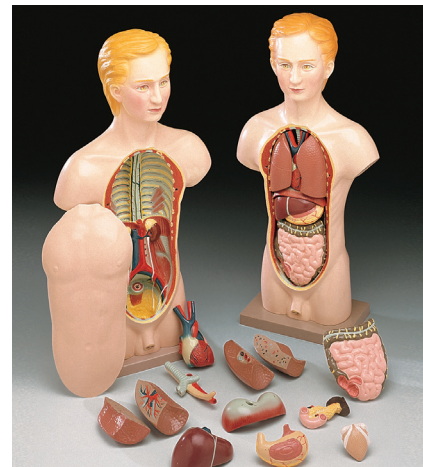
**J. Budget Tall Paul Torso**

CMT5.....

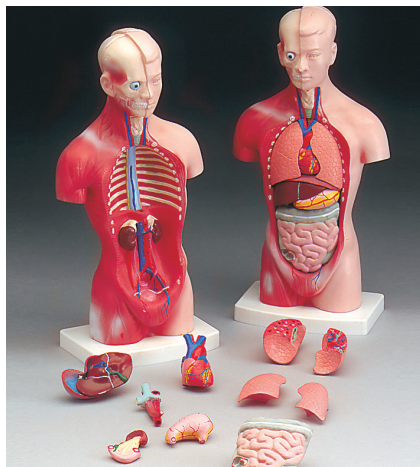
- Dissects into 19 parts: torso, head (2 parts), brain, lung (4 parts), heart, trachea, esophagus and descending aorta, diaphragm, stomach, duodenum with pancreas and spleen, intestines, cecum, kidney, bladder (2 parts), liver. Mounted on base.
- Size: 33-1/2" (85.1cm) tall



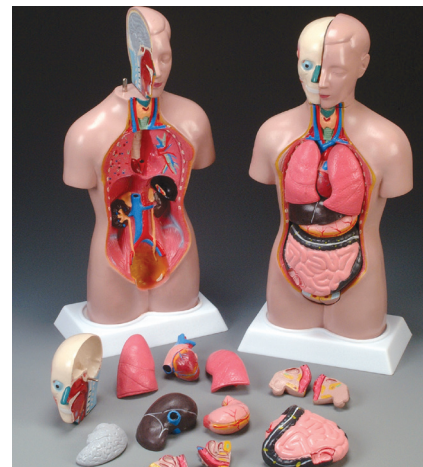
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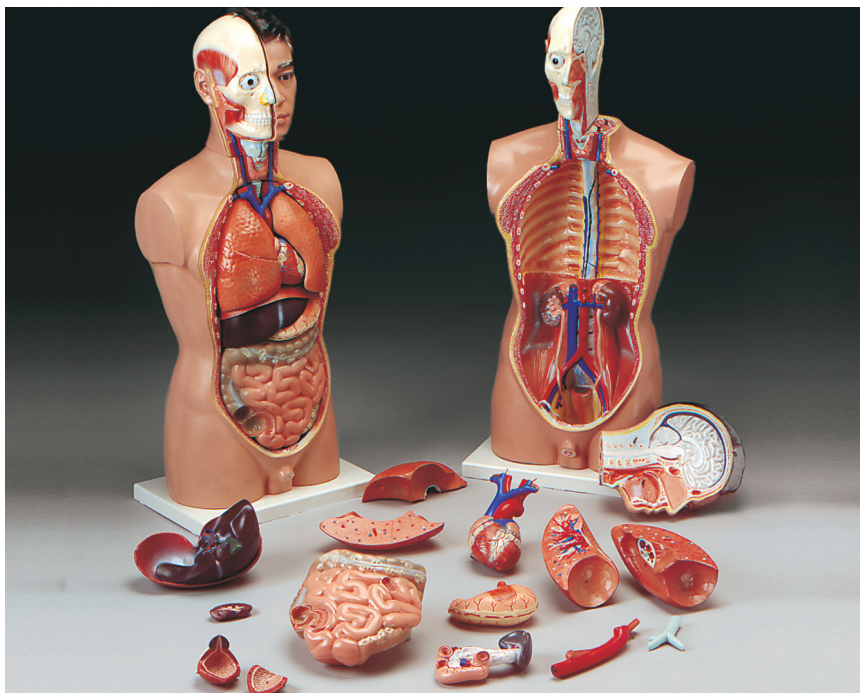
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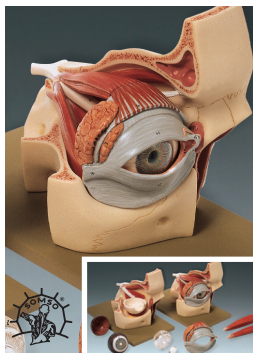
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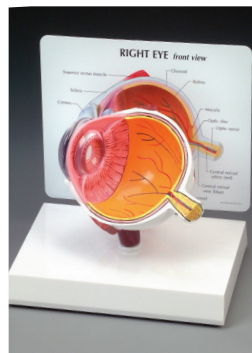
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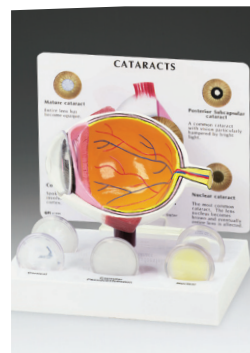
E.



F.



G.



H.

**A. Economy Eye Model**

F15.....

- 3-times life-size model dissects in 6 parts: both halves of the sclera with cornea and eye muscle attachments, both halves of choroids with iris, retina, lens and vitreous humor. Mounted on stand.
- 3B Scientific GmbH, size: 3-1/2" x 3-1/2" x 6" (8.9cm x 8.9cm x 15.2cm)

**B. Classic Human Eye Model**

F-10.....

- 6-times enlarged; dissects in 6 parts: vitreous humor, retina (anterior/posterior portions) and outer eye (2 parts). On stand.
- 3B Scientific GmbH, size: 5" x 5-1/2" x 8" (12.7cm x 14cm x 20.3cm)

**C. King-Size Eye Model**

DG102.....

- 6-times enlarged; includes transparent vitreous body and functional lens; dissects in 5 parts; includes instructor's key with 42 labeled parts. Mounted on hardwood base.
- Denoyer-Geppert Co., size: 6" x 6" x 6" (15.2cm x 15.2cm x 15.2cm)

**D. Budget Whopper Eye Model**

CH2.....

- 6-times enlarged. For beginning students; dissects in 7 parts: top section, vitreous body, bottom section, lens (2 parts), iris, cornea. Mounted on stand.
- Size: 5-1/2" x 5-1/2" x 6-1/4" (14cm x 14cm x 15.9cm)

**E. Human Eye Model**

JS6513.....

- 5-times life-size, this numbered fiberglass model divides into 7 parts: 2-part outer eye, retina and vitreous humor, 2-part choroid, lens, and cornea; 18 numbered parts correspond to key.
- Size: 7" x 4" x 4" (17.8cm x 10.1cm x 10.1cm)

**F. Eyeball with Part of Orbit Model**

CS22.....

- 3-times enlarged. Horizontally sectioned; all 6 muscles of the eye and the optic nerve shown; 9 parts: superior rectus and exterior straight muscle, upper half of the sclerotic membrane, choroid membrane and retina (2), vitreous humor, lens, lacrimal organs and eyelids and orbit. Mounted on green® base.
- Somso® Modelle, size: 8-1/4" x 8" x 12-1/2" (21cm x 20.3cm x 31.8cm)

**G. Cutaway Eye Model**

G275.....

- 4-times enlarged. Cutaway eye to show inner anatomy: retina, optic disk, optic nerve, choroid, and blood vessels; clear cornea and lens are removable; removable patient education card. Mounted on base.
- Size: 5" x 4" x 3-3/4" (12.7cm x 10.2cm x 9.5cm)

**H. Cataract Eye Model**

G280.....

- 4-times enlarged. Shows inner anatomy of the eye as well as various types of cataract conditions; 5 interchangeable lenses illustrate various cataracts; removable patient education card. Base included.
- Size: 5" x 3-3/4" x 3" (12.7cm x 9.5cm x 7.6cm)

**I. Life-Size Ear Model**

G225.....

- One-piece, life-size model shows outer ear, ear canal, and inner ear mechanisms, including ossicles, cochlea, nerve, and eustachian tube; removable patient education card. Includes base.
- Size: 4"x 2-1/2"x 3" (10.2cm x 6.4cm x 7.6cm)

**J. Four-Part Ear Model**

E10.....

- 3-times life-size model of the outer, middle and inner ear has a removable ear drum with hammer, anvil and stirrup as well as a 2-part labyrinth with cochlea and auditory/balance nerve. Mounted on base.
- 3B Scientific GmbH, size: 13-1/3"x 6-1/4"x 7-1/2" (33.9cm x 15.9cm x 19cm)

**K. Functional Human Ear Model**

DG133.....

- 5-times enlarged; features include a functional equilibrium demonstration using visible air bubbles that move when tilted; instructor's key with 36 labeled parts.
- Denoyer-Geppert Co., size: 16"x 7"x 11" (40.6cm x 17.8cm x 87.9cm)

**L. Budget Giant Ear Model**

CH8.....

- 4-times enlarged. For elementary science classes; shows all major structures related to hearing and balance; dissects into 3 parts.
- Size: 4"x 7"x 8-1/2" (10.2cm x 17.8cm x 27.9cm)

**M. Basic Sinus Model**

G285.....

- Cutaway depicts near median section through nose and nasal passages; details include nasal cavity, soft and hard palate, uvula, eustachian tube and pharyngeal tonsil; removable patient education card and base included.
- Size: 4-1/2"x 1-1/2"x 5-1/4" (11.4cm x 1.3cm x 14cm)

**N. Thyroid Disease Model**

G315.....

- Normal thyroid gland shows location around trachea. Three models also show Hashimoto's thyroiditis, Graves' disease and papillary carcinoma; includes patient education card.
- Size: 8-3/4"x 6-1/4"x 4" (22.2cm x 15.9cm x 10.1cm)

**O. Larynx, Trachea & Bronchi Model**

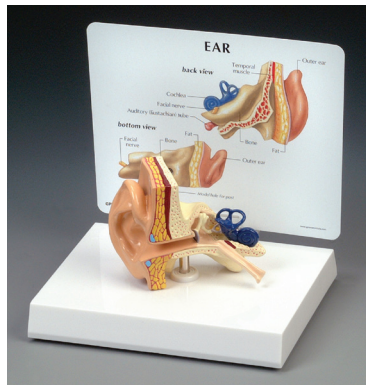
GS4/2.....

- Life-size 2-piece model of larynx and trachea; left half of larynx removable; shows cartilages, trachea with bronchial tree, individual segment bronchi, the ligamentous apparatus, muscles, mucous membrane and thyroid gland.
- Somso® Modelle, size: 15-1/3"x 8"x 7" (38.9cm x 20.3cm x 17.8cm)

**P. Functional Larynx Teaching Model**

DG134.....

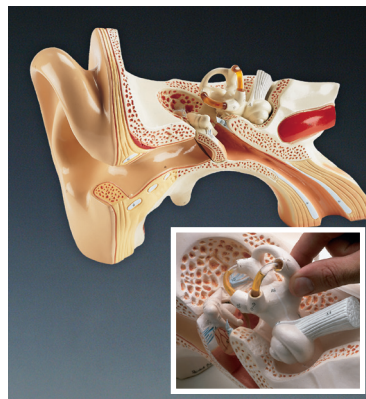
- 4-times enlarged with movable vocal cords, arytenoid cartilages and epiglottis; key identifies 56 labeled parts.
- Denoyer-Geppert Co., size: 7"x 6"x 15" (17.8cm x 15.2cm x 38.1cm)



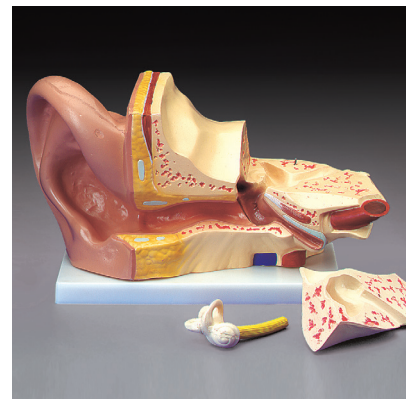
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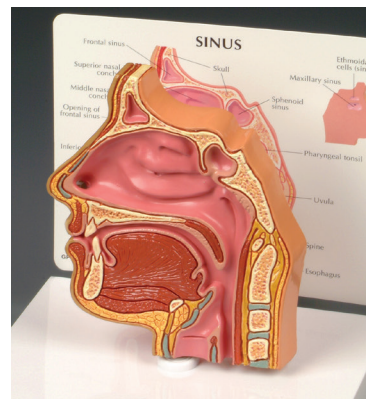
J.



K.



L.



M.



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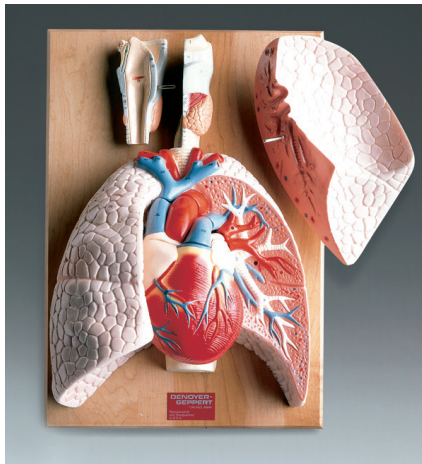


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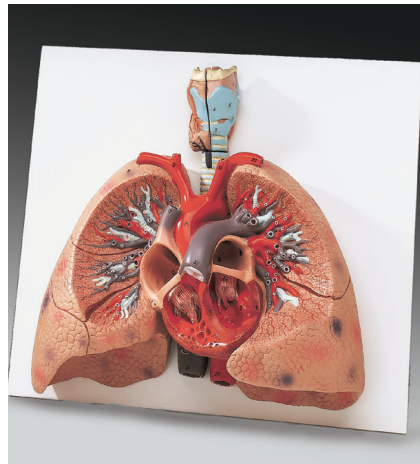




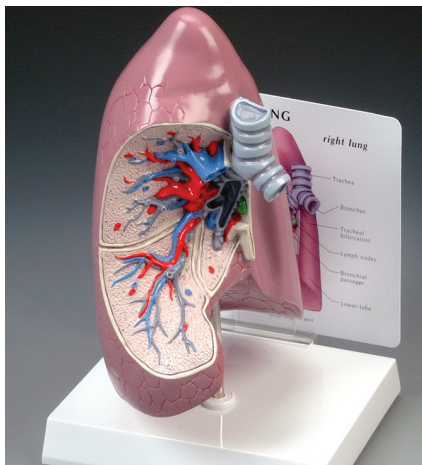
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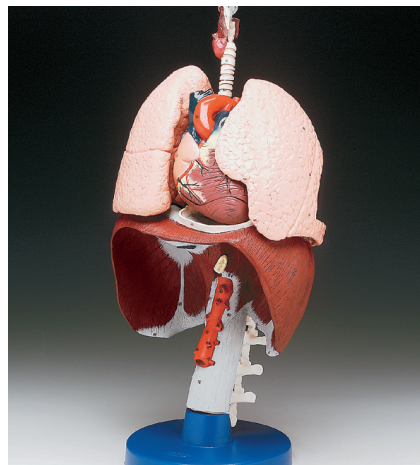
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D.



E.

**A. Human Larynx with Tongue**

GS4.....

- Life-size anatomical model. Medially sectioned to show details of larynx, including cartilages, ligaments, muscles, relief of mucous membrane and thyroid gland; lower jaw detaches and separates into 2 parts; dissects into 5 parts; made of SOMSO-Plast® Includes green® base.
- Somso® Modelle, size: 5" x 6" x 8" (12.7cm x 15.2cm x 20.3cm)

**B. Heart and Respiratory Organs Model**

DG192.....

- Life-size teaching model includes lungs, trachea, heart and esophagus plus a complete larynx with vocal cords. The only model that illustrates the interdependence of the respiratory and circulatory systems. Dissects into 5 parts. Instructor's manual identifies 58 labeled parts. Mounted on a hardwood base.
- Denoyer-Geppert Co., size: 11" x 17" x 6" (27.9cm x 43.1cm x 15.2cm)

**C. Lungs with Heart**

JS6530.....

- 3-times life-size. Lungs and heart are shown in cross-section, and the 2-piece larynx divides in half and can be removed for inspection. 33 numbered parts with identifying key. Mounted on a baseboard and made of fiberglass.
- Size: 20" x 18" (50.8cm x 45.7cm)

**D. Right Lung Model**

G310.....

- Full-size, cutaway model showing bronchus, arteries, veins, lymph nodes, bronchial passage and trachea bifurcation. Removable study card and base included.
- Size: 5-1/2" x 5-1/4" x 9" (14cm x 13.3cm x 22.9cm)

**E. Respiratory Organs Model**

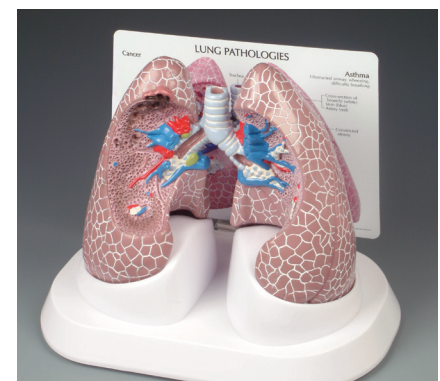
649D.....

- Life-size diaphragm with muscles, tendons, and major openings for vessels and esophagus, bisected heart shows the origins of 5 abdominal arteries, and all internal structures, 3 thoracic and 3 lumbar vertebrae, sectioned left lung shows bronchioles, pulmonary arteries and veins, and the larynx, sectioned to show its structure on base with key.
- Size: 16" x 9" x 7-1/2" (40.6cm x 13.3cm x 19.1cm)

**F. Diseased Lung**

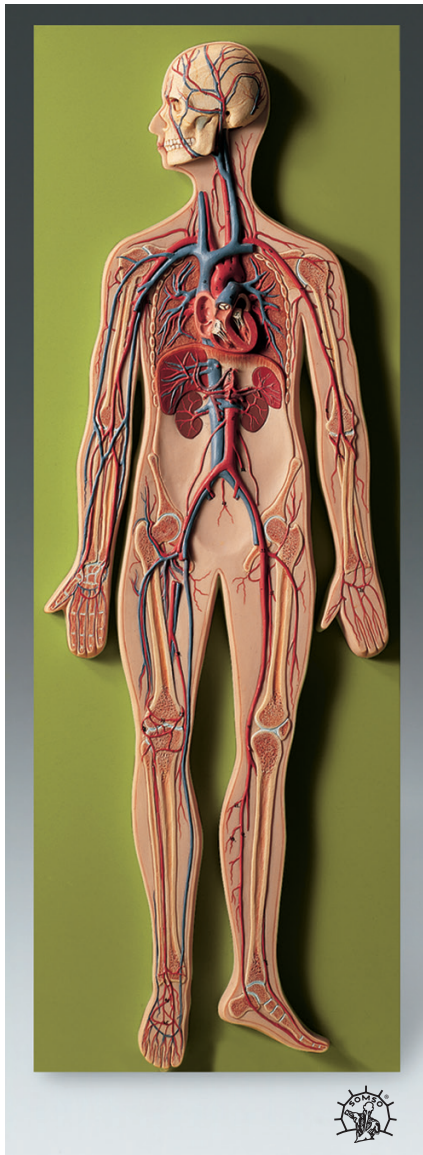
G311.....

- Full-size 2-sided model of two separate lungs with 4 cut-away sections illustrating normal anatomy and the effects of COPD (chronic obstructive pulmonary disease), cancer and asthma.
- Size: 4-1/4" x 5-1/2" x 8-1/4" (10.8cm x 14cm x 21cm)



F.





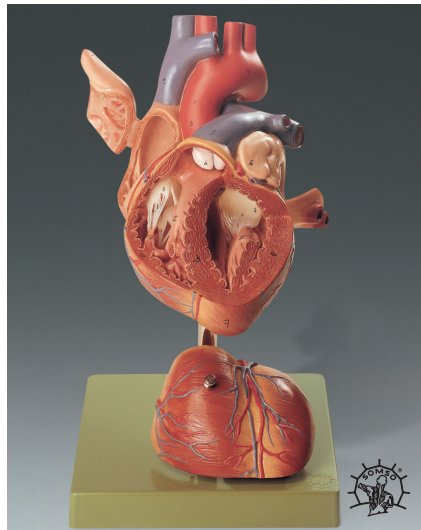
G.

**G. Circulatory System Model**

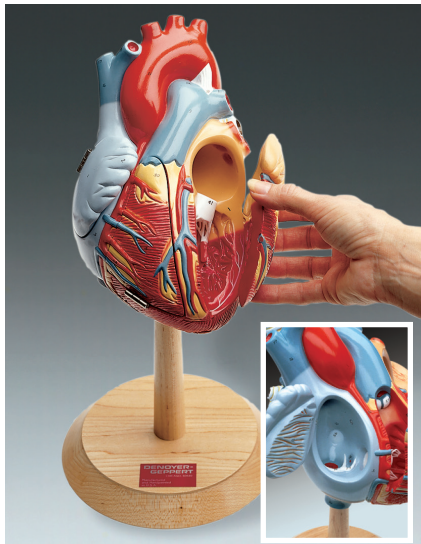
- HS10.....
- 1/2 life-size. View of network of blood vessels. One-piece relief model mounted on green® base.
  - Somso® Modelle, size: 36" x 12-1/2" x 2-1/2" (91cm x 31.8cm x 6.4cm)

**H. Human Heart Model**

- HS5.....
- 2-times the size of a healthy adult heart. Detailed to illustrate the musculature of the heart and large blood vessels. Sectioned so ventricles and atria open to expose the valves. Dissects into 4 parts. Removable from green® stand.
  - Somso® Modelle, size: 10" x 10" x 13" (25.4cm x 25.4cm x 30cm)



H.



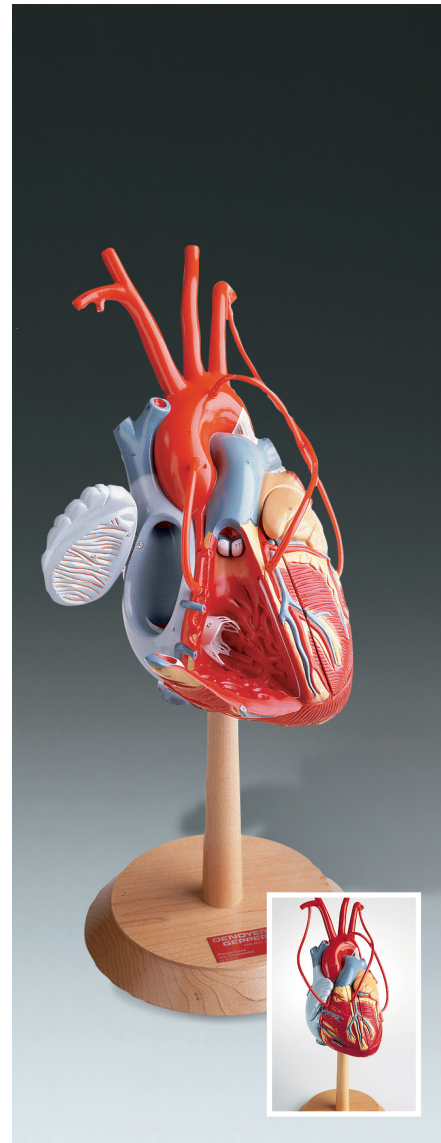
I.

**I. Giant Heart of America™ Model**

- DG140.....
- 2-times the size of a healthy adult heart. View interior and exterior by opening 3 hinged doors. Instructor's key identifies 65 labeled parts.
  - Denoyer-Geppert Co., size: 7" x 7" x 15" (17.8cm x 17.8cm x 38.1cm)

**J. Heart of America Model Plus™ with Coronary Bypasses**

- DG139.....
- 2-times the size of a healthy adult heart. Attachable and detachable bypass vessels let you demonstrate single, double, triple, LIMA, and bilateral IMA coronary bypasses and a normal heart without bypasses.
  - Denoyer-Geppert Co., size: 7" x 7" x 17" (17.8cm x 17.8cm x 43.2cm)



J.

**ALSO AVAILABLE ...**

*Save 15% over individual chart prices!*

**SAVE****Cardiology Chart Set 1**

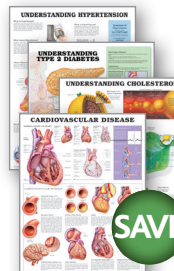
CARDIO1.....

- Includes 2 charts: The Heart; and Heart Disease

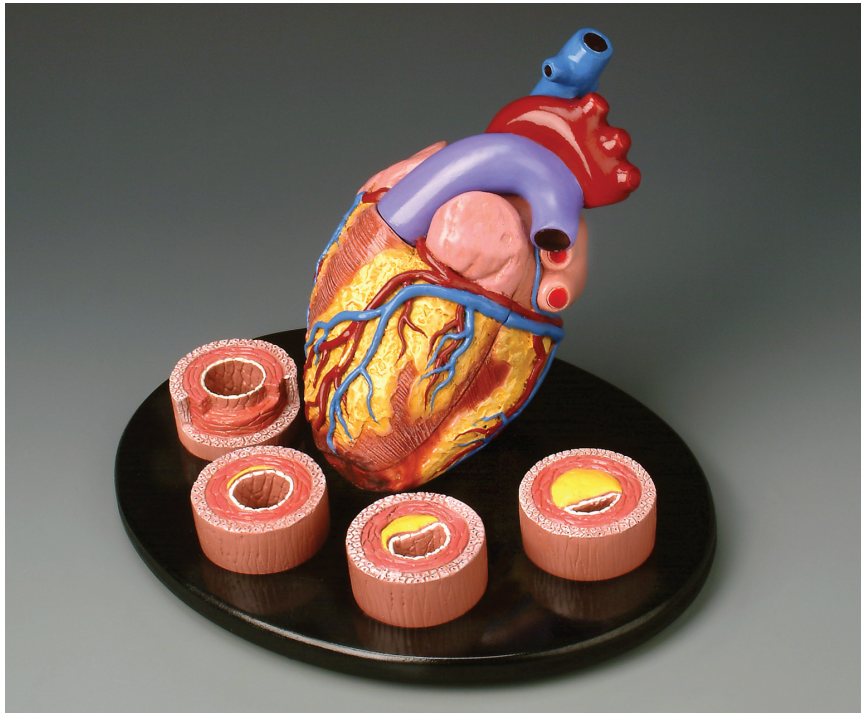
**Cardiology Chart Set 2**

CARDIO2.....

- Includes 4 charts: Understanding Hypertension; Understanding Type 2 Diabetes; Understanding Cholesterol; and Cardiovascular Disease

**SAVE**





A.

**A. Heart Conditions Model**

PT1205

- Larger than life-size. Illustrates atherosclerosis/ coronary artery disease and progression in the blood vessel, myocardial infarction and damage, blocked artery and left ventricular hypertrophy. The heart is sectioned into 2 parts to show the thickened ventricle walls and cardiac valves. Four individual blood vessel models show progression of atherosclerosis. Illustrated study sheet showing normal anatomy and various conditions is included.
- Size: 12" x 12" x 12" with stand

**B. Hypertension Model Set**

G400

- Miniature brain, eye, heart, kidney and artery shows organs effected by hypertension. Study card illustrates effects of hypertension. Removable from stand.
- Size: 13-1/2" (34.3cm) tall

**C. Giant Hands-On Heart Model**

DG821

- 3 times the size of a healthy adult heart. Three doors expose 4 chambers and their valves. Trachea and esophagus shown on back. Can be removed from its base. Numbered with 39 key features.
- Denoyer-Geppert Co., size: 7" x 7" x 15" (17.8cm x 17.8cm x 38.1cm)

**D. Four-Piece Artery Model**

G265

- 4-stage cross-section of an artery demonstrating atherosclerosis in which the narrowing of the artery is due to a build up of fatty tissue (cholesterol) and plaque. 4 stages: normal artery, fatty streak, fibrous plaque, and blockage. The stages cause a decrease in blood flow, which can lead to a blood clot or thrombus. All stages rotate on hinge pin.
- Size: (4) 1-3/8" dia. x 7/8" x 3-1/2" (3.5cm dia. x 2.2cm x 8.9cm)

**E. Mini Heart Set Models**

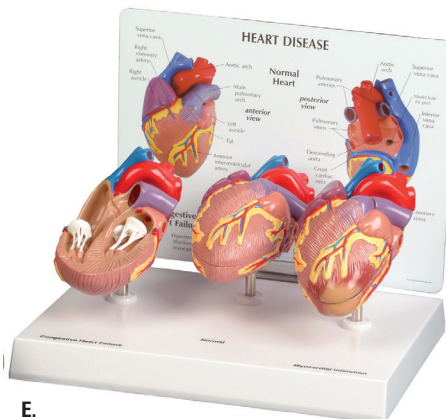
G255

- Normal heart anatomy; myocardial infarction heart demonstrating a partially healed, thinned, and discolored 5 infarcted areas. Including a thrombus in the apex of the heart; and a heart demonstrating congestive heart failure as a result of hypertension. The left ventricle hypertrophy and the correspondingly enlarged and distorted shape of the heart are shown both internally and externally. All models are approximately 50% actual size.
- Normal and MI: 4" x 2-1/4" x 1-3/4" (10.2cm x 5.7cm x 4.4cm)
- CHF: 4" x 2-1/2" x 2-1/4" (10.2cm x 6.4cm x 5.7cm)

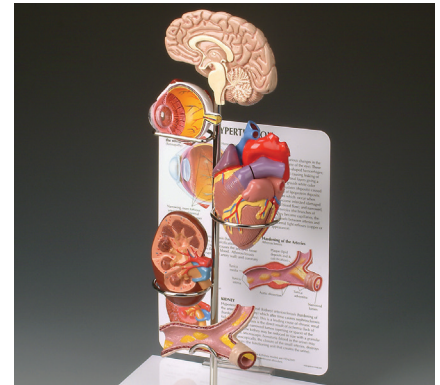
**F. Occluded Artery Model**

79145

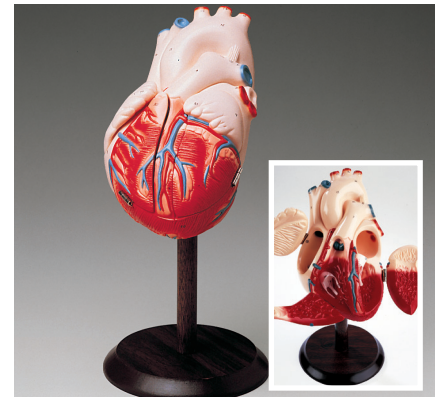
- Larger than life-size. See-thru model shows constricted passage clogged with plaque. Turning the model illustrates the difficulty red blood cells have flowing through an artery with atherosclerosis.



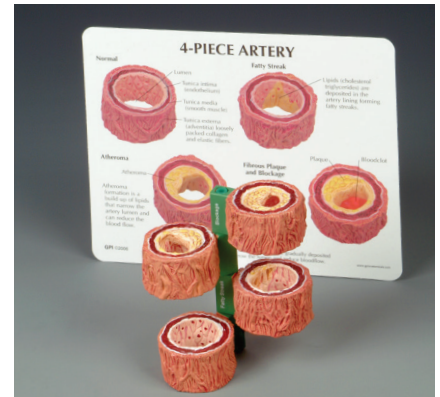
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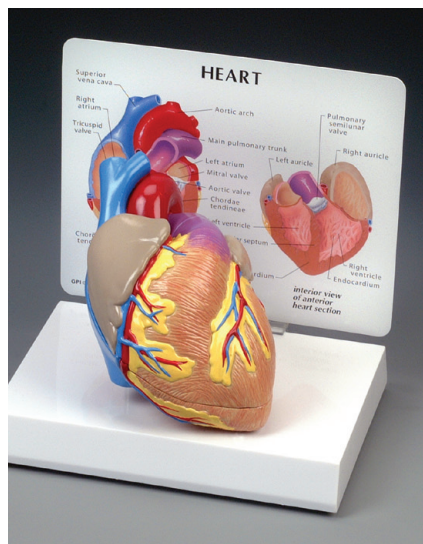


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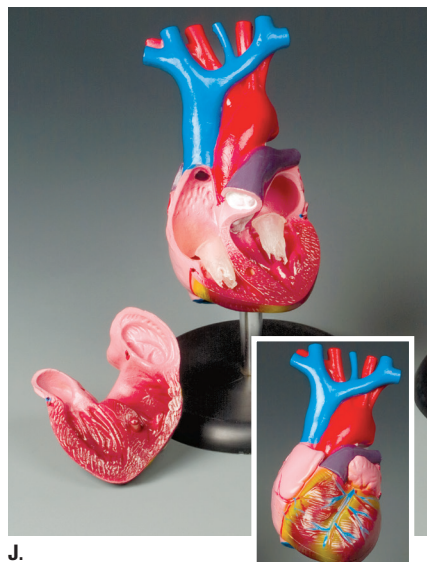
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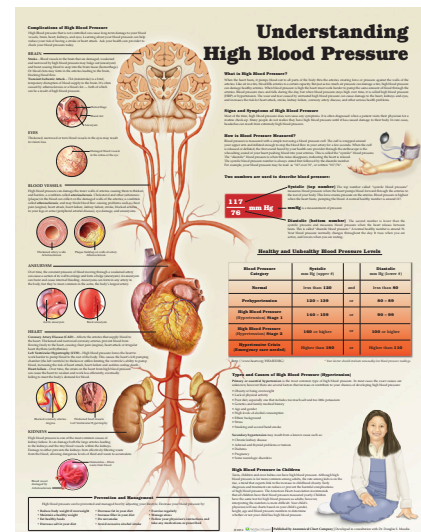
I.



J.



K.



L.

**G. Basic Heart Model**

G8

- Three-quarter life-size. Depicts atrium cordis, ventricles of the heart and cardiac valves. Dissects into 2 parts. Removable from stand.
- 3B Scientific GmbH, size: 3" x 5" x 2-1/2" (7.6cm x 12.7cm x 6.4cm)

**H. Cutaway Heart Model**

G250

- Vividly painted, life-size. Divides in half to show inner chambers and valves. Mounted on plastic base. Removable study cards and base included.
- Size: 3-1/2" x 4" x 6" (8.9cm x 10.2cm x 15.2cm)

**I. Budget Jumbo Heart Model**

CH3

- 4-times life-size jumbo heart model, excellent for patient education or elementary science classes. Dissects into 3 parts showing anterior, posterior and interior views along with valve details. Mounted on a stand.
- Size: 8" x 8" x 11-3/4" (20.3cm x 20.3cm x 29.8cm)

**J. Budget Life-Size Heart Model**

CH7

- Great for learning basic internal and external anatomy of the heart. Dissects into 2 parts.
- Size: 3-1/4" x 3-1/4" x 6" (8.3cm x 8.3cm x 15.2cm)

**K. Two-Part Heart Model**

HS3

- Three-quarter life-size. 2 parts, anterior part of the ventricles and auricles can be removed to show semilunar and tricuspid valves. Mounted on green® base.
- Somso® Modelle, size: 8-1/2" x 5" x 4-3/4" (21.6cm x 12.7cm x 12cm)

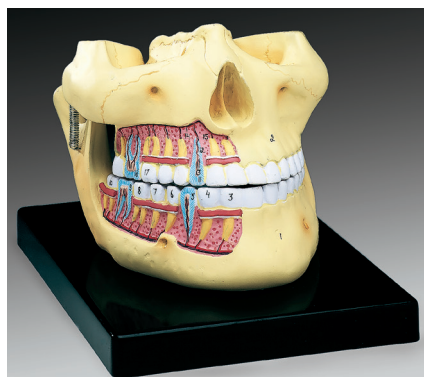
**L. Understanding High Blood Pressure Chart:**

978-1-4697-7289-6

**Be sure to see ...**

- Anatomical Chart Collections (pages 27-30)
- Anatomical Charts & Posters (pages 4-26)
- Gifts (page 75)
- Health Education Resources (pages 39-40)
- Reference Materials & Study Aids (pages 31-34)
- Skeletal Models (pages 58-74)

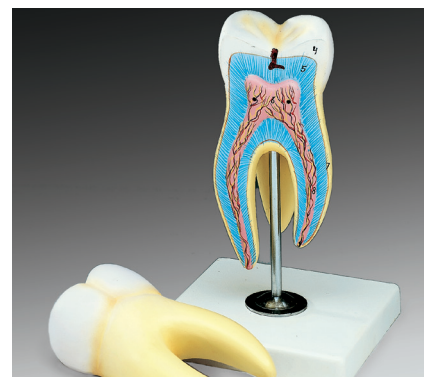




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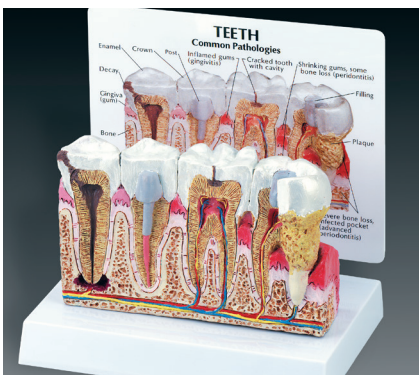
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D.



E.



F.

**A. Upper and Lower Jaw**

- JS6519 .....
- Shows cross-section of the teeth and jaw and opens to reveal palate and masticating surface of teeth; key with 18 numbered features.
  - Fiberglass; size: 8" x 10" (20.3cm x 25.4cm)

**B. Teeth and Jaw Development Set**

- DG108 .....
- Newborn, 5-year-old, 9-year-old and adult models trace development of jaws and teeth; right half of maxilla and mandible expose roots and developing teeth; teeth are color-coded showing deciduous, successional and superadded permanent teeth.
  - Denoyer-Geppert Co., size: 18" x 4" x 9" (45.7cm x 10.2cm x 22.9cm)

**C. Giant Molar**

- JS6520 .....
- 3-root molar divides to show 8 numbered features and a cavity; includes key; fiberglass.
  - Size: 4-1/2" x 4-1/2" x 8" (11.4cm x 11.4cm x 20.3cm)

**D. Flossing and Brushing Teaching Model**

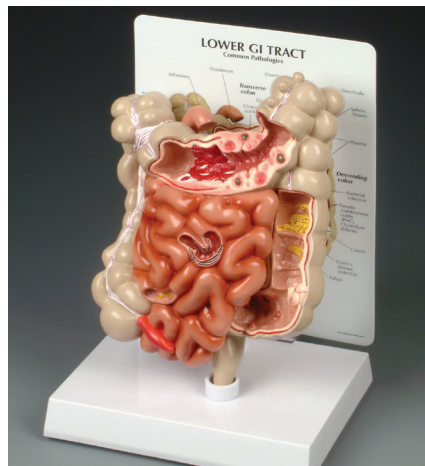
- W5314 (flossing and brushing teaching model).....
- W5355 (giant toothbrush) .....
- 2-times enlarged; demonstrates proper brushing and flossing techniques; plastic 11-1/2" toothbrush with soft bristles.
  - Size: 3" x 3-1/2" x 3-1/2" (7.6cm x 8.9cm x 8.9cm)

**E. Diseased Teeth and Gums Model**

- G286 .....
- Oversized; features common problems: abscess, advanced periodontitis, cavity, crown decay filling, gingivitis, plaque, and severe bone loss; patient education card included.
  - Size: 5-1/2" x 6" x 6" (14cm x 15.2cm x 15.2cm)

**F. Giant Tooth Brushing Model**

- TH01 .....
- Economical model; bendable wire spring allows easy movement; includes giant size, soft nylon bristle toothbrush.
  - Size: 6" (15.2cm) from molar to molar; toothbrush 14-1/2" (36.8cm) long



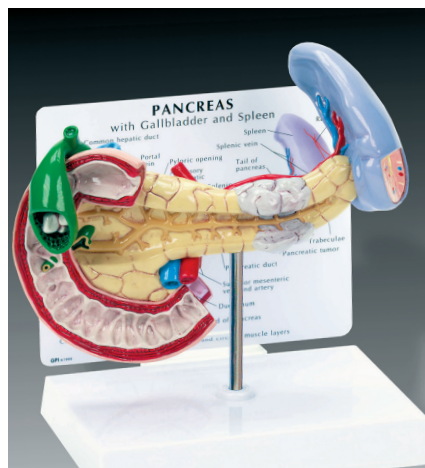
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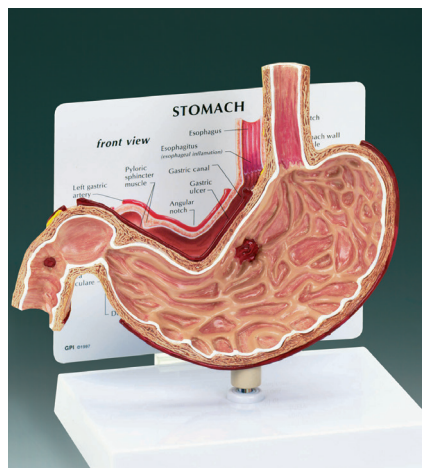
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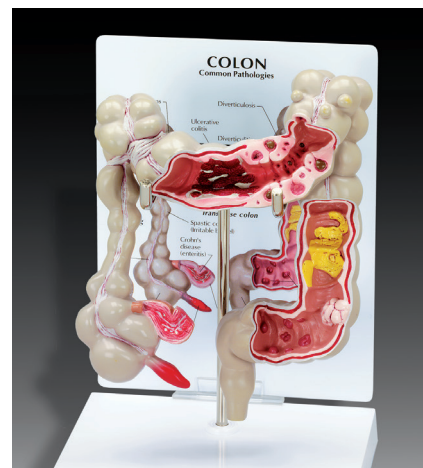
I.



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K.



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**G. Lower GI Tract**

G3342

- Cut-away view model of the small and large intestine with the following common pathologies: adhesions, appendicitis, bacterial infections, cancer, Crohn's disease, diverticulitis, polyps, spastic colon, and ulcerative colitis.
- Size: 6" x 2-1/2" x 7-3/4" (15.2cm x 6.4cm x 19.7cm)

**H. 4-Piece Colon with Pathologies**

G3341

- 4-piece cross-section of the human colon demonstrating both normal anatomy and various disease conditions. Structures included in the normal anatomy include: serosa, muscle, mucosa, semilunar folds, taenia, and epiploic appendices. Diseases represented are: polyps, cancer, diverticulitis, and colitis.
- Size: 4" x 2" (10.2cm x 5.1cm)

**I. Human Digestive Tract Model**

JS22

- Shows alimentary canal from mouth to rectum; in median sections are buccal cavity, pharynx, esophagus, 2-part stomach, duodenum, small and large intestines, opened appendix, and rectum; transverse colon can be removed. On green® stand.
- Somso® Modelle, size: 36" x 12-1/2" x 4-3/4" (91.4cm x 31.8cm x 12.1cm)

**ANATOMICAL CHART COM-****J. Pancreas, Spleen and Gallbladder Model**

G333

- Life-size model of the pancreas, spleen and gallbladder shows pancreatic cancer, gallstones, ruptured spleen and a duodenal ulcer; removable patient education key card. Removable from stand.
- Size: 7-3/4" x 5" x 2-3/4" (19.75cm x 12.7cm x 7cm)

**K. Stomach with Ulcers Model**

G200

- Life-size. Shows esophageal inflammation, gastric ulcer, and duodenal ulcer; removable patient education card. Base included.
- Size: 8" x 1-1/4" x 6-1/4" (20.3cm x 3.2cm x 15.9cm)

**L. Colon Model**

G334

- Shows colitis, diverticulitis, diverticulosis, bacterial infection, cancer, spastic colon, and polyps; Crohn's disease is shown in an area of the small intestines; appendix and rectum are also shown; patient education card included. Removable from stand.
- Size: 6" x 2-1/2" x 7-3/4" (15.2cm x 6.4cm x 19.7cm)

**M. Deluxe Liver and Gallbladder Model**

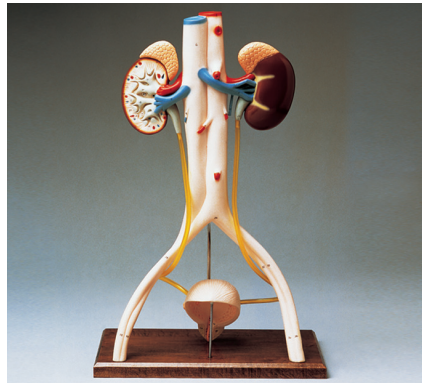
DG141

- 1-1/2 times life-size; ventral surface is dissected to expose major blood vessels and bile ducts in deep relief; color-coding clarifies vascular network; portal vein (and its branches), gallbladder, bile ducts, hepatic artery (and its branches) and hepatic veins color-coded; 28 structures numbered in key.
- Denoyer-Geppert Co., size: 13" x 6" x 11" (33cm x 15.2cm x 28cm)

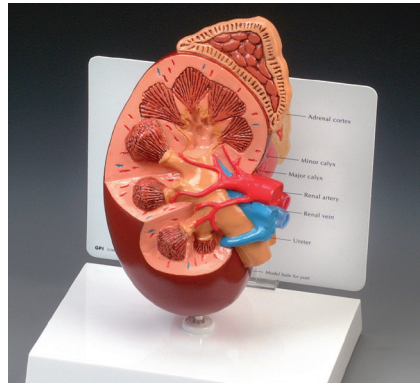


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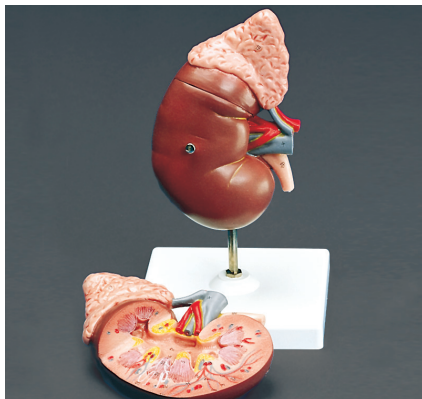




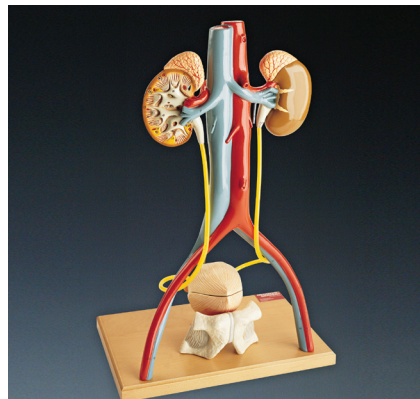
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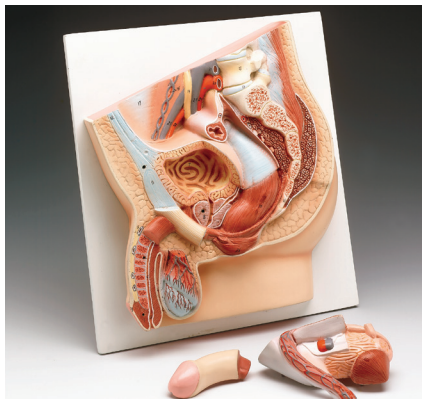
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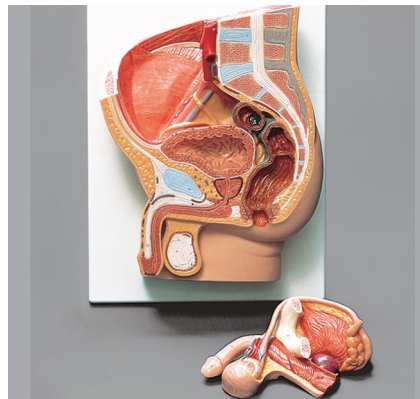
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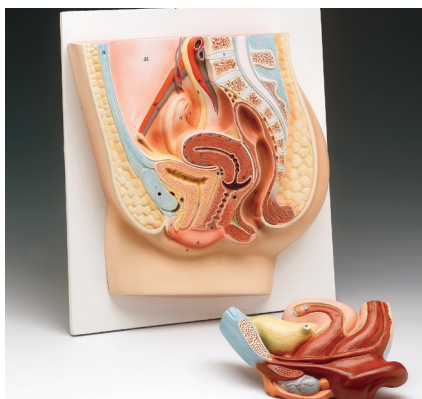
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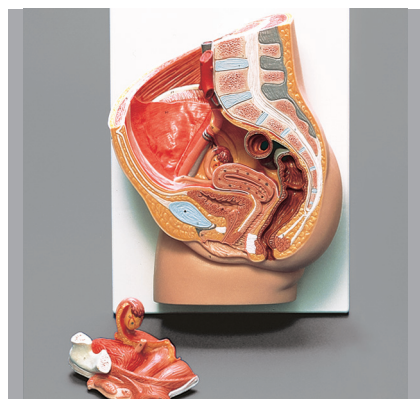
E.



F.



G.



H.

**A. Hands-On Urinary System**

DG827 .....

- Larger than life-size. Shows both kidneys, adrenal glands, major blood vessels, ureters and upper half of bladder opened to show interior; one kidney sectioned along its length to show network of filtration and collection tubules; 41 major features numbered and identified on key.
- Denoyer-Geppert Co., size: 12" x 9" x 8" (30.5cm x 22.9cm x 20.3cm)

**B. Basic Kidney Model**

G325 .....

- 2-times life-size longitudinal section of right kidney and adrenal gland; removable patient education card. Includes base.
- Size: 4" x 2-1/2" x 6-1/2" (10.2cm x 6.4cm x 16.5cm)

**C. Human Kidney and Adrenal Gland**

K12 .....

- Features kidney, adrenal gland, renal, adrenal vessels and upper portion of the ureter; dissects into 2 parts revealing the cortex medulla, cortex vessels and renal pelvis. Removable from stand.
- 3B Scientific GmbH, size: 5" x 5" x 8" (12.7cm x 12.7cm x 20.3cm)

**D. Deluxe Urinary System Model**

DG145 .....

- Life-size male urinary apparatus; blood supply can be studied from every angle; includes kidneys, adrenals, section of the pelvic bone, bladder and prostate. Instructor's key identifies 50 features. Mounted on hardwood base.
- Denoyer-Geppert Co., size: 12" x 8" x 19" (30.5cm x 20.3cm x 48.3cm)

**E. Male Pelvic Section**

JS6544 .....

- Life-size cross-sections of male pelvic region showing reproductive organs, bladder, rectum and prostate; 26 numbered structures correspond to key; fiberglass.
- Size: 13" x 14" x 5" (33cm x 35.6cm x 12.7cm)

**F. Human Male Pelvis Section**

H11 .....

- Illustrates internal and external reproductive organs in pelvic area – median section with removable bladder and reproductive organs; life-size; dissects into 2 parts.
- 3B Scientific GmbH, size: 12" x 16" x 8" (30.5cm x 40.6cm x 20.3cm)

**G. Female Pelvic Section**

JS6542 .....

- Life-size cross-sections of female pelvic region showing reproductive organs, bladder and rectum; 26 numbered structures correspond to key; fiberglass.
- Size: 13" x 14" x 5" (33cm x 35.6cm x 12.7cm)

**H. Human Female Pelvis Section**

H10 .....

- Life-size anatomical model. Illustrates internal and external reproductive organs in pelvic area; bladder and reproductive organs can be removed; dissects into 2 parts.
- 3B Scientific GmbH, size: 12" x 16" x 8" (30.5cm x 40.6cm x 20.3cm)



**I. Male Pelvis Section Model**

G355.....

- Anatomy of male pelvis and testis shown in half life-size mid-sagittal section.
- Size: 7" x 4-3/4" x 1" (17.8cm x 12.1cm x 2.54cm)

**J. Male Genital Organs**

MS3.....

- Shows penis, prostate, bladder, seminal vesicle, spermatic cord, inguinal canal and testicle; life-size; dissects into 5 parts.
- Somso® Modelle, size: 7" x 8" x 10" (17.8cm x 20.3cm x 25.4cm)

**K. Female Pelvis Section Model**

G350.....

- One-half life-size; brightly colored and easy to understand; mid-sagittal cross-section reveals ovary and uterine tube; patient education card with key features included.
- Size: 6-1/4" x 5-1/2" x 2-3/4" (15.9cm x 14cm x 7cm)

**L. Female Genital Organs**

MS5.....

- Shows internal and external female genital organs; removable internal organs; life-size; dissects into 4 parts. Removable from green® stand.
- Somso® Modelle, size: 7" x 7-1/2" x 10" (17.8cm x 19.1cm x 25.4cm)

**M. Female or Male Pelvis Models**

Z4058F (female pelvis with femur heads).....

Z4058 (female pelvis without femurs, not shown).....

Z4056 (male pelvis – inset).....

- Natural casting of adult male or female pelvis with sacrum; both models have L4 and L5 vertebra mounted on elastic cord, which may be easily removed; the sacrum may also be removed to demonstrate movement in the iliosacral joint.

**N. Composite Pelvis and Pelvic Floor**

267A.....

- Life-size female pelvis with highly detailed pelvic floor; features genitalia and associated ..... muscles; dissects into 5 parts.
- Size: 10-1/2" x 7" x 6-1/2" (26.7cm x 17.8cm x 16.5cm)

**O. Breast Cross-Section Model**

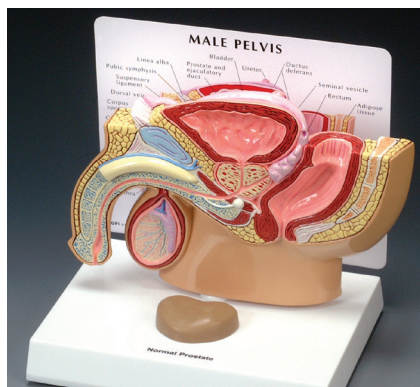
G345.....

- A hard plastic cross-section of a breast showing the following pathologies: infiltrating scirrus carcinoma, fibroadenoma, cysts, and an adenocarcinoma. Model also includes structures such as suspensory ligaments, fat tissue, lymph nodes, muscles and ribs. Includes patient education card. Mounted on base.
- Size: 6-1/2" x 4-1/2" x 3" (16.5cm x 11.4cm x 7.6cm)

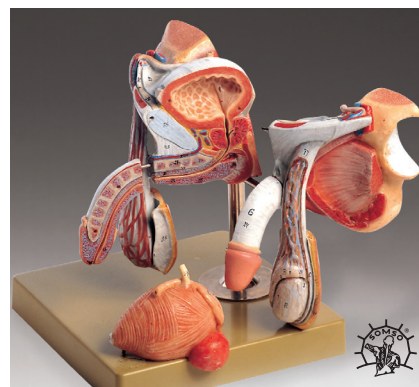
**P. Uterus and Ovaries Model with Pathologies**

G348.....

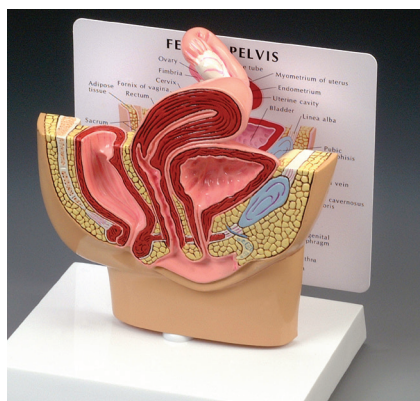
- Shows endometriosis, adhesions, various carcinomas, polyps, cysts, pedunculated fibroid tumor, salpingitis and fibroids; patient education card included.
- Size: 8-3/4" x 6-1/4" x 2-1/2" (22.2cm x 15.9cm x 6.4cm)



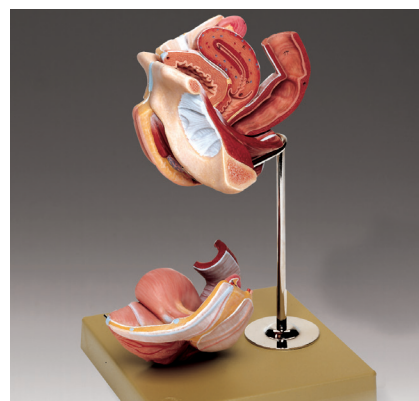
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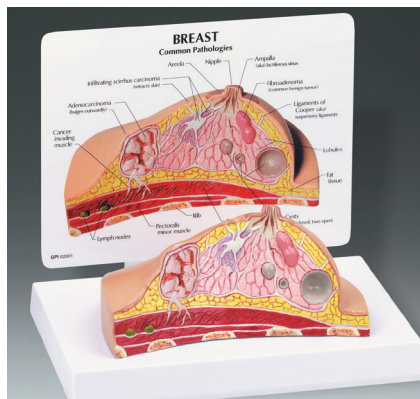
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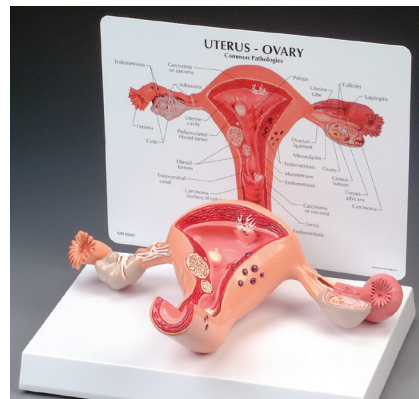
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P.



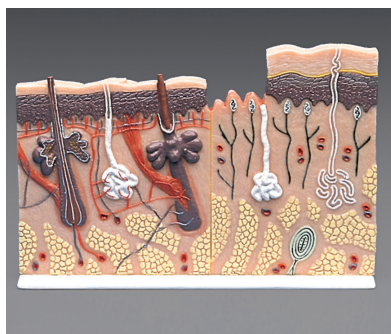
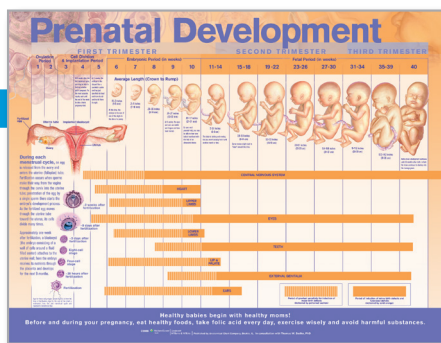


A.



**ALSO AVAILABLE ...**

**Prenatal Development Chart**  
See page 23 for details.



B.



C.



D.



E.

**A. Uterus with Fetus Model Set**

HE27007

- Five flexible uteri illustrate fetal development and changes at 6, 8, 15, 20 and 40 weeks; made of BIOLIKE™.

**B. Skin Section Model**

J11

- Desk top model, enlarged approximately 40-times. The two halves of this relief model show a comparison between the 3 layers of hairy and hairless skin. Hair follicles, sebaceous glands, receptor, nerves and vessels shown. Does not dissect. Mounted on base.
- 3B Scientific GmbH, size: 13-1/2" x 9-1/2" x 6-1/2" (34.3cm x 24.1cm x 16.5cm)

**C. Skin Cancer Model**

G385

- Model features 3 cancerous conditions: NBC (Nodular Basal Cell), MM (Malignant Melanoma), MBC (Morpheic Basal Cell), and three non-cancerous conditions: DN (Dysplastic Nevi), KA (Keratoacanthoma), AK (Actinic Keratosis) with basal layer and dermal layer cross-section detail. Removable patient education card included.
- Size: 4-1/2" x 4-1/2" x 1-1/4" (11.4cm x 11.4cm x 3.2cm)

**D. Skin with Burns Model**

G380

- 2-sided model is approximately 75 times enlargement of a skin cross-section. Normal skin anatomy shown on one side, the other shows 1st, 2nd and 3rd degree burns; includes patient education card.
- Size: 6" x 2-1/4" x 4" (15.2cm x 5.7cm x 10.2cm)

**E. Budget Super Skin Model**

CH4

- 105-times enlarged cross-sectional view of the human skin showing three layers and a close-up view of a hair follicle, sweat gland, fatty tissue and more. Front, side and back view. Does not dissect. Mounted on base.
- Size: 11" x 4" x 13" (27.9cm x 10.2cm x 33cm)

**F. Anatomical Section Model of the Head**

BS55

- Life-size anatomical model. Designed by Dr. J. W. Rohen, this model shows anatomical structures of 10 consecutive horizontal sections through the human head, oriented to the plane usual in CT and MR imaging (CA-CP plane) and which have the same section thickness (0.8 cm). Each cross-section swivels and is removable. With explanatory booklet on the green® base.
- Somso® Modelle, size: 11" x 18" x 13" (27.9cm x 45.7cm x 33cm)

**G. Head with Brain Model**

C25

- Life-size anatomical model. A detailed model of the brain in the skull. Complete brain is removable to show dura mater, 12 pairs of cranial nerves and arteries. Dissects into 8 parts. Includes base.
- 3B Scientific GmbH, size: 6" x 6" x 9"

**H. Deluxe Head with Brain Model**

BS5

- Life-size model showing 12 pairs of cranial nerves and the basilar artery. Removable brain separates into 8 parts: frontal and parietal lobes, temporal and occipital lobes, 2-part medulla, 2-part cerebellum.
- Somso® Modelle, size: 8-3/4" x 7" x 8" (22cm x 17.8cm x 20.3cm)



**I. Median Section of the Head and Neck**

JS6509 .....  
 • Cross-section of head and neck showing brain, nose, mouth, larynx and vertebral column of the neck. Bones, brain, larynx, nose, gullet and buccal cavity are numbered, key card is included. Made of fiberglass. Mounted on base.  
 • Size: 10" x 12-3/4" x 2" (25.4cm x 32.4cm x 5.1cm)

**J. Human Half Head**

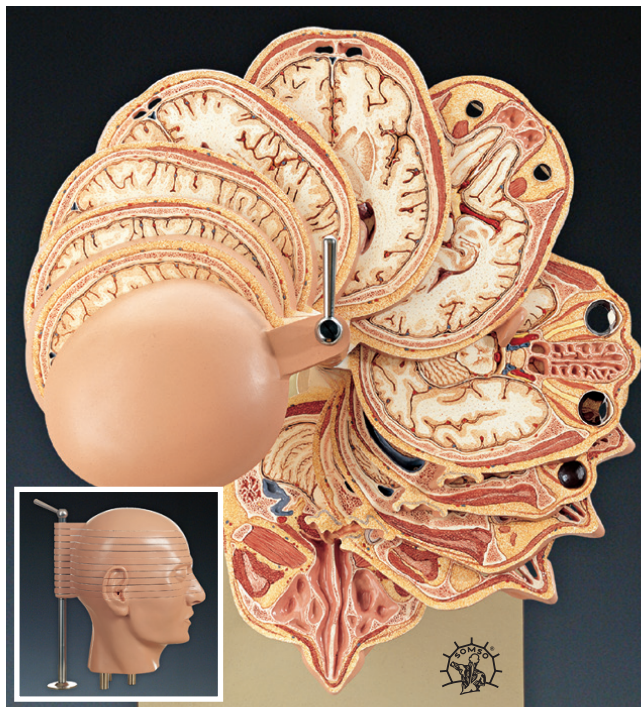
C14 .....  
 • Life-size. Shows median and lateral sections. Median section shows central nervous system and anatomy of the pharynx and mouth. Lateral view shows superficial nerves and vascular distribution and muscles of the face and neck. Does not dissect. On base. 3B Scientific GmbH, size: 9" x 7" x 18" (22.9cm x 17.8cm x 45.7cm)

**K. Transparent Brain Model**

BS25T .....  
 • Life-size; separates into 15 parts: left cortex with sinus sagittalis, cervical vertebral column with spinal cord and vertebral artery, right transparent cortex, right half of spheroid bone, removable right and left brain stem, right and left insular cortex, left striate body, right capsular interna, corpus callosum, fornix, limbic system and ventricle system, right and left halves of the cerebellum. Somso® Modelle, size: 7" x 8" x 12" (17.8cm x 20.3cm x 30.5cm)

**L. Deluxe Brain Model**

BS20 .....  
 • Life-size, dissects into 8 parts: frontal and parietal lobes (2), temporal and occipital lobes (2), medulla (2), and cerebellum (2). Cast from a human specimen in SOMSO-Plast®  
 • Somso® Modelle, size: 6-1/3" x 6-1/3" x 6-1/2" (16.1cm x 16.1cm x 16.5cm)



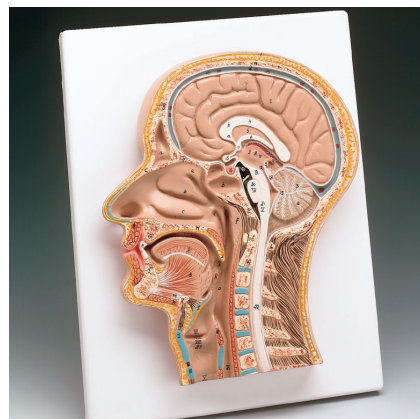
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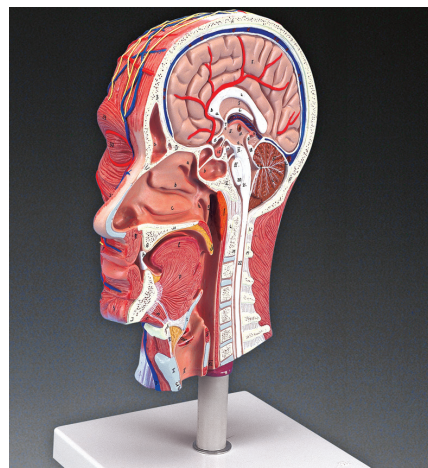
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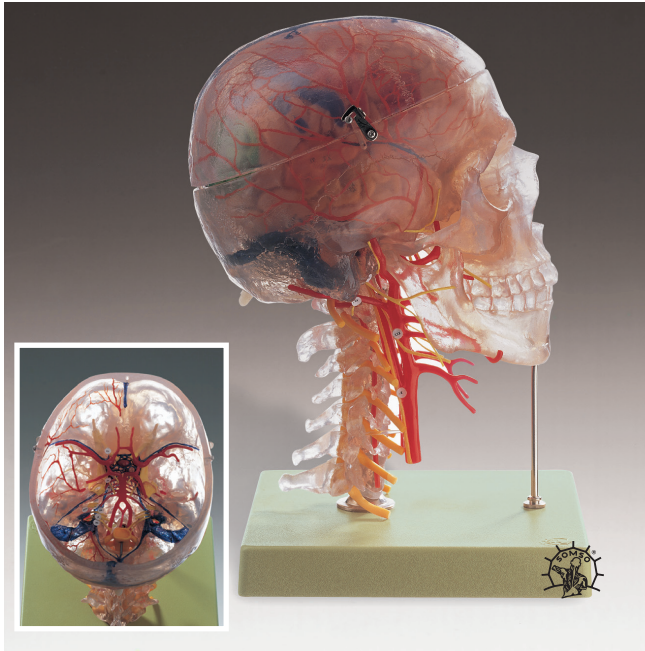


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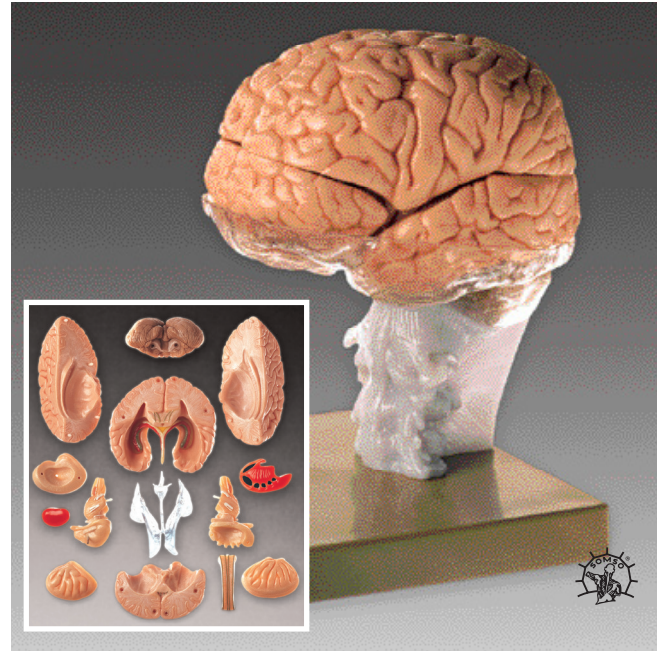


L.





A.



B.



C.



D.



E.



F.

**A. Neuroanatomy Head Model**

- QS657 .....
- Transparent skull with cervical vertebrae and 8-part brain (dissects into 10 parts). Cyto-architectural areas indicated, cranial nerves and the arterial vessels shown.
  - Somso® Modelle, size: 7" x 7" x 11" (17.8cm x 17.8cm x 27.9cm)

**B. Brain Demonstration Model**

- BS25 .....
- Life-size, 14-part brain rests in its natural position on a transparent cast of base of skull. Brain separates into cerebral hemisphere (2), temporal and occipital lobes with limbic system, cerebellum, frontal lobe, corpus callosum, brain stem (2), corpus stratum, insula (2), nucleus lentiformis (left), internal capsule (right), and ventricles of the brain.
  - Somso® Modelle, size: 6" x 7" x 9" (17.8cm x 17.8cm x 27.9cm)

**C. Giant Functional-Center Brain**

- DG172 .....
- About 2-times life-size in 4 parts. More than 120 numbered features with corresponding key card. Contrasting colors identify sensory functional centers receptive to 20 specific body regions and motor centers

controlling 19 body regions.

- Denoyer-Geppert Co., size: 8" x 8" x 10" (20.3cm x 20.3cm x 25.4cm)

**D. Giant Regional Brain**

- DG171 .....
- About 2-times life-size. Color-coded to differentiate front, parietal, occipital, temporal.....lobes, cerebellum, brain stem, and the motor, somatosensory and limbic cortices; each of the lobes, limbic cortex, and pre- and post-central gyri labeled. Divides into 4 parts; 120 numbered neurostructures are identified on key card.
  - Denoyer-Geppert Co., size: 8" x 8" x 10" (20.3cm x 20.3cm x 25.4cm)

**E. Deluxe Brain with Arteries**

- BS23 .....
- Life-size brain model cast in SOMSO-Plast®. Highly detailed model includes representation of the arterial network of vessels. Dissects into 9 parts: frontal and parietal lobes (2), temporal and occipital lobes (2), medulla (2), cerebellum (2), and basilar artery. Green® base included.



**F. Color-Coded 8-Part Brain Model**

240R

- Life-size model of the human brain and brain stem; dissects into 8 parts. Left side is colored to show the sensory and motor areas. 12 cranial nerve roots shown and numbered with important arteries. Supplied on base with key card.
- Size: 8" x 8" x 7" (20.3cm x 20.3cm x 17.8cm)

**G. Budget Brain with Arteries Model**

C20C

- Life-size educational economy model. Color markings illustrate arteries (red) and cranial nerves (yellow). Dissects into 8 parts. Base included.
- Size: 5" x 6" x 6" (20.3cm x 20.3cm x 17.8cm)

**H. Budget Brain Model**

CH1

- Plastic replica of a human brain showing multiple views. Great for hands-on study of brain anatomy. Dissects into 3 parts. Sits on a base.
- Size: 5" x 6" x 6-1/2" (12.7cm x 15.2cm x 15.2cm)

**I. Two-Part Brain Model**

BS21

- Cast from a natural specimen; two-part brain is medially sectioned. Made of SOMSO-Plast.®
- Somso® Modelle, size: 6" x 6-1/4" x 6-3/4" (15.2cm x 15.9cm x 17.1cm)

**J. Classic 5-Part Brain**

C18

- A mid-sagittally sectioned model of the brain cast from a real human brain. Left half can be divided into the frontal and parietal lobe, temporal and occipital lobes, brain stem, and cerebellum.
- 3B Scientific GmbH, size: 5" x 5-1/2" x 7" (12.7cm x 14cm x 17.8cm)

**K. Deluxe 8-Part Brain with Arteries**

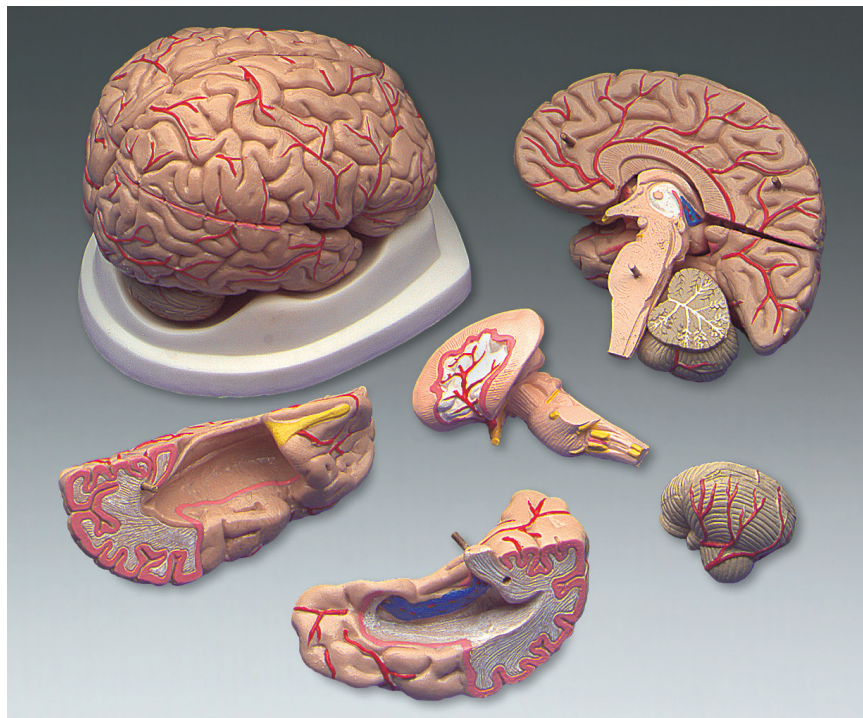
DG178

- Life-size; incorporates arterial blood supply with termini of the internal carotids, basilar artery, and Circle of Willis. Cranial nerves and dissectible brain stem also featured. Right hemisphere divides in 2 parts – left splits into 4 parts including half of the brain stem and half of the cerebellum. Pituitary and basilar artery can be detached.
- 115 numbered features with key card.
- Denoyer-Geppert Co., size: 6" x 5" x 7" (15.2cm x 12.7cm x 17.8cm)

**L. Diseased Brain in Skull**

G290

- Life-sized brain in skull segmented into a normal half and 3-piece pathology half featuring: Alzheimer's, migraine, stroke, seizure-related tumor, aneurysm, multiple sclerosis, subdural hematoma, Parkinson's Disease and alcoholism.
- Brain size: 5" x 6-3/4" x 5" (12.7cm x 17.1cm x 12.7cm)



G.



H.



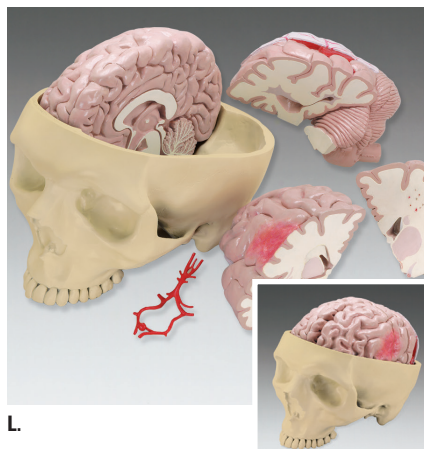
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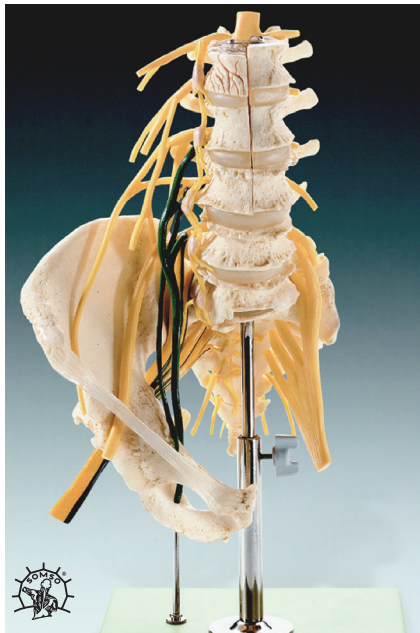


K.



L.





A.

## *Skeletal models are invaluable for effective, three-dimensional learning.*

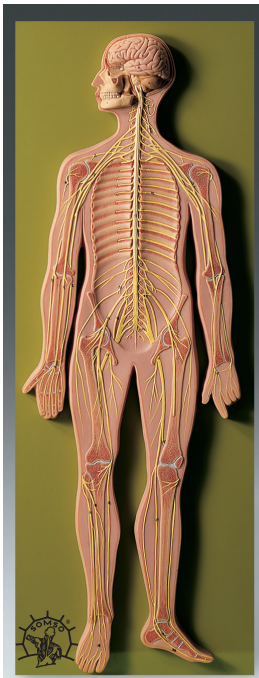
And they're the fundamental first step toward mastering human anatomy. These models are yours in a variety of sizes and at a range of costs. From full, complete structures to disarticulated bone parts, each replica is created with long-lasting materials that mimic actual human anatomy.



B.

### **A. Lumbar Spine with Innervation**

- QS662.....
- Shows lumbar portion of spine and spinal cord, epidural cavity, nerve roots, plexus lumbalis, plexus sacralis, plexus coccygeus, and sympathetic trunk ganglia. Normal body halves of L1, L2, and L3 are removable to show common disorders of the spine: vertebral compression fracture, tumors, metastases, spondylosis and spondylarthrosis, slipped disc, and spondylarthritic osteophytes. Removable from green® base.
  - Somso® Modelle, size: 15"x 9"x 8" (38.1cm x 22.9cm x 20.3cm)



C.



D.

### **B. Giant Atlas/Axis Model**

- Z4083.....
- Shows atlas, axis and 3rd cervical vertebra in relation to the occipital. 2-times life-size and mounted on elastic cord to allow movement.
  - Size: 7-1/4"x 4-1/2"x 5" (18.4cm x 11.4cm x 12.7cm)

### **C. Nervous System Model**

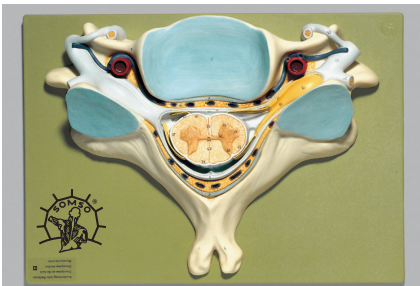
- BS27.....
- 1/2 life-size schematic presentation of the central and peripheral nervous system. One piece on green® base.
  - Somso® Modelle, size: 36"x 12"x 2-1/3" (91.4cm x 30.5cm x 5.9cm)

### **D. Flexible Lumbar Vertebral Column with Herniated Disc**

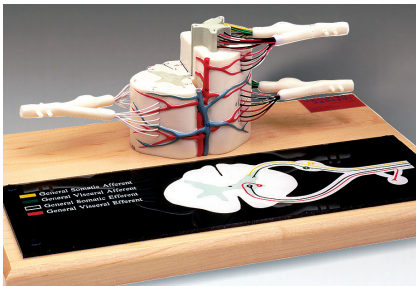
- A76/5.....
- Includes spinal cord and nerve branches and illustrates herniation of dorsolateral intervertebral disc. Sacrum has removable flap to reveal nerves. Removable from stand.
  - 3B Scientific GmbH, size: 5"x 5"x 13" (12.7cm x 12.7cm x 33cm)

### **E. Fifth Cervical Vertebra**

- BS30.....
- Shows vertebra, its articulating surfaces, vertebral artery, spinal cord in cross-section, nerve roots and more. Mounted on green® board. Does not dissect.
  - Somso® Modelle, size: 15"x 10"x 11" (38.1cm x 25.4cm x 27.9cm)



E.



F.

### **F. Deluxe Spinal Cord Model**

- DG165.....
- 5-times life-size segment of the upper thoracic spinal cord with a portion of the white matter cut away to expose the anterior and posterior nerve roots.
  - Denoyer-Geppert Co., size: 12"x 8"x 5" ... (30.4cm x 20.3cm x 12.7cm)

**Flexible Vertebral Column Region Models****G. A72 (cervical)**

- Functional model of 7 cervical vertebrae with normal intervertebral discs that includes a segment of spinal cord with medulla, pons, cerebral peduncle and nerve branches. Not removable from stand.
- 3B Scientific GmbH, size: 5"x6"x7" (12.7cm x 15.2cm x 17.8cm)

**H. A73 (thoracic)**

- 12 thoracic vertebrae, intervertebral discs and nerve branches. Not removable from stand.
- 3B Scientific GmbH, size: 5"x4"x13" (12.7cm x 15.2cm x 17.8cm)

**I. A74 (lumbar)**

- 5 lumbar vertebrae, coccyx and sacrum with removable cutaway. Also features normal intervertebral discs and nerve branches. Not removable from stand.
- 3B Scientific GmbH, size: 5"x5"x13"

**J. Basic Lumbar Vertebrae with Sacrum****G170**

- Fully articulating model of L1 through L5 with sacrum. A herniated disc shown between L3 and L4. Features full lumbar nerve section with left-side sacral nerves and sciatic branch. Removable from stand. Includes removable patient education card.
- Size: 4-1/2"x3-1/2"x11" (11.4cm x 8.9cm x 27.9cm)

**K. Four-Stage Vertebrae Set****G176**

- 4 pairs of life-size lumbar vertebrae in 3 stages of degeneration. Shown are a normal pair of lumbar vertebrae, a pair with a bulging herniated disc, a vertebrae set with bone and disc degeneration and advanced osteoporosis with serious bone compression and bone spurs. Models do not dissect. Includes removable patient education card and base.
- Size on base: 5-3/4"x10-1/2" (14.6cm x 56.7cm)

**L. Budget 4-Part Lumbar Vertebrae****CHLS4 (4-part)**

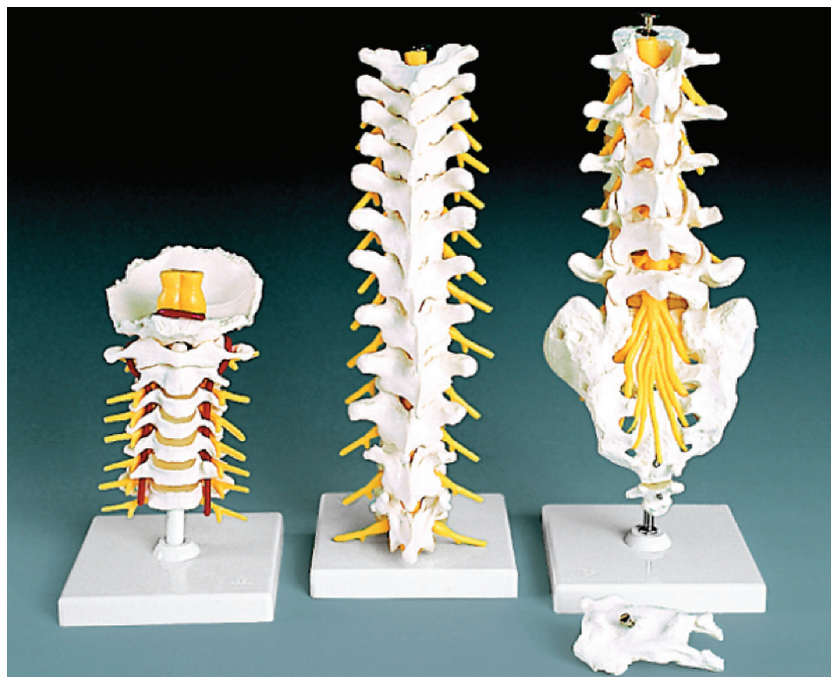
- 4-part lumbar vertebrae shows normal and herniated disc. Dissects into vertebrae, discs, spinal cord with nerve roots. Mounted on metal rod.
- Size: 6"x3" (15.2cm x 7.6cm)

**M. Budget Lumbar Vertebrae with Interchangeable Discs****CH76**

- Demonstrates herniated disc in relation to vertebrae and spinal cord. Includes normal, central herniation and dorsal herniation discs. Dissects into 6 parts. Made of durable, flexible plastic. Mounted on base.
- Size: 4-3/4"x4-3/4"x5-1/4" (12cm x 12cm x 13.3cm)

**N. Lumbar Vertebrae Teaching Model****A76**

- Includes 2 lumbar vertebrae with 2 intervertebral discs to illustrate central and dorsal hernia. Dissects into 5 parts. Mounted on stand.
- 3B Scientific GmbH, 5"x5"x5" (12.7cm x 12.7cm x 12.7cm)



G.

H.

I.



J.



K.



L.



M.



N.





A. 32" (81.3cm) tall



B. 32" (81.3cm) tall



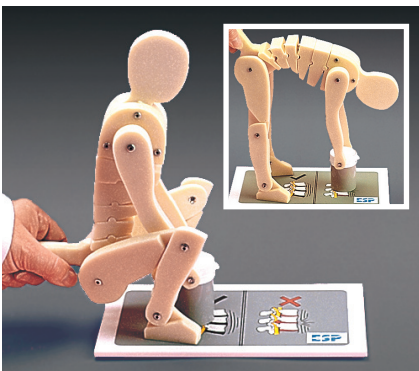
C. 34" (86.4cm) tall



D. 34" (86.4cm) tall



E. 18" (45.7cm) tall



F.

**A. Vertebral Column with Muscle Painting**

A59/1P.....

- Flexible spine, with pelvis, occipital bone, vertebral artery and dorsal herniated disc between the 3rd and 4th lumbar vertebrae and movable femoral heads. Muscle origins and insertions painted on the right innominate bone, femoral head and backside of each vertebra. Cervical, thoracic and lumbar vertebrae are indicated. No stand.
- 3B Scientific GmbH, size: 32" tall (81.3cm)

**B. Didactic Flexible Spine with Femoral Heads**

A58/9.....

- 5 sections differentiated by color: 7 cervical, 12 thoracic and 5 lumbar vertebrae, sacrum and coccyx. A disc prolapse at L3-L4 also featured. No stand.
- 3B Scientific GmbH, size: 32" tall (81.3cm)

**Spine Stand**

SM91.....

- For hanging spines as shown in pictures B and H. Black finish.
- Size: 34" tall (86.4cm)

**C. Skeletal Torso**

VC126.....

- A life-sized flexible spine, with rib cage, shoulders, pelvis and movable femur heads with the corresponding muscles and ligaments. Shows the cervical plexus and the brachial plexus, suboccipital triangle, greater occipital nerve, sciatic nerve complex, as well as the major thoracic and lumbar muscles. The right shoulder is fully articulated and features all ligaments, capsule of shoulder joint, teres major and muscles of the rotator cuff. Vertebrae are color-coded, facet syndrome at L4-L5. Stand included.
- Size: 34"x 15"x 7-1/2" (86.4cm x 38.1cm x 19.1cm)

**D. Muscle Spine with Disorders**

CH5900.....

- Spinal curvatures are color-coded. Includes occipital bone and cerebellum, circle of Willis, vertebral artery, spinal nerves with sciatic nerve, right brachial plexus, 1st and 2nd ribs, sacroiliac ligaments and several muscles including: suboccipital triangle, longus capitis, scalene muscles, psoas major and minor, iliacus, gluteus medius and minimus, piriformis and gemellus. Disorders shown: bone spurs on L5; herniated disc between L4 and L5; and L1, L2, and L3 divide to show compression fractures, osteoporosis, bone tumor and osteoarthritis of the hip. Stand included.
- Size: 34" (86.4cm), 14 lbs (6.4kg)

**E. Desk-Size Vertebral Column**

CS85X.....

- Features nerve branches, vertebral artery, movable femur heads, occipital bone, pelvis, and herniated lumbar disc. Flexible.
- Size: 18" (45.72cm) tall, 6 lbs (2.7kg)

**Save 15% over individual  
chart prices!**

**Neurology Chart Set 1**

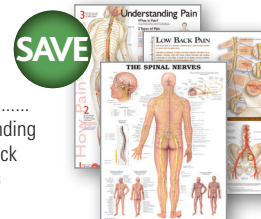
NEURO1.....

- Includes 3 charts: Understanding Multiple Sclerosis; Understanding Parkinson's Disease, 2nd Edition; and Understanding Alzheimer's Disease, 2nd Edition

**Neurology Chart Set 2**

NEURO2.....

- Includes 3 charts: Understanding Pain; Understanding Low Back Pain; and The Spinal Nerves





G. 29" (73.7cm) tall

**F. Anatomical Lifting Manikin**

- 310K.....
- Demonstrates how vertebrae react when heavy objects are lifted correctly and incorrectly. Designed by a physical therapist. "Safe Manual Handling" included.
  - Base: 5-1/2" x 9" x 16-1/2" (14cm x 22.9cm x 41.9cm) when standing.

**G. Budget Vertebral Column**

- CH59X.....
- Includes vertebral body, spinous and transverse processes, vertebral notch and spinal canal, complete pelvis, sacrum, occipital bone, vertebral artery and nerve branches, herniated disc between the 4th and 5th lumbar vertebrae. Stand included.
  - Size: 29" (73.7cm) tall, 11 (5kg) lbs

**H. Vertebral Columns with Pelvis**

- A59/1.....
- Flexible spine, with pelvis, occipital bone, vertebral artery and dorsal herniated disc between the 3rd and 4th lumbar vertebrae. No stand.
  - 3B Scientific GmbH, size: 29" (73.7cm) tall



H. 29" (73.7cm) tall



I. 32" (81.3cm) tall



J. 27-1/2" (69.9cm) tall



K. 29" (73.7cm) tall

**I. Vertebral Column and Femoral Heads**

- A59/1F.....
- Flexible; same as A59/1, with movable femoral heads. No stand.
  - 3B Scientific GmbH, size: 32" (81.3cm) tall

**J. Soft Disc Vertebral Column**

- Z4009.....
- Features discs made of sponge for flexibility and to demonstrate compression. No femur heads or herniated disc. Stand included.
  - Size: 27-1/2" (69.9cm) tall

**K. Vertebral Column with Open Sacrum**

- A59/1SP.....
- Flexible, with pelvis, occipital bone, vertebral artery, herniated disc, spinal cord with protruding nerve branches and brain stem (medulla oblongata). Removable piece from back of sacrum exposes cauda equina (nerves that run through sacrum). Stand sold separately.
  - 3B Scientific GmbH, size: 29" tall





A.

**A. Disarticulated Human Skull**

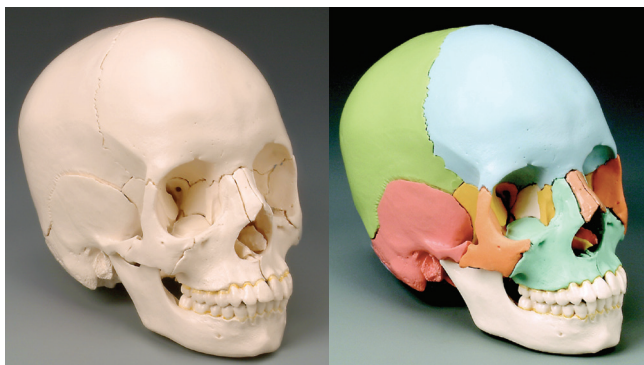
QS83 (color coded).....  
 QS8/2 (bone color-inset).....

- Life-size; consists of 14 parts that can be dismantled and snapped back together. Includes: sphenoid, occipital, 2 temporal, 2 parietal, frontal, right and left maxilla, the lacrimal, nasal and palatine bone, facial, cranial and zygomatic bones, and mandible which fits into sockets with a hinged joint.
- Somso® Modelle, size: 5-1/2" x 8" x 6" (14cm x 20.3cm x 15.2cm)

**B. Skull Kit**

A290 (bone color).....  
 A291 (color coded).....

- Can be disassembled and reassembled. Includes occipital, sphenoid, ethmoid, vomer, mandible, and right and left of following bones: parietal, temporal, palatine, nasal concha, maxilla with teeth, lacrimal, zygomatic, and nasal bone.
- 3B Scientific GmbH, size: 6" x 8" x 4" (15.2cm x 20.3cm x 10.2cm)



B.

**C. Disarticulated Female Skull**

OSM32P.....

- 22-piece detailed reproduction of each of the cranial bones of the human skull. Cast from the skull of an average-size 18-20-year-old female. Includes storage box and key card. Cannot be assembled.

**D. First-Class Human Skull**

320C.....

- Exceptional quality adult skull, horizontally sectioned with removable calvarium to expose internal features of the cranium. Mandible is removable and the entire skull is manufactured in a bone-like plastic. Dissects into 3 parts.
- Size: 5-1/2" x 8" x 6" (14cm x 20.3cm x 15.2cm)

**E. Human Skull with Numbers**

QS7/1.....

- 3-part plastic skull with removable calvarium and lower jaw. Seventy numbered and labeled parts with identifying key in English and Latin.
- Somso® Modelle, size: 5-1/2" x 8" x 6" (14cm x 20.3cm x 15.2cm)

**F. Second Dentition Skull**

QS3/2.....

- Skull of 6-year-old shows emerging dentition in the upper and lower jaw. Lower jaw may be removed.
- Somso® Modelle, size: 5" x 6" x 5" (12.7cm x 15.2cm x 12.7cm)



C.

**G. Beauchene Mounted Skull**

QS9.....

- 22-part disarticulated skull mounted in Beauchene style; emphasizes position of cranial bones and their relationship to each other. Includes: frontal, 2 parietal, 2 temporal, 2 zygomatic, 2 nasal, occipital, 2 maxilla, 2 lacrimal, 2 nasal concha, 2 palatine, Vomer, ethmoid, sphenoid bones and mandible. Jointed green® stand. All bones removable.
- Somso® Modelle, size: 10" x 15" x 16" (25.4cm x 38.1cm x 40.6cm)



D.



E.



F.



G.

**H. Classic Human Skull**

A20.....

- High-quality plastic reproduction of a human skull that includes sutures, foramen and styloid processes. The calvarium is cut and jaw is on springs. Dissects into 3 parts.
- 3B Scientific GmbH, size: 5-1/2"x 8"x 6" (14cm x 20.3cm x 15.2cm)

**I. Artificial Adult Human Skull**

QS7/E.....

- Life-size adult skull with removable calvarium and movable lower jaw. Dissects into 3 parts. Made of SOMSO-Plast.®
- Somso® Modelle, size: 5-1/2"x 8"x 6" (14cm x 20.3cm x 15.2cm)

**J. Female Human Skull**

QS7/6.....

- Cast from natural specimen in SOMSO-Plast.® Dissects into 3 parts: calvarium, base of skull, and mandible.
- Somso® Modelle, size: 5"x 7"x 5-1/2" (12.7cm x 17.8cm x 14cm)

**K. TMJ Skull**

A24.....

- Plastic skull with medial and lateral pterygoids, temporal and masseter muscles in elastic. Relationship of temporal mandibular structures to occlusion becomes more meaningful to both doctor and patient.
- 3B Scientific GmbH, size: 5-1/2"x 8"x 6" (14cm x 20.3cm x 15.2cm)

**L. Human Skull with Painted Musculature**

A23.....

- Includes sutures, foramen and styloid processes. Calvarium is cut and jaw is on springs. One side is painted to show muscle origins in red and insertions in blue. Dissects into 3 parts. Key card included.
- 3B Scientific GmbH, size: 5-1/2"x 8"x 6" (14cm x 20.3cm x 15.2cm)

**M. Numbered Human Skull**

A21.....

- High-quality plastic reproduction that includes sutures, foramen and styloid processes. Skull is numbered. The calvarium is cut and the jaw is on springs. Dissects into 3 parts.
- 3B Scientific GmbH, size: 5-1/2"x 8"x 6" (14cm x 20.3cm x 15.2cm)

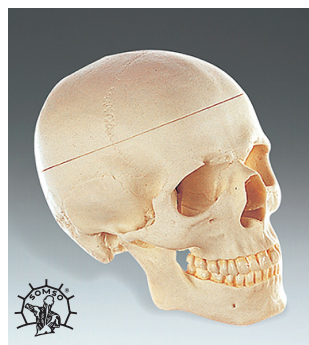
**N. Fetal Skull**

420R.....

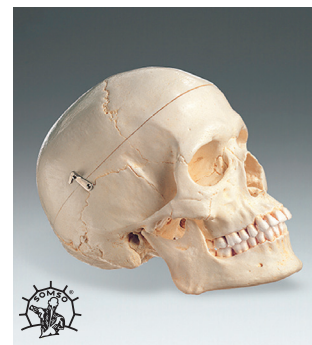
- Natural cast fetal skull. Very realistic model in a unique bone-like material. Does not dissect.
- Size: 3"x 6"x 4" (7.6cm x 15.2cm x 10.2cm)



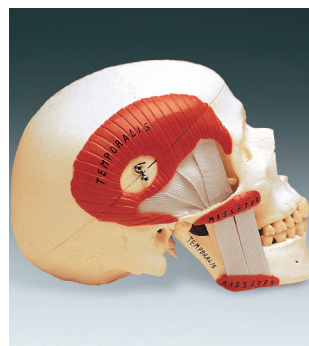
H.



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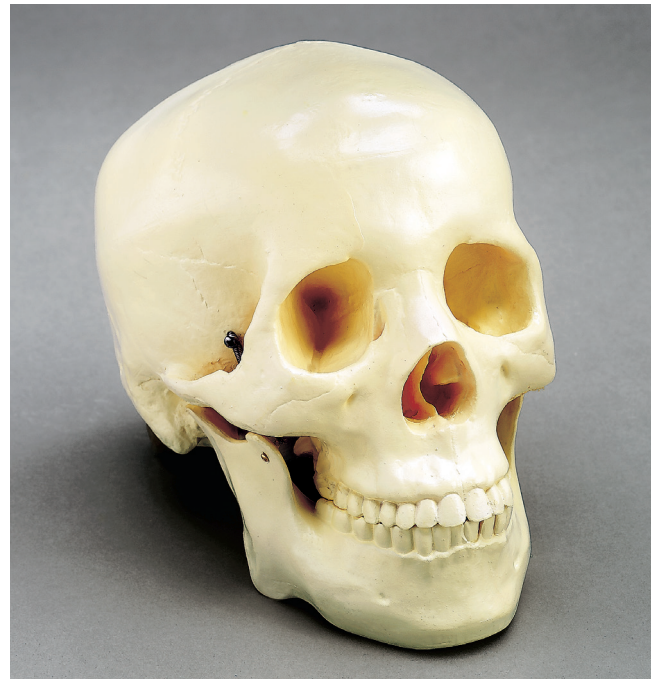
**Be sure to see ...**

- Anatomical Charts & Posters (pages 4-26)
- Anatomical Chart Collections (pages 27-30)
- Anatomical Models (pages 42-57)
- Gifts (page 75)
- Health Education Resources (pages 39-40)
- Reference Materials & Study Aids (pages 31-34)





A.



B.



C.



D.



E.

Customers rate Anatomical Chart Company products



**"Excellent visual aid"**

Abe, New York, NY

#### A. Budget Skull

CS20 .....

- Economical life-size adult plastic skull features movable jaw, cut calvarium, suture lines and 3 removable lower teeth—incisor, cuspid, and molar. Dissects into 3 parts.
- Size: 5"x 8-1/2"x 6" (12.7cm x 21.6 x 15.2cm), 3 lbs. (1.4kg)

#### B. Budget Two-Piece Skull

CH-S2 .....

- Plastic life-size adult skull features movable jaw and an uncut calvarium.
- Size: 5"x 8-1/2"x 6" (12.7cm x 21.6cm x 15.2cm)

#### C. Budget Skull with 8-Part Brain

MO12C .....

- Durable plastic skull with hinged jaw and removable calvarium. Life-size translucent 8-part brain fits inside cranial cavity. Includes key card with 75 structures identified.
- Size: 5"x 8-1/2"x 6" (12.7cm x 21.6cm x 15.2cm), weight: 7 lbs. (3.2kg)

#### D. Budget Skull with Cervical Vertebrae on Stand

CS20V .....

- Life-size skull features 7 rigid cervical vertebrae including atlas and axis. Also shows vertebral artery with cervical spinal cord and nerve branches. Jaw on springs, removable calvarium. Skull cannot be removed from vertebrae. Mounted on stand.
- Size: 9"x 9"x 12" (22.9cm x 22.9cm x 30.5cm)

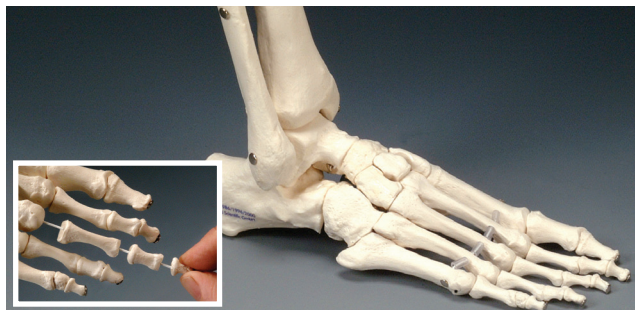
#### E. Mr. Thrifty® Skull with 8-Part Brain

WCPSB .....

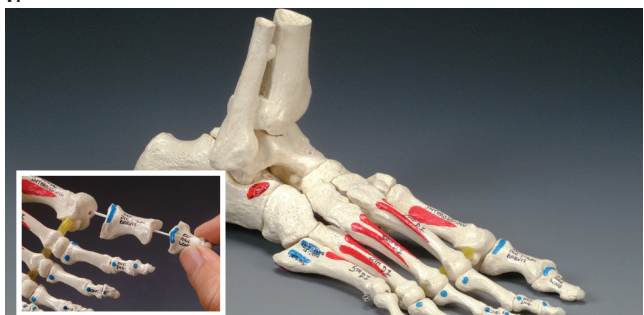
- Miniature model shows the major sutures of human skull. Calvarium can be removed to expose 8-part brain. Mandible is spring hinged. Made of unbreakable plastic.
- Skull: 3"x 5"x 3-1/2" ( 7.6cm x 12.7cm x 8.9cm), Brain: 2-1/2"x 2-1/2"x 2-1/4" (6.4cm x 6.4cm x 5.7cm)



F.



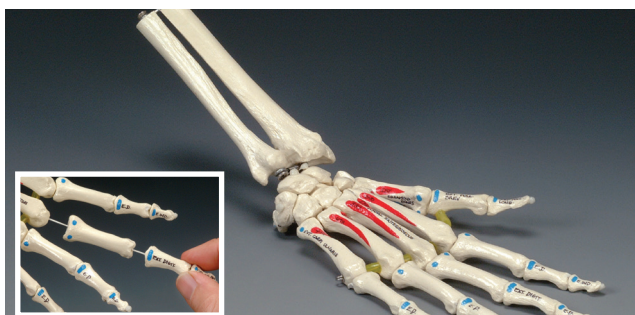
G.



H.



I.



J.

**F. Life-Size Skeletal Extremities**

A41R rigid right hand with lower arm, wire mounted.....

A31R rigid right foot (shown) with portion of tibia and fibula – wire mounted.....

A31L rigid left foot (not shown) with portion of tibia and fibula – wire mounted.....

- 3B Scientific GmbH

**G. Elastic Foot Demonstration Model**

A-31SPR (right foot – shown).....

A31SPL (left foot – not shown).....

- Life-size. Features portion of tibia and fibula strung on elastic.
- 3B Scientific GmbH

**H. Painted Foot on Elastic**

OS31P.....

- Life-size right foot strung on elastic cord. Muscle origins and insertions are labeled and color-coded. Tibia, fibula and metatarsals are wired together.

**I. Elastic Foot Model**

OS31E.....

- Life-size right foot strung on elastic cord. Lower part of tibia, fibula and metatarsals are wired together.

**J. Painted Hand on Elastic**

OS32P.....

- Life-size right hand strung on elastic cord. Muscle origins and insertions are labeled and color-coded. Ulna, radius and metacarpals wired together.

**K. Elastic Hand Demonstration Model**

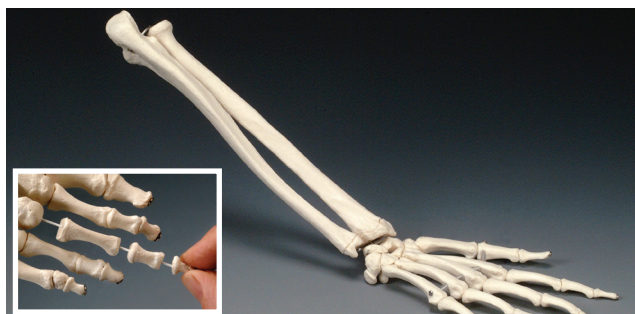
A-41SP.....

- Life-size right hand with portion of the lower arm strung on elastic.
- 3B Scientific GmbH

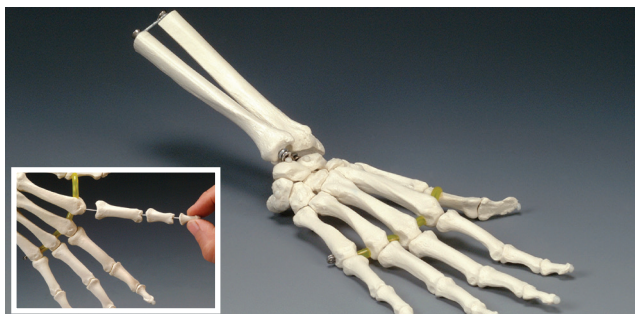
**L. Elastic Hand Model**

OS32E.....

- Life-size right hand strung on elastic cord. Lower part of ulna, radius, and metacarpals are wired together. Wrist has movable metal wire joint.



K.



L.





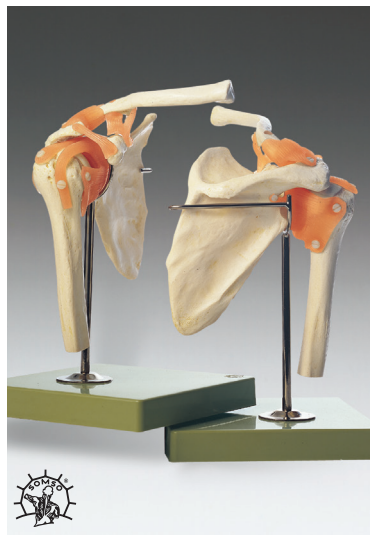
A.



B.



C.



D.



E.



G.



F.

**A. Knee Joint with Ligaments**

Z4552.....

- Right knee model includes insertion tendons of straight muscle of thigh, kneecap with patellar tendons, lateral ligaments, meniscuses and cruciate ligaments. Flexion, extension, outer and inner rotation demonstrated. Removable from stand.
- Size: 7"x 7"x 12-1/2" (17.8cm x 17.8cm x 31.8cm)

**B. Functional Model of the Knee Joint**

NS-50.....

- Right knee features detachable ligament system allowing complete view of each ligament, bone and cartilage. Demonstrates range of motion, including flexion, extension, inner and outer rotation. Removable from green® stand.
- Somso® Modelle, size: 13-1/2"x 7"x 7" (34.3cm x 17.8cm x 17.8cm)

**C. Shoulder Joint with Ligaments**

Z4550.....

- Cast from right shoulder blade, clavicle and upper arm. Coracoacromial ligament, coraco-humeral ligament and transverse ligament of scapula joint capsula shown. Anteversion, retroversion, outer, inner rotation and abduction demonstrated. Removable from stand.
- Size: 7"x 7"x 7" (17.8cm x 17.8cm x 17.8cm)

**D. Functional Model of the Shoulder Joint**

NS-53.....

- Right shoulder joint features detachable ligament system allowing views of each bone, ligament and cartilage. Demonstrates arm raising, front and back swinging and inner/outer rotation. Ligaments made of sturdy elastic material. Removable from green® stand.
- Somso® Modelle, size: 10"x 8"x 9" (25.4cm x 20.3cm x 22.9cm)

**E. Hip Joint with Ligaments**

Z4554.....

- Cast from a natural hip and shows right side of hip with femur and ligaments. The iliofemoral ligament, ischiofemoral ligament, and pubofemoral ligament allow demonstration of movements of hip joint. Flexion and extension, abduction and adduction, outer and inner rotation.
- Size: 7"x 7"x 13" (17.8cm x 17.8cm x 33cm)

**F. Functional Model of the Elbow Joint**

NS-52.....

- Right elbow joint features detachable ligaments allowing views of each bone, ligament or cartilage. Demonstrates extension and flexion of upper arm, forearm and rotation of radius. Removable from green® stand.
- Somso® Modelle, size: 16"x 8"x 9" (40.6cm x 20.3cm x 22.9cm)

**G. Functional Model of the Hip Joint**

NS-51.....

- Right hip joint features detachable ligament system allowing views of each bone, ligament or cartilage. Demonstrates anteversion, retroversion, abduction and internal/external rotation.
- Somso® Modelle, size: 14"x 8"x 7" (35.6cm x 20.3cm x 17.8cm)

**H. Functional Shoulder Joint (Right)**

A80.....

- Illustrates abduction, adduction, anteversion, retroversion and internal/external rotation. Includes flexible, artificial ligaments. Removable from stand.
- 3B Scientific GmbH, size: 6-1/2"x 5"x 8" (16.5cm x 12.7cm x 20.3cm)

**I. Functional Knee Joint (Right)**

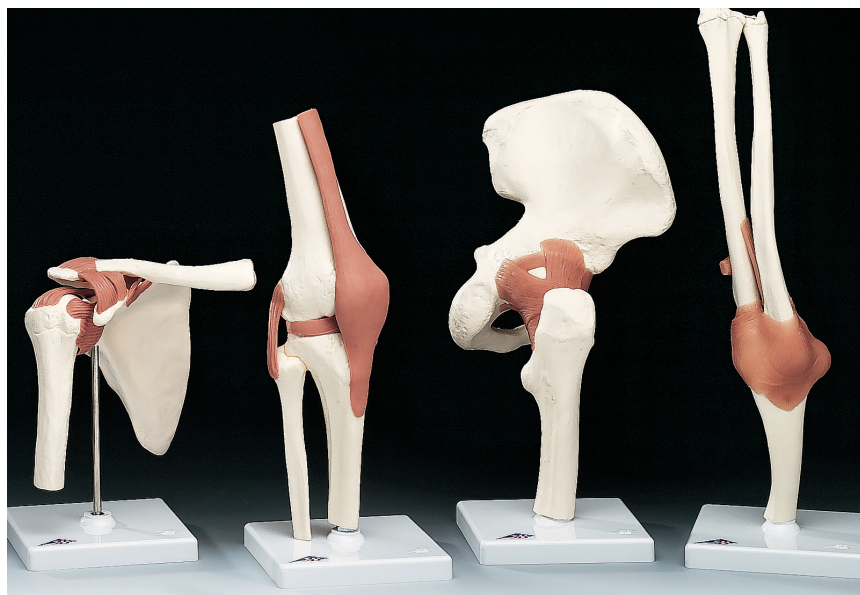
- A82.....
- Demonstrates flexion, extension and internal/external rotation. Includes flexible artificial ligaments. Removable from stand.
  - 3B Scientific GmbH, size: 5" x 5" x 13" (12.7cm x 12.7cm x 33cm)

**J. Functional Hip Joint (Right)**

- A81.....
- Demonstrates anteversion, retroversion, rotation. Includes flexible artificial ligaments. Removable from stand.
  - 3B Scientific GmbH, size: 6" x 6" x 12-1/2" (15.2cm x 15.2cm x 31.8cm)

**K. Functional Elbow Joint (Right)**

- A83.....
- Demonstrates extension, flexion and rotation of radius. Includes flexible artificial ligaments. Removable from stand.
  - 3B Scientific GmbH, size: 5" x 5" x 15-1/2" (12.7cm x 12.7cm x 39.37cm)



H. I. J. K.

**L. Basic Joint Model Set**

*Save \$20 over individual model prices!*

- GPB4.....
- Set of 4 basic joint models for one super price. Each includes a patient education card and a stand. These models do not articulate.

**M. Knee Injuries Anatomical Chart**

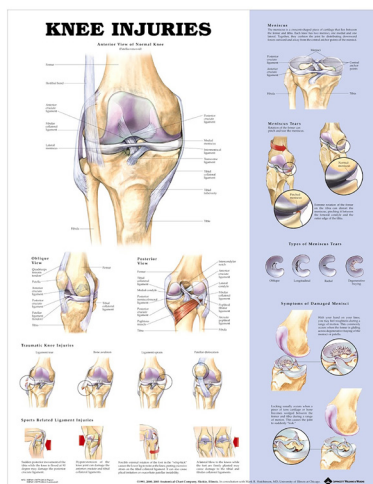
- 978-1-5877-9757-6 Laminated.....
- 978-1-5877-9756-9 Paper.....
- 978-1-5877-9696-8 Styrene.....

**N. 4-Stage Osteoarthritis Knee**

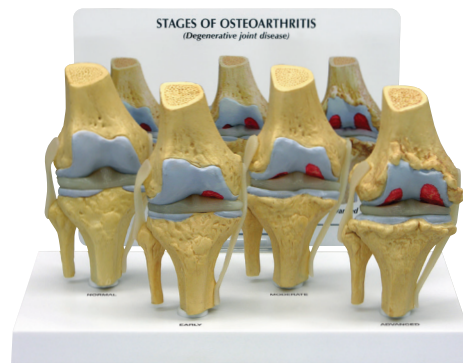
- G110.....
- Set of 4 models of the knee joint includes a normal knee joint and 3 models illustrating the stages of osteoarthritis. Shows erosion of joint articular cartilage early to advanced and formation of bone spurs. Patient education card included. Removable from stand.
  - Size: 3" x 1-3/4" x 5-1/2" (7.6cm x 4.4cm x 14cm)



L.

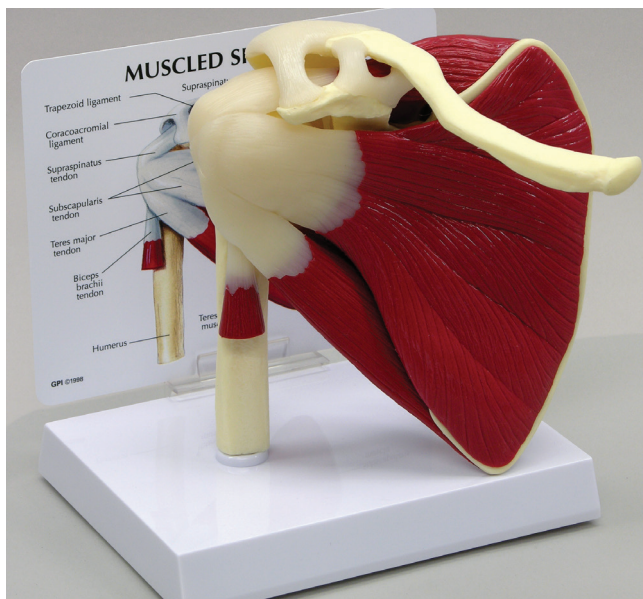


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N.





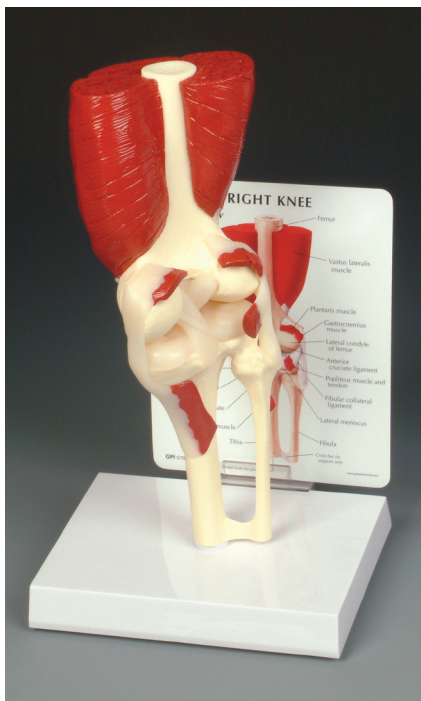
A.



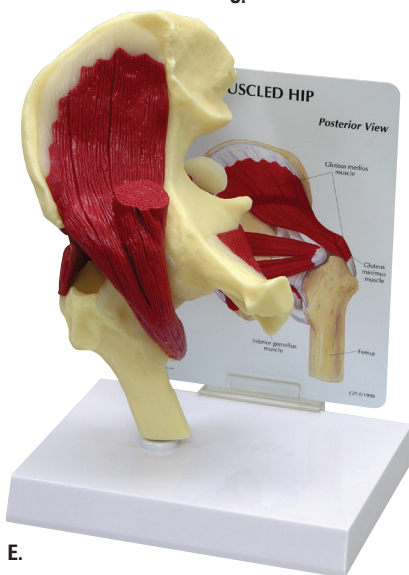
B.



C.



D.



E.

**Be sure to see ...**

- Anatomical Charts & Posters (pages 4-26)
- Anatomical Models (pages 42-57)
- Gifts (page 75)
- Health Education Resources (pages 39-40)
- Reference Materials & Study Aids (pages 31-34)

**A. Muscled Shoulder Joint Model**

G181 .....

- Semi-articulating right rotator cuff model has encapsulated humerus that is removable from capsular ligament. Includes ligaments and the infraspinatus, teres minor, teres major, subscapularis and supraspinatus muscles. Includes patient education card.
- Size: 5-1/2" x 6" x 6" (13.9cm x 15.2cm x 15.2cm)

**B. Muscled Elbow Joint Model**

G185 .....

- Right elbow features bicep, tricep, flexor carpi radialis, pronator teres and extensor carpi radialis longus muscles; median, ulnar, and radial nerves; ulna, humerus, and radius bones; and palmar radiocarpal, flexor retinaculum and palmar ulnocarpal ligaments. Includes patient education card.
- Size: 19" x 3" x 6" (48.3cm x 7.6cm x 15.2cm)

**C. Life-Size Muscled Joint Set***Save on individual model prices!*

GP4 .....

- Includes muscled elbow (G185), shoulder (G181), knee (G106), and hip joint (G131). Includes patient education cards.

**D. Muscled Knee Joint Model**

G106 .....

- Articulating right knee with meniscus, fibular collateral, tibial collateral, anterior/posterior cruciate and patellar ligament with patella. Extended femur and patellar ligament connected to top of quadracep. Includes patient education card. Base included.
- Size: 3-1/2" x 3" x 10" (8.9cm x 7.6cm x 25.4cm)

**E. Muscled Hip Joint Model**

G131 .....

- Articulating right hip joint features gluteus medius, piriformis, gemellus superior and inferior with obturator internus and iliacus showing branch of psoas major. Includes patient education card. Base included.
- Size: 5" x 4-3/4" x 8-1/4" (12.7cm x 12.1cm x 21cm)

**SAVE**

**F. Muscles of the Arm (Left)**

- M10.....
- Top layers of muscles are removable to reveal the blood vessels and nerves. Dissects into 6 parts; all parts are numbered.
  - 3B Scientific GmbH, size: 24" (61cm)

**G. Muscles of the Leg (Left)**

- M20.....
- Top layers of muscles are removable to reveal the blood vessels and nerves. Dissects into 9 parts; all parts are numbered. Base included.
  - 3B Scientific GmbH, size: 30" (76.2cm)

**H. Muscles of the Foot Model**

- NS9.....
- Features muscles of foot and lower leg. Removable plantar fascia and superficial muscles show deep structures. Dissects into 9 parts. Made of SOMSO-Plast®. Removable from green® stand.
  - Somso® Modelle, size: 7"x 7"x 13" (17.8cm x 17.8cm x 33cm)

**I. Muscles of the Hand Model**

- NS13.....
- Removable palmar aponeurosis and superficial muscles reveal the deep layer. Includes blood vessels and nerves. Dissects into 5 parts. Removable from green® stand.
  - Somso® Modelle, size: 5-1/2"x 4-1/2"x 13-1/2" (14cm x 11.4cm x 34.3cm)

**J. 9793 Ligaments of the Joints**

- 978-1-58779-467-4 Laminated
- 978-1-58779-710-1 Styrene Plastic
- 978-1-58779-466-7 Paper

**K. Anatomy and Injuries of the Foot and Ankle**

- 978-1-5877-9838-2 Laminated.....
- 978-1-5877-9837-5 Paper.....
- 978-1-5877-9839-9 Styrene.....

**L. Anatomy and Injuries of the Hand and Wrist**

- 978-1-5877-9914-3 Laminated.....
- 978-1-5877-9913-5 Paper.....



F.



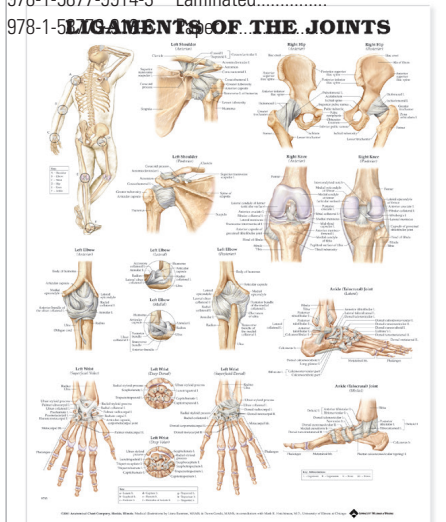
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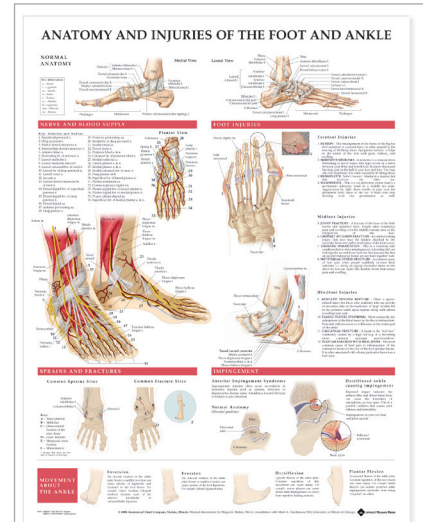
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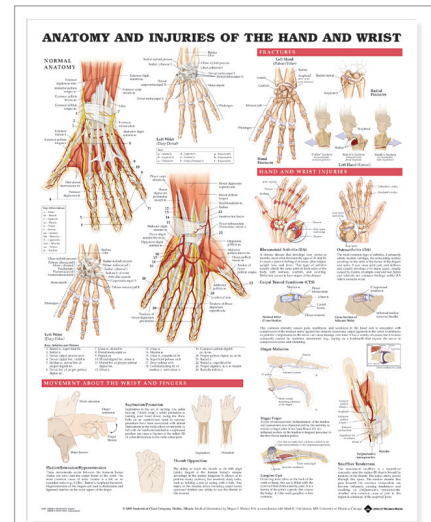
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J.



K.

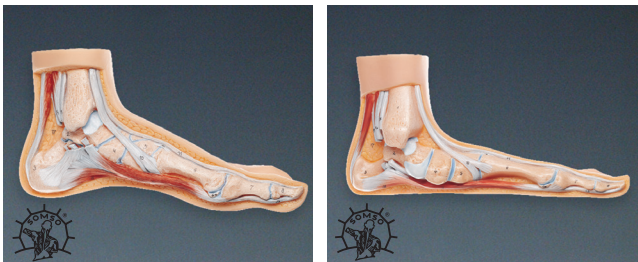


L.



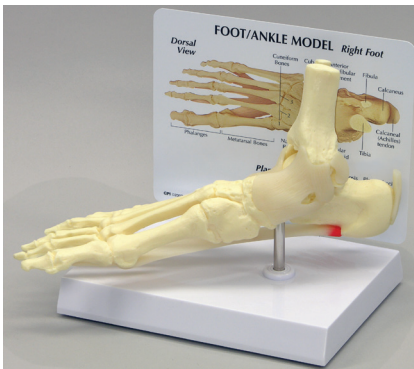


A.



B. NS1

B. NS2



C.



D.

**A. Budget Foot Model Set**

CHM312 .....

- Life-size, depicting flat foot, arched foot and normal foot. Does not dissect. Each foot has 23 numbered parts corresponding to key card.

**B. Deluxe Foot Models**

NS1 normal foot.....

NS2 flat foot .....

- Each of these life-size models features the anatomical structure of the foot and the distal end of the tibia. One piece, does not dissect.
- Somso® Modelle, size: 5-1/2" x 10" x 4" (14cm x 25.4cm x 10.2cm)

**C. Foot and Ankle Model**

G198 .....

- Right foot features the plantar calcaneonavicular (spring) ligament with plantar fasciitis. Also includes tibia, fibula, calcaneus, calcaneal (Achilles) tendon, deltoid ligament, lateral (collateral) ligament, plantar aponeurosis, cuneiform, phalanges, cuboid, navicular and metatarsal bones. Removable from base. Includes patient education card.
- Size: 9" x 2-3/4" x 4" (22.9cm x 7cm x 10.2cm)

**D. Functional Model of the Foot and Ankle**

NS54.....

- Right foot and ankle with ligamentous apparatus. Demonstrates rotary movements, bending and extension. Includes teaching manual. Removable from green® stand. Does not dissect. Made of SOMSO-Plast®
- Somso® Modelle, size: 7" x 10-1/2" x 12-1/2" (17.8cm x 26.7cm x 31.8cm)

**E. Hand and Wrist Model**

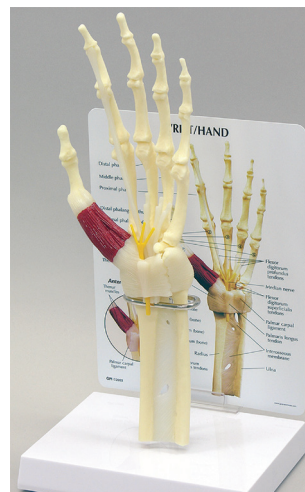
G192 .....

- Life-size model of left hand, wrist and forearm features: distal, middle and proximal phalanges of the thumb, metacarpal bones, joint capsule ligaments, thenar muscle, palmar carpal ligament, median nerve, flexor digitorum superficialis tendons, triquetrum, pisiform, hamate, hook of hamate, flexor digitorum profundus tendons, palmaris longus tendon, interosseous membrane, radius and ulna. Palmar carpal ligament lifts to show nerves and ligaments. Removable from base. Includes patient education card.
- Size: 11-1/2" x 3-3/4" x 1-1/4" (29.2cm x 9.5cm x 3.2cm)

**F. Functional Model of the Hand and Wrist**

NS55.....

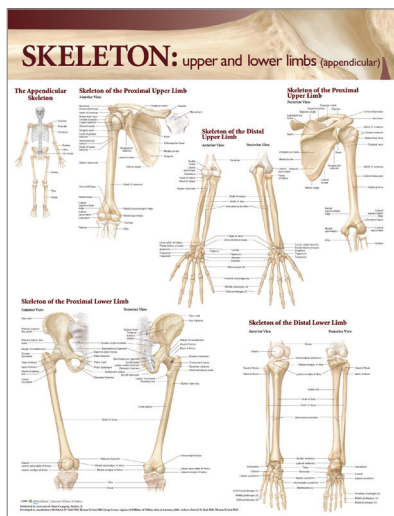
- Right hand with portion of radius, ulna, and ligamentous apparatus. Bending, extension, abduction and adduction of the fingers and palmar flexion can be demonstrated. Removable from green® stand. Includes teaching manual. Does not dissect.
- Somso® Modelle, size: 7" x 7-1/2" x 12-1/2" (17.8cm x 19.1cm x 31.8cm)



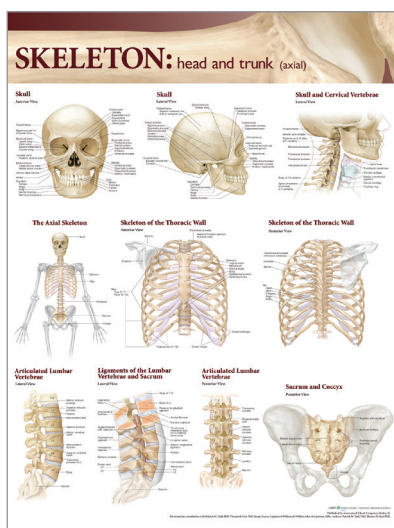
E.



F.



G.



H.

**G. LWW Atlas of Anatomy Skeletal System Chart: Head and Trunk**

978-0-7817-8654-6 Laminated.....

**H. LWW Atlas of Anatomy Skeletal System Chart: Upper and Lower Limbs**

978-0-7817-8653-9 Laminated.....

**I. Adult Skeletons**

QS101 (Male).....

QS108 (Female).....

- Natural cast male adult or female adult skeletons. Lifelike representation of bone structure. Skull includes a removable calvarium and mandible. Extremities are removable and joints are movable. Both right and left foot can be detached. Mounted upright on a stand with rollers.
- Somso® Modelle, size: 5' 6" (167.6cm) tall



I. 5'6" (167.6cm) tall



J. 67" (170.1cm) tall

**J. Flexible Physiotherapy Skeleton with Stand**

Z3014.....

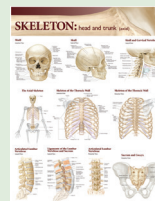
- Specifically designed for use in rehab, physical therapy and sports medicine offices. Life-size skeleton features a flexible spinal cord that holds bending positions, and the skull with sutures highlighted, arms, legs and feet are easily detachable for patient consultation. The spine has spinal nerves and soft foam discs that allow for natural bending. The shoulders, hips and ankle joints have gliding joints that allow for easy movement. Mounted on a mobile base. Note: Express delivery is extra.
- Size: 67" (170.1cm) tall

**ALSO AVAILABLE ...**



**SAVE** LWW Atlas of Anatomy Skeletal System Chart Set

978-0-7817-8641-6.....







A. 5'5" (165.1cm) tall



B. 5'5" (165.1cm) tall



C. 5'5" (165.1cm) tall



D.

**A. Mr. Superskeleton**

- A13 .....
- Features joint ligaments, flexible spine with nerve endings, muscle origins and insertions. Skull dissects into 3 pieces with removable calvarium and lower jaw. Flexible spine includes all spinal nerves and vertebral artery. Skull, left arm and leg are detachable. Muscle insertions and origins are painted in red and blue on left side. Right side has ligaments of shoulder, elbow, hip and knee. Left side is numbered.
  - 3B Scientific GmbH, size: 5'5" (165.1cm) tall

**B. Mr. Plain Skeleton**

- A10 .....
- Articulated adult human skeleton for teaching purposes. Arms and legs are removable. Skull dissects into 3 parts with the mandible on spring (32 teeth). Mounted with a metal rod extending from sacrum on mobile stand.
  - 3B Scientific GmbH, size: 5'5" (165.1cm) tall

**C. Mr. Flexible Skeleton**

- A15 .....
- Flexible spine holds various positions. All fissures, foramen and anatomical details reproduced. Skull is dissectible into 3 parts: calvarium, base and lower jaw. Upper and lower extremities are flexibly mounted and removable. Rotation and movements of skull on cervical vertebrae can be demonstrated. Spine includes nerves and vertebral artery. Flexible spine demonstrates natural movements of the human body. Mounted on a mobile stand.
  - 3B Scientific GmbH, size: 5'5" (165.1cm) tall

**D. Disarticulated Skeleton Learning Set**

- A5 .....
- The replica of the human disarticulated skeleton includes right hand and foot on wire, and left hand and foot loose. All other bones are life-sized and separated. Includes 3 part skull with hinged jaw. Sternum has attached intracostal cartilage. Great for any in depth study of the anatomy of the human skeleton. Includes a sturdy partitioned storage box.
  - 3B Scientific GmbH



**E. Painted & Numbered Budget Bucky® Skeleton**  
CH168

- Life-size skeleton has muscle insertions and origins painted on the left side of the skeleton and numbers of important features on the right side. Calvarium is cut with moveable jaw mounted on springs. All joints articulate. Arms, legs and skull are removable. Includes a rolling stand, comprehensive key and our **Illustrated Pocket Anatomy Study Guide: The Muscular & Skeletal Systems, 2nd Edition**. Also includes extra hardware for emergency repairs. Choking hazard: small parts. Not for children under 3 years.
- Size: 5'6" (167.6cm) tall. Weight: 23 lbs. (10.4kg)

**F. Disarticulated Budget Skeleton with Skull**

CHA5/1 (full)  
CHA4/1 (one-half, not shown)

- Life-size, disarticulated adult skeleton includes 3-part skull, left hand and left foot on wire. Also available as one-half disarticulated adult skeleton which includes the left hand and left foot on wire. Cannot be assembled.

**G. Numbered Budget Bucky® Skeleton**

CH10N (inset picture shown)

- Same as item CH-10 but with 200 numbered parts to identify the various bones. Includes a rolling stand, comprehensive key and **Illustrated Pocket Anatomy Study Guide: Muscular and Skeletal Systems, 2nd Edition**.
- Size: 5'6" (167.6cm) tall. Weight: 23 lbs. (10.4kg)

**H. Budget Bucky® Skeleton**

CH10

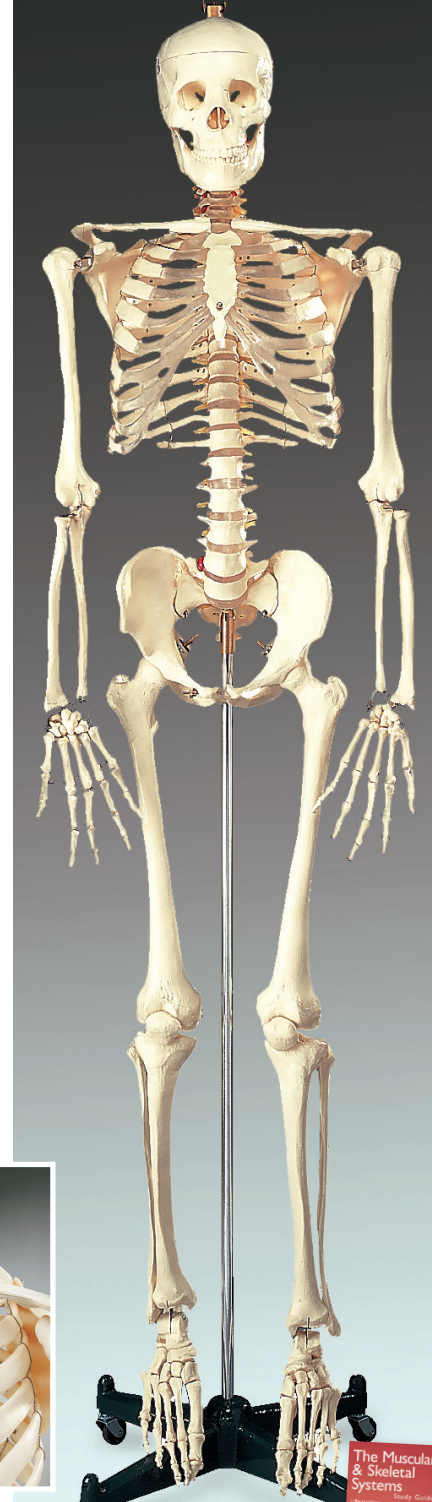
- Life-size articulated adult skeleton, ideal for teaching the basics of anatomy. Articulated joints allow for movement, and skull, arms and legs are removable. Features nerve branches, vertebral artery and herniated lumbar disc. Skull with movable jaw, cut calvarium, suture lines, and 3 removable lower teeth. Includes rolling stand and the **Illustrated Pocket Anatomy Study Guide: The Muscular & Skeletal Systems, 2nd Edition**. Also includes extra hardware for emergency repairs. Choking hazard: small parts. Not for children under 3 years.
- Size: 5'6" (167.6cm) tall. Weight: 23 lbs. (10.4kg)



**Illustrated Pocket Anatomy Study Guide: The Muscular & Skeletal Systems, 2nd Edition**

**INCLUDED FREE!**

E. 5'6" (167.6cm) tall



**INCLUDED FREE!**

**Illustrated Pocket Anatomy Study Guide: The Muscular & Skeletal Systems, 2nd Edition**

H. 5'6" (167.6cm) tall



F.



G.

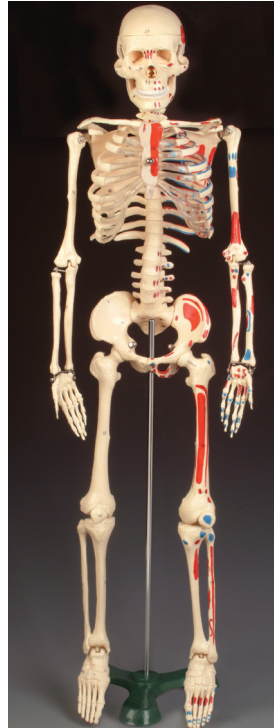




A. 33-1/2" (85.1cm) tall



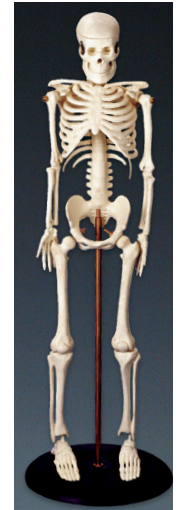
B. 33-1/2" (85.1cm) tall



C. 33-1/2" (85.1cm) tall



D. 25-1/2" (64.8cm) tall



E. 16-1/2" (41.9cm) tall



F. 50" (127cm) tall

**A. Mr. Thrifty® Skeleton**

WCP-1

- Economical teaching skeleton with user-friendly personality will encourage children to learn the names of bones; details will satisfy students, doctors and anyone interested in the human skeleton. Removable calvarium. Stand included. Choking hazard: small parts. Not for children under 3 years.
- Size: 33-1/2" (85.1cm) tall

**B. Flexible Mr. Thrifty® Skeleton with Spinal Nerves**

WCP1NX

- More advanced version of Mr. Thrifty™ Skeleton features flexible spine with spinal cord, nerve roots, the vertebral artery, a herniated disc, cartilage, removable 3-piece skull and extremities. Popular desktop model for rehabilitation, physical therapy and sports medicine professionals. Stand included. Choking hazard: small parts. Not for children under 3 years.
- Size: 33-1/2" (85.1cm) tall

**C. Painted Mr. Thrifty® Skeleton**

WCP85

- Has muscle insertions and origins painted on the left side and numbers of important features on the right side. Calvarium is cut and jaw is spring mounted. Arms, legs and skull are removable. Stand included. Choking hazard: small parts. Not for children under 3 years.
- Size: 33-1/2" (85.1cm) tall

**D. Painted Big Tim Skeleton**

CMS65

- Has muscle insertions and origins painted on the left side and numbers of important features on the right side. Calvarium is cut and jaw is spring mounted. Arms, legs and skull are removable. Stand included. Choking hazard: small parts. Not for children under 3 years.
- Size: 25-1/2" (64.8cm) tall

**E. My First Skeleton (Tiny Tim)**

CMS1

- Our most popular miniature skeleton offers hands-on learning for curious kids who want to understand how many, locations and shapes of the bones that make up the human skeleton. Special features include a moveable jaw, a skull whose calvarium opens for a look inside, and removable arms and legs. For a classroom teaching model, please consider our Mr. Thrifty budget skeletons. Stand included. Choking hazard: small parts. Not for children under 3 years.
- Size: 16-1/2" (41.9cm) tall

**F. Budget Bart® Skeleton**

CH95

- 3/4 life-size skeleton is economically priced and features spinal nerves, vertebral artery, jaw on springs and cut calvarium. Knee, shoulder, and hip are articulated; hands and feet are not. Stand included. Choking hazard: small parts. Not for children under 3 years.
- Size: 50" (127cm) tall

**Be sure to see ...**

- Anatomical Charts & Posters (pages 4-26)
- Anatomical Models (pages 42-57)
- Health Education Resources (pages 39-40)
- Reference Materials & Study Aids (pages 31-34)
- Training Aids & Simulators (page 41)



A.



B.

**A. Anatomical Key Ring Collection**

- 7031SP Spine.....
- 7032SP Hand.....
- 7033SP Hip.....
- 7041SP Skull.....
- 7036SP Knee.....

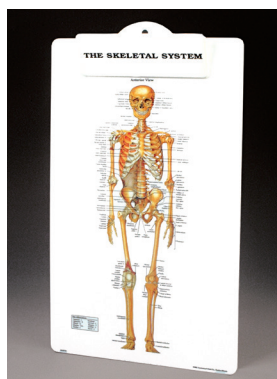
- Miniature replicas of human bones and body parts are handcrafted into clever, anatomical key rings. Made of durable plastic. Includes informative key card on back of package. Choking hazard: small parts. Not for children under 3 years.
- Minimum 3 per item

**B. Petit Pete Skeleton**

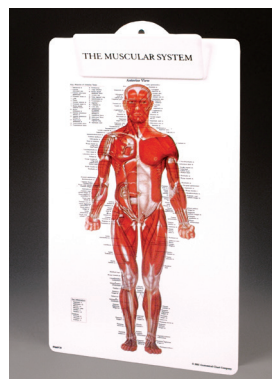
- CMS6P.....
- Pete's arms and legs are affixed with tiny screws to allow movement and are realistically jointed at the elbow and knee. Choking hazard: small parts. Not for children under 3 years.
- Size: 8-1/2" (21.6cm) tall, 9-1/2" (24.1cm) tall on stand (included)

**C. Anatomical Clipboards**

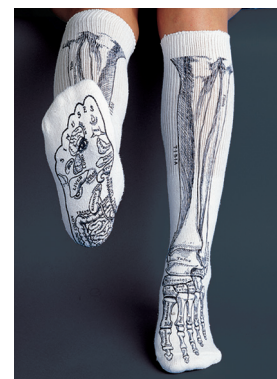
- 8943PCB The Skeletal System.....
- 8946PCB The Muscular System.....
- Each two-sided clipboard has labeled images taken from our archive of medical illustrations. Choose from 2 styles.
- Styrene plastic. Size 9"x 15-1/2" (22.9cm x 39.4cm)



C.



D.



D.



E.



F.



G.

**D. Bone Socks**

- SS26AKLWH Bone Socks (white).....
- SS26AKLBK Bone Socks (black) (not shown).....
- 60% cotton, 35% polyester and 5% nylon knee length socks show the various bones of your lower leg and the top of your foot. Pictured on the sole is a reflexology/organ legend. One-size-fits-all.

**E. Maternity Mug**

- 101498.....
- Your friends' mouths will fallopian, and you'll have a belly full of laughs when you cervix drinks in this 10-ounce Maternity Mug.

**F. Molar Mug**

- CMM1.....
- Brush up on your dental anatomy with our white porcelain Molar Mug. Tooth-white 8 ounce ceramic mug is dishwasher and microwave-safe.

**G. Lumbar Vertebra Mug**

- ILP-1.....
- A jumbo-sized 10-ounce mug with a clever handle designed to look like an actual bone from the spine. Give to a chiropractor, orthopedist or a friend with an aching back.

**H. Magic Thinking Cap**

- MTC1.....
- Colorful, anatomically correct brain on the cap. Flip up the brim and expose the words, "Think, Think, Think..." to inspire extra brain power.
- 100% cotton. One-size-fits-all.



H.

Customers rate Anatomical Chart Company products



"My favorite gift"

Suzanne, Scotland



**Charts & Posters****Addictions 19, 40**

Alcohol, Dangers of 19, 40  
Smoking, Dangers of 19, 40

**Alternative Therapy Resources 36-37**

Acupoints of Traditional Chinese Medicine 37  
Acupuncture, Points and Meridians of 37  
Reflexology 37

**Blueprint for Health Series Chart Set 35**

Your Brain and Nerves; Your Digestive System;  
Your Ears Hearing and Balance; Your Eyes; Your  
Heart and Blood; Your Muscles; Your Respiratory  
System; Your Skeleton; Your Taste and Smell

**BMI and Waist Circumference 15****Cardiovascular System 13, 14, 15, 47**

Cardiology Chart Sets 14, 47  
Cardiovascular Disease 15  
Cholesterol 15  
Heart, Anatomy of 13  
Heart Conditions 13  
Heart Disease 15  
Hypertension 15  
Metabolic Syndrome 15  
Vascular System and Viscera 13

**Digestive System 17****Dimensional Man 35****Diseases and Disorders 9, 11, 13, 17, 19,  
20, 21, 25, 26**

Allergies 20  
Alzheimer's Disease 11  
Arthritis 9  
Asthma 19  
Breast Disease, Benign 25  
Cancer  
Breast 25, 26; Cervical 25, 26; Colorectal 17,  
26; Kidney 19, 26; Leukemia 26; Liver 19, 26;  
Lung 19, 26; Ovarian 25, 26; Pancreatic 17, 26;  
Prostate 25, 26; Skin 22, 26  
Carpal Tunnel Syndrome 9  
Chronic Obstructive Pulmonary Disease (COPD) 19  
Common Cold 20  
Depression 13  
Diabetes 17  
Understanding Type 1 17  
Understanding Type 2 17  
Digestive System, Diseases of 17  
Epilepsy 13  
Erectile Dysfunction 25  
Gastroesophageal Disorders and Digestive  
Anatomy 17  
Gynecological Disorders 25  
Hepatitis 19  
Inflammatory Bowel Disease (IBD) 17  
Irritable Bowel Syndrome 17  
Influenza 20  
Leukemia 26  
Lung, Diseases of 19  
Migraines & Headaches 13  
Multiple Sclerosis 11  
Parkinson's Disease 11  
Schizophrenia 13  
Sexually Transmitted Infections (STIs) 25  
Skin and Common Disorders 22  
Sleep Disorders 13  
Thyroid Disorders 17  
Ulcers 17  
Urinary Tract, Diseases of 19

**Ear, Nose, Throat 20**

Ear, Anatomy of the Inner 20

Ear, Organs of Hearing and Balance 20  
Middle Ear Conditions 20  
Pharynx & Larynx 20

**Endocrine System 17****Exercise and Health Training 39****Eyes 20**

Anterior and Posterior Chambers 20  
Disorders of 20

**First Aid 40**

Choking First Aid for Adults 40  
CPR for Adults 40

**Hair, Human 22****Hand Hygiene 25****Immune System: Allergic Response 20****Internal Organs 17****Kidney 19****Liver 19****Lymphatic System 13****Muscular System 4**

Female 4

**Nervous System 11**

Autonomic 11  
Dermatomes 11

**Neurologic System 11, 13**

Alzheimer's Disease 11  
Brain 11  
Epilepsy 13  
Migraines and Headaches 13  
Neurology Chart Sets 11  
Parkinson's Disease 11  
Stroke 11

**Nutrition 15, 38**

Keys to Healthy Eating 15  
Nutrition and Healthy Weight 38

**Obesity 15, 38**

BMI & Waist Circumference 15  
Maintaining a Healthy Weight 15  
Metabolic Syndrome 15  
Risks of Obesity 15  
Understanding Your Weight 15, 38

**Osteoporosis 6****Pain 11**

Low Back 11

**Pregnancy and Birth 22**

Prenatal Development 22

**Reproductive System 22, 25**

Breast, Female 22  
Female 22  
Infertility 22  
Male 25  
Menopause 25  
Prostate 25

**Respiratory System 19**

and Asthma 19

**Skeletal System 5-6, 9, 11, 39**

Anatomy and Injuries 6, 9  
Foot and Ankle 9  
Hand and Wrist 9  
Head and Neck 6  
Head and Trunk 5  
Hip and Knee 9  
Joints, Ligaments of 9  
Joints, Lower Extremities 6  
Joints, Upper Extremities 6  
Knee Injuries 9, 39  
Shoulder and Elbow 6  
Skull 6  
Spinal Nerves 11  
Spine, Human Disorders 6  
Vertebral Column 6

Upper and Lower Limbs 5

**Skin, and Common Disorders 22****Teeth and Jaw 22**

Anatomy of 22  
Disorders of 22  
Temporomandibular Joint (TMJ) 22

**Thin Man Anatomy Overlay 42****Urinary Tract 19****Vascular System and Viscera 13**

Deep Vein Thrombosis 13

**Chart Collections****Anatomical Visual Guide to Sports Injuries 30, 39****Anatomy & Pathology, 6th ed. 28****Blueprint for Health Series Chart Set 35****Cardiology 14, 47****Classic Anthology of Anatomical Charts,**

8th ed. 30

**Diseases & Disorders, 3rd ed. 28****English and Spanish Anatomical Chart**

Desktop Collection 29

**Healthy Lifestyles 40****LWW Atlas of Anatomy: Skeletal System 5, 27, 71****Neurology 11, 60****Nutrition and Healthy Weight 38****Systems & Structures, 3rd ed. 28****Gifts 75**

Cap, Magic Thinking; Clipboard, Anatomical;  
Key Ring, Anatomical; Mug, Lumbar Vertebra;  
Mug, Maternity; Mug, Molar; Skeleton, Petit Pete;  
Socks, Bone

**Health Education Resources**

Breast Cancer Model 40  
Breast Examination Teaching Model 40  
Elementary Teaching Models 35  
Healthy Lifestyles Chart Set 40  
Multi-Type Breasts Model 40  
Testicular Self-Examination Model 40

**Models, Anatomical****Acupuncture 37****Arteries 48**

4-Piece 48; Occluded 48

**Brain 55-57**

Budget 57; Budget, with Arteries 57; Classic 5-Part  
57; Color-Coded 8-Part 57; Deluxe 55; Deluxe  
8-Part, with Arteries 57; Deluxe, with Arteries  
56; Demonstration 56; Giant Functional-Center  
56; Giant Regional 56; in Skull, Diseased 57;  
Transparent 55; Two-Part 57

**Breast 40, 53**

Cancer 40; Cross-Section 53; Examination Teaching  
40; Multi-Type 40

**Circulatory System 47****Colon 51****Digestive Tract 51****Ear 45**

Budget Giant 45; Four-Part 45; Functional Human  
45; Life-Size 45

**Eye 44**

Budget Whopper 44; Cataract 44; Classic Human  
44; Cutaway 44; Economy 44; Eyeball, with Part  
of Orbit 44; Human 44; King-Size 44

**Gastrointestinal Tract, Lower 51****Genital Organs 53****Head 54-56**

Anatomical Section 54; and Neck, Median Section

55; Deluxe, with Brain 54; Human, Half 55; Neuroanatomy 56; with Brain 54

**Heart 46-49**

and Respiratory Organs 46; Basic 49; Budget Jumbo 49; Budget Life-Size 49; Conditions 48; Cutaway 49; Giant Hands-On 48; Heart of America, Giant 47; Heart of America Plus with Coronary Bypasses 47; Human 47; Mini Set 48; Two-Part, 49; with Lungs 46

**Hypertension 48****Jaw 50**

and Teeth, Development Set 50; Upper and Lower 50

**Kidney 52**

Basic 52; Human, and Adrenal Gland 52

**Larynx 45-46**

Functional Teaching Model 45; Human, with Tongue 46; Larynx, Trachea & Bronchi 45

**Liver and Gallbladder 51****Lungs 46**

Diseased 46; Respiratory Organs 46; Right 46; with Heart 46

**Muscles 38, 39**

and Fat, Replica 38; Male 39

**Pancreas, Spleen, and Gallbladder 51****Pelvis 52-54**

Pelvic Section, Female 52; Pelvic Section, Male 52; Pelvis and Pelvic Floor, Composite 53; Pelvis, Male/Female 53; Pelvis Section, Human Female 52, 53; Pelvis Section, Human Male 52, 53; Uterus and Ovaries with Pathologies 53; Uterus with Fetus 54

**Sinus, Basic 45****Skin 54**

Budget Super 54; Cancer 54; Section 54; with Burns 54

**Stomach with Ulcers, 51****Teeth 50**

and Gum, Diseased 50; Flossing and Brushing 50; Giant, Brushing 50; Molar, Giant 50

**Thyroid Disease 45****Torso 42-43**

Budget Dapper Dan 43; Budget Functional Francis 42; Budget Little Joe 43; Budget Peter/Petra 43; Budget Sweet Sue 43; Budget Tall Paul 43; Classic Sexless 42; KnowBody™ Deluxe Teaching 42; 12-Part Mini 43

**Urinary System 52**

Deluxe 52; Hands-On 52

**Models, Skeletal****Ankle 69, 70**

and Foot 70; and Foot, and Foot, Functional 70

**Arm 67**

Muscles of (left) 69

**Atlas/Axis Model, Giant 58****Elbow 66-68**

Joint, Functional 66; Joint, Functional (right) 67; Joint, Muscled 68

**Extremities 65**

Life-size 65

**Foot 65, 69-70**

and Ankle 70; and Ankle, Functional 70; Budget Set 70; Deluxe 70; Elastic 65; Elastic, Demonstration 65; Elastic, Painted on 65; Muscles 69

**Hand 65, 69-70**

and Wrist 70; and Wrist, Functional 70; Elastic 65; Elastic, Demonstration 65; Elastic, Painted on 65; Muscles 69

**Hip 66-68**

Joint, Functional 66; Joint, Functional (right) 67;

Joint with Ligaments 66; Joint, Muscled 68

**Joints 67-68**

Basic Model Set 67; Life-Size Muscled Joint Set 68

**Knee 66-68**

4-Stage Osteoarthritis 67; Joint, Functional 66; Joint, Functional (right) 67; Joint with Ligaments 66; Joint, Muscled, 68

**Leg 69**

Muscles (left) 69

**Nervous System 58****Shoulder 66, 68**

Joint, Functional 66; Joint, Functional (right) 66; Joint, with Ligaments 66; Joint, Muscled 68

**Skeletons 35, 71-74**

Adult 71; Big Tim, Painted 74; Budget Bart 74; Budget Bucky 73; Budget Bucky, Numbered 73; Budget Bucky, Painted and Numbered 73; Budget, Disarticulated, with Skull 73; D isarticulated Learning Set 72; Extremities, Life-Size Skeletal 65; Flexible Physiotherapy, with Stand 71; Mr. Flexible 72; Mr. Plain 72; Mr. Superskeleton 72; Mr. Thrifty 74; Mr. Thrifty, Flexible, with Spinal Nerves 74; Mr. Thrifty, Painted 74; My First Skeleton (Tiny Tim) 74; Petit Pete 35, 75; Torso 60

**Skull 62-64**

Artificial Adult Human 63; Beauchene Mounted 62; Budget 64; Budget Two-Piece 64; Budget, with 8-Part Brain 64; Budget, with Cervical Vertebrae on Stand 64; Classic Human 63; Disarticulated Female 62; Fetal 63; Human, Female 63; Human, First-Class 62; Human, Snap-Together, 14-Part 62; Human, with Numbers 62, 63; Human, with Painted Musculature 63; Mr. Thrifty, with 8-Part Brain 64; Second Dentition 62; Skull Kit 62; TMJ 63

**Spine 58, 60-61**

Deluxe Spinal Cord 58; Didactic, Flexible, with Femoral Heads 60; Flexible, Soft Disc 61; Lumbar, with Innervation 58; Muscle, with Disorders 60

**Vertebrae 58-61**

Anatomical Lifting Manikin 61; Basic Lumbar, with Sacrum 59; Budget, Four-Part Lumbar 59; Budget Lumbar, with Interchangeable Discs 59; Column, Budget 61; Column and Femoral Heads 61; Column, Desk-Size 60; Column, Flexible Lumbar, with Herniated Disc 58; Column, Flexible, Region 59; Column, with Muscle Painting 60; Column, with Open Sacrum 61; Column, Vertebral with Pelvis 61; Fifth Cervical 58; Four-Stage Set 59; Lumbar, Teaching Model 59

**Wrist 69-70**

and Hand 70; and Hand, Functional 70

**Publications****Flash cards 33**

*Clemente's Anatomy 33*  
*Moore's Clinically Oriented Anatomy 33*  
*Orthopedic and Neurological Examination in a Flash 33*

*Rohen's Photographic Anatomy 33*

**Online 32**

*AclandAnatomy.com 32*

**Reference Materials and Study Aids 32-36, 39**

*ACSM's Resources for the Personal Trainer, 4th ed. 39*  
*Anatomy: A Regional Atlas of the Human Body, 6th ed. 32*  
*Anatomy & Physiology Made Incredibly Easy!,*

4th ed. 34

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*Trigger Points: Understanding Myofascial Pain and Discomfort, 2nd ed. 36*

*2014 Lippincott's Nursing Drug Guide 34*

**Spanish Resources 29, 34****Stands**

Portable Chart 27

Space-Saver Display 27

Spine 60

**Training Aids & Simulators 41**

Female Model with Bladder; Injection Teaching Model; Male Model with Bladder; Venipuncture Training Arm





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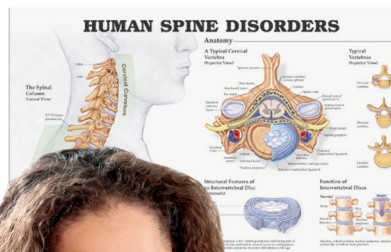
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- Muscle Shoulder Joint Model ..... *See page 68*
- Budget Vertebral Column Model ..... *See page 61*
- Budget Bucky™ Skeleton Model ..... *See page 73*

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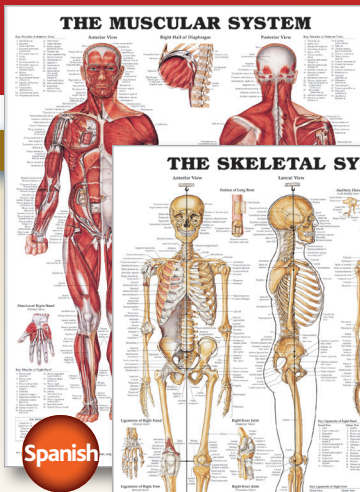
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- Budget Life-Size Heart Model ..... *See page 49*
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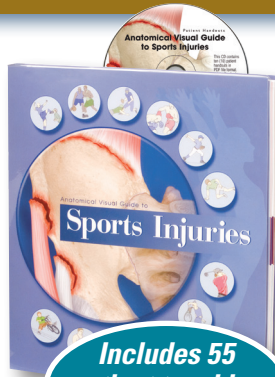
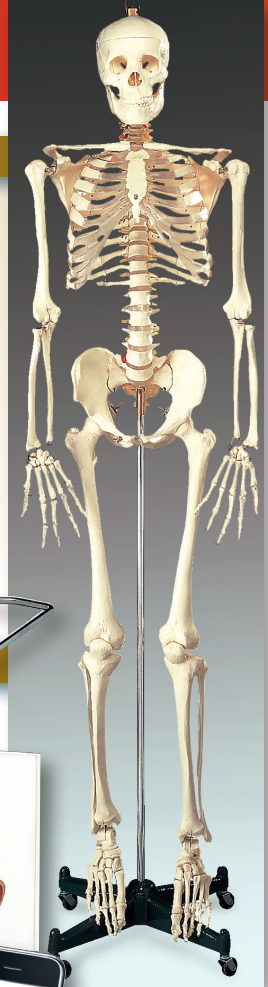
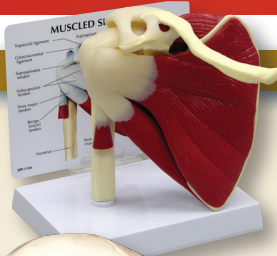
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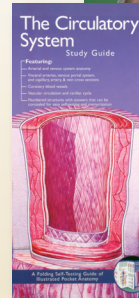
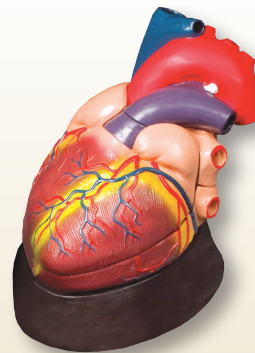
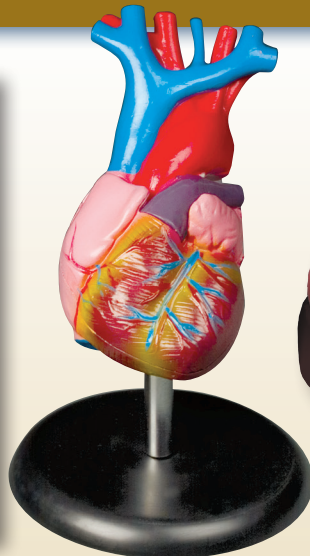
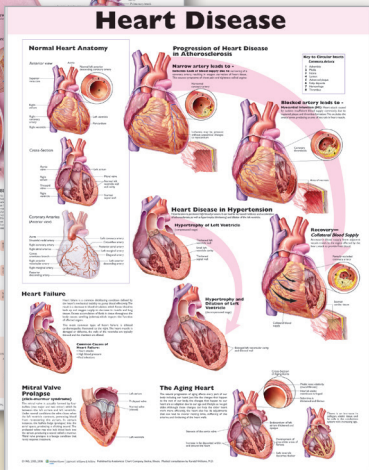
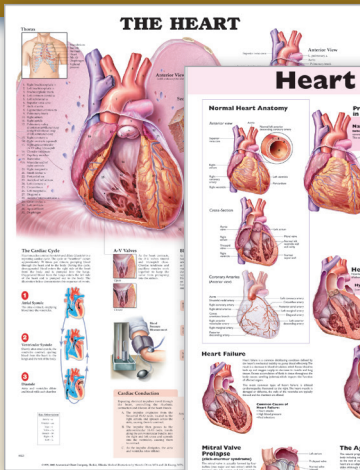
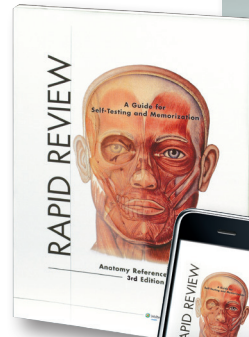
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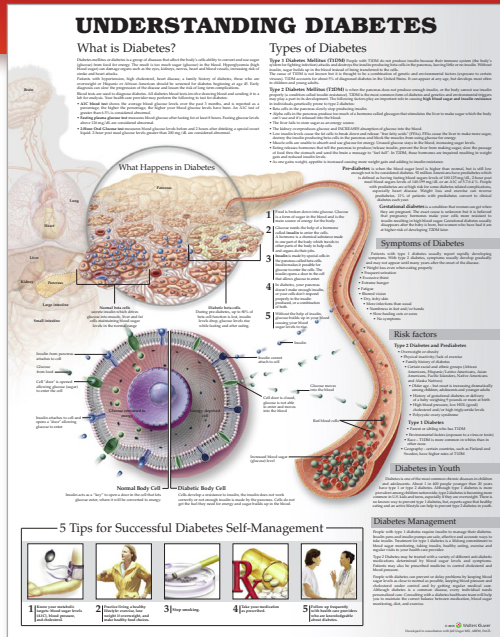


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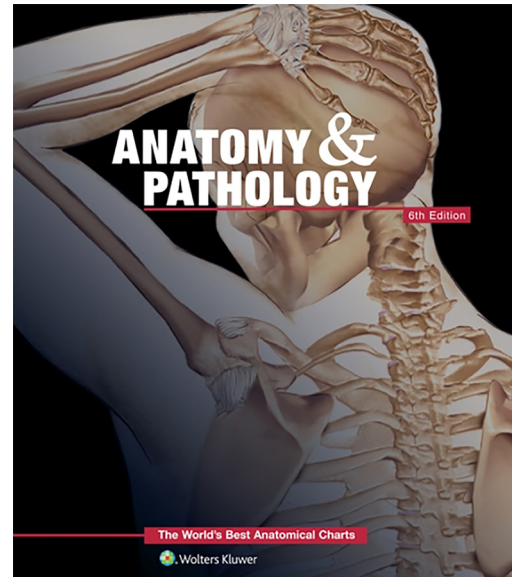


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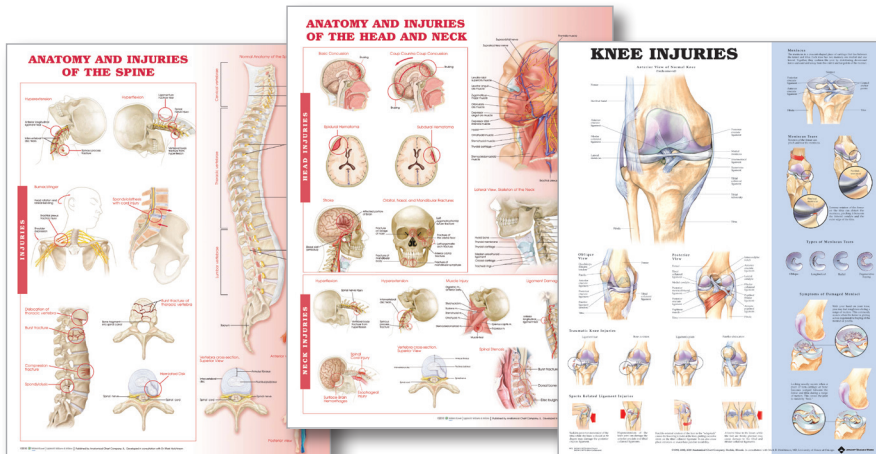
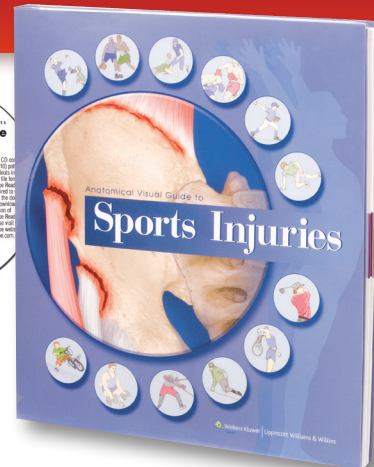
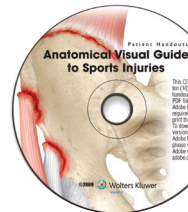
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