



The Ultimate College Student Health Handbook

Your Guide for Everything from Hangovers to Homesickness

by Jill Grimes, MD



Non-Fiction - Health - Medical

312 Pages

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Book Review



Reviewed by Marie-Hélène Fasquel for Readers' Favorite

The Ultimate College Student Health Handbook: Your Guide for Everything from Hangovers to Homesickness by Jill Grimes, MD is a comprehensive guide for students. It is not (as reminded in the Note to readers) a substitute for medical care; far from it. It introduces varied scenarios and the stories of young college students who had to deal with those issues. It is nonetheless classified into topics such as the "head, mouth, neck, chest, stomach, back..." The index will allow the reader to search for specific problems and the references to dig deeper.

The Ultimate College Student Health Handbook by Jill Grimes, MD is a wonderful family book. It is designed for college students but will be useful for all, parents and children alike. I appreciated the tone and voice of this guide: the author knows how to engage her readers. It is as though she were speaking to us and it is extremely appealing. I loved the way each problem is tackled by name first, the one we all give to it, and the medical one, then the symptoms, the treatment(s), the cases in which you should head to the doctor. There are also three additional sections that are a great plus: worst-case scenario, prevention, expert tricks. So we understand that this handbook is not only to be perused in case of need but before such a need should arise.

The sections about prevention and tips are invaluable! It offers comfort, reassurance and helps calm one down. It is the telephone call we would like to have with our family to get advice or the school nurse who always knew how to deal with the situation. It tells us "don't worry/panic, others have been here/through this before, we'll handle this together. You're not alone!" Everything about this guide is perfect: it is clear, to the point, interesting, fun to read. It should be gifted to all college students!