
Living Well With Hemochromatosis A Handbook On Diet Iron Overload Treatments And Protective Supplements

The Good Life According to Hemingway
 Brain Food
 Pocket Handbook of GI Pharmacotherapeutics
 Essential Concepts for Healthy Living
 The Bronze Killer
 Eat to Beat Disease
 Iron Disorders Institute Guide to Hemochromatosis
 Living Well with Hemochromatosis
 Living Healthy with Hepatitis C
 Survival of the Sickest LP
 The Complete Hemochromatosis Diet
 Living Well with Hypothyroidism, Revised Edition
 Cancer Hates Tea
 Living with Hemochromatosis
 Live Well to 101
 Exposing the Hidden Dangers of Iron
 Low Iron Diet
 Primary Hematology
 The Hemochromatosis Cookbook
 Sweetblood
 Liver Disease in Children
 Antimicrobial Peptides and Human Disease
 Dumping Iron
 Pathology of Wildlife and Zoo Animals
 Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids
 To Test or Not To Test
 Hemochromatosis
 Ultimate Hemochromatosis Cookbook
 Progress in Iron Research
 Atlas of the Liver
 Living Well with Hemochromatosis
 Hemochromatosis Cookbook
 The Remedy Cookbook for Hemochromatosis
 The Unexpected Consequences of Iron Overload
 Hemingway's Widow
 Gerontological Nursing: Competencies for Care
 The Mindspan Diet
 Hemochromatosis Cookbook
 Alters and Schiff Essential Concepts for Healthy Living
 Iron Chelation Therapy

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CARMELO KIM

The Good Life According to Hemingway Cambridge University Press

Tests are a standard part of modern medicine. We willingly screen our blood, urine, vision, and hearing, and submit to a host of other exams with names so complicated that we can only refer to them by their initials: PET, ECG, CT, and MRI. Genetic tests of our risks for disease are the latest trend in medicine, touted as an approach to informed and targeted treatment. They offer hope for some, but also raise medical, ethical, and psychological concerns for many including when genetic information is worth having. To Test or Not to Test arms readers with questions that should be considered before they pursue genetic screening. Am I at higher risk for a disorder? Can genetic testing give me useful

information? Is the timing right for testing? Do the benefits of having the genetic information outweigh the problems that testing can bring? Determining the answers to these questions is no easy task. In this highly readable book, Doris Teichler Zallen provides a template that can guide individuals and families through the decision-making process and offers additional resources where they can gain more information. She shares interviews with genetic specialists, doctors, and researchers, as well as the personal stories of nearly 100 people who have faced genetic-testing decisions. Her examples focus on genetic testing for four types of illnesses: breast/ovarian cancer (different disorders but closely connected), colon cancer, late-onset Alzheimer's disease, and hereditary hemochromatosis. From the more common diseases to the rare hereditary conditions, we learn what genetic screening is all about and what it can tell us about our risks. Given that we are now bombarded with ads in magazines and on television hawking the importance of pursuing genetic-testing, it is critical that we approach this tough issue

with an arsenal of good information. *To Test or Not to Test* is an essential consumer tool-kit for the genetic decision-making process.

Brain Food Rutgers University Press

How to eat for maximum brain power and health from an expert in both neuroscience and nutrition. Like our bodies, our brains have very specific food requirements. And in this eye-opening book from an author who is both a neuroscientist and a certified integrative nutritionist, we learn what should be on our menu. Dr. Lisa Mosconi, whose research spans an extraordinary range of specialties including brain science, the microbiome, and nutritional genomics, notes that the dietary needs of the brain are substantially different from those of the other organs, yet few of us have any idea what they might be. Her innovative approach to cognitive health incorporates concepts that most doctors have yet to learn. Busting through advice based on pseudoscience, Dr. Mosconi provides recommendations for a complete food plan, while calling out noteworthy surprises, including why that paleo diet you are following may not be ideal, why avoiding gluten may be a terrible mistake, and how simply getting enough water can dramatically improve alertness. Including comprehensive lists of what to eat and what to avoid, a detailed quiz that will tell you where you are on the brain health spectrum, and 24 mouth-watering brain-boosting recipes that grow out of Dr. Mosconi's own childhood in Italy, *Brain Food* gives us the ultimate plan for a healthy brain. *Brain Food* will appeal to anyone looking to improve memory, prevent cognitive decline, eliminate brain fog, lift depression, or just sharpen their edge.

Pocket Handbook of GI Pharmacotherapeutics Harper Collins

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems- Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Essential Concepts for Healthy Living Springer Science & Business Media

Within the last few years, iron research has yielded exciting new insights into the understanding of normal iron homeostasis. Such development, and the evolution of improved strategies of Iron Chelating Therapy require better understanding of the pathophysiology of iron toxicity and the mechanism of action of iron chelating drugs. The timeliness of the present volume is

underlined by several significant developments in recent years. New insights have been gained into the molecular basis of aberrant iron handling in hereditary disorders and the pathophysiology of iron overload. This volume highlights the impact of long term Iron Chelating Therapy using deferoxamine or the new, but controversial oral iron chelator deferiprone based on experience gained by multicenter trials, with special emphasis on survival, morbidity and drug toxicity; it reviews the development of the new and improved orally effective chelators suitable for clinical use in the near future and examines novel strategies of iron chelating treatment for the control of cell proliferation in malignant disease or malaria.

The Bronze Killer Dell

The fourth edition of this authoritative text covers every aspect of liver disease affecting infants, children and adolescents. As in the previous editions, it offers an integrative approach to the science and clinical practice of pediatric hepatology and charts the substantial progress in understanding and treating these diseases. All of the chapters are written by international experts and address the unique pathophysiology, manifestations and management of these disorders. This edition of the landmark text features extended coverage of viral hepatitis, metabolic liver disease, fatty liver disease and liver transplantation, including a new chapter on post-transplant care and outcomes. All of the chapters have been updated to reflect changing epidemiology and recent advances in molecular medicine and genomics. With the continued evolution of pediatric hepatology as a discipline, this text remains an essential reference for all physicians involved in the care of children with liver disease.

Eat to Beat Disease Cumberland House Publishing

Sixteen-year-old Lucy Szabo is Undead -- at least according to her own theories about vampirism. Lucy believes that the first vampires -- with their pale skin, long teeth, and uncontrollable thirst -- were dying diabetics. And she should know. She's a diabetic herself. When Lucy becomes involved with Draco -- a self-proclaimed "real" vampire she meets in the Transylvania Internet chat room -- her world begins crashing down around her. Caught up in late-night parties and Goth culture, she begins to lose control of her grades, relationships, and health. Lucy realizes she needs to make some important choices, and fast. But it may already be too late.

Iron Disorders Institute Guide to Hemochromatosis Simon and Schuster

The 4th International Conference on Hemochromatosis and the 11th International Conference on Iron and Iron Proteins took place in Jerusalem on April 27 -30 and on May 2 -7 1993, respectively. The first, a clinical meeting, and the second, a forum designed primarily for basic scientists. Both meetings are held regularly on alternate years and represent probably the most important forum for the exchange of information in iron research. The present volume "Progress in Iron Research" is based on a selection of presentations delivered at these meetings. However, this volume represents much more than a publication of conference proceedings. It offers a comprehensive state-of-the-art review on most aspects of iron metabolism. We have tried to offer a balanced review of the most important recent developments in iron research including both basic research and clinical investigation. However, the scope of chapters was based, by definition, on the actual participants at the meetings and some important fields in iron research such as plant physiology, microbial aspects of iron metabolism, and free radical research have not been dealt with. Many of the authors of the 40 chapters have been personally responsible for some of the most important developments in iron research -- insights into iron physiology and pathophysiology. The Editors

wish to express their gratitude for the outstanding and timely cooperation of all contributors to this volume.

Living Well with Hemochromatosis Createspace Independent Publishing Platform

Dumping Iron: How to Ditch This Secret Killer and Reclaim Your Health is a game-changer in health and fitness. The accumulation of excess iron in the body, a condition that affects perhaps the majority of adults, leads to much higher risk of heart disease, cancer, diabetes, obesity, brain diseases such as Alzheimer's and Parkinson's, and shorter lifespan. Dumping Iron shows how to measure your iron levels, what the test numbers mean, and how to go about lowering iron if necessary. Humans are adapted to a low-iron environment, so once iron is in our bodies, it virtually never goes away. Our new, high-iron environment leads to iron accumulation, and to ill health and early death. Iron is the secret killer that no one is telling you about. Finally, in Dumping Iron, the scientific and medical data that indicts iron is assembled in one place. What the experts say about Dumping Iron: "Dumping Iron by P. D. Mangan is a must read by anybody interested in maintaining optimal health, including those in the medical field. Iron overload is an exceedingly common malady in the population and it is easily diagnosed, but it is under-addressed. It leads to heart disease, diabetes, cancer and numerous other chronic and debilitating illnesses. The good news is that iron excess can be prevented and readily treated, which results in a decreased risk of many diseases and improvement in overall health and vitality. Dumping Iron clearly tells us how to achieve these goals." - Luca Mascitelli, M.D., Lt. Colonel, Italian Army, and author of numerous scientific papers on iron and health. "In Dumping Iron, Dennis Mangan has provided the reader access to a massive scientific data pool linking body iron overload to major diseases of mankind... I submit that Dumping Iron should be required reading in science and nutrition for high school and above. The ultimate triumph of Dumping Iron might be an informed public that will increasingly access ferritin test screening, and health care providers better prepared to interpret tests of iron status, particularly the ferritin level. Acknowledgment of risks of iron overload and proper product labeling might lead to reduced public iron intoxication and improved population health to a degree that would be no less than monumental!" - Leo Zacharski, M.D., Professor of Medicine, Geisel School of Medicine, Dartmouth College. Dr. Zacharski has written extensively on the connection between iron and disease, and has conducted clinical trials of lowering iron. "Iron has been compared to fire. A small amount of fire is quite useful in our stoves and furnaces. But when fire is ravaging the contents and walls of our home... BEWARE. In this informative book, Dennis Mangan makes clear the devastation that can be caused by excessive/misplaced iron in the tissues and walls of our bodies. We learn that for essentially all diseases - infections, cancers, Alzheimer's, Parkinson's, diabetes, gout, osteoporosis, cardiovascular ills, and more - that the iron burden is a dangerous risk factor. But equally important, the author describes a variety of well tested methods that are readily available to neutralize the iron peril. Adoption of even a few of these methods can remarkably decrease iron-catalyzed disease episodes, enhance well being, and, not least, increase longevity." - E. D. Weinberg, PhD, Professor Emeritus of Biology at Indiana University, and the author of over 140 scientific papers, many of them on the role of iron in disease. Dennis Mangan's revolutionary new book Dumping Iron: How to Ditch This Secret Killer and Reclaim Your Health is a must read even for the most informed Health and Fitness professional. - Jay Campbell, author of The Definitive TRT MANUAL

Living Healthy with Hepatitis C Balance

A comprehensive, easy-to-use guide to the foods that curb

memory loss and improve cognitive longevity, this book will forever change how you think about diet and aging. Even though people around the world are living longer than ever, but record numbers of us are experiencing cognitive decline and other brain disorders later in life. But there is good news: We now have the knowledge to extend both lifespan and mindspan, helping to ensure that our minds and bodies stay in peak form at any age. Studying the diets of the populations that live longest with low levels of dementia, as well as the ways that certain food additives and ingredients interact with our genes, Dr. Preston Estep shatters myths about which foods are (and are not) beneficial to our brains, with simple changes you can make today to slow cognitive decline. Startling in its revelations about healthy eating for those over the age of forty The Mindspan Diet challenges us to rethink our approach to many common staples, including:

- Iron: While iron-fortified foods sound healthy, high iron intake can be toxic, especially for people over forty, and increases the risk of type 2 diabetes, Alzheimer's, and Parkinson's disease.
- Whole grains: Processed grains such as white rice, pasta, and flour are actually staples in the diets of cultures with the best cognitive health.
- Protein: Though it's considered by some to be a miracle macronutrient, high levels of protein are actually hard on the kidneys, and may promote cancer and accelerate the progression of dementia. Complete with food recommendations, shopping lists, advice on reading nutrition labels, and more than seventy delicious recipes, The Mindspan Diet shows that you can enjoy the richest flavors life has to offer and remain lean, healthy, and cognitively intact for a very long life. Praise for The Mindspan Diet "Eye-opening . . . fascinating, important . . . Estep includes plenty of practical info on improving one's mindspan and puts some refined grains back on the table."—Publishers Weekly (starred review) "Presenting a sensible regimen that people can follow easily, this recommended diet book [has] useful information about aging."—Library Journal

Survival of the Sickest LP Harper Collins

In Live Well to 101, Dr Dawn Harper, from Channel 4's Embarrassing Bodies, urges you to start investing in your health now to improve your chances of enjoying your latter years to the full. This book is for anyone who enjoyed and learnt from The Longevity Book by Cameron Diaz or The Optimum Nutrition Bible by Patrick Holford. We are living longer than ever before. So it's more important than ever that we take good care of our bodies and our health - and enjoy those extra years by keeping fit and well for as long as possible. Leading media medic Dr Dawn Harper has gathered together scientific research, her eight years' experience on Channel 4's Embarrassing Bodies and over twenty-one years as a GP for the NHS and on Harley Street to give the latest advice on the diet, exercise habits and lifestyle changes which have been clinically proven to improve longevity and quality of life. * If longevity is pre-programmed in your genes, is there anything you can do to change it? * Do people who have more sex live longer? * Does where you live make a difference? * What really makes up a healthy diet? * Is it worth paying for private healthcare or expensive medical scans? * What secrets can we learn from people who are living well to an older age? * Will getting a dog or cat add years to your life? In this fascinating, life-changing book, Dr Dawn gives you a variety of simple tips to help give yourself the best chance to live a long and happy life. There are steps that we can all take, starting now, no matter what age we are each are.

The Complete Hemochromatosis Diet Delta, B.C. : Imperani Publishers

Hemochromatosis is a genetic disorder that causes an excessive build-up of iron in the body. If left untreated, it can cause severe organ and joint damage and even death. The hemochromatosis

diet enables a person with hemochromatosis to avoid foods that are high in iron as well as those that can increase the absorption of iron. The diet consists of foods that will provide ample protein and other nutrients to maintain optimal health without overloading the body with iron. Also known as "iron overload" or "bronze diabetes," hemochromatosis is one of the most common genetic disorders in the United States. With no known cure and life-sapping symptoms, such as fatigue, joint pain, heart abnormalities, and skin discoloration, it can lead to very serious medical conditions and is without question a life-altering diagnosis. The Remedy Cookbook for Hemochromatosis is a friendly book guide to taming your symptoms by taking total control of your diet. It offers an easy-to-understand overview of micronutrients, tips and tricks for identifying high-iron foods and limiting absorption, stories from others living with hemochromatosis, and simple and delicious recipes. From carnivores to vegans, this book offers something for all lifestyles. Recipes span from salads, side dishes, entrees, and smoothies, each with nutritional analysis to help you know and also understand your nutrient consumption level.

Living Well with Hypothyroidism, Revised Edition Jones & Bartlett Publishers

The Most Comprehensive Resource Available on the Diagnosis and Treatment of Hypothyroidism For millions of Americans, hypothyroidism often goes untreated ... or is treated improperly. This book, thoroughly researched by the nation's top thyroid patient advocate—a hypothyroidism patient herself—provides you with answers to all your questions, including: What is hypothyroidism? What are the warning signs, symptoms, and risk factors? Why is getting diagnosed often a challenge, and how can you overcome the obstacles? What treatments are available (including those your doctor hasn't told you about)? Which alternative and holistic therapies, nutritional changes, and supplements may help treat hypothyroidism?

Cancer Hates Tea Sourcebooks, Inc.

In the third edition of the Atlas of the Liver, the authors present (and evaluate) many crucial concepts regarding liver disease using photomicrographs, charts and tables. The goal of the Atlas of the Liver is to augment comprehensive texts. Every major hepatic disease is thoroughly addressed, along with guidance as to the most efficient and effective ways to treat them. Dr. Willis Maddrey, along with 24 leading hepatologists, has interwoven concepts from fields such as molecular biology with the results of clinical observations and trials in order to facilitate efficient, accurate diagnosis and the use of effective therapy.

Living with Hemochromatosis Academic Press

Reviews: Our family came upon this book by more than coincidence, just at a time when we needed it most. We had been reading a novel in the 'Stories from South Africa' series, by the same author, entitled, 'With no remorse' and were intrigued to see a note at the end of it, to the effect that the 'ongoing, non-fiction story' of two of the characters could be found in 'The Bronze Killer'. - What an eye-opener! Not only was the book well-written and utterly absorbing; it provided us with information which has led to the diagnosis of several members of our family. We are so grateful! Also recommended: Enjoyed all the author's other titles, especially 'With no remorse' and 'Storm Water.' ***A very helpful book for medics or those looking for answers. The Bronze Killer was a book that came into my life at a very desperate time - I had just been diagnosed with Haemochromatosis and found that the doctors that I knew were not apparently very knowledgeable about it. I felt very uneasy and very alone, despite thankfully having a very supportive wife. Not only was Marie Warder, with her honesty and knowledge, able to bring a better understanding to me through the book, about this sleeping ogre of an illness, it

also allowed others around me to realise that I really was not full of imaginings or laziness - that it was all because of the Genetic Iron Overload doing its damage. ***I believe The Bronze Killer would be a worthwhile read for any student doctor coming into the field and certainly for those people with the disorder and their family and friends. It most certainly wouldn't do anyone else any harm either, for the book is not just a story of discovery; it is also a very touching and honest account of a great woman's battle against so many ordeals, not of course just in the name of seeking a cause but of doing it all for the love of man whom she had known for a long time. For someone like myself with the illness, I will not forget the speed with which I read the book and I'm sure it will be appreciated by many for having it to turn to - either as an educational aid or certainly as it was for me - an emotional sustenance that got me through some very vague and bewildering days. I just needed to hear more than "You've got a disorder called Haemochromatosis." Having The Bronze Killer to turn to was a great comfort, despite its sadness. Marie Warder deserves many accolades and I hope that others will recognize that soon. ***Every member of my family has a copy! Having just re-read this book for the umpteenth time, I happened to click onto the preceding review. Because there is such a very high incidence of this disorder in our family, we try to keep abreast of current research etc. and were delighted when the World Health Organization called a meeting on "The Prevention and Control of Hemochromatosis" as we really believed that this would result in greater awareness. Apparently not even that - nor the fact that the Centres for Disease Control have declared it to be the most common genetic disease - has caught the attention of the media. Perhaps this is why the previous reader does not know about HH. A doctor at the Mayo Clinic says it has reached epidemic proportions and those of us who have been helped by reading "The Bronze Killer" when even our own family doctors were really in the dark, sympathize with the writer - while commending her for her ceaseless efforts to attain timely diagnosis for those at risk. "I can only say "thank you" to this lady for baring her heart and telling her story so that others might not have to suffer in a similar manner. Baruch Levy from Cape Town, SA

Live Well to 101 Jones & Bartlett Publishers

More than one million Americans suffer from Hemochromatosis, and most have to suffer through misdiagnoses and multiple doctor visits before finding the right treatment. If left untreated, Hemochromatosis can lead to heart attack, diabetes, cirrhosis, or cancer. Written by top medical researchers and experts, this comprehensive and reliable guide dispels the myths, explains the basic science behind the disease, and provides clues for diagnosis. It also includes inspiring case studies, treatment options, common questions, advocacy resources, and more. The number-one bestselling and most comprehensive guide, now updated with the latest scientific research The popular first edition has net sales of more than 11,000 copies; second edition is updated with the latest research More than one million Americans suffer from classic Hemochromatosis The CDC estimates people with Hemochromatosis are misdiagnosed 67% of the time and see an average of three doctors before a successful diagnosis

Exposing the Hidden Dangers of Iron Ballantine Books

A Dietitian-Approved, Customizable Food Plan to Combat Iron Overload Also known as "iron overload" or "bronze diabetes," hemochromatosis is one of the most common genetic disorders in the US. With no known cure and life-sapping symptoms, such as fatigue, joint pain, heart abnormalities, and skin discoloration, it can lead to very serious medical conditions and is without question a life-altering diagnosis. Living Well with Hemochromatosis is a friendly guide to taming your symptoms by

taking total control of your diet. It offers an easy-to-understand overview of micronutrients, tips and tricks for identifying high-iron foods and limiting absorption, stories from others living with hemochromatosis, and simple and delicious recipes. From carnivores to vegans, this book offers something for all lifestyles. Recipes span from salads, side dishes, entrees, and smoothies, each with nutritional analysis.

Low Iron Diet James Minter

Jimmy Kavanagh has a genetic condition where he absorbs and stores iron from his diet over and above the body's requirements (Haemochromatosis). He is unaware of this. As time progresses, with increased ferritin levels he exhibits many traits of storing iron: oxidation (rusting), becoming magnetised, and having strong bones (excess iron is stored in bone marrow). Through various childhood experiences he realises he is different but doesn't know why. After a significant event in which he saves Barbara, the woman of his dreams, from possible death he realises he can control his magnetism. His life is further complicated after coming to the attention of the KGB. They are interested in all things paranormal, and the CIA who are determined to stop the Russians. Life for Jimmy is further complicated by Sheila. Her father is Irish though she was born in Australia. Unbeknownst to her she has Haemochromatosis but of course, from the Southern hemisphere her polarity is reversed. Will Jimmy and Barbara live happily ever after? Can he manage to thwart the Russians, and CIA. Since opposites attract does his future lay with Sheila?

Primary Hematology Taylor & Francis US

As many as four million Americans suffer from the hepatitis C virus (HCV), but most don't even know they're infected. Here at last is the unprecedented book that smashes the myths about the disease as it offers authoritative, lifesaving information you won't find anywhere else. Living Healthy with Hepatitis C is your

ultimate weapon against the biggest killer of all: fear. Discover new hope and help in its pages as you learn a comprehensive approach that puts you back in control of your life! Protect yourself from acquiring HCV Protect your loved ones from contracting it if you are infected Benefit from the latest medical treatments, including interferon, ribavirin, and other drugs Learn the pros and cons of alternative treatments, including herbs, supplements, and acupuncture Use diet, lifestyle, and exercise as potent weapons against HCV Avoid its worst consequences, including cancer and liver failure Understand HCV, the medical treatments, lab tests, clinical trials, and much more Take advantage of the latest breakthroughs, including a possible "magic bullet" leading to a cure PLUS extensive resources, including books, organizations, websites, periodicals, and more The Hemochromatosis Cookbook Springer Science & Business Media

Also known as "iron overload" or "bronze diabetes," hemochromatosis is one of the most common genetic disorders in the US. With no known cure and life-sapping symptoms, such as fatigue, joint pain, heart abnormalities, and skin discoloration, it can lead to very serious medical conditions and is without question a life-altering diagnosis. Hemochromatosis cookbook is a friendly guide to taming your symptoms by taking total control of your diet. It offers an easy-to-understand overview of micronutrients, tips and tricks for identifying high-iron foods and limiting absorption

Sweetblood Springer Science & Business Media

Despite the potentially lethal nature of hemochromatosis, the lack of public knowledge about the disease often leads to its being misdiagnosed or ignored by medical professionals. Now, the authors of "Living with Hepatitis B" and "Living with Hepatitis C" bring their knowledge and expertise to bear on a lesser-known--but just as deadly--disease. 25 photos.