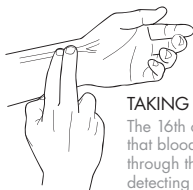


# TOP TEN SIMPLE MEDICAL TECHNIQUES THAT CHANGED THE WORLD.

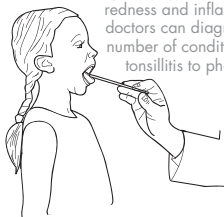


## TAKING PULSE

The 16th century discovery that blood is pumped through the body lead to detecting conditions like hypertension, ventricular fibrillation, and cardiac dysrhythmias with simple pressure.

## SAY "AHH"

By looking at the throat for redness and inflammation, doctors can diagnosis any number of conditions from tonsillitis to pharyngitis.



## HEIMLICH MANEUVER

Invented by Henry Heimlich in 1974, the simple ejection method of objects stuck in the throat has saved countless thousands from suffocation.



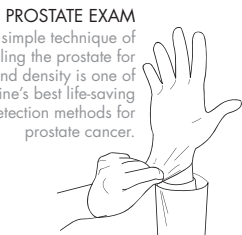
## WASHING HANDS

After the discovery of bacteria in the 1670s, deaths from infection dropped dramatically.



## CPR

Press on the chest to keep heart beating, blow air into the lungs. Hundreds of thousands are alive today thanks to this simple technique.



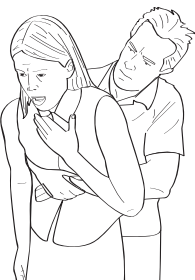
## PROSTATE EXAM

The simple technique of feeling the prostate for size and density is one of medicine's best life-saving detection methods for prostate cancer.



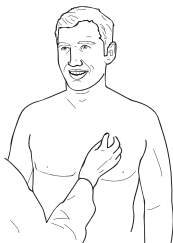
## TOURNIQUET

First used in 1674, the idea of stopping blood flow with pressure is responsible for millions of lives saved.



## TAPPING THE CHEST

Simply tapping the chest and assessing the resulting sound can lead to the diagnosis of more than a dozen life threatening diseases of the lungs.



## CHECKING FOR FEVER

It was first discovered in 400 B.C. that body temperature indicated abnormalities and the simple method of feeling the warmth of the skin became a life-saving technique.



## LOOKING AT PUPILS

The eyes can tell a physician 50 or more things about the body. Dilated pupils can mean acute liver failure; inability to track movement can mean autism.

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