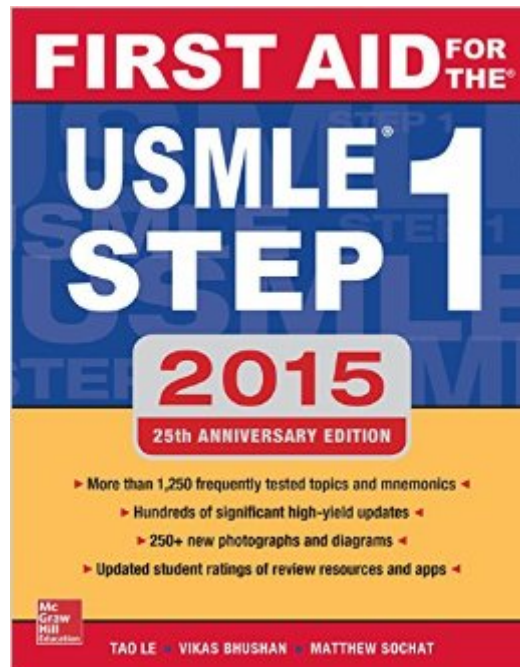


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# First Aid For The USMLE Step 1 2015



## Synopsis

THE 25th EDITION OF THE WORLD'S MOST POPULAR MEDICAL REVIEW BOOK! Trust 25 years of experience for the most effective USMLE Step 1 preparation possible 1,250+ must-know topics provide a complete framework for your USMLE preparation Test-taking advice with focus on high-efficiency studying Major revisions in all subject areas based on feedback from thousands of students Free real-time updates and corrections at [www.firstaidteam.com](http://www.firstaidteam.com) Extensive faculty review process with nationally known USMLE instructors 1,000+ color photos and diagrams help you visualize high-yield concepts Expanded guide to high-yield study resources, including mobile apps INSIDER ADVICE FOR STUDENTS FROM STUDENTS

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (697 customer reviews)

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## Customer Reviews

After going through the entire book, I can say three things about it: pictures, organization, and clarification. That said, the "content" area is not much any different than the 2014 edition. There are, however, few new drugs and pathologies added in subsequent organ systems (reason I bought it). This edition is all about new, colorful pictures and images in the neurology section on the eye are just too good. There is also particular material that was taken off in 2014 and now added in 2015 (i.e. Lac operon in biochemistry). I feel like the overall clarity, and the way this book is organized in terms of relating one page to another is done quite nicely in this edition. So should you buy the 2015 FA if you already have 2014? Well, that depends on when you are planning to take your test. If you

are planning on taking it within a month, have a lot of notes in the 2014 edition, or just don't feel like spending another 50 bucks or so then you should stick with 2014. If your exam is a couple of months away as in the summer of 2015, then I think you should get this edition and start making notes in it. So bottom line is that if you have 2014 and if you want to get the 2015 edition for new content solely then don't, stick with 2014 because the content overall is the same. I gave this book a 5 star because it has everything 2014 had (all errors fixed) and the additional few drugs/path info that are passed from past test takers (which is what we want right!!). One con about the new 2015, at least for me right now is that the pages are very cheaply done again (why don't they get the pages like Goljan path??). I made few lines using a Pilot G-2 pen, and I could see the lines on the other side so you might not want to use a heavily inked pen.

As a brief review of the USMLE I syllabus, this book is an excellent choice. However, be warned, the USMLE questions have gone more sophisticated. USMLE hardly asks you this type of question now: A 25 year old woman taking prednisone for SLE develops fever, muscle aches, jaundice, right-sided abdominal pains. What is the diagnosis? a. cholelithiasis b. cholestasis c. hepatitis d. right lower lobe pneumonia e. adverse reaction to medication Everyone knows this is hepatitis. No. It will ask: A 25 year old woman taking prednisone for SLE develops fever, muscle aches, jaundice, right-sided abdominal pains. The most likely cause of these findings is a. antibodies to hepatocytes b. release of cytokines from T lymphocytes c. lysis of infected hepatocytes d. blockage of bile canaliculi e. activation of complement against hepatocytes Now, not everyone knows the answer (c by the way). This book (First Aid) does not go into this level of granularity in covering the test materials. This does not mean that it does not have its use, however. Suggestions for use: 1. Read this book first. Because of its concise coverage of most of the topics on the USMLE I, it is most suited for this purpose. 2. Get more detailed texts, and read each topic as set out in the syllabus (it is amazing how many medical students and doctors fail to use the syllabus in preparing for the exams!). The NMS series (Biochem, Physiology, Microbiology, Pharmacology are especially good). Use some other published materials for Anatomy, Pathology and Behavioral science. NMS series are not so good in those areas. 3. Practice with the released MCQs (150 of them). You will get some of these on the exam, trust me. 4.

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