

# Blood, Sweat & 2nd Gear: More Medicine for Motorcyclists

by flash gordon, m.d.

So what is the best thing to do when the bike goes down and you suffer a patch of Road Rash? How do you prevent infection and minimize scarring? Answers to these questions and practical advice on many other medical situations are contained in this new volume from flash gordon, the motorcycling doctor.

For years flash gordon, m.d., has been dispensing practical medical advice with a liberal dose of dry humor through his "Medical Motorcycling" column in *Motorcycle Consumer News*. This collection of his articles has been organized into book form and enhanced with clever illustrations by Craig Harrison to bring his valuable insights to a wider audience.

As a doctor who also rides motorcycles, flash gordon combines knowledge gained from many years of medical practice with the straightforward no-nonsense style of a veteran motorcyclist. He has the knack of explaining medical conditions and injuries in plain language that makes sense. Though the advice is directed to motorcyclists, all the medical information he provides is applicable to the general public.

Being acquainted with typical behaviors of motorcyclists, he explains how some of these habits can lead to problems in the future. The changes needed to avoid trouble down the road are sometimes very simple. He explains what signs to look for, when a 3 a.m. visit to the emergency room is entirely justified and when a wait-and-see approach is indicated.

Written in an entertaining and comfortable style, this book provides much valuable insight into how to deal with or prevent a wide range of health problems.

## Selected Contents

- Injuries Caused by Accidents
  - Pavement Dermatitis
  - First Aid, at Last
- Potential Troubles on the Road
  - Hypothermia
  - Rednecks
  - Bad Vibes
  - Your Gut Feelings Count
- Concerns on Long Trips
  - Monkey Butt
  - Do Not Pass
- Effects of Emotions on Riding
  - Testosterone Poisoning
  - Post-Traumatic Stress Disorder
- Fitness for Riding
  - Smoking
  - Asleep at the Handlebars
  - Fighting Riding Suit Shrink

## The Author

Since 1978 flash gordon has been practicing both emergency and primary care medicine in the San Francisco area. During that time he has also been a daily motorcycle rider. His columns on motorcycling and medicine for *Citybike Magazine* in the late 1980s and in *Motorcycle Consumer News* since 2002 have gathered a faithful and growing following. He sees his writing as a way to expand what he considers to be one of his roles as a physician: to educate people on taking care of their bodies and staying healthy.



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## Key Selling Points

- Collection of articles by well-regarded motorcycling doctor and columnist for *Motorcycle Consumer News*
- Entertaining and informative—practical and useful medical advice written in an easy and engaging style
- Includes information specific to motorcyclists as well as advice applicable to all of us

## Book Data

**Title:** Blood, Sweat & 2nd Gear: More Medicine for Motorcyclists  
**ISBN-10:** 1-884313-63-9  
**ISBN-13:** 978-1-884313-63-9  
**Author:** flash gordon, m.d.  
**Binding:** Soft cover  
**Format:** 6 x 9 inches  
**Pages:** 224 pages  
**Art:** 54 b&w illus.  
**Price:** \$19.95  
**Ship Date:** August 2007  
**WHP Product Code:** BS2G



**Whitehorse Press** publishers of travel, technical, and how-to books for motorcycling enthusiasts

107 East Conway Road ■ Center Conway, New Hampshire 03813-4012 ■ Phone: 800-531-1133 ■ 603-356-6556 ■ fax: 603-356-6590