



Anatomy Studymate: maps & mnemonics

Mina Azer

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Anatomy Studymate explains human anatomy the way it is meant to be explained, by maps and mnemonics instead of complicated pictures and long paragraphs. This book has 5 chapters covering the main regions of the body: upper limb, lower limb, thorax, abdomen & pelvis and head & neck. It includes 235 topics further divided into 131 easy to remember mnemonics, 51 maps for a simple diagrammatic view of various anatomical structures, 30 tables summarizing almost all the muscles of the human body and finally 23 summary verses for extremely important topics that couldn't fit in one of the previous 3 categories, and yet can not be ignored. This book is simply my study notes during my undergraduate study, then the exams for the master's degree in surgery, and finally the step A exam of the membership of the royal college of surgeons (MRCS). And don't worry, I passed them all, so you can depend on this book for a valid reason. Anatomy Studymate is not meant to replace anatomy text books. Unless coffee mate was meant to replace coffee. Think of it like a side dish, that can't feed you alone. Yet, it adds a flavor to your meal. Ok!! Enough coffee and dinner talk. Bottom line, this book can really help you in many ways. When you study a topic for the first time, it can offer you a simpler –or sometimes deeper insights. Writing the mnemonics in your main source next to each topic is a good idea. Also during revision, I think that condensing the important topics of anatomy in 150 low-text and details-free pages can be helpful. At last during your postgraduate study, this book can be particularly helpful to remember the highlights and the hot topics, which are always the core of exams like masters, PhD and even MRCS.

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