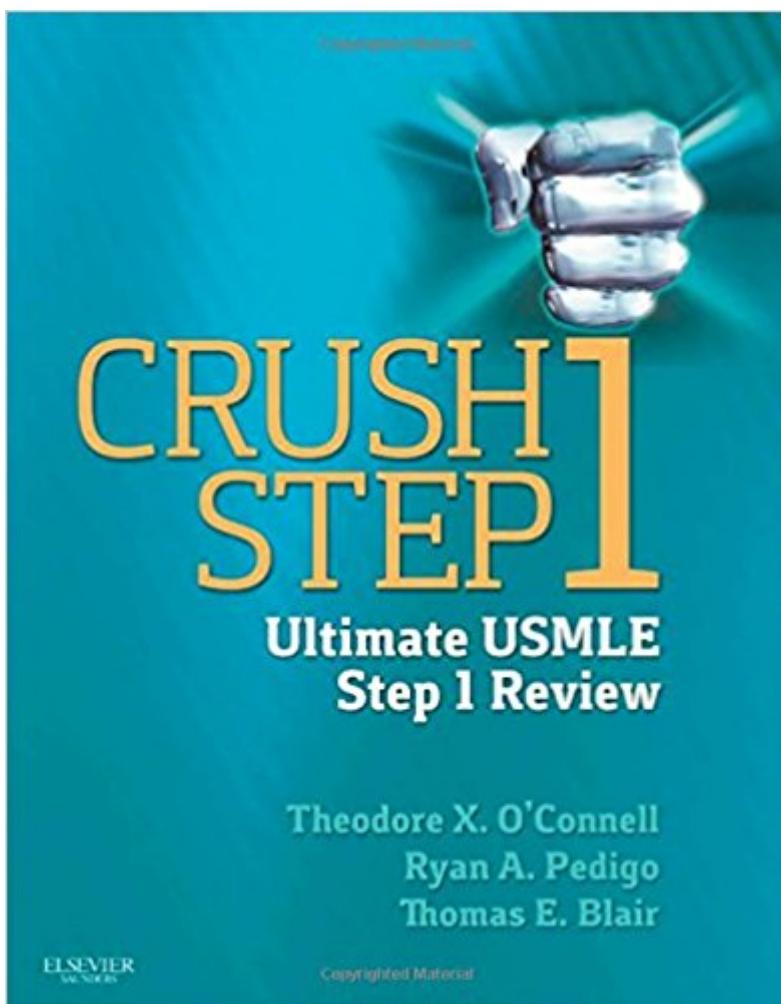


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# Crush Step 1: The Ultimate USMLE Step 1 Review, 1e



## Synopsis

If you know all of the concepts in *Crush Step 1: The Ultimate USMLE Step 1 Review*, you should do much better than pass USMLE Step 1: You should Crush it! Led by Theodore X. O'Connell, MD, the author of the best-selling *USMLE Step 2 Secrets* and *Brochert's Crush Step 2*, this focused, high-yield review of core content and test prep strategies is the most effective USMLE Step 1 preparation available for this high-stakes exam. Written and reviewed by students, residents, and experts, *Crush Step 1* is the resource you need to score high! Focus on essential concepts and master them efficiently with up-to-date, easy-to-read, high-yield coverage of all of the material tested on the exam. Ensure your comprehension with USMLE Step 1 practice questions following key sections as well as rapid-review high-yield boxes. Learn how to study for USMLE Step 1 with a more strategic approach through a unique focus on identifying and understanding question stems instead of memorizing buzz words. Spend more time studying and less time searching thanks to a well-written, easily accessible approach, with plenty of helpful lists and tables to highlight high-yield data. Depend on the relevance and accuracy of the content thanks to oversight by authors who scored within the 99th percentile on the USMLE Step 1 exam and Review Boards comprised of students, residents, and faculty.

## Book Information

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## Customer Reviews

This book is very similar to *First Aid* with a few exceptions. I've noticed it doesn't go as in depth, and

doesn't have as many pathology pictures to show the diseases discussed. That is okay though, since Pathoma covers all the path we need to know with excellent descriptions. That being said, Crush is not simply the bulleted "high yield" points that FA goes over, it goes in depth explaining the reasons behind everything. I own both FA and Crush, and generally read Crush in the beginning of my courses, and then read FA afterwards to fill in the extra information that Crush didn't give me, all while using the foundation Crush did give me. The mnemonics are the same or better in Crush than in FA. I highly recommend this book for anyone looking to do well on Step, and use it together with FA to do well. I would never tell someone to not read FA. It is the bible of step, but Crush is very well written and will be a good addition to your core curriculum/ STEP 1 studying.

The photos are great and the explanations are very thorough and provide a great alternative to reading Robins. It is definitely missing little bits here and there (not that First Aid has everything it should), but I think this can be a great supplement to first AID because they both have different qualities that complement one another. Best of luck on the boards!

I received my book right now and I'm very happy with shape and packaging. This is one of my best purchases from . This book open for me a new door to get through a new world of medicin. I'm an old IMG and I had very hard time to read the first aid cause FA like coding book it's very difficult to understand but with Crush I feel very comfortable to get the usmle. I extremely recommend for everyone including students, old graduates, IMG and anybody who wants to get through the usmle worlds. I don't remember how did I know about this book because you know that's not very famous book, but I think after a lot of pray God make it easy for me to understanding all stuff. Sorry if I have errors in writing cause English is my second language.

Great companion to First Aid. It provides just enough background information and explanation to understand the material. It's a huge relief to be able to use this book instead of 12 different boards review books on different topics (which I would probably be doing otherwise because First Aid for Step 1 doesn't explain anything in any depth). It's lack in immunology however, and I haven't finished it so there may be other deficiencies. Also, there are quite a few errors such as a backwards urea cycle - be sure to check the errata online. This is the first edition of the book so I expect future editions will be better. Do use it alongside one or two other resources so you'll catch these errors (I'm doing it interspersed with UWorld, since I don't have the attention span to do long stretches of either one)

This book is EXCELLENT! If you are the type of person that needs a little more meat than what First Aid offers because you need to understand/brush up on the why/how....then this is the book for you! Personally, I kind of hate First Aid. I learn and remember better with integrations and a thorough understanding of pathophysiology. This book explains things well, gives examples, has good mnemonics, and integrates various concepts when discussing physiology to help you remember and understand. While it has more text than First Aid, it is easy to read and is more like someone casually explaining concepts to you. Additionally, it does all of this without being too long or burdensome to read. More students should know about this! If you don't like all the gaps in First Aid, try this one out. Additionally, it is useful throughout the first two years of medical school for reading during classes as well as during board studying.

I ordered this because I saw comments about it on the Reddit/medschool subverted and I am really happy with it. I know it is not a typical book that everyone knows about, but I decided to give it a chance when First Aid was not quite enough for me (I am just starting MS2, so there was not enough context in First Aid). This is NOT a review book so much as it is a book for learning for the first time. I have been using it side by side in my classes as a supplement to my learning. Overall, I am super impressed with the quality of info, and haven't seen anything about it on here, wish I had found it earlier in my medical education. For example, it never made sense to me why AFP would be elevated in hepatocellular carcinoma, here is the explanation from the "Crush" book: "Of note, AFP acts as the fetal form of albumin. Its level is elevated in primary HCC and metastatic disease to the liver and in yolk sac tumors. In neural tube defects, the AFP level is also elevated in the mother's blood because the fetal skin is not fully intact, and AFP leaks into the mother's circulation. In Down syndrome, the levels are decreased, presumably because the size of the fetus and yolk sac are decreased." (So messed up liver function, less albumin production, so body starts making fetal version of albumin = AFP. BAM!) Here is another example: you know that formula for cardiac output that is rate of O<sub>2</sub> consumption / art. O<sub>2</sub> - venous O<sub>2</sub>? It's never made sense to me. "Crush" explanation: "Imagine with a low cardiac output, the blood is moving more slowly through the tissues, giving them more time to extract oxygen, leading to a large arterial-venous oxygen content difference (large denominator). Conversely, with a high cardiac output, so much oxygenated blood is being circulated through the tissues that the tissues do not need to extract all the oxygen from the blood each time it passes through." If anyone has questions, feel free to ask me. I am really happy that I bought this book and I have used it

continuously for months.

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