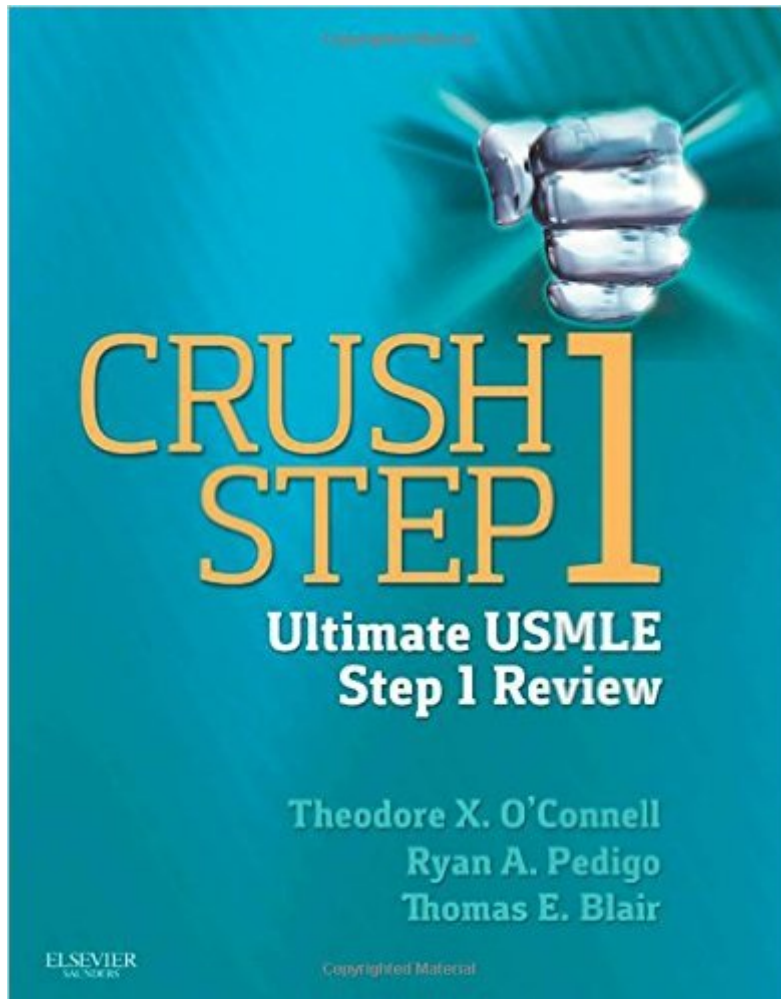


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# Crush Step 1: The Ultimate USMLE Step 1 Review, 1e



## 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.

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## Customer Reviews

This book went above and beyond my expectations for a step 1 review resource. It takes just about

all the material in First Aid and explains it in easy to understand/quick to read paragraph form, which is exactly what I need to review subjects that I haven't covered in well over a year. Obviously First Aid has "everything" you need to know but for me the cluster of random words tossed together were not enough, especially for subjects that I am weak in. For example, the neurology chapter in First Aid is a nightmare to go through without prior knowledge and my neuroscience/neuropath courses at my school (US allopathic) were subpar at best. After reading the neurology chapter, I'm getting more than 90% of neuro questions correct in Uworld. I think to use this book best you should follow along with your classes, but I'm finding it to be extremely helpful right now studying for boards. I really wish I had this book sooner.

I've been waiting to see my board score to see whether or not I should recommend this book... so take a guess at why I gave it 5 stars. I really wish this book was around during my first year of med school (like some other reviewers have also stated). It covers a wide range of topics in a simple, easy-to-digest, high yield fashion. I think it works great as a source to quickly get an overview of a topic if you're learning it for the first time for classes, and also works as a quick presentation of high yield facts and correlations for board studying. It's natural to try to compare it to First Aid (the 'gold standard'), but I think that they were different enough to use together and complement each other. My first impression was that it was like First Aid's bullet-point-like format but in prose format since a lot of the material covered was similar. However, Crush usually (not always) goes into greater detail and helps cement understanding of the concepts better in some cases since it's not limited by formatting. (Resources I used for Step 1: Crush, First Aid, Pathoma, UWorld, Picmonic)

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!

Its unfortunate that not many students know of this book. It is so well written and concise. It takes so many topics in first aid and does all the explaining in excellent easy to read paragraph form. It doesn't replace First Aid but I feel it is definitely a wise purchase in addition to FA. The pictures are all from reputable sources and helps you see conditions and diseases you are reading about, it saves time so you do not need to go google every disease to see how it would present on a patient. Using this book helped me reason through qbanks and helped me understand how and why something

happens. It is essential to use this book to extract everything FA has to offer and more. I noticed my qbank averages rose after reading this book. I highly recommend it to all students preparing for the USMLE. It doesn't just give facts in bullet format but it explains it all. Which is something I needed and I know many more students need. You will not be disappointed.

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.

This book is easy to read, and puts everything that is "need to know" for USMLE Step 1 into context that is easy to understand. I use it in conjunction with First Aid, first reading through a chapter in First Aid and then through the same chapter in this book, to solidify concepts ect...and to fill in any blanks from First Aid. These two sources and a good q-bank or two and you should have no trouble "Crushing" your Step 1 exam.

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