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Suzanne Baron, Christopher Lee : Lange Biochemistry and Genetics Flash Cards (LANGE FlashCards) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Lange Biochemistry and Genetics Flash Cards (LANGE FlashCards):

13 of 13 people found the following review helpful. Great for review! By K. Inozemtsev First off, these cards are for MEDICAL genetics and biochemistry, i.e. the basic sciences portion of medical school. Therefore, those looking for a review of the concepts, rather than their application, should look elsewhere - these flash cards will be of little use to you. I purchased these because I'm colossally bad at biochemistry, and needed a little help with getting through, as well as writing the NBME shelf. Passed with a 90+ percentile on the shelf, and these cards were spot on in terms of what I needed to know! Highly recommended, especially for those without a biochemistry background/those for whom biochem is like pulling teeth. The good: High-yield pathways are summarized in their own cards (maybe 10-20 of these). The rest have a clinical vignette on one side, and an explanation on the other - listed is the disorder/syndrome, biochemical defect, its pathophysiology, clinical manifestations, treatment, and a notes section with other little tidbits expanding the topic or connecting it to others. Overall, extremely representative of what I saw on the shelf. Definitely keeping these for path and Step 1. The not-so-great: As you might imagine, these cards are... slightly on the dense side in terms of the amount of writing they contain. Not exactly "flash" cards in the traditional sense. Good for quick review, but unlikely to become your "day before the exam" miracle cramming tool. 2 of 2 people found the following review helpful. amazing for step 1 By ejhasanso biochem on step 1 from what I hear focuses on the clinical aspects of biochem (i.e., a problem in an enzyme and what disease does it cause). These cards are amazing, because they focus on clinical aspects that are tested on step 1. There really aren't any good biochem sources out there for step 1. Champe and Harvey is ok, but it's too detailed, long, and focused on basic biochemistry principles more than the clinical aspects. These cards in my opinion are the gold standard at this point for biochem review for step 1. Use these with first aid and you are good to go. I also have rapid review biochem, but these cards are better. 0 of 0 people found the following review helpful. Solid. Not just flashcards. Goes along with FA. By 1stBuy I bought these after seeing the

reviews. I was unsure if I'd be able to use them for board prep since I'm only a month out. My grasp of biochem didn't feel very solid, and I wasn't comfortable picking up a textbook so late in my prep, so I chose these instead. There's 150 cards total, and I realized that you can easily digest these by doing something like 2-3 sections a day (~40-60 cards) along with those sections in FA, which they correlate with VERY nicely. They even add a couple lower yield diseases which I'd actually never seen in FA or UW. You'll still have plenty of time left in the day to do your question banks. Although they are "flashcards", they actually explain the pathways well. I was able to understand them and learn the clinical implications much easier this way than I would just by memorizing FA. For me, rote memorization is greatly enhanced when I can add-on some logical thought behind it, and this was what was missing for me. I'd advise others to spring for these, even in a crunch, if you need to really pick up your biochem. I haven't gotten to the genetics part, so I can't comment on that yet. I have also picked up the Lange Pharma cards, but have not yet used them yet.

"LANGE FlashCards: Biochemistry and Genetics" by Suzanne J. Baron and Christoph I. Lee help you to super-Power your test prep! This book presents 150 cards for course review and USMLE preparation. Blast through Biochem and Genetics! Conquer biochemistry and genetics exams and the USMLE Step 1 with LANGE FlashCards - the most effective portable learning tool ever! The features of this book include: rapid-study power pack; concise and complete coverage of all major processes and principles; key disease facts (etiology, pathology/pathophysiology, clinical manifestations, and treatment) on every card; clinical vignettes on each card; a concise yet complete coverage of biochem and genetics courses; perfect for disease comparisons; and created by medical students for medical students.

From the Back Cover LANGE FlashCards Biochemistry Genetics Suzanne J. Baron Christoph I. Lee Super-Power your test prep! 150 cards for course review and USMLE preparation Blast through Biochem and Genetics! Conquer biochemistry and genetics exams and the USMLE Step 1 with LANGE FlashCards the most effective portable learning tool ever! Rapid-study Power Pack Concise and complete coverage of all major processes and principles Key disease facts (etiology, pathology/pathophysiology, clinical manifestations, and treatment) on every card Clinical vignettes on each card Concise yet complete coverage of biochem and genetics courses Perfect for disease comparisons Created by medical students for medical students Visit: www.accessmedbooks.com About the Author Suzanne J. Baron Yale University School of Medicine New Haven, CT Christoph Lee Yale University School of Medicine New Haven, CT