

Recommended Core List of Books and Journals for Alabama Public Libraries:

Sources: (1) Book reviews from Library Journal, Doody's Reviews and MLA CAPHIS "Consumer Connections" Newsletter (<http://caphis.mlanet.org/publications/newsletter.html>)

(2) "Recommended Books for a Consumer Health Reference Collection" (March 2008)  
<http://library.uchc.edu/departm/hnet/corelist.html>.

*[Titles in **bold** are considered essential for basic health collections. KHS]*

***Books***

**Dictionaries, Encyclopedias**

**Stedman. Concise Medical Dictionary. 6<sup>th</sup> ed., rev. Lippincott Williams & Wilkins, 2007. (\$39.95)**

**Jablonski, Stanley. Jablonski's Dictionary of Medical Acronyms & Abbreviations with CD-ROM. 6<sup>th</sup> ed. Saunders, 2008. (\$34.95)**

**Directories**

**America's top doctors. 7<sup>th</sup> ed. Castle Connolly Medical Ltd., 2007-08. (\$29.95)**

Comparative Guide to American Hospitals: Southern Region., 2007. Sedgwick Press, 2007. (\$135.00)

Medical Association of the State of Alabama. Membership Roster, 2008-2009. MASA, (\$135.00)  
(\*Optional: "Find-a-Doc" service available on website at <http://www.masalink.org/>)

**Aging**

**Weil, Andrew. Healthy Aging: A Lifelong Guide to Your Well-Being. Knopf, 2007. (\$14.95)**

Sabbagh, Noel. Alzheimer's Answer: Reduce Your Risk and Keep Your Brain Healthy. Wiley, 2008. (\$24.95)

**AIDS**

**Bartlett, John and Ann Finkbeiner. The Guide to Living with HIV Infection: Developed at the Johns Hopkins AIDS Clinic. 6<sup>th</sup> ed.. Johns Hopkins University Press, 2006. (\$19.95)**

**Alternative Medicine**

Foster, Steven and Varro Tyler. Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs & Related Remedies. 5<sup>th</sup> ed. Haworth Press, 2007. (\$29.95)

**Peters, David and Kenneth Pelletier. New Medicine: Complete Family Health Guide. Dorling Kindersley, 2009. (\$25.00)**

*Alternate title:* Bausell, R. Barker. Snake Oil Science: The Truth about Complementary and Alternative Medicine. Oxford University Press, 2009. (\$17.95)

*Alternate title:* Schneider, Edward L. and Leigh Ann Hirschman. What Your Doctor Hasn't Told You and the Health Store Clerk Doesn't Know: The Truth About Alternative Treatment and What Works. Penguin, 2006. (\$19.95)

### Anatomy

**Parker, Steve, ed. The Human Body Book. Dorling Kindersley, 2007. (\$35.00)**

### Cancer

**Dollinger, Malin, et al. Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, and Managed Day-to-Day. Rev. 5th ed. Andrews and McMeel, 2008. (\$29.95)**

American Cancer Society. Cancer Caregiving A to Z. American Cancer Society, 2008 (\$14.95).

Eyre, Harmon J., Dianne Lange and Lois B. Morris (eds.) Informed Decisions: the Complete Book of Cancer Diagnosis, Treatment and Recovery. American Cancer Society, Inc. , 2005. (\$29.95)

*Alternate title:* Thiboldeaux, Kim and Mitch Golant. The Total Cancer Wellness Guide: Reclaiming and Redefining Your Life after Diagnosis. BenBella Books, 2007. (\$24.95)

### Children's Health and Diseases

**Mayer, Gloria and Ann Kuklierus. What to Do When Your Child Gets Sick. IHA, 2006. (12.95)**  
[Available in English, Spanish , Chinese, Vietnamese. Easy reading level.]

**Robert H. Pantell, James Fries and Donald Vickery. Taking Care of Your Child: A Parent's Illustrated Guide to Complete Medical Care. Da Capo Press, Inc, 2009. (\$19.95)**

Kliegman, Robert et al. Nelson Textbook of Treatment in Pediatrics. 18th ed., Elsevier, 2007. (\$149.00)

### Dental Care

**Mestman, Sadie and Ariella Herman. What to Do for Healthy Teeth. 2<sup>nd</sup> ed. IHA, 2006. (\$12.95)**  
[Available in English or Spanish. Easy reading level.]

### Diseases/Medical Conditions and Their Treatment – General

Beers, Mark H., ed. Merck Manual of Medical Information: 2<sup>nd</sup> Home Edition (Rev.). Merck, 2004.  
\*\*Optional: Available online full-text at <http://www.merck.com/mmhe/index.html>. (\$37.50)

**American Diabetes Association. What to Expect When You Have Diabetes: 150 Tips for Living Well with Diabetes. Good Books, 2008. (\$9.95)**

**Vickery, Donald and James Fries. Take Care of Yourself: The Complete Illustrated Guide to Medical Self-Care. 9<sup>th</sup> ed. Da Capo Press, Inc. 2009. (\$18.95)**

National Organization for Rare Disorders. NORD Compendium of Rare Diseases and Disorders. Mary Ann Liebert, Inc., 2007. (\$245.00)

**Professional Guide to Diseases. 9<sup>th</sup> ed.. Springhouse, 2008. (\$49.95)**

### **Drugs – Prescription and Non-Prescription**

Wolfe, Sid. *Worst Pills Best Pills: A Consumer's Guide to Avoiding Drug-Induced Death or Illness*. Simon & Schuster, 2005. (\$19.95)

**H. Winter Griffith and Steven Moore. *The Complete Guide to Prescription and Nonprescription Drugs* 2009. Penguin Books, 2008. (\$19.95)**

### **First Aid**

American Medical Association. *American Medical Association Handbook of First Aid and Emergency Care*. Random House, 2009. (\$16.95)

### **Fitness**

Simon, Harvey. *The No Sweat Exercise Plan: Simple Steps to Lose Weight and Improve Your Health Without Spending Hours in the Gym*. McGraw Hill, 2007. (\$16.95)

### **Health and Travel**

U.S. Centers for Disease Control and Prevention. *Health Information for International Travel*. U.S. Public Health Service, 2007. (\$24.95)

### **Heart Disease**

**Lipsky, Martin S., et al. *American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know About Having a Healthy Heart*. Wiley, 2008. (\$25.95)**

### **Medical Consumerism and Patients' Rights**

*Alternate title:* Davis, Robert J. *Healthy Skeptic: Cutting Through the Hype about Your Health*. University of California Press., 2008. (\$21.95)

**Gruman, Jessie. *After Shock: What to Do When the Doctor Gives Your – Or Someone You Love – a Devastating Diagnosis*. Walker, 2007. (\$16.95)**

### **Medical Tests and Diagnostics**

**Fischbach, Frances T. and Marshall B. Dunning. *Manual of Laboratory and Diagnostic Tests*. 8<sup>th</sup> ed. Lippincott, Williams & Wilkins, 2008. (\$49.95)**

### **Men's Health**

Bradley, Lloyd. *Rough Guide to Men's Health 1*. Rough Guides, 2008. (Rough Guide series) (\$16.99)

### **Mental Health**

Edwards, Jeffery K. *A Consumer's Guide to Mental Health Services: Unveiling the Mysteries and Secrets of Psychotherapy*. Routledge, 2008. (\$17.95)

### **Nutrition and Diet Therapy**

Light, Luise. *What to Eat: The Ten Things You Really Need to Know to Eat Well and Be Healthy!* McGraw-Hill, 2006. (\$16.95)

### **Pregnancy and Childbirth**

*Alternate title:* Murkoff, Heidi. *What to Expect When You're Expecting*. 4<sup>th</sup> ed. Workman Publishing, 2008. (\$14.95)

**Boston Womens Health Collective. *Our Bodies Ourselves: Pregnancy and Birth*. Touchstone, 2008. (\$15.00)**

Camann, William & Kathryn Alexander. *Easy Labor: Every Woman's Guide to Choosing Less Pain More Joy During Childbirth*. Ballantine, 2006. (\$13.95)

### **Surgery**

**Russell, Thomas R. *I Need an Operation...Now What? A Patient's Guide to a Safe and Successful Outcome*. Thomson Healthcare, 2008. (\$19.95)**

### **Women's Health**

Goldberg, Neica. *Dr. Neica Goldberg's Complete Guide to Women's Health*. Random House, 2009. (\$16.00)

### ***Suggested Journals/Magazines/Newsletters***

Arthritis Today (\$12.95)

Consumer Reports on Health (\*\*Optional - available on Alabama Virtual Library <http://www.avl.lib.al.us/>) (\$24.00)

Coping with Cancer (\$19.00)

Diabetes Forecast (\*\*Optional - available on AVL.) (\$56.00)

Dr. Andrew Weil's Self-Healing Newsletter (\$18.00)

Focus on Healthy Aging (\$39.00)

Harvard Health Letter (\*\*Optional - available on AVL.) (\$32.00)

Harvard Heart Letter (\*\*Optional - available on AVL.) (\$32.00)

Harvard Men's Health Watch (\*\*Optional - available on AVL.) \$32.00

Harvard Mental Health Letter (\*\*Optional – available on AVL) (\$72.00)

Harvard Women's Health Watch (\*\*Optional - available on AVL.) \$32.00

Health (Time Publishing) (\$15.97)

Health News: Straight Talk on the Medical Headlines (\*\*Optional - available on AVL.) (\$29.00)

Johns Hopkins Medical Letter: Health After 50 (\$28.00)

Mayo Clinic Health Letter (\$27.00)

Nutrition Action Health Letter (\*\*Optional - available on AVL.) (\$24.00)

Parenting (\*\*available on AVL.) (\$21.97) *or* Parents (\$15.98)

Prevention (\*\*Optional - available on AVL.) (\$21.97)

*Additional Resources Available at Lister Hill Library*  
[See separate list.]