

HSLANJ ePulse

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Consumer Health Bibliography

SUPPLEMENT

**Consumer Books
Core Reference**

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Core Reference Consumer Health Books

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It is important to have consumer health books on a wide variety of illnesses, conditions and wellness topics for patrons to check out of the library. However, it is also essential to have a core reference collection which will always be available for both patrons and librarians within the library. This list is not meant to be an exhaustive list nor a "must buy" list for a core reference collection. Some of these books are similar in content, such as the "family health guide" type of books listed first below. I have described five different guides of that genre, yet one or two of them should meet any library's needs. In addition to basic family health guides and medical dictionaries, I have listed a few core books in other areas (anatomy, making informed medical decisions, drugs/medications, mental illness, medical tests, rare disorders, and lists of "top doctors").

Family Health Books

American College of Physicians Complete Home Medical Guide. 2nd ed. Goldmann, DR, ed. New York: DK Publishing, 2003. 1104 pages. \$50. ISBN: 0789496739.

This guide, like many of these guides, uses self-diagnosis "flow charts" to guide the user to what condition they possibly may have by following the arrow prompts for different symptoms, etc. This book also has a good section on general health promotion. Instead of having a separate anatomy section, this book includes the color anatomy drawings within the disease-specific chapters.

American Medical Association Family Medical Guide. 4th ed. American Medical Association. Hoboken, NJ: John Wiley & Sons, 2004. 1184 pages. \$45. ISBN: 0471269115.

Before delving into the chapters particular diseases and body systems, the first part of the book has a special color section on staying healthy, with easy to read information on topics such as nutrition, exercise, stress and aging well. This book also has a nice color atlas of the body and color images of diagnostic tests such as MRIs, ultrasound, and angiography and a section of color photographs of various skin conditions.

Harvard Medical School Family Health Guide. Kamaroff, AL, ed. New York: Free Press, 2005. 1312 pages. \$25. ISBN: 0684863731.

This guide is set up similarly to the others. At the end it has a helpful list of contact information for organizations and agencies that deal with particular diseases and conditions. This is a paperback guide and may be more affordable if cost is an issue.

Mayo Clinic Family Health Book. Litin, SC, Editor. New York: HarperResource, 2003. 1148 pages. \$49.95. ISBN: 0060002506.

This book contains a section on "Living Well" as well as sections on common conditions. It has a relatively small color anatomy and skin disorders. At the end there is a medical glossary and a list of resources (associations, etc.) for various health conditions.

Merck Manual of Medical Information. 2nd ed. Beers, MH, ed. Whitehouse Station, NJ: Merck Research Laboratories, 2003. 952 pages. \$37.50. ISBN: 0911910352.

This is a highly respected, user friendly source for consumer health information. In addition to the usual sections on diseases and conditions, it has a section called "Fundamentals" which covers an overview of the human body, genetics, aging, communicating with healthcare professionals, prevention and fitness, death and dying, and legal and ethical issues.

Dictionaries

Mosby's Dictionary of Medicine, Nursing & Health Professions. 7th ed. St. Louis: Mosby Elsevier, 2006. 2247 pages. \$38.95. ISBN: 0323035620.

Very user-friendly medical dictionary containing over 2,450 mostly color illustrations. Includes a color atlas of anatomy. The dictionary includes many appendices: medical terminology glossary, symbols and abbreviations, a language translation guide (Spanish-French-English equivalents of commonly used medical terms and phrases), herbal and natural supplements, complementary and alternative medicine, and a listing of contact information for various health organizations.

Spanish-English, English-Spanish Medical Dictionary/ Diccionario Medico Espanol-Ingles, Ingles-Espanol. 3rd ed. McElroy, OH and Grabb, LL. Baltimore: Lippincott Williams & Wilkins, 2005. 795 pages. \$35.95. ISBN: 0316554480.

Excellent medical/health related Spanish/English dictionary. Has 16-page color atlas of body parts and organ systems labeled in both languages. Contains useful appendices with information on AIDS, bioterrorism, first aid, health insurance, common medical phrases, and idiomatic expressions related to health. Also has a brief section translating basic concepts and words such as numbers, time, days of the week, months, seasons, etc.

Stedman's Medical Dictionary: Illustrated in Color. 28th ed. Baltimore: Lippincott, Williams & Wilkins, 2006. 2169 pages. \$49.95. ISBN: 0781733901.

Contains over 107,000 terms and definitions and approximately 1,500 color images and illustrations. The 176 page appendix has an excellent 40 page color anatomy section as well as separate sections with color photographs and images of various medical procedures, skin conditions, and diagnostic images (MRIs, sonograms, etc.).

Miscellaneous

Making Informed Medical Decisions. Oster, N., Thomas, L. & Joseff, D. Sebastopol, CA: O'Reilly & Associates, 2000. 364 pages. \$17.95. ISBN: 1565924592.

Although this is a slightly older book, it is not outdated in terms of the information it provides. It has chapters on how to approach researching a condition, knowing your rights, helping a friend or family member, understanding standard treatment options and looking at complementary and alternative medicine therapies.

Core Reference Consumer Health Books *continued*

The Patient's Guide to Medical Tests: Everything You Need to Know About the Tests Your Doctor Orders.

2nd ed. Segen, JC and Wade, J. New York: Checkmark Books, 2002. 432 pages. \$44. ISBN: 0816046514.

Provides basic information on approximately 1,000 commonly used diagnostic tests and procedures. Explains the purpose of the test, any preparation required for the test, and an explanation of abnormal values.

The Johns Hopkins Atlas of Human Functional Anatomy. 4th ed. Baltimore: Johns Hopkins University Press, 1997. 166 pages. \$60. ISBN: 0801856515.

There are many anatomy books from which to choose, but this is a good basic reference for all readers. It is not as technical as many other anatomy books on the market which are often geared towards medical, nursing and allied health students and professionals.

Harrison's Principles of Internal Medicine. 16th ed. (single volume edition). Kasper, DL, Braunwald, E., Fauci, AS, et al. New York: McGraw Hill, 2005. 2607 pages. \$135. ISBN: 0071402357.

This is considered an essential book for all medical libraries and for many consumer health libraries as well. Even though it is geared to physicians and other health professionals, it is a highly respected, frequently updated "bible" of internal medicine. It will certainly be of use to librarians and to more sophisticated library users.

Diagnostic and Statistical Manual of Mental Disorders, Text Revision: DSM-IV-TR. 4th ed. American Psychiatric Association. Washington, DC: American Psychiatric Publishing, 2000. 943 pages. \$72. ISBN: 0890420246.

This is a book geared to professionals, but it is the essential source for the comprehensive description and classification of mental disorders.

NORD Guide to Rare Disorders. National Organization for Rare Disorders. Philadelphia: Lippincott, Williams & Wilkins, 2003. 895 pages. \$99. ISBN: 0781730635.

A highly useful book which contains short synopses of rare conditions. The chapters are organized by body system, but one can look up the name of a disorder in the index.

PDR: Physician's Desk Reference, 2006. 60th ["Bookstore"] Edition. Thomson PDR. Montvale, NJ: Thomson Healthcare, 2005. 3529 pages. \$94.95. ISBN: 1563635275.

The PDR is a well-known book in most libraries. It is designed for medical professionals, but is widely consulted by others.

PDR for Nonprescription Drugs, Dietary Supplements, and Herbs: The Definitive Guide to OTC Medications. Thomson PDR. Montvale, NJ: Thomson Healthcare, 2005. 406 pages. \$59.95. ISBN: 1563635305.

Like the PDR, this book is designed for medical professionals, but is often referred to by others. It contains brief information on particular health conditions and illnesses and describes the various over-the-counter treatments for them. The pharmacology of the medication, indications for its use, contraindications, warnings/precautions and adverse reactions are covered.

Consumer Reports Consumer Drug Reference 2006. Yonkers, NY: Consumer Reports Books (jointly published with Thomson Micromedex), 2005. 1784 pages. \$44.95. ISBN: 0975538829.

This is a much more consumer-friendly book than the PDR listed above. The print is larger and the language is more understandable. This guide has color photographs of pills and includes an index of drugs both by brand name and generic name. It also includes a glossary of medical and pharmaceutical terms. It contains poison control information for different states and a list of drugs which may be contraindicated in pregnancy.

The American Pharmaceutical Association Practical Guide to Natural Medicines. Peirce, A. New York: William Morris, 1999. 728 pages. \$37. ISBN: 0688161510.

There are many books about "natural," "herbal" and "dietary supplement" medicines by a wide variety of organizations and publishers. This book, although somewhat dated (1999), is published by the American Pharmaceutical Association. In the introduction of the book, the user is urged to be a wise consumer and to advise their physicians and their pharmacists if they use herbal and natural medicines. The book is set up in an easy-to-use format, with the name of the herb and then concise descriptions of: what it is used for; available forms of it (i.e., liquid, extract, etc.); usual dosage; "what the studies say," and "will it harm you?" For each herb or remedy, there is a list of references from the scientific literature.

America's Top Doctors. 5th ed. Castle Connolly. New York: Castle Connolly Medical, Ltd., 2005. 1274 pages. \$29.95. ISBN: 1883769906.

Identifies medical specialists across the country for the care of over 2,000 illnesses and conditions. Gives contact information, credentials, and hospital affiliations for over 5,000 of the country's top medical specialists. An important book for patrons with a serious illness who are willing to travel to a specialist in another state or region of the country.

Top Doctors: New York Metro Area. 9th ed. Castle Connolly. New York: Castle Connolly Medical, Ltd., 2005. 1328 pages. \$24.95. ISBN: 1883769922.

Same as the above Castle Connolly book, except that this one is focused on the New York Metro region. This will be a popular book in your reference collection.

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