

Recommended Core List of Books and Journals for Alabama Public Libraries:
Sources: Book reviews from Library Journal and MLA CAPHIS “Consumer Connections”
Newsletter (<http://caphis.mlanet.org/publications/newsletter.html>); CAPHIS Collection
Development recommendations at <http://caphis.mlanet.org/chis/collection.html>.
[Titles in **bold** are considered essential for basic health collections. Due to current budget
restrictions of public libraries, total for essential titles is limited to \$400 or less. KHS]

Books

Dictionaries, Encyclopedias

**Stedman, TL. *Stedman’s Medical Dictionary for the Health Professions and Nursing*. 7th ed.
Philadelphia: Lippincott Williams & Wilkins; 2012. (\$33.38)**

Jablonski, S. *Jablonski’s Dictionary of Medical Acronyms & Abbreviations*. 6th ed. Philadelphia: Saunders;
2009. (\$34.95)

Directories

Connolly JJ. *America’s top doctors*. 10th ed. New York: Castle Connolly Medical Ltd.; 2011. (\$34.95)

AHA Guide to the Health Care Field 2011. American Hospital Association, 2011. (\$335.00) (**Optional:
Hospital Compare (Medicare) web site contains comparable information – see
<http://www.hospitalcompare.hhs.gov/>.)

Medical Association of the State of Alabama. *Find-a-Doc online service*: available on web site at
<http://www.masalink.org/>)

Aging

**Barnett AE., Rushton N, Mumaw L. *What to Do for Senior Health*. LaHabra CA: Institute for
Healthcare Advancement; 2009. (\$12.95) [Available in English, Spanish , Vietnamese. Easy reading
level, large print.]**

Lachs, M. *Treat Me Not My Age: A Doctor’s Guide to Getting to Getting the Best Care as You or Your
Loved One Gets Older*. Viking; 2010. (\$10.90)

AIDS

Cichocki, M. *Living with HIV: A Patient’s Guide*. Jefferson NC: McFarland; 2009. (\$35.00)

Alternative Medicine

Foster, S, Tyler V. *Tyler’s Honest Herbal: A Sensible Guide to the Use of Herbs & Related Remedies*. 4th
ed. New York: Routledge; 2009. (\$29.59)

**Peters D, Pelletier K. *New Medicine: Complete Family Health Guide*. New York: DK Publishing;
2009. (\$25.00)**

Alternate title: Baur, BA. *Mayo Clinic Book of Alternative Medicine: Integrating the Best of Natural Therapies with Conventional Medicine*. 2nd ed. New York: Time Inc.; 2010. (\$17.13)

Anatomy

Agur AMR, Dalley AF. *Grant's Atlas of Anatomy*. 12th ed. Philadelphia Lippincott Williams & Wilkins; 2009. (\$59.96)

Cancer

Ko A, Dollinger M, Rosenbaum E. *Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, and Managed Day-to-Day*. Rev. 5th ed. Kansas City: Andrews and McMeel; 2008. (\$29.95)

Bucher J, Houts P. *American Cancer Society Complete Guide to Family Caregiving: The Essential Guide to Cancer Caregiving at Home*. 2nd ed. New York: McGraw-Hill; 2010 (\$24.95).

Children's Health and Diseases

Mayer G, Kuklierus A. *What to Do When Your Child Gets Sick*. LaHabra CA: Institute for Healthcare Advancement; 2010. (12.95) [Available in English, Spanish , Chinese, Vietnamese. Easy reading level.]

Alternate title: Trachtenberg J. *The Smart Parent's Guide to Getting Your Kids Through Checkups, Illnesses and Accidents: Expert Answers to the Questions Parents Ask Most*. New York: Free Press; 2010. (\$11.52)

Dental Care

Mestman S, Herman A. *What to Do for Healthy Teeth*. 3rd ed. LaHabra CA: Institute for Healthcare Advancement; 2009. (\$12.95) [Available in English or Spanish. Easy reading level.]

Diseases/Medical Conditions and Their Treatment – General

Porter RS, Kaplan JL, Homeier BP, Albert RK. *Merck Manual Home Health Handbook: 3rd Home Edition*. Whitehouse Station NJ: Merck Research Laboratories; 2009. **Optional: Available online full-text at <http://www.merck.com/mmhe/index.html>. (\$39.95)

Crowe L, Stachowiak J. *The Diabetes Manifesto: Take Charge of Your Life*. New York: Demos Health; 2011. (\$18.95)

Vickery DM, Fries JF. *Take Care of Yourself: The Complete Illustrated Guide to Medical Self-Care*. 9th ed. Cambridge MA: Da Capo Press, Inc.; 2009. (\$18.95)

National Organization for Rare Disorders. *NORD Compendium of Rare Diseases and Disorders*. New Rochelle NY: Mary Ann Liebert, Inc.; 2008. (\$245.00)

Professional Guide to Signs & Symptoms. 6th ed. Philadelphia: Lippincott Williams & Wilkins; 2011. (\$33.72)

Drugs – Prescription and Non-Prescription

Mosby's 2012 Nursing Drug Reference. St. Louis MO: Mosby; 2011. (\$41.53)

Additional website: MedlinePlus drugs & supplements. National Library of Medicine Web site. <http://www.nlm.nih.gov/medlineplus/druginformation.html>, Updated March 16, 2011. Accessed March 18, 2011.

First Aid

First Aid Manual, 3rd ed. London; New York: DK Pub.; 2009. (\$10.17)

Fitness

Sharkey BJ. *Fitness Illustrated*. Champaign, IL: Human Kinetics; 2011. (\$14.93)

Health and Travel

Suggested web site: Traveler's health. U.S. Centers for Disease Control and Prevention Web site. <http://wwwnc.cdc.gov/travel/default.aspx>, Updated March 17, 2011. Accessed March 18, 2011.

Health Care Economics/Insurance

Rosen MB and Leibowitz A. *The Healthcare Survival Guide: Cost-Saving Options for the Suddenly Unemployed and Anyone Else Who Wants to Save Money* Plymouth Meeting, PA: Health Advocate Pub.; 2009. (\$6.95)

Suggested web site on health care reform: Healthcare.gov, U.S. Dept. of Health & Human Services, Accessed 3/18/11.

Heart Disease

Chilnick LD. *The First Year – Heart Disease: An Essential Guide for the Newly Diagnosed*. Philadelphia: Da Capo Press; 2008. (\$16.95)

Medical Consumerism and Patients' Rights

Alternate title: Weiss PJ. *More Health, Less Care: How to Take Charge of Your Medical Care and Write Your Own Personal Prescription for Lifelong Health*. Brooklyn NY: LaChance Pub.; 2010. (\$15.95)

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

Medical Tests and Diagnostics

Fischbach FT, Dunning MB. *Manual of Laboratory and Diagnostic Tests*. 8th ed. Philadelphia: Lippincott, Williams & Wilkins; 2009. (\$49.95)

Men's Health

Men's Health. *The Male Body: The Owner's Manual*. Emmaus, PA: Rodale; 2009. (\$14.95)

Mental Health

Edwards JK, Heath A. *A Consumer's Guide to Mental Health Services: Unveiling the Mysteries and Secrets of Psychotherapy*. Binghamton NY: Haworth; 2008. (\$17.95)

Nutrition and Diet Therapy

Pollan M. *Food Rules: An Eater's Manual*. New York: Penguin; 2009. (\$11.00)

Pregnancy and Childbirth

Alternate title: Murkoff H, Mazel S. *What to Expect When You're Expecting*. 4th ed. New York: Workman Publishing; 2009. (\$14.95)

Alternate title: Boston Women's Health Book Collective. *Our Bodies Ourselves: Pregnancy and Birth*. New York: Touchstone; 2008. (\$15.00)

Mayer GG, Kuklierus A. *What to Do When You're Having a Baby*. LaHabra CA: Institute for Healthcare Advancement; 2011. (\$12.95) [Available in English and Spanish. Easy reading level, large print.]

Surgery

Doherty GM. *Current Diagnosis and Treatment: Surgery*. 13th ed. New York: McGraw-Hill; 2010. *Lange Current Series* (\$74.95)

Women's Health

Goldberg N, Greenwood A. Dr. Nieca Goldberg's Complete Guide to Women's Health. New York: Ballantine; 2009. (\$16.00)

Suggested Journals/Magazines/Newsletters

Arthritis Today (\$12.95) (Older issues available on Alabama Virtual Library <http://www.avl.lib.al.us/>)

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.) (\$28.00)

Dr. Andrew Weil's Self-Healing Newsletter (\$19.95)

Focus on Healthy Aging (\$39.00)

Harvard Health Letter (**Optional - available on AVL.) (\$29.00)

Harvard Heart Letter (**Optional - available on AVL.) (\$29.00)

Harvard Men's Health Watch (**Optional - available on AVL.) \$28.00

Harvard Mental Health Letter (**Optional – available on AVL) (\$59.00)

Harvard Women's Health Watch (**Optional - available on AVL.) \$28.00

Health (Time Publishing) (\$12.97)

~~Health News: Straight Talk on the Medical Headlines (**Optional – available on AVL.) (\$29.00)~~ [ceased publication; use Health News Review web site at <http://www.healthnewsreview.org/>]

Johns Hopkins Medical Letter: Health After 50 (\$15.00)

Mayo Clinic Health Letter (\$23.64)

Nutrition Action Health Letter (**Optional - available on AVL.) (\$10.00)

Parenting (**available on AVL.) (\$12.00) *or* Parents (\$12.00)

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

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