

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>)
[Titles in **bold** are considered essential for basic health collections. Total for essential titles is
limited to \$400 or less. KHS]

Books

Dictionaries, Encyclopedias

Venes, D., (ed.) *Taber's Cyclopedia Medical Dictionary*. 22nd ed. Philadelphia: F. A. Davis; 2013. (\$40.39)

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

Directories

Castle Connolly. *America's top doctors*. 12th ed. New York: Castle Connolly Medical Ltd.; 2013. (\$34.95)

AHA Guide to the Health Care Field 2014. American Hospital Association, 2013. (\$360.00) (**Optional: Hospital Compare (Medicare) web site contains comparable information – see <http://www.hospitalcompare.hhs.gov/>.)

Physician directories – Go to "Find-a-Doc service available on web site at <http://www.masalink.org/> or the AMA Doctor Finder available on that web site at <http://www.ama-assn.org>.

Aging

Barnett AE., Rushton N, Mumaw L. *What to Do for Senior Health*. LaHabra CA: Institute for Healthcare Advancement; 2011. (\$12.95) [Available in English, Spanish , Vietnamese. Easy reading level, large print.]

Drago, DA. *Living Safely Aging Well: A Guide to Preventing Injuries at Home*. Baltimore MD: Johns Hopkins University Press; 2013. (\$13.47)

AIDS

Farnan, R., Enriquez, M. *What Nurses Know...HIV/AIDS*. New York: Demos Health; 2012. (\$16.95)

Alternative Medicine

Hoffman D. *The Complete Herbs Sourcebook: An A to Z Guide of Herbs to Cure Your Everyday Ailments*. London: Harper; 2013. (\$15.95)

Bauer, BA., Hagen PT., Millman M. *Mayo Clinic Book of Alternative Medicine & Home Remedies*. Birmingham, AL: Oxmoor House; 2013. (\$25.95)

Anatomy

Roberts A., ed. *The Complete Human Body: The Definitive Visual Guide*. New York: DK Publishing; 2010. (\$50.00)

Cancer

Alschuler L, Gazella KA. *The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health*. Berkeley, CA: Ten Speed Press; 2013. (\$15.99)

Heiney SP, Hermann JF. *Cancer in Our Family: Helping Children Cope with a Parent's Illness*. Atlanta GA: American Cancer Society; 2013 (\$19.95).

Children's Health and Diseases

Mayer G, Kuklierus A. *What to Do When Your Child Gets Sick*. LaHabra CA: Institute for Healthcare Advancement; 2011. (12.95) [Available in English, Spanish , Chinese, Vietnamese. Easy reading level.]

Mayer G, Kuklierus A. *What to Do for Your Teen's Health*. LaHabra CA: Institute for Healthcare Advancement, 2013. [Available in English and Spanish. Easy reading level.]

Dental Care

Mestman S, Herman A. *What to Do for Healthy Teeth: Easy to Read, Easy to Use*. 3rd ed. LaHabra CA: Institute for Healthcare Advancement; 2011. (\$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 Go-To Home Guide for Symptoms*. Whitehouse Station NJ: Merck Research Laboratories; 2013. **Optional: Home Health Handbook available online full-text at <http://www.merckmanuals.com/home/index.html>. (\$17.95)

Mayo Clinic. *Essential Diabetes Book: How to Prevent, Control and Live Well with Diabetes*. 2nd ed. Birmingham, AL: Oxmoor House; 2014. (\$15.31)

**National Organization for Rare Disorders. *Rare Disease Database*. Available online at <http://www.rarediseases.org/rare-disease-information/rare-diseases>. Full database licensed by UAB Lister Hill Library, call for monograph reprints.

Wolters Kluwer Health. *Professional Guide to Diseases*. 10th ed. Philadelphia: Lippincott Williams & Wilkins; 2013. (\$59.95)

Drugs – Prescription and Non-Prescription

Mosby's Drug Reference for Health Professions, 4th ed. St. Louis MO: Mosby; 2014. (\$43.95)

Suggested web site: MedlinePlus drugs & supplements. National Library of Medicine web site. <http://www.nlm.nih.gov/medlineplus/druginformation.html>. Updated January 3, 2014. Accessed March 31, 2014.

First Aid

Subbarao I, Lyznicki J, James JJ. *Living Ready Pocket Manual – First Aid: Fundamentals for Survival*. New York: F&W Media; 2013. (\$12.99)

Fitness

Schlosberg S, Neporent L. *Fitness for Dummies*, 4th ed. Hoboken, NJ: Wiley; 2010. (\$21.99)

Health and Travel

Davis CE. *International Traveler's Guide to Avoiding Infections*. Baltimore: Johns Hopkins University Press, 2012. (\$26.95)

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 22, 2012. Accessed March 30, 2012.

Heart Disease

Gillinov M, Nissen S. *Heart 411: The Only Guide to Heart Health You'll Ever Need*. New York: Harmony; 2012. (\$15.00)

Medical Consumerism and Patients' Rights

Parks T. *Teach Us to Sit Still: A Skeptic's Search for Health and Healing*. Emmaus, PA: Rodale; 2012. (\$15.99)

Medical Tests and Diagnostics

Pagana KD, Pagana TB. *Mosby's Diagnostic and Laboratory Test Reference*. 10th ed. St. Louis, MO: Mosby; 2011. (\$48.95)

Suggested web site: LabTestsOnline. American Association for Clinical Chemistry. <http://labtestsonline.org/>. Accessed 4/13/12.

Men's Health

Thompson E.H., Kay, L.W. *A Man's Guide to Healthy Aging: Stay Smart, Strong and Active*. Baltimore, MD: Johns Hopkins University Press; 2013. (\$30.95)

Mental Health

Wehrenberg M. *The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed & What You Can Do to Change It*. New York: Norton, 2011. (\$19.95)

Wehrenberg M. *The 10 Best-Ever Anxiety Management Techniques Workbook*. New York: Norton, 2012. (\$19.95).

Nutrition and Diet Therapy

Pollan M., Kalman M. *Food Rules: An Eater's Manual*. New York: Penguin; 2011. (\$23.95)

Pregnancy and Childbirth

Alternate title: Bohn Y, Hill A, Park A, Peltier MJ. *The Mommy Docs' Ultimate Guide to Pregnancy and Birth*. Cambridge, MA: Da Capo Lifelong Books; 2011. (\$15.95)

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

Surgery

Griffith HW. *Complete Guide to Symptoms, Illness & Surgery*. 6th ed. New York: Perigee; 2012. (\$30.00)

Women's Health

Alternate title: Boston Women's Health Book Collective. *Our Bodies Ourselves*. 40th anniversary Touchstone ed. New York: Simon and Schuster, 2011. (\$26.00)

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)

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

Mayo Clinic Health Letter (\$27.00)

NIH MedlinePlus (Free – Available from
<http://www.vitalitycommunications.com/medlineplus/subscription.php>.)

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

Parenting (\$21.97) *or* Parents (\$15.98)

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