

Recommended Core List of Books and Journals for Alabama Public Libraries:
Sources: Book reviews from Library Journal and MLA CAPHIS “Consumer Connections”
Newsletter

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

Books

Dictionaries, Encyclopedias

Venes, D., (ed.) *Taber’s Cyclopedia Medical Dictionary*. 23rd ed. Philadelphia: F. A. Davis; 2017. (\$39.75)

Mosby. *Mosby’s Medical Dictionary*, 10th ed. Elsevier, 2016. (\$43.95)

Directories

Castle Connolly. *America’s top doctors*. 14th ed. New York: Castle Connolly Medical Ltd.; 2015. (\$34.95)

AHA Guide® 2017 edition (American Hospital Association Guide to the Health Care Field). American Hospital Association, 2016. (\$382.00) **Optional: Hospital Compare (Medicare) web site contains comparable information – see <https://www.medicare.gov/hospitalcompare/search.html?>

Suggested website: Medicare.gov Hospital Compare.
<https://www.medicare.gov/hospitalcompare/search.html>. Accessed 7/3/2017.

Physician directories – AMA Doctor Finder available on that web site at <https://apps.ama-assn.org/doctorfinder/home.jsp>.

Aging

Barnett AE., Rushton N. *What to Do for Senior Health: Easy to read, Easy to use*. LaHabra CA: Institute for Healthcare Advancement; 2015. (\$12.95) [Available in English, Spanish, Vietnamese. Easy reading level.]

Williams ME. *The Art and Science of Aging Well: A Physicians Guide to a Health Body, Mind, and Spirit*. The University of North Carolina Press: 2016. (\$18.84)

AIDS

Cebo, D. *HIV Infection and AIDS: Practice Essentials*. CreateSpace Independent Publishing Platform; 2017. (\$45.00)

Alternative Medicine

Hoffman D. *The Complete Herbs Sourcebook: An A to Z Guide of Herbs to Cure Your Everyday Ailments*. London: Harper; 2016. (\$13.59)

Bauer, BA., *Mayo Clinic The Integrative Guide to Good Health: Home Remedies Meet Alternative Therapies to Transform Well-Being*. Birmingham, AL: Oxmoor House; 2017. (\$17.56)

Parente, M. *Healing Ways: An Integrative Health Sourcebook*. Barron's Educational Series, 2016. (\$14.99)

Anatomy

Roberts A., ed. The Complete Human Body, 2nd Edition: The Definitive Visual Guide. New York: DK Publishing; 2016. (\$28.12)

Barnes-Svarney, P. & Svarney, T. *The Handy Anatomy Answer Book*, 2nd ed. Visible Ink Press, 2016. (\$21.95) [Easy to read.]

Cancer

Bollinger TM. *The Truth About Cancer: What You Need to Know about Cancer's History, Treatment, and Prevention*. Hay House, Inc.; 2016. (\$16.99)

Breast Cancer Clear & Simple: All your Questions Answered, 2nd ed. American Cancer Society; 2016. (14.95) [Available in English and Spanish.]

Children's Health and Diseases

Bell EA. *Children's Medicines*. Johns Hopkins University Press; 2017. (\$22.95)

Hemker OM, Ziring D., Saeed SA, Bousvaros A. *Your Child with Inflammatory Bowel Disease*. Johns Hopkins University Press; 2017. (\$24.95)

Redd N.A. *Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers*. Avery, 2007. (\$7.95)

Dental Care

Jones K. *Dental Care and Oral Health Sourcebook (Health Reference Series, 5th ed., 2016. (\$95.00)*

Diseases/Medical Conditions and Their Treatment – General

**National Center for Advancing Translational Sciences. *Genetic and Rare Diseases Information Center*. Available online at <https://rarediseases.info.nih.gov/diseases>

**Optional: Merck Manuals Home Health Handbook available online full-text at <http://www.merckmanuals.com/home/index.html> (\$14.21)

Balkany TJ, Brown KD. *The Ear Book: A Complete Guide to Ear Disorders and Health*. Johns Hopkins University Press; 2017. (\$24.95)

Sicherer S. *Food Allergies: A Complete Guide to Eating When Your Life Depends on It*. Johns Hopkins University Press; 2017. (\$22.95)

Tamparo C. *Diseases of the Human Body*. F.A. Davis Company; 6 edition, 2016. (\$56.88)

Drugs – Prescription and Non-Prescription

Mosby's 2017 Nursing Drug Reference, 30th ed. St. Louis MO: Mosby; 2016. (\$44.95)

Suggested website: MedlinePlus drugs & supplements. National Library of Medicine website.
<https://medlineplus.gov/druginformation.html>. Updated April 28, 2015. Accessed June 5, 2017.

First Aid

Drehobl J. *The Everything First Aid Book*. New York: Simon & Schuster; 2018. (\$9.95)

First Aid Fast for Babies and Children: Emergency Procedures for all Parents and Caregivers. DK; 2017. (\$14.95)

Fitness

Suggested website: Physical Activity Basics. U.S. Centers for Disease Control and Prevention Web site.
<https://www.cdc.gov/physicalactivity/basics/index.htm>, Updated June 4, 2015.

Health and Travel

CDC. *CDC Yellow Book 2018: Health Information for International Travel, 1st ed.* Oxford University Press, 2018. (\$49.93)

Suggested website: Traveler's health. U.S. Centers for Disease Control and Prevention Web site.
<http://wwwnc.cdc.gov/travel/default.aspx>., Updated June 12, 2017. Accessed June 27, 2017.

Heart Disease

Fuhrman J. *The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease*. HarperOne; 2018. (\$15.99)

Medical Consumerism and Patients' Rights

Ranga S. & Oti C. *The Impact of Autonomy and Consumerism in Healthcare*. Strategic Book Publishing & Rights Agency, LLC; 2016. (\$35.68)

Schuster J. *Patient Advocate Guide 2017: Empowering Patients and Their Advocates*. (\$9.95)

Medical Tests and Diagnostics

Pagana KD, Pagana TB. *Mosby's Diagnostic and Laboratory Test Reference. 13th ed. St. Louis, MO: Mosby; 2016. (\$46.36)*

Suggested website: LabTestsOnline. American Association for Clinical Chemistry.
<http://labtestsonline.org/>. Accessed June 27, 2017.

Men's Health

Brewer, SC. *The Canyon Ranch Guide to Men's Health: A Doctor's Prescription for Male Wellness. 1st ed.* New York: SelectBooks, 2016. (\$24.95)

Campbell, A. *The Men's Health Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular You!* Rodale Books; 2016. (\$26.99)

Mental Health

Noonan SJ. *When Someone You Know Has Depression*. Johns Hopkins, 2016. (\$16.95)

Rado J. & Janicak PG. *Living with Schizophrenia: A Family Guide to Making a Difference*. Johns Hopkins, 2016. (\$17.95)

Grant JE, Odlaug BL, Chamberlain SR. *Why Can't I Stop?* Johns Hopkins University Press, 2016. (\$22.95)

Mondimore FM. & Kelly P. *Adolescent Depression: A Guide for Parents*. Johns Hopkins University Press, 2015. (\$21.95)

Nutrition and Diet Therapy

Duyff, R.L. *Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5th Ed*. Houghton Mifflin Harcourt, 2017. (\$19.22)

Rinzler, C.A. *Nutrition for Dummies. For Dummies, 6th ed., 2016. (\$22.99)*

Oz, M. *Food Can Fix It: The Proven Plan for Weight Loss, Disease Prevention, and Life-Changing Energy*. Scribner; 2017. (\$27.99)

Pregnancy and Childbirth

Daffurn, H. & Quinn, S. *The Natural Baby: A Gentle Guide to Conception, Pregnancy, Birth and Beyond*. UIT Cambridge Ltd., 2017. (\$22.95)

Redd, N.A. *Pregnancy, OMG!* St. Martin's Griffin, 2018. (\$19.99)

Surgery

Zollinger R & Ellison E. *Zollinger's Atlas of Surgical Operations*, 10th ed. McGraw-Hill Education; 2016. (\$152.80)

Women's Health

Greer, G. *The Change: Women, Aging, and Menopause*. Bloomsbury USA, 2018. (\$20.00)

Suggested website: US Department of Health and Human Services Office on Women's Health, Womenshealth.gov, <https://www.womenshealth.gov/>. Accessed 7/5/17.

Suggested Journals/Magazines/Newsletters

Arthritis Today (\$12.95 for 1 year (6 issues) or \$21.95 for 2 years (12 issues))

CDC Stacks: Public Health Publications (Free – available from <https://stacks.cdc.gov/welcome>)

Consumer Reports on Health (**Optional - available on Alabama Virtual Library <http://www.avl.lib.al.us/>) (\$24.00 for 1 year (12 issues))

Coping with Cancer (\$19.00 for 1 year (6 issues) or \$35.00 for 2 years (12 issues))

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

Dr. Andrew Weil's Self-Healing Newsletter (\$34.95 for 1 year (12 issues))

Epocrates Patient Literature Library (Free on <http://www.epocrates.com/patientresources/?cid=EOLPRT>)

Exceptional Parent Magazine (**Optional - \$39.90 for 12 issues)

Focus on Healthy Aging (\$39.00 for 1 year (12 issues))

Harvard Health Letter (**Optional - available on AVL. for \$24.00)

Harvard Heart Letter (**Optional - available on AVL for \$24.00)

Harvard Men's Health Watch (**Optional - available on AVL for \$24.00)

Harvard Women's Health Watch (**Optional - available on AVL for \$24.00)

Health line newsletters (Free at <http://www.healthline.com/health/newsletter-signup>)

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

Mayo Clinic Health Letter (\$24.00 for 1 year (12 issues))

NIH National Cancer Institute Patient Education Publications (Free at <https://www.cancer.gov/publications>)

NAMI: National Alliance on Mental Illness (Published 3 times a year for \$35.00. <https://www.nami.org/>)

Natural Health (**Optional - available on AVL.)

Nibbles for Health: Nutrition Newsletters for Parents of Young Children (Free at <https://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children>)

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

NLM Environmental Health and Toxicology for the Public (Free at <https://sis.nlm.nih.gov/enviro/especialypublic.html>)

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

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

Prevention (**Optional - available on AVL.) (\$48.00 for 12 issues and shipping)

Psychology Today (18 issues for \$40.00/12 issues for \$30.00)

TIME Health (\$30.00 for 1 year or 52 issues)