

RECOMMENDED BOOKS FOR A CONSUMER HEALTH LIBRARY

August 2010

The following are recommended titles for a medical reference collection useful for answering many different types of consumer health questions. Titles marked with a double asterisk (**) are considered essential for a basic collection in any size public library. A single asterisk (*) indicates additional titles essential for larger public libraries and those that consider consumer health information services a high priority. Purchase of second priority titles depends upon an individual library's size, budget, and population served. Titles with no asterisk are additional recommendations for a comprehensive medical reference collection. All titles are currently in print as of August 2010. Prices are approximate for some titles. Check with your book vendor for currency of the ISBN number and price.

Some titles from previous lists have been omitted and replaced by more current titles. Out-of-print titles have been deleted and new editions of older titles have been added. As new editions of titles are added, we recommend that you discard the older edition, even if you do not plan to buy the new edition. It is better not to have any information than to give someone information that is outdated. Please note that the **USPDI vol. 1—Drug Information for the Health Care Professional** and **USPDI vol. 2 – Advice for the Patient** have been removed from the list. They will no longer be available in print.

DICTIONARIES, ENCYCLOPEDIAS

****1) American Medical Association complete medical encyclopedia.** Random House, 2006. 1,400 p. (ISBN 978-0-8129-9100-0) \$45.00.

This A-Z guide has more than 5,000 medical terms, information on symptoms, diseases, drugs, additional treatments, more than 1,700 illustrations to explain terms, and 83 full-page features on topics such as food safety, laparoscopic surgery, walking aids, and choosing a plastic surgeon. Other features include hundreds of charts and graphs, over 20 pages of first aid information, and special topics such as alternative medicine, twenty-first century medicine, bioterrorism, and robotic surgery. An absolute must for all public library reference collections. A **Concise Medical Encyclopedia** (ISBN 978-0-3757-2180-9) \$24.95, with 3,000 entries, was published in 2006.

****2) Dorland's illustrated medical dictionary.** 31th ed. Saunders, 2007. 2208 p. (ISBN 1-4160-2364-X hardcover, ISBN 1-4160-4998-3 paperback) with CD-ROM \$50.95.

Every library should have the latest edition of a good medical dictionary. **Stedman's Medical Dictionary** (2006; ISBN 0-7817-3390-1 \$45.40) is an excellent alternative, but you don't really need both.

3) Jablonski's Dictionary of medical acronyms & abbreviations. 6th ed. Compiled and edited by Stanley Jablonski. Saunders/distributed by Elsevier, 2009. 525 p. (ISBN 1-4160-5899-0) \$36.95.

Many of the entries included in this title may be listed in **Acronyms, initialisms, and abbreviations** (which many public libraries already own), but this handy dictionary is useful if you're regularly confronted with medical terms. Includes a searchable CD-ROM.



- *4) **Mosby's medical dictionary.** 8th ed. Elsevier, 2008. 2056 p. (ISBN 0-323-05290-8 paperback) \$40.95.

An authoritative medical dictionary is a must for all public libraries. However, when you need a dictionary to understand the terms in a medical dictionary, you may want to turn to this title. While not as authoritative as Dorland's, this dictionary is useful because it explains medical terms in fairly easy-to-understand language.

DIRECTORIES

- 5) **American Hospital Association guide to the health care field.** Annual. American Hospital Association. \$640.00.

A listing of hospitals in the United States arranged by state. Information includes name, address, telephone number, types of services provided, specialties, number of beds, certifications, etc. Although published annually, you probably can get by with one that's 1 or 2 years old.

- **6) **Consumers' guide to hospitals.** By the editors of Consumer Checkbook Magazine. Center for the Study of Services, 2009. Also available as an interactive online resource. Price is \$22. for one year's online access. \$24.95 pap. 359 p. (ISBN-978-1-888-124-23-1). Order from: Consumers' CHECKBOOK, 1625 K Street NW, 8th floor, Washington D.C. 20006/ phone: (800) 213-7283. Online ordering information at <http://www.checkbook.org/hospital/onlineorder.htm>

Includes rating information on over 4,500 acute care hospitals in the United States, excluding veterans and military hospitals.

Information includes doctors' rating of hospitals, desirability scores by doctors, ratings by inspectors, adjusted adverse outcome rates, and overall scores on accreditation review. Additional information about adjusted death rates for selected cases, whether death rates were better or worse than average, whether adverse outcomes were better or worse than average, accreditation status, overall Joint Commission evaluation scores, medical school affiliations, number of residents (doctors in advanced training), and whether hospitals have a computerized drug order entry system in place.

Also includes a listing of top rated hospitals in the U.S. and a select list of nationally recognized centers for difficult cases.

- **7) **America's top doctors : the nation's leading medical specialists.** 9th ed. Castle Connolly Medical Ltd., 2009. 1309 p. (ISBN 1-88376-985-X paperback) \$29.95

National guide to medical specialists, organized by type of specialty. Listed by section of the country within each specialty category. Most doctors listed are board-certified by the American Board of Medical Specialties. Physicians were selected for inclusion in the guide by recommendations of other physicians using phone and mail surveys. The guide explains responsibilities of each specialty and training requirements beyond medical school. A "special expertise" index is included.

- 8) **Directory of physicians in the United States.** 41th ed. American Medical Association, 2009. 4 vol. (ISBN: 160-3-590-009-9) \$750.00 (Continues **American Medical Directory**). Information on physicians is available on the AMA web site at: <http://webapps.ama-assn.org/doctorfinder/>

A directory of physicians with brief biographical information including address, telephone number, primary and secondary specialty, medical school attended, year licensed, type of practice, and board certification. Physicians listed here may not be in the **ABMS Directory**. (#12 on this list)

The ABMS site (<http://www.abms.org/>) can be used to check if a physician is certified in a specific specialty. The AMA site (<http://webapps.ama-assn.org/doctorfinder/>) may be used to search for general information about specific physicians, either by physician name or by specialty.

****9) Folio's physician directory of Connecticut and Rhode Island.** Annual. Folio Associates. \$85.00 (A directory of Massachusetts and a directory of Maine, New Hampshire, and Vermont are also available.) Order from: Folio Associates, Inc., 297 North St., Suite 212, Hyannis, MA 02601-5130. Phone (800) 223-2233.

Contains basic information about physicians in Connecticut and Rhode Island, including area of specialty, when and where they got their medical degree, current address and telephone number, and language spoken. Alphabetical listings are by name of physician, geographical location, and specialty. Not absolutely essential to have the latest edition.

You may check a specific Connecticut physician's qualifications on the Department of Public Health's web site (<http://www.dph.state.ct.us/>) under the heading "Physician Profiles." The Physician Profiles include information on the physician's medical education, special training, specialties, honors and awards, publications, disciplinary actions, and medical malpractice claims.

The Department also issues quarterly Regulatory Action Reports on the site that include disciplinary actions and sanctions against doctors, nurses, allied health professionals, day care centers, nursing homes and licensed individuals and facilities. This database must be searched separately from the Physician Profiles database.

To find physicians who practice in other states, go to the Federation of State Medical Boards (<http://www.fsmb.org>)--select "Public Services" in the left-hand column, then select "Directory of State Medical Boards." This website includes a listing of physician information websites for all 50 states, the District of Columbia, Guam, and the North Mariana Islands. Not all states have complete physician profiles.

****10) Consumers' Guide to Top Doctors.** Center for the Study of Services, 2009. \$24.95. 510 p. (ISBN 978-1-888124-21-7). Order from Consumers' Checkbook Headquarters, 1625 K Street, NW, 8th floor, Washington D.C. 20006. Also available as an interactive online resource. One year subscription is \$24.95. Ordering information online at <http://www.checkbook.org/doctors/pageone.cfm>

Includes physicians recommended by other doctors in a survey conducted in more than 50 large U.S. Metropolitan Statistical Areas. Brief entry for each, including name of medical school and year of graduation, and contact information. Fairfield, Hartford, and New Haven counties are the only Connecticut areas included.

11) Medical and health information directory, 2010: Health Services. 25rd ed. 2010. Vol. 3. Edited By Karen Boyden. Gale Research (ISBN 1-4144-7442) \$501.00.

This guide to health services includes clinics, treatment centers, care programs, and counseling/diagnostic services. Each entry gives the name, address, telephone number, name of a contact person, and, in a few instances, a one line description of the kind of services available. Among the services covered are sleep disorder clinics, arthritis centers, drug abuse treatment centers, kidney dialysis and transplant services, multiple sclerosis clinics, and sports medicine clinics.

12) The official ABMS directory of certified medical specialists. Annual. Elsevier . 3 volumes. \$789.00.

A listing of all certified medical specialists of the American Board of Medical Specialties, arranged by the 24 specialties. Includes a geographical and name index. Brief facts about the specialist including birth date, type of practice, and current address and telephone number. Physicians listed here may not be in the **AMA Directory of Physicians (#8** on this list).

An online directory is available at <http://www.abms.org>. Select "Is Your Doctor Certified?" Registration is required and the user is limited to five searches in a 24 hour period.

****13) The self-help directory : a guide to Connecticut and national groups.** 2007-2009. 13th edition. New Haven, CT. Connecticut Self-Help Network/The Consultation Center. \$32.00. For information about ordering, call (203) 624-6982.

A link to the order form is available at <http://theconsultationcenter.org/index.php?/connecticut-self-help-network.html>

A directory of self-help/mutual support groups in Connecticut arranged by specific concern (cancer, compulsive gambling, widows/widowers, etc.). Gives a brief description of the group and the name, address, and telephone number of a contact person. Also includes national groups, a listing of self-help clearinghouses, and a listing of hotlines, helplines, and toll-free specialty telephone numbers.

SPECIFIC TOPICS

Aging

***14) Merck manual of health and aging.** Beers, Mark H., ed. Merck Research Laboratories. 2004. (ISBN 0-911910-36-0 hardcover) \$29.95, (ISBN 0-345-48274-3 paperback) \$18.95.

(The entire text of the book is available online at http://www.merck.com/pubs/mmanual_ha/contents.html)

An overview of healthy aging and the disorders more likely to affect the elderly, published by Merck Co., publishers of another comprehensive, consumer-friendly health guide: **Merck Manual Home Health Handbook (#31** on this Recommended Books list). The book includes information on preventive health care, nutrition, guidance in navigating the health care system, as well as discussions of health-related ethical and social issues. It discusses how medication affects the aging and incorporates a chart about specific medications and their side effects in the elderly. There is information about specific diagnostic tests and there are cross-references to a number of illustrations and tables within the text.

Alternative Therapies

***15) The best alternative medicine.** Kenneth R. Pelletier. Simon and Schuster Publishing Co., 2007. 448 p. (ISBN 1-4165-7521-9) paperback \$28.95.

Dr. Pelletier, clinical professor of medicine, Department of Medicine, and a senior research scholar at the Stanford Center for Research in Disease Prevention, Stanford University, has compiled a comprehensive text on alternative therapies. His evaluations of the safety and efficacy of popular herbal treatments, Chinese medicine, acupuncture, and other therapies are scientifically based and he provides documentation to support his views. Approximately two thirds of the book is devoted to evaluations of these therapies. The remaining sections discuss alternative treatments for common medical conditions such as cancer, high blood pressure, colds and flu, depression, digestive problems, and others.

16) Integrative Medicine. David Rakel. Saunders Elsevier, Inc., 2007. 1264 p. (ISBN 0-4160-2954-0) \$105.00.

Written for the primary care physician, this guide discusses prevention and treatment of nearly eighty medical conditions. References to journal articles and books that are cited within the text appear at the end of each chapter. Each chapter, discussing a specific disease, includes sections on symptoms, types of therapy including nutrition, mind-body techniques, medications, spirituality, and surgery. The book concludes with chapters about how to implement a number of alternative and complementary techniques, e.g. meditation, guided imagery, self-hypnosis, acupuncture.

17) Mosby's dictionary of complementary and alternative medicine. Edited by Wayne B. Jonas. Elsevier, Inc., 2005. 592 p. (ISBN: 0-323-02516-1) \$46.95.

This dictionary includes more than 6000 definitions related to five categories of complementary and alternative medicine: alternative health systems, mind-body interventions, biologically based therapies, manipulative and body-based health methods, and energy therapies. Some of the brief definitions incorporate illustrations, diagrams, and photographs. The appendix provides explanations of alternative medicine therapies such as reflexology, traditional Chinese medicine, and relaxation therapies.

- 18) New Medicine: Complete Family Guide.** David Peters and Kenneth R. Pelletier. DK Publishing, Inc., 2009. 512 p. (ISBN 0-7566-5189-1) \$25.00.

“Integrating complementary, alternative, and conventional medicine for the safest and most effective treatment.” Comprehensive and colorfully illustrated descriptions of eleven types of “integrated medicine,” including homeopathy, nutritional therapy, acupuncture, and traditional Chinese medicine. In addition, there are sections on more than one hundred disorders and recommended treatment by forms of “integrated medicine.” Written by authors with expertise in alternative and conventional therapies. Scientific journal references, by chapter, for complementary therapies, appear at the end of the book.

- *19) PDR for herbal medicines.** 4th ed. rev. Thomson Reuters, 2007. 990 p. (ISBN 1-56363-678-6) \$59.95.

This compendium offers information on over 700 common botanicals. The monographs are based on the findings of the German Regulatory Authority’s herbal watchdog agency, better known as "Commission E." This agency conducted an intensive review of the peer-reviewed medical literature, weighing the quality of the clinical evidence for approximately 300 herbs and the uses for which the herb may be considered effective. For those herbs not covered by the Commission, the editors of this guide conducted an exhaustive literature review of another 300 botanicals.

Each monograph gives the herb’s scientific name and its most common name along with a description of the botanical parts of the herb and its actions and pharmacology. Indications and usage, contraindications, precautions and possible adverse reactions, symptoms and consequences of overdose, dosages, and references to the scientific literature are included. A full-color identification guide of 400 herbs, a scientific names index, and a common name index are included.

For additional titles, see Healthnet’s resource list of alternative medicine books and websites at <http://library.uchc.edu/departm/hnet/altmedres.html> .

Anatomy

- *20) Grant's atlas of anatomy.** 12th edition. Anne Augur, Arthur F. Dalley. Lippincott, Williams and Wilkins, 2009. 864 p. (ISBN 0-7817-9604-0 hardcover), \$129.00. (ISBN 0-7817-7055-6 paperback) \$79.95.

Provides detailed descriptions of the structures of the human body. Uses many color and black and white illustrations and photographs throughout. More comprehensive and detailed than the **Johns Hopkins' Atlas** and easier to use than **Gray's Anatomy**. An online version of the 20th edition (1918) of **Gray's Anatomy** can be found at <http://www.bartleby.com>.

- **21) The human body book.** Steve Parker. Dorling Kindersley, 2007. 256 p. illus. (ISBN 0-7566-2865-2) hardcover \$40.00.

Full-colored drawings and straightforward text guide the reader to a thorough understanding of the human body. All of the major systems of the body are covered – from the skeleton and muscles to the digestive and reproductive organs. Intricate details of the body’s workings, such as the production of red blood cells and the transmission of electrical nerve impulses, are also illustrated and described. Accompanied by a DVD.

Cancer

22) DeVita, Hellman, and Rosenberg's Cancer: principles and practice of oncology. 8th ed. Vincent T. DeVita, Theodore S. Lawrence, Steven A. Rosenberg. Lippincott, Williams, and Wilkins. 2008. 2 volumes. 3200 p. (ISBN 0-7817-7207-9) \$399.00.

An authoritative, technical text on cancer. The major portion of this book is devoted to the diagnosis and treatment of different types of cancer. Additional topics covered include cancer prevention, diet and nutrition, surgical treatment of cancer, radiation therapy, research, and rehabilitation. Numerous photographs are included. Very technical and comprehensive. Recommended only for large public libraries.

****23) Everyone's guide to cancer therapy : how cancer is diagnosed, treated, and managed day-to-day.** Rev. 5th ed. By Malin Dollinger, et. al. Andrews McMeel, 2008. 988 p. (ISBN 0-7407-6857-3) \$29.99.

An excellent source of current information on all aspects of cancer. Forty separate chapters cover the major forms of cancer and describe risk factors, screening tests, symptoms, diagnosis, and treatments for that particular cancer. Separate sections cover nutrition and fitness, managing pain, and other similar concerns. Describes Physician's Data Query (PDQ), a computerized database of the most up-to-date treatments for cancer and where these treatments are available. A description of clinical trials is given with a discussion of factors to consider when deciding whether or not to participate.

Children's Health and Diseases

***24) Caring for Kids. The complete guide to children's health.** Norman Saunders and Jeremy Friedman, editors. Firefly Books, 2006. 448 p. (ISBN 1-55407-160-7) \$35.00.

"When should I be concerned about my youngster's nosebleed? How should I manage my child's nightmares? Should I worry about my child's acute abdominal pain?" These are some of the more than 250 concerns of parents that are covered in this guide. Each condition is described and treatment information is offered. The authors discuss common childhood symptoms, problems of the newborn, childhood infections, school difficulties, accidents and emergencies, and much more.

***25) Current pediatric diagnosis and treatment.** 19th ed. Edited by William W. Hay et. al. McGraw Hill, 2008. 1324 p. (ISBN 0-07-154433-X) paperback \$74.00.

Basic information on diseases of children. Also includes information on normal growth and development, developmental disorders, normal childhood nutrition and its disorders, immunization, emergencies and accidents, psychosocial aspects of diseases, psychiatric disorders, genetics, and drug therapy.

26) Nelson textbook of pediatrics. 18th ed. Ed. by Richard M. Kliegman. Saunders, 2007. (ISBN 1-4160-2450-6) \$243.00.

Comprehensive and authoritative pediatrics textbook. Highly recommended for larger public libraries interested in augmenting their reference collection in pediatrics. Written in technical language for the practicing physician, but the information is not too inaccessible for the general public. Includes extensive essays on childhood diseases as well as normal child development, psychosocial development, nutrition, and genetic disorders and birth defects.

- *27) Report of the Committee on Infectious Diseases (Red Book).** 28th ed. American Academy of Pediatrics. American Academy of Pediatrics, 2006. 984 p. (ISBN 1-58110-306-9) \$114.95.

Important information on infectious diseases common to children. Includes basic information on manifestations of the disease, causes, how they are acquired, diagnostic tests, treatment, whether isolation is required and for how long, and control measures. Includes immunization schedules.

Dental Care

- 28) Mosby's Dental Dictionary.** 2nd edition. Mosby Elsevier, 2008. 816 p. (ISBN 978-0-3230-4963-4) \$52.95.

Directed to dental health professionals, this dictionary describes more than 10,000 dental terms. It incorporates illustrations and photographs within the text. An audio CD to assist with pronunciation is included. An appendix of abbreviations and symbols and one explaining the construction of dental terms and their roots, helpful to consumers, are included.

Diseases/Medical Conditions and Their Treatment - General

(when researching a consumer health question, start with the titles listed at the beginning of this section)

Recommended first selection is **#31 Merck Manual Home Health Handbook**. 2nd choice is **#29 Harvard Medical School Family Health Guide** because it is updated on the Harvard website.

- **29) Harvard Medical School family health guide.** Anthony L. Komaroff, ed. Simon & Schuster, 2004. 1272 p. (ISBN 0-684-86373-1) paperback. \$25.00.
(Updated on the Harvard Publications web site at: <http://www.health.harvard.edu/fhg>)

Among the unique features of this medical guide for consumers are: a chapter on plastic and reconstructive surgery, numerous color photographs and illustrations, benefit and risk assessment graphs on various diagnostic tests and treatments, extensive symptom charts, and a color guide to visual diagnosis.

- 30) Johns Hopkins symptoms and remedies.** Simeon Margolis, editor. Medletter Associates, 2005. 792 p. (ISBN 1-933087-16-1) \$29.95.

Written in consumer friendly language. The book's first half is an alphabetical directory of symptoms in chart form. Each one to two page symptom entry includes associated symptoms, possible diagnosis, and distinguishing features. The second half describes common disorders: description, prevention, diagnosis, treatment, and when to contact a doctor.

- **31) Merck Manual Home Health Handbook.** Robert S. Porter, editor in chief. Merck Research Laboratories, 2009. 2306 p. (ISBN 978-0-911910-30-8) hardcover, \$39.95.
(Complete text available online at: <http://www.merck.com/pubs/>)

The consumer edition of the popular and authoritative **Merck Manual**. A comprehensive guide to human diseases and disorders and their diagnosis and treatment. Includes detailed discussions of common prescription and over-the-counter medications, special sections on pregnancy and women's health, psychiatry, children's health issues, geriatrics, and disorders of nutrition.

32) Merck Manual of Patient Symptoms. Robert S. Porter, editor. Merck Research Laboratories, 2008. 651 p. (ISBN 978-09119-10-11-7) paperback \$24.95.

Alphabetical, illustrated guide to symptoms, written especially for physicians, medical students, and nurse practitioners. Using technical language, the book discusses possible causes of symptoms, evaluation of patients, and treatments. Specific topics are written by physicians who specialize in that medical area. Some topics are available as podcasts at <http://www.merck.com/pubs/podcast/home.html>

****33) Griffith's instructions for patients.** 8th ed. H. Winter Griffith. W.B. Saunders, 2010. 448 p. (ISBN 1-437709-09-5) \$74.95.

Describes over 500 diseases and medical conditions in one page summaries. Each entry includes a brief description of the disease or condition, expected outcomes, possible complications, treatment(s), and special instructions about when to notify the physician. Appendices include food lists and menus for 16 different special diets, exercise regimens for specific conditions, first aid instructions, and simple drawings of the major organ systems of the body.

***34) Current medical diagnosis and treatment.** Annual. Ed. by Stephen McPhee, et. al. McGraw-Hill. \$75.00.

Use concurrently with **Professional guide to diseases** and **Merck manual of diagnosis and therapy** for information about diseases and medical conditions and their treatments. This title lists relevant journal articles after each discussion of a particular disease. You should own the latest edition.

***35) Merck manual of diagnosis and therapy.** Ed. By Robert Berkow. John Wiley & Sons, 2006. 18th edition. 3000 p. (ISBN 0-911910-18-2) \$65.00.
(complete text available online at: <http://www.merck.com/pubs/>)

This authoritative and comprehensive reference has information on the diagnosis and treatment of diseases and medical conditions. Other topics include rehabilitation, medical genetics, smoking cessation, hyperbaric oxygen treatment, and care of the dying patient. Uses technical language.

***36) Harrison's principles of internal medicine.** 17th ed. Edited by Anthony Fauci and others. McGraw, 2008. 2754 p. (ISBN 0-07-14691-1) \$219.00 2 vol. set. (published every 3 years.)

The most authoritative reference on the diagnosis and treatment of diseases and medical conditions. Very technical (you'll probably need a medical dictionary to understand the terminology), but comprehensive and thorough.

37) Cecil textbook of medicine. 23rd ed. Elsevier, 2008. 3078 p. (ISBN 1-4160-2805-6) 1 volume edition. \$149.00.

Another excellent resource for information on the diagnosis and management of diseases and medical conditions. Use concurrently with **Merck manual of diagnosis and therapy**, **Professional guide to diseases**, **Current medical diagnosis and treatment**, and **Harrison's principles of internal medicine**. Sometimes one will have the information you're looking for when the others do not.

***38) Conn's current therapy.** Annual. Edited by Robert E. Rakel. Elsevier. 1344 p. (ISBN 1-4160-6642-X) 2010 edition. \$99.95.

Information on the latest approved methods of treating specific diseases. Use concurrently with texts on diseases and diagnosis mentioned above. Includes a brief description of the disease, how each form of the disease is treated, when surgery is indicated, and what drugs are used for treatment. It's important to have the most current edition or the previous year's edition.

****39) NORD compendium of rare diseases and disorders.** National Organization for Rare Disorders. Mary Ann Liebert, Inc. 2008. 893 p. (ISBN 0-913113-41-7), \$245.00.

Rare diseases are defined as those affecting fewer than 200,000 individuals. This guide offers concise, comprehensive information on more than 1,000 of the estimated 6,000 rare diseases. Entries are arranged alphabetically. Each entry contains a succinct description of the disease or disorder, synonyms, its signs and symptoms, causes, and related disorders. The guide is also a directory of organizations to contact for further information and support. A description and contact information is provided for each organization included.

A brief description of each disease with a listing of organizations and links to their websites may be accessed at the National Organization for Rare Diseases website (<http://www.rarediseases.org>). Full-text descriptions may be ordered online for a fee —there is no charge for the first request.

***40) Professional guide to diseases.** 9th ed. Springhouse, 2008. 1441 p. (ISBN 0-7817-7899-9), \$54.95.

Written for nurses and allied health personnel, this book describes the symptoms, diagnosis, and treatment of common diseases, medical conditions, and injuries. The text is organized by major disease category and body systems. Descriptions are thorough and not too technical.

***41) Professional guide to signs and symptoms.** 6th. ed. Lippincott, Williams, and Wilkins, 2010. 816 p. (ISBN 1-6083-1098-1), \$54.95.

Covers more than 500 signs and symptoms for common indicators such as fever to less common indicators such as nystagmus. Arranged alphabetically by sign or symptom. Describes medical causes, patient counseling, and, when necessary, emergency measures.

Drugs – Prescription and Non-prescription

***42) AARP Guide to Pills.** Maryanne Hochadel, editor. Sterling Publishers, 2007. 1024 p. (ISBN 1-4027-4446-3) paperback \$19.95.

“Essential information on more than 1,200 prescription and nonprescription medicines, including generics.” Written for the health consumer, this book is based on the Clinical Pharmacology database, published by the Gold Standard drug database company. Entries are organized alphabetically by generic name and include a photograph of the medication. Two indexes (a “Drug and Disorder Index” and an index of drug generic and brand names) direct readers to specific drug descriptions.

- *43) Handbook of nonprescription drugs.** 16th ed. American Pharmacists Association, National Professional Society of Pharmacists, 2009. 1400 p. (ISBN 1-58212-122-2), \$161.95 (published every 2-3 years).

The most complete source of information on over-the-counter medications, preparations, and health care products. The beginning of each section gives background information on the medical conditions for which the products are used. Includes information on laxatives, eye care products including contact lenses, infant formulas, sunscreen products, nutritional supplements, products for hair and skin, and dental products. You should own the latest edition.

- 44) Martindale: the complete drug reference.** 36th. ed. Edited by Sean C. Sweetman. Council of the Royal Pharmaceutical Society of Great Britain. The Pharmaceutical Press, 2009. 3335 p. (ISBN 0-853697-043) \$645.00.

Reports on actions and uses of most of the world's drugs and medicines. The main portion of the book contains monographs of over 4,000 substances arranged according to use or actions. Another section describes new drugs, drugs under investigation, drugs not easily classified and obsolete drugs still of interest. Descriptions give the formulation of substances, synonyms, adverse effects and precautions, uses and administration, doses, proprietary preparations, proprietary name, and manufacturers. Citations to journal articles containing information about the substance are included. Includes not only standard drugs but also information on such substances as enzymes—what their action is, what pharmaceutical preparations contain the specific enzyme.

- *45) Mosby's Drug Consult : a comprehensive reference for generic and brand drugs.** 17th ed. Mosby, 2007. 3432 p. (ISBN 0-3230-4058-6), \$85.00.

Contains drug information arranged alphabetically by generic name. Each drug monograph includes a listing of brand names, the categories of the drug, a description with active and inactive ingredients, a description of how the drug works, indications for use, contraindications, warnings, precautions, drug interactions, adverse reactions, drug abuse and dependence, and over dosage. Also includes information on how the drug is supplied and the price of the drug for each manufacturer. Other general features include an immunization schedule for infants and children, summary of recommendations for adult immunizations, a directory of poison control centers in the United States and Canada, a list of oral dosage forms that should not be crushed, and a list of drug names that look alike and sound alike. Comparative tables are given for certain classes of drugs (i.e. antidepressants, lipid-lowering agents) and a directory of manufacturers is included.

Hazardous Substances

- *46) Handbook of poisonous and injurious plants.** 2nd ed. Lewis S. Nelson, Richard D. Shih, and Michael J. Balick. Springer, 2007. 340 p. (ISBN 0-387-31268-4), \$44.95.

This text was created to assist the clinician in responding to the needs of a child or adult exposed to a poisonous or injurious plant. Hundreds of plants are included and each description is accompanied by one or more color plates. Descriptions include the common and botanical name of the plant, the poisonous parts of the plant, symptoms caused by the offending toxin, and how the poisoning is managed. Includes an introduction to botanical nomenclature and a glossary of botanical terms.

- *47) Proctor and Hughes' chemical hazards of the workplace.** 5th ed. Edited by Gloria J. Hathaway, Nick H. Proctor, James P. Hughes, and Michael L. Fischman. John Wiley & Sons, 2004. 800 p. (ISBN 0-471-26883-6), \$199.95

Covers 542 chemicals likely to be encountered in various work settings. Each chemical monograph includes synonyms for the chemical, physical properties, uses, routes of exposure, toxicological details, clinical effects of over-exposure and treatment, and significant odor characteristics. Introductory chapters cover basic toxicological concepts and eighteen lists of chemicals grouped by major adverse health effects.

48) Poisoning and drug overdose. 5th ed. By the faculty, staff and associates of the California Poison Control System. Kent R. Olson, ed. McGraw-Hill, 2006. 736 p. (ISBN 0-07-144333-9), \$65.95.

Provides practical advice for the diagnosis and management of poisoning and drug overdose and concise information about common industrial chemicals. Four main sections cover: initial emergency management including treatment of coma, hypotension, and other common complications and methods of decontamination and elimination of poisons; detailed information on 150 drugs and poisons; the use and side effects of 60 antidotes and therapeutic drugs; and medical management of chemical spills which includes a table of over 500 chemicals. Includes toxicity of spiders, snakes, household products, herbs and herbal products, industrial chemicals, and common over-the-counter drugs.

Heart Disease

49) Current diagnosis & treatment in cardiology. 3rd edition. Michael Crawford, ed. Mc-Graw-Hill/Appleton-Lange, 2009. (ISBN 0-07-144211-1) \$74.95.

A concise, yet comprehensive text on all major cardiac diseases. Discusses diagnostic techniques, prevention, treatments, and surgery. Uses the same format as the other titles in the “Current” series by Appleton & Lange.

Medical Tests and Diagnostics

***50) A manual of laboratory and diagnostic tests.** 8th ed. Frances Fischbach. Lippincott, 2009. 1344 p. (ISBN 0-7817-7194-3) \$52.95.

Written for health care professionals. Information on tests and diagnostic procedures is given in chapters arranged according to the type of test (x-ray studies, blood studies, etc.) Each chapter begins with a brief introduction followed by information on the specific tests. Each discussion of a specific test includes the normal values for the test, an explanation of the test, the test procedure, clinical implications of the results, and factors which may interfere with the test results.

Mental Health

***51) Diagnostic and statistical manual of mental disorders (DSM-IV-TR). Text Revision.** 4th edition. American Psychiatric Association, 2000. (ISBN 0-89042-025-4) paperback \$99.00 (ISBN 0-89042-024-6), hardcover \$ 120.00. Publication of the DSM-V edition is anticipated in 2013.

Provides a classification system for mental disorders and for each disorder gives the diagnostic criteria, a brief description of the disorder, associated features, age of onset and course, complications, prevalence, and familial pattern. This edition includes revisions of the descriptions of the disorders. No changes have been made in the criteria sets or the numerical codes.

Musculoskeletal Diseases and Injuries

***52) Current diagnosis & treatment in orthopedics.** 4th. ed. Edited by Harry B. Skinner. McGraw-Hill Professional/Appleton & Lange, 2006. 1032 p. (ISBN 0-07-143833-5) \$72.95.

Covers disorders and diseases treated by orthopedic surgeons and related physicians. These include musculoskeletal trauma, sports injuries, diseases and injuries of the spine, orthopedic infections, and hand, foot, and ankle conditions. Emphasizes the natural history of the disease, its major diagnostic features, tests and workup required to make a diagnosis, and treatments. Uses the same format as the other titles in the “Current” series by Appleton & Lange.

- 53) **A manual of orthopaedic terminology.** 7th ed. Carolyn Taliaferro Blauvelt and Fred R.T. Nelson. Mosby, 2007. 466 p. (ISBN 0-323-04503-0), \$65.95.

This guide offers descriptions of terms associated with the practice of orthopedics, including disease processes, radiographic techniques, and surgical procedures. Terms are arranged into broad subject categories, such as musculoskeletal diseases and related terms, laboratory evaluations, prosthetics and orthotics, foot and ankle, etc.

Nutrition and Diet Therapy

- 54) **Consumer's Dictionary of Food Additives.** 7th ed. Ruth Winter. Three Rivers Press, 2009. 608 p. (ISBN 0-307-40892-2) \$17.95.

“Descriptions in Plain English of More Than 12,000 Ingredients Both Harmful and Desirable Found in Foods.” Paragraph-long explanations of the origins, uses, and potential side effects of thousands of food additives. Includes synonyms and abbreviations when appropriate. Incorporates additional information on safe food storage and a comprehensive introduction to the topic of food additives, including United States laws, methods of processing, etc.

- *55) **Food values of portions commonly used (Bowes and Church's).** 19th ed. Jean A.T. Pennington Lippincott, 2010. 425 p. (ISBN 0-7817-8134-5) \$70.95.

Contains nothing but food composition charts for different types of foods, including prepared foods and fast foods. Analysis of nutrients are given for each item.

- 56) **Modern nutrition in health and disease.** 10th ed. Maurice Shils, et. al. Lippincott, Williams & Wilkins, 2006. 2069 p. (ISBN 0-7817-4133-5) \$152.95.

A classic reference on the science and practice of nutrition. Covers such topics as proteins, amino acids, carbohydrates, vitamins, minerals, adequacy and safety of the food supply, fortification of foods, food additives, nutrition and immunology, diet, nutrition and drug reactions, food fads, malnutrition, nutrition quackery, and the role of nutrition in the prevention and treatment of disease. Appendices include food composition tables, special diets with sample menus, food exchange lists including ethnic food lists, national dietary guidelines and recommendations, and height/weight charts.

Surgery

- *57) **Current diagnosis and treatment surgery.** 13th ed. By Gerard Doherty. McGraw-Hill/Appleton & Lange, 2010. 1324 p. (ISBN 0-07-163515-7) paperback \$74.95.

Descriptions of diseases and medical conditions that are treated with surgery. Written for the health professional. Follows the same format as the other titles in the **Current** series. Special chapters discuss radiation therapy, wound healing, anesthesia, postoperative complications, pediatric surgery, and organ transplantation.

Women's Health

***58) Current diagnosis and treatment obstetrics and gynecology.** 10th ed. Edited by Alan H. DeCherney and Lauren Nathan. McGraw-Hill/Appleton Lange, 2007. 1136 p. (ISBN 0-07-143900-5) \$72.95.

The ob/gyn version of **Current medical diagnosis and treatment.** Basic information written in technical terms on medical conditions related to pregnancy, childbirth, and diseases and disorders of the female reproductive system.

****59) The new Harvard guide to women's health.** Karen J. Carlson, Stephanie A. Eisenstat, Terra Ziporyn. Harvard University Press, 2004. 704 p. (ISBN 0-674-01282-8) \$55.00.

This A to Z guide on women's health covers a wide range of topics including nutrition, labor and delivery, childbirth, gynecological conditions and their treatments, breast health, depression, eating disorders, weight management, patients' rights, hormones, domestic abuse, etc. Although the coverage is brief, averaging anywhere from two to four paragraphs to several pages, the information is clear and concise. Illustrations accompany many of the entries. A listing of organizations and support groups to contact for further information is included.

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