

Health

American Cancer Society's Complete Guide to Colorectal Cancer by Bernard Levin

Read by Gregory Gorton. Reading time 22 hours 31 minutes.

Comprehensive guide to the physical and emotional aspects of colorectal cancer. Discusses prevention, detection, diagnosis, and treatment options and insurance and health care issues. Also covers choosing a doctor, working with a health care team, caregiving, and life after cancer. Includes personal stories and a foreword by Katie Couric. 2006.

[Download American Cancer Society's Complete, DB63026](#)

American Cancer Society's Complete Guide to Prostate Cancer by David G. Bostwick

Read by Butch Hoover. Reading time 19 hours.

Comprehensive guide for those concerned with or facing prostate cancer, the second most common form of cancer among men. Explains risk factors, prevention, early detection, and various treatment options after diagnosis. Discusses insurance, financial concerns, and working during treatment, as well as emotional, physical, and sexual side effects. 2005.

[Download American Cancer Society's Complete Guide, DB60377](#)

Beating Gout by Victor Konshin

Read by Kerry Dukin. Reading time 4 hours 36 minutes.

Guide to managing gout, a painful form of arthritis caused by uric acid crystals forming within joints. Describes the four stages of the disease: asymptomatic hyperuricemia, acute attacks, intercritical periods, and advanced gout. Details associated health risks and treatment options including medications, diet, and lifestyle choices. 2009.

[Download Beating Gout, DB70038](#)

The Best Kind of Different by Shonda Schilling

Read by Kristin Allison. Reading time 7 hours 22 minutes.

Wife of professional baseball player Curt Schilling details her odyssey in managing their son Grant's disruptive behavior, both before and after his 2007 diagnosis of Asperger syndrome at age seven. Discusses Grant's outbursts and moments of tenderness and Shonda's frustration at dealing alone with the family while Curt traveled. 2010.

[Download The Best Kind of Different, DB71367](#)

The Best Life Guide to Managing Diabetes and Pre-Diabetes by Bob Greene

Read by Gary Tipton. Reading time 14 hours 52 minutes.

An exercise physiologist, an endocrinologist, and a nutritionist team up to offer a practical plan for living fully with diabetes or prediabetes. They discuss the condition, suggest improving diet and exercise and taking appropriate medication to protect health, and provide various motivation strategies. 2009.

[Download *The Best Life Guide to Managing Diabetes*, DB70668](#)

The Chemotherapy Survival Guide by Judith McKay

Read by Gregory Gorton. Reading time 8 hours 35 minutes.

Oncology nurses update *The Chemotherapy and Radiation Therapy Survival Guide* (RC 48641, BR 12291 with an overview of chemotherapy. They discuss biotherapy, immunotherapy, nutrition, stress reduction, blood tests, IVs, and drugs. They also offer advice on dealing with side effects and understanding the mind-body connection. 2009.

[Download *The Chemotherapy Survival Guide*, DB70424](#)

The Complete Book of Bone Health by Diane L. Schneider

Read by Kerry Dukin. Reading time 17 hours 38 minutes.

Physician and medical researcher Schneider discusses osteoporosis, a symptomless disease that causes bone fractures. Describes the lifestyle and genetic factors involved in building healthy bones and suggests ways to reduce the risk of injury. Assesses FDA-approved treatments and alternative medicines. Examines effects of other medical conditions on bone health. 2011.

[Download *The Complete Book of Bone Health*, DB73855](#)

Diabetes 911 by Larry A. Fox

Read by Carol Dines. Reading time 3 hours 16 minutes.

Endocrinologists describe methods for handling the complications of diabetes. They detail actions to take for hypoglycemia, diabetic ketoacidosis, insulin pump problems, natural disasters, travel, and other situations. They suggest ways to prepare for and prevent emergencies and deal with illnesses in general, including those involving children. 2009.

[Download *Diabetes 911*, DB69503](#)

The Doctor's Guide to Gastrointestinal Health by Paul Miskovitz

Read by Richard Hauenstein. Reading time 12 hours 55 minutes.

Comprehensive guide to maintaining healthy digestion. Discusses causes, symptoms, diagnoses, and treatments for ailments involving the stomach, esophagus, intestine, gallbladder, liver, pancreas, and colon. 2005.

[Download *The Doctor's Guide to Gastrointestinal Health*, DB60419](#)

Healing and Preventing Autism by Jenny McCarthy

Read by Madelyn Buzzard. Reading time 13 hours 27 minutes.

Actress Jenny McCarthy, who described her son's autism in *Louder than Words* (DB 65495), teams up with autism specialist Dr. Jerry Kartzinel to explain various aspects of the condition. Describes symptoms and suggests possible treatments such as dietary changes, supplements, detoxification, and hyperbaric oxygen therapy. 2009.

[Download *Healing and Preventing Autism*, DB69259](#)

How to Get the Best Medical Care for Your Relative with Alzheimer's Disease in and out of the Hospital by Mary S. Mittelman

Read by Kristin Allison. Reading time 5 hours 38 minutes.

Advice for caregivers of Alzheimer's patients who suffer from physical ailments as well as dementia. Covers doctors' visits, medications, emergencies, hospital stays, post-hospitalization care, and end-of-life decisions. Also includes nursing home information and tips on self-care for oneself. 2002.

[Download *How to Get the Best Medical Care*, DB57332](#)

Johns Hopkins Patients' Guide to Breast Cancer by Lillie D. Shockney

Read by Kerry Dukin. Reading time 4 hours 15 minutes.

Registered nurse, breast-cancer survivor, and author of *One Hundred Questions and Answers about Advanced and Metastatic Breast Cancer* (DB 69567) discusses treatments for all stages of the disease. Explains side effects and risks and covers coping skills. Includes special advice for older women. 2010.

[Download *John Hopkins Patients' Guide to Breast Cancer*, DB69983](#)

Knee Surgery by Daniel Fulham O'Neill

Read by Joe Wilson. Reading time 5 hours 55 minutes.

Renowned knee surgeon and sports psychologist discusses mental and physical effects of knee surgeries such as knee arthroscopy, anterior cruciate ligament (ACL) reconstruction, and total knee replacement. Details a three-pronged recovery program including multilevel exercises, movement patterns for work and sports, and aerobic training. Also addresses frequently asked questions. 2008.

[Download *Knee Surgery*, DB68259](#)

Living Well beyond Breast Cancer by Marisa C. Weiss

Read by Kerry Dukin. Reading time 20 hours 23 minutes.

An oncologist and her mother, a breast cancer survivor, discuss cancer treatment as well as coping with side effects, caring for your new self, and preventing and managing recurrences. They advise viewing survival as an opportunity to reevaluate your life, without letting breast cancer define you. 2010.

[Download *Living Well Beyond Breast Cancer*, DB70666](#)

Living with Coronary Heart Disease by Jerome E. Granato

Read by Kerry Dukin. Reading time 8 hours 42 minutes.

Cardiologist explains the nature of coronary heart disease. Discusses the structure of the heart and the role cholesterol plays in the development of the condition. Highlights symptoms, risk factors, diagnostic tools, medications, and surgical treatments.

Suggests lifestyle changes necessary for living with the disease. 2008.

[Download Living with Coronary Heart Disease, DB67871](#)

Macular Degeneration by Michael A. Samuel

Read by Carol Dines. Reading time 4 hours 58 minutes.

Retinal surgeon discusses the causes and diagnoses associated with the wet and dry forms of age-related macular degeneration (AMD). Includes guidelines for treatment; suggests nutritional therapy, including sample meals; and presents tips for improving the quality of life while coping with AMD. 2008.

[Download Macular Degeneration, DB67861](#)

Making Sense of Autistic Spectrum Disorders by James Coplan

Read by Ray Childs. Reading time 20 hours 2 minutes.

Developmental pediatrician Coplan analyzes the autistic spectrum for parents.

Describes the symptoms and possible causes and discusses treatment, stressing the combined use of behavior management and medication. Offers advice to help families plan for their child's future. Includes a glossary. 2010.

[Download Making Sense of Autistic Spectrum Disorders, DB71256](#)

Managing the Symptoms of Multiple Sclerosis, Fifth Edition by Randall Schapiro

Read by Annie Wauters. Reading time 5 hours 28 minutes.

Physician describes the symptoms of multiple sclerosis, a disease of the immune system, and discusses developing personal management strategies. Includes information on cognitive difficulties, diet, exercise, sexuality, and adaptation. Fifth edition of 1986 publication. 2010.

[Download Managing the Symptoms of Multiple Sclerosis, DB73964](#)

Mayo Clinic on Alzheimer's Disease by Ronald Petersen

Read by John Richardson. Reading time 7 hours 31 minutes.

Physician defines and describes Alzheimer's disease--a form of dementia that affects millions of mostly older patients. Discusses the biology of the brain and the causes and treatment of this condition, offers tips for caregivers, provides practical legal and financial advice, and looks at research prospects. 2002.

[Download Mayo Clinic on Alzheimer's Disease, DB55325](#)

Mayo Clinic on Osteoporosis by Stephen Hodgson

Read by Butch Hoover. Reading time 6 hours 45 minutes.

Physician at the Mayo Clinic discusses how to keep bones healthy and strong to reduce the risk of fracture. Explains screening and diagnosis of osteoporosis, its prevention and treatment, as well as medication, exercise, diet, and home safety issues. 2003.

[Download Mayo Clinic on Osteoporosis, DB57342](#)

Mayo Clinic: The Essential Diabetes Book by The Mayo Clinic Staff

Read by Kerry Dukin. Reading time 10 hours 41 minutes.

Guide to managing type 1 and type 2 diabetes and leading a healthy life. Discusses the different types, symptoms, and long-term complications of the disease. Covers diet strategies, exercise plans, medications, and treatment options, including insulin pumps and organ transplants. Offers advice to parents of diabetic children. 2009.

[Mayo Clinic: the Essential Diabetes Book, DB72078](#)

Menopause Matters by Julia Schlam Edelman

Read by Mary Kane. Reading time 14 hours 20 minutes.

Gynecologist draws on case studies to discuss female health issues associated with perimenopause, menopause, and postmenopause. Covers handling hot flashes, taking hormones, promoting bone strength, understanding sexual issues, managing mood swings and depression, and curbing the risk of cancer. Advocates proactive care and developing an alliance with your physician. 2010.

[Download Menopause Matters, DB70894](#)

Mental Sharpening Stones by Jeffrey N Gingold

Read by Bill Wallace. Reading time 9 hours 32 minutes.

People with multiple sclerosis (MS) and health-care professionals describe techniques for coping with the cognitive obstacles of the disease. They offer practical methods for remaining mentally active and include case studies and interviews. 2009.

[Download Mental Sharpening Stones, DB68256](#)

One Hundred Questions and Answers about Breast Cancer by Zora K. Brown

Read by Faith Potts. Reading time 8 hours 48 minutes.

Boatman, a physician, and Brown, an advocate for women's and minorities' health issues, present facts about prevention, diagnosis, and treatment of breast cancer.

They discuss basic anatomy; risk factors and prevention; and emotional, sexual, and fertility aspects of the disease. 2008.

[Download One Hundred Questions and Answers about Breast Cancer, DB68040](#)

One Hundred Questions and Answers about Cancer Symptoms and Cancer Treatment Side Effects by Joanne Kelvin

Read by Kerry Dukin. Reading time 7 hours 41 minutes.

Oncology nurses explain the disease of cancer and discuss treatment options, clinical trials, fatigue management, quality-of-life issues, blood and skin problems, and

emotional and social concerns. Includes testimony from patients. 2010.

[Download One Hundred Questions and Answers about Cancer, DB71104](#)

One Hundred Questions and Answers about Head and Brain Injuries by Rahul Jandial

Read by Carol Dines. Reading time 3 hours 48 minutes.

A neurosurgeon and two neurosurgical residents answer questions about head and brain injuries such as trauma, fractures, lacerations, concussions, swelling, and comas. They discuss long-term consequences associated with the treatment and rehabilitation of these impairments in both children and adults, and provide patient commentary. 2009.

[Download One Hundred Questions and Answers about Head and Brain Injuries, DB68932](#)

One Hundred Questions and Answers about Hip Replacement by Stuart J. Fischer

Read by Kerry Dukin. Reading time 7 hours 27 minutes.

An orthopedic surgeon answers questions and provides resources for people considering hip replacement. Discusses hip disease, diagnosis, treatment, surgery, risks, physical therapy, and emotional problems that may arise. Includes comments from former patients. 2010.

[Download One Hundred Questions and Answers about Hip Replacement, DB71105](#)

One Hundred Questions and Answers about Hypertension by William M. Manger

Read by Kerry Cundiff. Reading time 8 hours 14 minutes.

Physicians address the common condition of hypertension (high blood pressure, or "the silent killer"), including its cause, risk factors, and treatment; medical options; lifestyle changes; complications; and coexisting conditions. Explains how this common and treatable condition can be managed. 2001.

[Download One Hundred Questions and Answers about Hypertension, DB53858](#)

One Hundred Questions and Answers about Macular Degeneration

by Jeffrey S. Heier

Read by Carol Dines. Reading time 4 hours 7 minutes.

A retina specialist answers questions about the causes, prevention, symptoms, diagnosis, and treatment of age-related wet and dry macular degeneration. Includes patient commentary and discusses the future possibilities of research trials. 2010.

[Download One Hundred Questions and Answers about Macular Degeneration, DB70278](#)

One Hundred Questions and Answers about Myeloma by Asad Bashey

Read by Carol Dines. Reading time 4 hours 48 minutes.

Two hematologist/oncologists and a patient give advice on dealing with myeloma, a cancer of the plasma cells. Discusses symptoms, the progression of the disease, and

treatment options, as well as side effects, complications, stem-cell transplantation, and support systems. 2009.

[Download One Hundred Questions and Answers about Myeloma, DB70653](#)

One Hundred Questions and Answers about Pancreatic Cancer by Eileen O'Reilly

Read by Carol Dines. Reading time 6 hours 9 minutes.

An oncologist and a clinical nurse discuss the basics of pancreatic cancer--its diagnosis, stages, and treatment, as well as quality-of-life issues. They use case studies of patients to address common concerns regarding drugs, surgery, side effects, and lifestyle changes. 2010.

[Download One Hundred Questions and Answers about Pancreatic Cancer, DB70663](#)

Positive Results by Joi L. Morris

Read by Margaret Strom. Reading time 14 hours 40 minutes.

Guide to BRCA gene mutations. Provides information to help determine your cancer risk, if you should be tested, and the benefits and disadvantages of genetic testing. Discusses methods that can modify your chances of developing malignancies, different surgery options, and more. Includes personal accounts from the authors and others. 2010.

[Download Positive Results, DB70897](#)

The Power of Two by Brian Monaghan

Read by J. Michael McCullough. Reading time 9 hours 9 minutes.

A former San Diego attorney and his wife share fifty ways to help a loved one survive a health problem. Relates Brian Monaghan's diagnosis of stage IV metastatic melanoma and the advocacy of his wife, Gerri, who steered Brian through treatment, hospital stays, and recovery. Offers strategies and resources. 2009.

[Download The Power of Two, DB69777](#)

Reader's Digest Guide to Eye Care by Jennifer Weizer

Read by Kerry Dukin. Reading time 8 hours 48 minutes.

Ophthalmologists describe the way the eye works and its common afflictions and related health matters, including macular degeneration and diabetic retinopathy. They discuss treatments such as Lasik surgery; provide tips on living with visual impairments; and answer common questions about sight, surgery, and medications. 2009.

[Download Reader's Digest Guide to Eye Care, DB71102](#)

Recognizing and Surviving Heart Attacks and Strokes by Glenn O. Turner

Read by Butch Hoover. Reading time 9 hours 30 minutes.

Missouri physician draws on medical research to explain ways to recognize, treat, and prevent heart attacks and strokes. Recommends prompt hospital treatment within the

first three hours of symptoms. Includes information about choosing and working with a physician and suggestions for lifestyle changes. 2008.

[Download Recognizing and Surviving Heart Attacks and Strokes, DB69211](#)

Straight Talk about Breast Cancer by Suzanne W. Braddock

Read by Erin Jones. Reading time 4 hours 27 minutes.

Braddock, a physician who had breast cancer, and her coauthors present an overview of the disease. They explain types of surgeries and subsequent postoperative care, including radiation and systemic therapy, and discuss emotional issues, treatment side effects, breast reconstruction, and follow-up procedures. 2010.

[Download Straight Talk about Breast Cancer, DB71934](#)

Tell Me What to Eat If I Have Acid Reflux by Elaine Magee

Read by Kerry Dukin. Reading time 5 hours 17 minutes.

Nutritionist presents an overview of gastro esophageal reflux disease--also known as GERD or acid reflux. Describes how diet and lifestyle changes can decrease heartburn, discusses medical treatments, and offers sample recipes--including those for the holidays--and simple steps to lose weight. 2009.

[Download Tell Me What to Eat If I Have Acid Reflux, DB67874](#)

Treat Me, Not My Age by Mark Lachs

Read by Butch Hoover. Reading time 15 hours 12 minutes.

Geriatrician offers advice to seniors on obtaining good medical treatment as one ages. Discusses finding the right physician and care facility, making home modifications, implementing lifestyle choices, and planning financially for future needs. 2010.

[Download Treat Me, Not My Age, DB72226](#)

Type 2 Diabetes for Beginners by Phyllis Barrier

Read by Margaret Strom. Reading time 4 hours 44 minutes.

Certified diabetes educator teaches patients strategies for maintaining a healthy lifestyle with type 2 diabetes. Provides meal plans and other charts and tools for implementing suggestions. Discusses medications, nutrition, complications, and emotional problems that may arise. 2011.

[Download Type 2 Diabetes for Beginners, DB73957](#)

What Helped Get Me Through by Julie K. Silver

Read by Mary Kane. Reading time 11 hours 29 minutes.

Breast cancer survivor and medical doctor uses her experience and the comments of other cancer survivors and specialists to explore aspects of fighting the disease. Discusses the need for adequate sleep, proper nutrition, and exercise. Covers spirituality, intimacy, and the importance of seeking help and balancing work and

family. 2008.

[Download What Helped Get Me Through, DB68039](#)

A Woman's Guide to a Healthy Stomach by Jacqueline L. Wolf

Read by Kerry Dukin. Reading time 9 hours 54 minutes.

Harvard gastroenterologist provides a guide to women's digestive problems. Describes risks and causes for common problems such as gas, heartburn, acid reflux, diarrhea, and constipation. Discusses life-altering conditions, including colitis, Crohn's and celiac diseases, endometriosis, irritable bowel syndrome, and cancers. Explains treatments and medications. 2011.

[Download A Woman's Guide to a Healthy Stomach, DB72872](#)

The Wounded Warrior Handbook by Don Philpott

Read by Kerry Dukin. Reading time 19 hours 52 minutes.

Guide for injured U.S. military veterans and their families provides information on medical treatment, rehabilitation, mental-health counseling, family support, and transitioning to civilian life. Details benefits, taxes, and legal issues and discusses bereavement. Includes resources and success stories. 2009.

[Download The Wounded Warrior Handbook, DB68275](#)

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