



## Reference Tools for the Information Age: Health and Medical Print Resources

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### Alternative Medicine

#### **Alternative Medicine: The Definitive Guide**

Burton Goldberg, John W. Anderson, Larry Trivieri (2002, 2nd ed.)

Leading alternative medicine physicians contribute information on alternative treatment for over 200 medical conditions. This book is divided into two sections. The first section profiles over 40 alternative therapies, how they work, reported uses, and controversial or investigational uses. The second section covers over 100 medical topics and alternative therapies that are most likely to help.

#### **The Encyclopedia of Complementary and Alternative Medicine**

Tova Navarra (2004)

It contains approximately 400 entries alternative medicine terms. An appendix includes a list of professional and lay organizations, a list of herbs used in herbal treatments, and a time line of alternative and complementary medical history. That research projects involving nontraditional medicine are being conducted at prestigious medical schools illustrates the growing awareness and acceptance of holistic treatment methods. As a result libraries will be handling more questions related to the area of alternative medicine. Despite its cursory coverage of some topics, the encyclopedia provides a starting point for further exploration.

#### **Mosby's Handbook of Herbs & Natural Supplements**

Linda Skidmore-Roth (2004 2nd ed.)

Presents detailed information for approximately 300 commonly used herbal products and natural supplements. Arranged in alphabetical order, incorporates authoritative information on common names, pronunciations, scientific names, origins, reported uses and investigational uses, dosages, contraindications, side effects and adverse reactions, interactions with herbs, drugs, foods, and lab tests.

#### **PDR for Herbal Medicines**

(2004. 3rd ed.)

This comprehensive resource on herbal medicine, in the tradition of the PDRR series, will be a welcome addition to most collections. Over 600 botanical remedies are described in great detail, including: scientific/common names; pharmacological effects; indications and contraindications; adverse reactions and modes of administration; and a most impressive list of literature citations incorporating the latest Commission E findings. The section of full-color photos of hundreds of herbs is a useful tool. Covers some 700 botanicals, including a wide selection of Chinese herbs. Each entry gives a botanical overview, describes actions and pharmacology, and discusses indications and usage in Western, Chinese, and Indian medicine, as well as homeopathic medicine and unproven uses. Entries also contain bibliographies of technical literature. Includes therapeutic,



Asian, homeopathic, and side effect appendices, plus a safety guide, herb and product identification guides, and a manufacturer index. This second edition provides new information reflecting the latest findings and clinical trials, with more material on herb/drug interaction, precautions, contraindications, adverse reactions, and dosage.

## Drug Guides

### **Consumer Drug Reference**

United States Pharmacopeial Convention; Consumer Reports (2005 ed.)

Provides objective and comprehensive information on more than 11,000 drugs and vitamins. Unlike other drug reference books, it relies solely on medical experts for its facts, not drug manufacturers' package inserts.

### **The Pill Book**

Harold M Silverman (2004, 11th ed.)

Provides information from the FDA and pharmacists on more than 1,800 prescribed drugs in the United States. Each drug is profiled in a concise, readable, and includes generic and brand-name listings, what the drug is for, and how it works, dosages, and what to do if a dose is skipped, side effects and reactions, interactions with other drugs and food, overdose and addiction, and alcohol-free and sugar free medications.

### **Physician's Desk Reference (PDR) for Nonprescription Drugs and Dietary Supplements** (2004, 25th ed.)

Provides information on 1,000 non-prescription drugs and dietary supplements. Includes form, strength, route, therapeutic class, approved indications, dosage, warnings, precautions, interactions, and reactions. Listed alphabetically and includes a color product identification guide including information on over the counter drugs, nutritional supplements, vitamins, and herbal medicines. One thing to think about is that the content is from the drug manufacturers' package inserts.

## Finding a Doctor

### **America's Best Hospitals**

U.S. News and World Report (Published yearly)

Ranks the best hospitals in 17 specialties each year according to specific set of standards. Also available online @ <http://www.usnews.com/usnews/health/hosptl/tophosp.htm>

### **America's Top Doctors**

Castle Connolly Medical Ltd. (2004, 4th ed.)

Lists the "best" physicians in 25 specialties and 90 subspecialties recognized by the American Board of Medical Specialties. It contains doctors' professional information including medical schools attended, place of residency, faculty appointments, and fellowships. Each specialty section includes a description of the specialty and the training and education required. Physicians were nominated by their peers, nurses, or other health-care professionals. Biographical forms were sent to each physician. The editors then reviewed each doctor's professional background, licensing, and disciplinary history.



The editors are careful to state (in very fine print) that the nominations are subjective and accuracy of information cannot be ensured. The introductory section contains information on how to choose a specialist and how to access clinical trials.

## Medical Dictionaries

### **Melloni's Illustrated Medical Dictionary**

2001, 4th ed.

Provides definitions to approximately 30,000 medical terms, and 3,000-plus illustrations. It includes abbreviations, and a pronunciation guide.

### **The Patient's Guide to Medical Terminology**

Charlotte Isler (1997, 3rd ed.)

Contains over 1,000 terms, medical jargon and more than 500 abbreviations in easy to read format for the patient.

## Medical Encyclopedias

### **American Medical Association Complete Medical Encyclopedia**

The American Medical Association (2003)

Written by the American Medical Association, it covers thousands of medical terms in A-Z format. It contains and explains hundreds of different surgical procedures and tests, as well as the benefits and potential side effects of drugs and treatments. Recent contemporary topics included are; genetic research, robotic surgery, brain imaging, alternative medicine, nutrition, mental health, and cosmetic surgery.

## Symptoms and Diseases

### **The Patient's Guide to Medical Tests: Everything You Need to Know about the Tests Your Doctor Orders**

J. C. Segen (2002, 2nd ed.)

Provides information on 1,000 commonly used medical terms. Entries are arranged alphabetically by the name of each test. Each entry includes a description of the test, possible results, cost, and special instructions or precautions.

### **Professional Guide to Diseases**

Springhouse, Lippincott Williams & Wilkins (2001 7th ed.)

It is a concise encyclopedia of diseases and disorders with a reference format which provides a quick list of clinical disease names, common names, descriptions, causes, treatments, tests, and prognosis.

### **Professional Guide to Signs & Symptoms**

Springhouse (2001, 3rd ed.)

It covers more than 550 common and less common signs and symptoms, It includes flowcharts and tables.



### **The Yale University School of Medicine Patient's Guide to Medical Tests**

Barry L. Zaret, MD (1997)

A comprehensive guide of medical tests that includes hundreds of the most commonly performed medical tests and contains some general information regarding patient rights and informed consent. Tests are described in easy to understand terms with charts and information about alternate test names, purpose, preparation, test procedure, variations, implications, interpretation, advantages and disadvantages, and follow-up.

### **Textbooks**

#### **Harvard Medical School Family Health Guide**

Anthony L Komaroff (2005)

Provides diagnosis section, in flow-chart form where each answer leads you to another question and/or to an action you should take, with page numbers where you can find more information about the condition you may have. The Color Guide to Visual Diagnosis lets you match your symptom with close-up color photos of various diseases and infections. The book also has chapters on lifestyle changes that will enhance health and sections on eldercare, death and dying, drug interactions, and emergency care. This guide is updated online at <http://www.health.harvard.edu/fhg/>.

#### **The Merck Manual of Medical Information**

Mark H Beers (2004, 2nd home ed.)

This guide provides a detailed table of contents listing 25 sections which are further divided into chapters. The new second edition is more than a revision of the first edition. It has added information on violence against women, sexual dysfunction, chromosomal and genetic abnormalities in children, and travel health, medicinal herbs and their interactions with other drugs.