

FALL
2002



Patient-Centered Guides

CONSUMER HEALTH

Catalog

- WRITTEN BY
ADVOCATES
- MEDICALLY
REVIEWED
- PRAISED BY
LIBRARY
JOURNAL,
HEALTHCARE
PROVIDERS,
AND PATIENTS

"Childhood Leukemia is the very best book on the subject that I have read, and I've read everything

I could put my hands on. It is absolutely correct in the subject matter it covers and the approach. I wish someone had put a copy in my hands the day after the diagnosis. It literally will be a life-saving book."

—REBECCA LAIRD, PARENT

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Welcome to the consumer health catalog of Patient-Centered Guides. My name is **Linda Lamb**, Editor.

We offer books that are well reviewed by publications like **Library Journal** and well received by families. Our information is medically reviewed but is written from the point of view of patient advocates. We drill down deep to offer comprehensive coverage of narrow topics—the kind of information today's patients want. We also include patient stories from a range of experiences.

Inside are **several new books**, as well as current titles on cancer, pediatric, mental health, and disability topics. We also are offering you a **free Cancer Bibliography**. (Email deanna@oreilly.com with your address or complete the Order Form.)

Our books continue to get excellent reviews. **Childhood Brain & Spinal Cord Tumors** was named to *Library Journal's* top consumer health books of the year. In LJ's May 2001 list, we had three titles. **Autistic Spectrum Disorders** had a starred review in *Library Journal's* July issue.

We have an online site for librarians, featuring reviews, a PDF of our catalog, articles, distributor information, trade show schedule, etc. at www.patientcenters.com/librarian.

Thanks,
Linda Lamb, Editor
800-998-9938, lamb@oreilly.com

NEW: PATIENT-CENTERED GUIDES



NEW
Helping Your Child in the Hospital:
A Practical Guide for Parents, 3rd Edition

By Nancy Keene
3rd Edition, November 2002
ISBN 0-596-50011-4
Order Number 0114
176 pages (est.)
\$11.95 US, \$18.95 CAN

Millions of parents take a child to the hospital each year, whether for stitches, outpatient surgery, or longer stays.

Children who are reassured about what lies ahead have less anxiety and cope more easily with procedures and treatments. Well-prepared parents can be calm and effective advocates for their children in a situation that can otherwise be traumatic.

Helping Your Child in the Hospital is a practical book of tips and wisdom from veteran parents that will help make any hospital stay easier.

TOPICS INCLUDE:

- Preparing your child
- Going to the emergency room
- Dealing with doctors
- Making the most of the room and facility
- Coping with procedures (to minimize discomfort and trauma)
- Keeping family life going
- Keeping in touch with school
- Handling insurance claims
- Getting financial assistance

This third edition features a journal where a child can note personal experiences, opening communication, giving the child a measure of control, and allowing the parent a window into the child's experience.

REVIEWS

"This dandy pocket-sized book is packed with sensible tips for preparing children (and their parents) for outpatient, short-stay, or long-term hospitalization. Sidebars offer real-life suggestions for parents who've been there, done that."

—LIBRARY JOURNAL [The First Edition was recommended in 1998 by Library Journal as one of thirty books for a children's health collection.]

"An excellent, compact guide... Practical and supportive."

—ALAN REES, Alan Rees on Consumer Health, A Major Report

"When your child is ill or injured, the hospital setting can be overwhelming. Here is a terrific 'roadmap' to help keep families 'on track.'"

—JAMES B. FAHNER, MD Division Chief, Pediatric Hematology/Oncology, DeVos Children's Hospital, Grand Rapids, Michigan

"[This book] is worth its weight in gold..."

—THE ATLANTA JOURNAL-CONSTITUTION



NEW
Ayudando a su Hijo en el Hospital: Una Guía Práctica para los Padres

By Nancy Keene
Translated by Mario and Oralia Tercero, PlaneTree Health Library of San Jose
3rd Edition, April 2002
ISBN: 0-596-50012-2
Order Number 0122
196 pages (est.)
\$13.95 US, \$21.95 CAN

A small, indispensable guide for Spanish speaking parents taking their child to a US hospital.

The Spanish translation of *Helping Your Child in the Hospital* was provided through PlaneTree Health Library in San Jose, a long established community health library at the forefront of culturally competent consumer health information. PlaneTree has translated a series of fact sheets on medical conditions, various hospital forms and notices, and recently launched an "en español" section of reviewed, direct links to Spanish language health information on their website at <http://www.planetreesanjose.org>.

At PlaneTree's satellite Spanish branches — as in libraries across the US — people wanting health information come from many Spanish-language cultures. PlaneTree aims at broad, universal translation of health information, accessible to people from any Spanish-language culture.

PlaneTree's translator team for this book is Mario and Oralia Tercero, who are originally from Honduras and have experience in health education and outreach. Additional reviewers are native and bilingual speakers from several Latino cultures and countries.

This translation offers both Spanish and English resources. These were collected and evaluated by the Terceros and by bilingual PlaneTree medical librarians. The English language resources are included for families with an English-speaking relative or advocate.

GUIDES FOR PARENTS OF CHILDREN

These complete parent guides cover not only detailed and precise medical information and treatment options but also practical advice on how to cope with procedures, hospitalization, family and friends, school, social and financial issues, communication, feelings, and, if therapy is not successful, the difficult issues of death and bereavement. Woven among the medical details and the practical advice are the voices of parents and children who have lived with cancer and its treatments. As many parents have found, advice from “veteran” parents can be a lifeline.

Obtaining a basic understanding of topics such as medical terminology, how drugs work, common side effects of chemotherapy, and how to work more effectively with medical personnel can only improve the quality of life for the whole family suffering along with their child. Having parents describe their own emotional ups and downs, how they coped, and how they molded their family life around hospitalizations can be a tremendous comfort. Just knowing that there are other kids on chemotherapy who refuse to eat anything but tacos or who have frequent rages can make one feel less alone.

Parents who read these guides will encounter medical facts simply explained, advice to ease their daily life, and tools to be a strong advocate for their child. These two parent “bibles” have been recently updated and medically reviewed to reflect the latest in treatment advances and resources. Books include a tear-out Cancer Survivor’s Treatment Record.



NEW
Childhood Leukemia:
A Guide for Families, Friends & Caregivers

By Nancy Keene
 3rd Edition, May 2002
 ISBN: 0-596-50015-7
 Order Number: 0157
 528 pages (est.)
 \$29.95 US, \$46.95 CAN

This third edition contains significant updates to the information on treatments, chemotherapy drugs, bone marrow transplants, coping with side effects, and resources.

REVIEWS

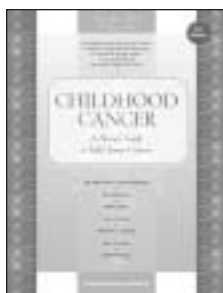
First edition recommended by *Library Journal* as one of thirty books for a children’s health collection.

“Keene has written a comprehensive handbook to serve as a road map for others, from diagnosis through treatment.”

— ANNE C. TOMLIN, *Library Journal*, “Nursing Your Children’s Health Collection”

“Of all the many kinds of help we had (and we had lots) the book was the single best gift we received. It was the gift of knowledge, so we could ask intelligent questions about our daughter’s care. It was the gift of security, allowing us to foresee much of what was coming, and giving us the tools we needed to cope. And it was the gift of hope, for we could see that many children do, indeed, get through this trying time, and come through the grueling treatment intact.”

— KIM WARREN, parent (one of hundreds of thank-you letters to the author)



NEW
Childhood Cancer:
A Parent’s Guide to Solid Tumor Cancers

By Honna Janes-Hodder & Nancy Keene
 2nd Edition, June 2002
 ISBN: 0-596-50014-9
 Order Number: 0149
 560 pages (est.)
 \$29.95 US, \$46.95 CAN

Features updated medical information about solid tumor childhood cancers, including:

- Neuroblastoma
- Wilms tumor
- Liver tumors
- Soft tissue sarcomas
- Bone sarcomas
- Retinoblastoma

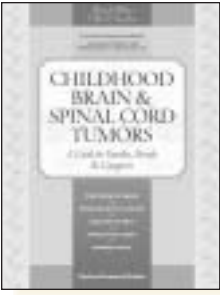
REVIEWS

“This practical guide will empower parents to understand the disease better and participate more actively in the treatment process. Recommended for all consumer health collections.”

— LIBRARY JOURNAL

“I am a physician and the parent of a child with cancer. The toll that pediatric cancer takes on families is unquantified, but includes physical and psychiatric illness in the child and in family members, divorce, and tremendous financial stress. Having a resource for coping with all these hardships is the first step toward putting the world back together, and Nancy Keene’s books are the best solution I have found.”

— CATHERINE L. WOODMAN, MD and parent, University of Iowa, Departments of Psychiatry and Family Medicine



Childhood Brain & Spinal Cord Tumors: A Guide for Families, Friends & Caregivers

By Shiminski-Maher,
Cullen & Sansalone
1st Edition, December 2001
ISBN: 0-596-50009-2
Order Number 009-2
560 pages
\$29.95 US, \$43.95 CAN



Childhood Cancer Survivors: A Practical Guide to Your Future

By Nancy Keene, Wendy Hobbie
& Kathy Ruccione
1st Edition, May 2000
ISBN 1-56592-460-6
Order Number 460-6
510 pages
\$27.95 US, \$40.95 CAN

Cancer of the brain and spinal cord strikes about 2,200 children a year. The latest advances in medical care make it imperative that families actively participate in care and choose options that will give them the fewest side effects, longest remissions, and the best chance for cure.

There are no other books on pediatric brain tumors for the lay reader. Parents are desperate for accurate, hopeful information.

Childhood Brain & Spinal Cord Tumors looks at the whole range of medical and surgical options, including newer techniques that are practiced by small group of surgeons, and is reviewed by numerous medical experts.

Like other childhood cancer books from this series, this book covers all aspects of coping with childhood cancer: school, support, insurance, and dealing with family and friends. It also includes a wealth of resources including support organizations and online support groups. The touching stories of children with brain and spinal cord tumors and their family members are incorporated throughout the book.

REVIEWS

Named to *Library Journal's* "Best Consumer Health Books of the Year" list, May 2002.

"For parents, there are few childhood diagnoses more frightening than a brain tumor. This is exactly book to have in that situation. The latest entry in the excellent 'Patient-Centered Guides' series, it maintains a nice balance between providing solid clinical information and sharing stories of emotional support... Highly recommended for all public and health-related libraries."

—LIBRARY JOURNAL starred review

"This book should be on the shelf of every health care professional that deals with children with brain tumors and should be made available to every family in whom a brain tumor is diagnosed."

—HENRY S. FRIEDMAN, MD and JAMES B. POWELL, JR.
Professor of Neuro-Oncology, The Brain Tumor Center at Duke, Durham, North Carolina

More than 250,000 children, teens, and adults in the U.S. are survivors of childhood cancer. The present high rate of cure for childhood cancer is a cause for celebration – children and their families faced adversity and triumphed. The surgery, radiation, and chemotherapy used to cure children can affect growing bodies and developing minds. If young people know of these potential problems, they can take steps to identify, cope with, or treat them early if they do develop.

CHILDHOOD CANCER SURVIVORS CHARTS THE TERRITORY OF LONG-TERM SURVIVORSHIP:

- Emotional aspects of surviving cancer
- Challenges for relationships; fertility concerns
- Follow-up schedules for health monitoring
- Self-care and lifestyle issues
- Transition from pediatric to adult care
- Overcoming discrimination in employment or insurance
- The range of possible medical late effects
- Includes a tear-out Cancer Survivor's Treatment Record.

AUTHORS Keene, Hobbie, and Ruccione are experts in the field of childhood cancer. They have written, spoken, and advocated about all aspects of survivorship. Importantly, they have also talked to hundreds of survivors, with a wide range of issues and triumphs, and have included many of their stories.

REVIEWS

"Childhood Cancer Survivors contains a wealth of important information that will benefit survivors for years after their treatment of cancer. It is clearly a 'must have' reference for both healthcare professionals and childhood cancer survivors. OncoLink gives this book its highest recommendation."

—JAMES METZ, MD, University of Pennsylvania Cancer Center for Oncolink (www.oncolink.org)

"This book is a survivor's dream! There's plenty of accurate and understandable 'technical' info, but there's plenty of heart as well, which is precisely what we haven't had in resources for us to date."

—KIMBRA WILDER GISH, Hodgkin's survivor and Biomedical librarian



Live Longer, Live Larger: A Holistic Approach for Cancer Patients and Families

By William M. Buchholz, MD,
and Susan W. Buchholz, PhD
1st Edition, August 2001
ISBN: 1-56592-845-8
Order Number 845-8
404 pages
\$24.95 US, \$37.95 CAN

Live Longer, Live Larger is a handbook for people who want to get the most of life when dealing with cancer or another serious illness. It includes tools, exercises, and stories that help you live longer, more happily, and more deeply. It addresses issues encountered by patients at each stage of dealing with illness.

TOPICS COVERED INCLUDE:

- Coping with fear
- Setting goals
- Developing a strategy and creating action plans
- Surmounting barriers to treatment
- Cultivating a positive attitude
- Increasing quality of life
- Getting support during treatment
- Living with uncertainty
- Healing and becoming whole
- Coping with relapse
- Reevaluating goals
- Pursuing meaning
- Building a legacy

AUTHORS William M. Buchholz, MD, and Susan W. Buchholz, PhD, Clinical Psychology, work with patients struggling to make decisions about what to do and how to go on when faced with life-threatening illness. This book captures not only the authors' training and experience, but the lessons taught by many patients who have found ways to enrich and expand life in difficult or dangerous situations.

REVIEWS

"Bill and Susie Buchholz are a wonderful oncologist-psychologist team who have devoted decades providing cancer patients with scientifically grounded, open minded and psychologically sensitive approaches to cancer care. *Live Longer, Live Larger* is a strong and clear summary of all that they have learned.

"A very useful book covering a wide range of key issues that cancer patients face. ... It is solid, it is broad-minded, it is thoughtful, it is compassionate, it is wise."

— MICHAEL LERNER, President, Commonweal
Author of *Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer*

"In this gem of a book William and Susan Buchholz offer us the experience gained from a lifetime of accompanying people with cancer. *Live Longer, Live Larger* is holistic medicine at its best: relevant, liberating, wise, and profoundly healing. If only everyone with cancer could receive it from their doctor along with their diagnosis."

— RACHEL NAOMI REMEN, MD, Author, *Kitchen Table Wisdom, My Grandfather's Blessings*

"This powerful work, written by an oncologist and psychologist, presents a practical plan for dealing with cancer. The handbook is presented in sections that correspond to common events in the course of cancer. ... Dozens of thought-provoking questions guide patients in using the material. Case histories show how survivors and their families confronted cancer. This work provides a compassionate yet practical handbook for those who want to get the most out of life in the midst of facing a debilitating or terminal disease."

—TODAY'S LIBRARIAN

"*Live Longer, Live Larger* is based on almost twenty five years of experience with thousands of patients and families dealing with cancer. The authors are a husband and wife team. He is a medical oncologist; she, a clinical psychologist. ... The book serves as a guide to help the patient put his/her life in perspective. ... *Live Longer, Live Larger* would be helpful for anyone who is facing serious illness, not just cancer, whether it is life-threatening or not."

—CAPHIS (Consumer And Patient Health Information Section of the Medical Library Association), Consumer Connections newsletter

OUR PHILOSOPHY OF CARE

1. There is always hope. If not cure, then remission. If not a longer life, then a better life.
2. There is always choice.
3. If you're going to fight for your life, fight smarter, not just harder.
4. It is better to ask the right questions than to get the right answer to the wrong question. The right questions result in discoveries about what is true for you.
5. It is better to go purposefully toward something you want than to run frantically away from something you don't want.
6. Developing the right strategy or plan for treatment is just as important as finding the right treatment.
7. The purpose of treatment is to have a larger life—with the dimensions of quality and meaning—not just a longer one.



Adult Leukemia: A Comprehensive Guide for Patients and Families

By Barbara Lackritz
1st Edition, April 2001
ISBN: 0-596-50001-7
Order Number 001-7
530 pages
\$29.95 US, \$43.95 CAN



AUTHOR Barbara “GrannyBarb” Lackritz is a leading patient activist in the leukemia community and herself a long-term leukemia survivor. She hosts several online mailing lists, maintains a well-known leukemia web site, and

speaks frequently to doctors and government organizations.

Ms. Lackritz emphasizes the promising emerging treatments for leukemia. Clinical trials of new therapies grounded in Western medicine are covered in depth. The information on researching leukemia, glossary, and appendices will provide welcome support for those who want to keep up with the latest research.

REVIEWS

“Part of the ‘Patient-Centered Guides’ series, this book combines extensive medical information, practical information, and emotional support for patients and caregivers... The book reflects the wisdom of someone who has ‘been there,’ and her memoirs (and those of leukemia survivors and families) are woven throughout. While the book provides a good overview of different types of leukemias, its primary audience is those who are directly affected by the disease. Recommended for large consumer health collections.”

— LIBRARY JOURNAL

“There is nothing more terrifying than the journey through cancer. With this wonderful road map, Granny Barb prepares patients, family members and friends for all of the pitfalls and perils along the way. In a world getting fuller all the time with information as well as misinformation, this comprehensive book provides the accurate picture, the sort that can only come from someone with personal experience who has done her homework diligently. It should be required reading, not only for patients, but for their doctors as well.”

— BRUCE CHESSON, MD, US Department of Health and Human Services, and editor of *Chronic Lymphocytic Leukemia*

“Barb Lackritz empowers leukemia patients to take charge of their disease and treatment with a mix of practical information and insights from people who have ‘been there’ and survived. Compassionate, yet straight-forward, she is the quintessential patient advocate.”

— SUSAN K. STEWART, BMT News and Information Network

Tens of thousands of Americans are living with adult leukemia, a cancer of the white blood cells. Adult leukemia, which is really a group of varied diseases, can be a complex and baffling condition for patients and families to understand and to find targeted information on.

ADULT LEUKEMIA ADDRESSES:

- Diagnosis and medical tests
- Finding a good oncologist and interacting successfully with him or her
- Characteristics of the leukemias, factors in prognosis, and the various subtypes and staging systems for the disease
- Treatments, including watch-and-wait, chemotherapy, marrow transplantation, stem cell rescue, radiation, biological treatments, and trends in research
- Side effects and long-term effects of treatment, including how to cope and increase your quality of life
- Emotional responses to diagnosis, treatment, remission, possible recurrence, and other aspects of dealing with the condition, including stories from dozens of families living with leukemia
- Getting support from family, friends, employers, and the broader community
- Comprehensive list of leukemia resources: organizations, print, online sites



**Lung Cancer:
Making Sense of
Diagnosis, Treatments
& Options**

By *Lorraine Johnston*
1st Edition, April 2001
ISBN: 0-596-50002-5
Order Number 002-5
528 pages
\$27.95 US, \$40.95 CAN

As the number one cancer killer in the US, lung cancer receives little attention from the media and little sympathy from the public. Those with lung cancer suffer more blame and stigma than other cancer patients, even though 50 percent of those with lung cancer are former smokers or never smokers.

Treatments for lung cancer can have significant impact on quality of life. The prognosis for some types and stages of lung cancer, using standard treatments, can be daunting.

LUNG CANCER ADDRESSES THE NEEDS OF PATIENTS AND FAMILIES. TOPICS INCLUDE:

- Diagnosis and medical tests
- Subtypes, staging, factors in prognosis
- Standard and emerging treatments
- Side effects and long-term effects
- Emotional responses, including stories from dozens of families living with lung cancer
- Getting support from family, friends, employers, and the broader community
- Comprehensive list of lung cancer resources: organizations, print, online sites

AUTHOR Lorraine Johnston, with her background in life sciences, emphasizes using knowledge to dispel fear. Those who read this book will encounter medical facts simply explained, advice to ease their daily life, and tools to be a strong advocate for themselves or a family member.

**LIBRARIAN KAREN PARLES ON
THE STIGMA OF LUNG CANCER**

“Following my lung cancer diagnosis, I was appalled to discover the dearth of information available for lung cancer patients. As a research librarian, my instinct was to learn as much as possible about my disease, but the lack of patient information made this task difficult. After completing my treatment, I decided to create a website — www.lungcanceronline.org — devoted solely to supporting the information needs of lung cancer patients and their families.

“While my ongoing work with other patients has been extremely rewarding, what I have learned about the politics, economics and realities of lung cancer has sickened me. Treatment and support services for lung cancer lag behind those of other major cancers due to the smoking stigma associated with this disease. A constant reminder of this is the inevitable question people ask me when they learn I have lung cancer; ‘Did you smoke?’ Despite having never smoked, I still resent this question, and wonder why people with coronary artery disease aren’t confronted in the same way. Many patients do feel guilty about causing their lung cancer through smoking. This guilt, combined with the public prejudice against people with a self-inflicted disease, serves to stifle and weaken those who could best advocate for increased support for lung cancer. On a personal level, this lack of public empathy and support is demoralizing for those of us fighting a deadly disease.

“Another result of the smoking stigma is the lack of awareness and fundraising events—there are no walk-a-thons, no golf outings, no wine tastings, no hospital gala events benefiting lung cancer research. Celebrities are reluctant to associate themselves with a smokers’ disease. Most notable is the striking lack of coverage in the media for the #1 cancer killer:

“Tobacco companies continue to play an unconscionable role in perpetuating smoking among young people. Over 90% of smokers begin smoking as teenagers, a deadly addiction that persists into adulthood. Whenever lung cancer is discussed, ‘smokers’ are cited as its victims. A ‘smoker’ is an abstract notion, not a person with a life-threatening disease, worthy of caring and support. In fact, the majority of people who are diagnosed with lung cancer are not smokers, but former smokers and never-smokers. By standing up and speaking out, all of us with lung cancer can put a ‘face’ on this deadly disease and bring about the public support necessary for increased funding of lung cancer research and support services.”



Cancer Clinical Trials: Experimental Treatments & How They Can Help You

By Robert Finn
1st Edition, September 1999
ISBN: 1-56592-566-1
Order Number 566-1
226 pages
\$14.95 US, \$21.95 CAN

Most cancer patients face treatment options that are less than ideal, whether because of a risk of recurrence or the side effects. Finally, however, basic research on cell biology is leading to promising new treatments. Author Robert Finn, a science and medical journalist, believes that if you are not evaluating potential experimental treatments alongside the standard treatment protocols, you aren't considering all the facts you need.

INCLUDES:

- Reasons to consider a trial (as well as reasons to decide against one)
- Structure of clinical trials and ethical guidelines
- Administration of trials (and what are the interests and involvement of players such as the FDA and pharmaceutical companies)
- Inclusion and exclusion criteria for joining a trial
- Reading the trial protocol
- Hard questions to ask yourself and your doctor
- Interviews from researchers and patients
- Foreword by Robert Bazell

REVIEW

“Studies heralding breakthroughs in investigational cancer regimens seem to erupt in the news media almost daily. Consequently, patients clamor for information about the reported trial results but remain largely unaware of the studies’ overall operations, objectives, or intended outcomes.”

“Medical journalist Finn does an outstanding job of detailing and demystifying the structure, administration, and history of various experimental cancer studies as well as the laws affecting them. In addition to providing a wealth of understandable background information, he gives the consumer step-by-step guidance for locating and appraising a clinical trial, intelligently and compassionately explores the pros and cons of whether to enter a research study, and writes superbly about what an informed consent document is and how to read one.”

“All in all, Finn offers a thorough, thoughtful, and well-balanced look at an important topic not covered elsewhere. Recommended for public library and consumer health collections.”

— LIBRARY JOURNAL



Colon & Rectal Cancer: A Comprehensive Guide for Patients & Families

By Lorraine Johnston
1st Edition, January 2000
ISBN: 1-56592-633-1
Order Number 633-1
544 pages
\$24.95 US, \$36.95 CAN

The fourth most common cancer, colon and rectal cancer is diagnosed in 130,000 new cases in the US each year. As with many other cancers, the treatment environment is evolving. As a patient (or the family researcher) you need up-to-date and in-depth information to participate wisely in treatment decisions.

INCLUDES:

- Characteristics of colon and rectal cancer, staging, suspected causes, and factors in prognoses
- Current treatment options
- Clinical trials and promising future treatments
- Coping with medical tests, symptoms, and treatments
- Recognizing and minimizing the impact of treatment on sexual function, libido, and fertility
- Caring for and adjusting to an ostomy, whether temporary or permanent
- Emotional responses to diagnosis, treatment, remission, and all other aspects of dealing with the condition
- Stories from those living with colon cancer are included.

AUTHOR Lorraine Johnston, with her background in life sciences, emphasizes using knowledge to dispel fear. Those who read this book will encounter medical facts simply explained, advice to ease their daily life, and tools to be a strong advocate for themselves or a family member.

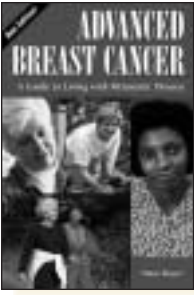
REVIEWS

“I couldn’t put it down. I sure wish it had been available when I was first diagnosed—with all the resources, facts about procedures, treatments, hospital stays, and explanations of blood work. You’re just reeling at diagnosis; to have all this information at your fingertips is such a big help. I wouldn’t change a thing: informative, down-to-earth, easily understandable, and very touching.”

— PATI LANNING, colon cancer survivor

“Highly recommended by OncoLink. It is one of the best resources available specifically for colorectal cancer. An important addition to any colorectal cancer patient’s library.”

— JAMES METZ, MD, University of Pennsylvania Cancer Center, review for Oncolink (www.oncolink.org)



Advanced Breast Cancer: A Guide to Living with Metastatic Disease

By Musa Mayer
2nd Edition, September 1998
ISBN: 1-56592-522-X
Order Number 522-X
532 pages
\$24.95 US, \$29.95 CAN

The only book on breast cancer that deals honestly with the realities of metastatic disease, yet offers hope and comfort. All aspects of dealing with the disease are covered.

INCLUDES:

- Coping with the shock of recurrence
- Seeking information and making treatment decisions
- Communicating effectively with medical personnel
- Managing pain and symptoms of disease progression, as well as treatment of side effects
- Getting emotional support from other patients, friends, and family
- Finding new ways to discover meaning in the midst of adversity
- Living (often for many years) with uncertainty
- Handling disease progression and end-of-life issues

This comprehensive guide provides updated resources and treatment developments, including novel formulation of conventional drugs, as well as the latest therapies being developed in cancer research labs.

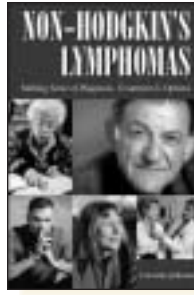
REVIEWS

“Real stories, well-researched advice and practical references that will be a lifeline for a growing group of patients, too often overlooked. Advanced breast cancer can and should be treated like a chronic disease-when one approach fails, turn to others. [This book] should be part of every woman’s treatment plan.”

— AMY S. LANGER, Executive Director, National Alliance of Breast Cancer Organizations (NABCO)

“Musa Mayer has given us a gift that we have needed for a long, long time: an in-depth, truthful, personal, and informative resource about metastatic breast cancer. Advanced Breast Cancer is a major work that I believe will be as important to women with metastatic breast cancer as Dr. Susan Love’s Breast Book is to newly diagnosed breast cancer warriors.”

— SUSAN CLAYMON, Breast Cancer Action Newsletter



Non-Hodgkin's Lymphomas: Making Sense of Diagnosis, Treatment & Options

By Lorraine Johnston
1st Edition, May 1999
ISBN 1-56592-444-4
Order Number 444-4
576 pages
\$29.95 US, \$36.95 CAN

This book is intended primarily for newly diagnosed and long-term survivors of the non-Hodgkin's lymphomas, their caregivers and loved ones. In straightforward language and in a format that anticipates the reader's questions, this book addresses:

- Diagnosis and types of lymphomas
- Finding a good oncologist
- Treatment
- Side effects and long-term effects of treatment
- Medical tests and procedures
- Hospitalization
- Stress and its effects on the immune system
- Sexuality and fertility after treatment
- Getting support
- End of treatment
- Relapse and selecting treatments to regain remission
- Clinical trials
- Marrow transplantation and stem cell support
- Practicalities such as finances, insurance, employment issues, traveling for care, and finding free treatment
- A wealth of other books, research studies, web sites, and organizations.

REVIEWS

“Johnston’s scientific explanations are self-effacing but knowledgeable, calm, and reassuring, achieving her purpose of allaying fears.”

— MERLE O'ROURKE THOMPSON, from a review in the *Journal of the National Cancer Institute*, March 1, 2000

“Johnston presents clear, up-to-date, and accurate medical information reviewed by specialists in the field...a valuable contribution to consumer health collections.”

— LIBRARY JOURNAL

“When I gave this book to one of our patients, there was an instant, electric connection. A sense of enlightenment came over her while she absorbed the information. It was thrilling to see her so sparked with new energy and focus.”

— SUSAN WEISBERG, Clinical Social Work, Department of Radiation Oncology, SUMC, Stanford, CA

FOR FULL TEXT, LINKS, AND MORE NEWS AND REVIEWS, SEE WWW.PATIENTCENTERS.COM/LIBRARIAN

INTERVIEWS & ARTICLES

A variety of articles are available at www.patientcenters.com/librarian, including:

- Mitzi Waltz's interview on autism features controversies in the news: increase in diagnoses, a potential link to childhood immunizations, new research on genetics, latest news on treatments, etc.
- Nancy Keene's interview on childhood cancer surveys the current state of care: the rising cure rate, parental involvement in clinical trial design, challenges faced survivors, and help for families coping with diagnosis and treatment.
- "Helping Spanish Speakers in a Consumer Health Library" describes how to help Spanish-speaking patrons overcome barriers to access.

LIBRARY JOURNAL *STARRED* REVIEW

Autistic Spectrum Disorders (page 19) received a starred review in *Library Journal's* July issue. The full review is available on our website. An excerpt:

"This new book will be incredibly useful to parents and educators working with children and adults suffering from autistic spectrum disorders (ASD)."

"In a very readable format, Waltz covers the latest developments in medical and therapeutic interventions and environmental links, insurance, education, family issues, support, and resources for the English-speaking world."

"...Strongly recommended for public libraries and for academic libraries with education or autism collections."

LIBRARY JOURNAL'S TOP CONSUMER HEALTH BOOK LIST

The May 2001 Consumer Health Supplement listed three Patient-Centered Guides:

- **Childhood Cancer Survivors** (page 5)
- **Organ Transplants** (page 15)
- **Making Informed Medical Decisions** (page 13)

The May 2002 list includes:

- **Childhood Brain & Spinal Cord Tumors** (page 5)

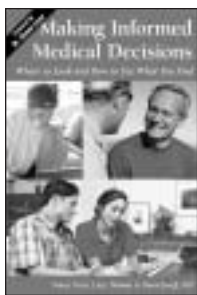
NEW YORK TIMES REVIEW

The *New York Times* reviewed *Making Informed Medical Decisions*. A link to the full review is at our site for librarians. Excerpts from the review are on page 13.

ALAN REES REVIEWS

Alan Rees is a well-known author who writes on consumer health titles for libraries. He is also regularly featured in Majors' newsletter, *A MAJOR Report*, which covers consumer health topics for librarians at www.majors.com/libraries/majrep.htm. Reviews of other recent Patient-Centered Guides may be found there:

- **Adult Leukemia**. "Lackrtiz, a patient and not a doctor, clearly explains what leukemia is, signs and symptoms, diagnosis, test and procedures, and treatment options. Of particular value, are the descriptions of the various types of leukemia — ALL, AML, CLL, CML, PLL, SLVL, and their staging." (page 7)
- **Bipolar Disorders**. "Bipolar disorders are characterized by severe mood swings from the deepest suicidal depression to the most elevated 'highs.' After explaining the DSM-IV diagnostic criteria, Waltz discusses in some detail diagnosis and misdiagnosis, how to recognize and prevent mood swings, and the use of medications and other therapeutic interventions. A detailed handbook packed with much useful information." (page 18)
- **Your Child in the Hospital**. "An excellent, compact guide... Practical and supportive." (New edition & Spanish translation, page 3)
- **Pervasive Developmental Disorders**. "Highly recommended. ...Her intention in this book is to bring together the basic information needed by parents of a child with these disorders." (New edition, titled *Autistic Spectrum Disorders*, page 19)
- **Colon & Rectal Cancer**. "Highly recommended. Lucid, in-depth coverage of what you need to know." (page 9)
- **Childhood Cancer**. "An excellent, supportive, and well-needed book." (New 2nd Edition, page 4)
- **Childhood Leukemia, 2nd Ed**. "Highly recommended. In this new edition, Keene provides updates on treatment including bone marrow transplants, chemotherapy drugs, and methods of dealing with side effects. A pull-out record keeper allows patients to record treatment information for future caregivers. ...Poignant and supportive." (New 3rd Edition, page 4)



**Making Informed Medical Decisions:
Where to Look and How to
Use What You Find**

By Nancy Oster, Lucy Thomas,
and Darol Joseff, MD
1st Edition, August 2000
ISBN: 1-56592-459-2
Order Number 459-2
280 pages
\$17.95 US, \$26.95 CAN

Millions of us are involved in our own healthcare decisions—whether we want to be or not. We may be looking for the latest advance that might give us an edge in survival; looking for complementary treatments to help a chronic condition; investigating whether a treatment recommendation is good medicine or cost-cutting; trying to understand if a media story or pharmaceutical ad applies to our situation.

MAKING INFORMED MEDICAL DECISIONS ILLUMINATES THE SEARCH, INCLUDING:

- Tips for researching for someone else
- Understanding a journal article
- Making practical sense of statistics and risk
- Understanding standard treatments
- Exploring complementary treatments
- Locating a likely clinical trial
- Making a powerful ally of your doctor
- Determining your own best course

AUTHORS Oster, Thomas, and Joseff offer the shared viewpoints of patient advocate, medical librarian, and medical doctor. Stories from dozens of patients and family members looking for their own answers are included.

REVIEW

“If all consumers of health care could only locate all the relevant medical data they required and evaluate it, deciphering the myriad statistics and risks associated with treatments, there might be fewer disappointing outcomes.

“This consumer-friendly book — written by a physician, a medical librarian and a patient advocate who is also an expert on Internet medical research — serves as an introduction to the often bewildering world of medical information.

“More than a mere listing of resources, the book offers guidelines and commentaries by patients who asked the right questions (and by some who were afraid to ask). All of it is designed to enable readers to participate more actively in their own health care.”

—NEW YORK TIMES

July 3, 2001, “Through the Information Maze”
(A link to the full book review can be found at www.patientcenters.com.)

**LIBRARIAN THOMAS
USES HER OWN BOOK
FOR MEDICAL DECISIONS**

Two days after completing *Making Informed Medical Decisions*, medical librarian Lucy Thomas was diagnosed with oral cancer. Lucy relied on her own book to guide her through diagnosis and treatment options:

“I got the results of the biopsy taken during a routine dental check-up, two days after we sent in the final revisions for the book.

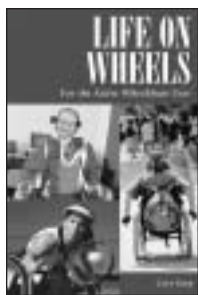
“Even before there was a real diagnosis, the surgeon was ready to throw me in the hospital and do a major biopsy. Doing that might have jeopardized further treatment, because up the road it would have been harder for the surgeon who eventually did the surgery to get clear margins. So I said, ‘First I want a consultation,’ because neither the dentist nor the oral surgeon really deals with what it turned out I had. Meanwhile, I did research. After I had the consultation with the oral surgeon, I went to an ear, nose, and throat surgeon to talk about treatment.

“There are many cases where treatment options require patients to make difficult decisions about the course of their therapy. In my own situation, I could have had major surgery, which involves replacing a piece of my jaw with bone from my leg to make sure they got all of the cancer in that area, or they could have just taken tissue out and done a lot of radiation in my mouth. Well, I looked into the side effects of radiation and found it can be devastating. It can kill your saliva glands and your taste buds.

“My doctors told me I might still have to have radiation if they couldn’t get all the cancer, but they were pretty sure they could get it all with major surgery. In the end they did.

“I used every bit of the book in my own case—from the chapters on patient rights and statistics to stories about the importance of talking to others who have dealt with the same situation.

“The medical system can be very frustrating, especially right now with all the changes in healthcare. Knowing how to get information can ease the way so much and help you to be your own advocate. My co-authors and I felt we had the knowledge to help people learn to find this information on their own, and we thought it was really important to share this knowledge. We wanted to give people a head start, so that if you get a diagnosis or even if you’re just worried about something, you don’t need to feel alone and, so to speak, unarmed. This book was a labor of love for all three of us.”



Life on Wheels: For the Active Wheelchair User

By Gary Karp
1st Edition, July 1999
ISBN: 1-56592-253-0
Order Number 253-0
565 pages
\$24.95 US, \$36.95 CAN

For 1.5 million Americans, life includes a wheelchair for mobility. *Life on Wheels* is for people who want to take charge of their life experience.

Author Gary Karp describes:

- Medical issues (paralysis, circulation, rehab, cure research)
- Day-to-day living (exercise, skin, bowel and bladder, sexuality, home access, maintaining a wheelchair)
- Social issues (self-image, adjustment, friends, family, cultural attitudes, activism).

“Gary Karp has assembled the ‘owner’s manual’ that should be delivered with every new wheelchair.”

— GREG SMITH, host of the syndicated “On A Roll” radio program



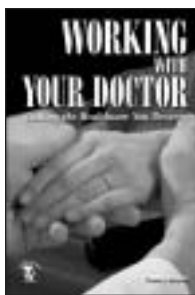
Choosing a Wheelchair: A Guide for Optimal Independence

By Gary Karp
1st Edition, July 1998
ISBN: 1-56592-411-8
Order Number 411-8
186 pages
\$9.95 US, \$14.95 CAN

With the right wheelchair, quality of life increases dramatically and even people with severe disabilities can have a considerable degree of independence and activity.

“Karp, an ergonomics consultant and wheelchair user, has produced a practical and well-written guide, highly recommended for disability/rehab and consumer health collections.”

— LIBRARY JOURNAL



Working with Your Doctor: Getting the Healthcare You Deserve

By Nancy Keene
1st Edition, July 1998
1-56592-273-5
Order Number: 2735
380 pages
\$15.95 US, \$22.95 CAN

Working with Your Doctor shows how to form a satisfying partnership with your doctor in a changing healthcare environment. Covers finding the right doctor, communicating, tests and treatments, taking action when wronged, and managed care.

“In my opinion, it says more about the ‘art of medicine’ than anything since Sir William Osler’s classic on the subject.”

— JAMES DOUGHERTY, MD, Emeritus Professor of Surgery, Albany Medical College



Hydrocephalus: A Guide for Patients, Families & Friends

By Chuck Toporek & Kellie Robinson
1st Edition, February 1999
ISBN: 1-56592-410-X
Order Number 410-X
379 pages
\$19.95 US, \$28.95 CAN

Hydrocephalus is a life-threatening condition often referred to as “water on the brain” that is treated by surgical placement of a shunt system. *Hydrocephalus: A Guide for Patients, Families & Friends* educates families so they can select a skilled neurosurgeon, understand treatments, participate in care, know what symptoms need attention, discover where to turn for support, keep records needed for follow-up treatments, and make wise lifestyle choices.

“Toporek, a medical editor, and wife Robinson, a writer and hydrocephalus patient, fill a void of information on hydrocephalus (water on the brain) for the lay reader. Highly recommended for public and academic libraries.”

— LIBRARY JOURNAL

“We highly recommend this sensitively written book, providing the reader with in-depth information and a wealth of resources.”

— EMILY S. FUDGE, Executive Director, Hydrocephalus Association, San Francisco

ORGAN TRANSPLANTS



Organ Transplants: Making the Most of Your Gift of Life

By Robert Finn
1st Edition, February 2000
ISBN: 1-56592-634-X
Order Number 634-X
326 pages
\$19.95 US, \$29.95 CAN

Over 64,000 people in the US are living in limbo, awaiting an organ transplant. The good news about organ transplants is that they are becoming fairly routine surgical procedures. The even better news is that they do work miracles. People who have been in ill health for years often describe a feeling of being reborn after a transplant.

However, those families who have been told that a loved one needs a transplant to live are thrust into a strange land. Patients and families worry that no organ will be available to them. They may fear the surgery or what living with someone else's organ will feel like. They may have only a foggy idea of what staying with an immunosuppressive therapy regime after the operation will entail.

Organ Transplants: Making the Most of Your Gift of Life describes:

- Deciding whether to have a transplant and choosing a transplant team
- The importance of the screening interview
- What factors go into determining a match, and what to do while waiting
- Detailed information on heart and lung, liver, kidney and pancreas, and other transplants
- Anti-rejection drugs and living with a transplant
- Emotional responses and support
- Specific situations such as living donors, transplants in children, meeting the donor family, etc.

Robert Finn, medical and scientific journalist and author, has interviewed dozens of patients, family members, medical caregivers, and transplant activists to present your family with the latest facts about transplantation—as well as the stories behind those facts.

REVIEWS

“This book is an excellent resource. Highly recommended.”

— LIBRARY JOURNAL

“This book is factual, easy to read and intelligently written. We should make it required reading for every patient we accept for transplant and wish it had been available for those already transplanted... a wonderful job.”

— JOAN MILLER, RN, Department of Cardiothoracic Surgery, Stanford University School of Medicine

FROM AN INTERVIEW WITH AUTHOR ROBERT FINN

Q: What are some of the issues transplant candidates face when working with the system?

A: The number one issue for people with organ failure is how to get on the list. You have to meet medical qualifications, but you also have to meet socio-economic qualifications.

There's something known as the “green screen.” If you don't have enough money for a transplant or your insurance company won't pay, you don't get listed for a transplant. This may seem harsh, but transplants are extremely expensive and hospitals cannot afford to transplant people unless they're going to get reimbursed for their efforts. A liver transplant could easily cost \$400,000 for the surgery alone, not to mention another \$15,000 a year for the pharmaceuticals that you're going to need for the rest of your life.

Another screen you have to pass is a “psycho-social” screen. You're extremely debilitated in the weeks before and after the transplant, and need a lot of family support during that time. If you are a single person without family or friends who can spend 24 hours a day with you, the transplant team will probably not list you.

In addition, you have to have the type of personality that can deal with the extremely rigorous regimen following transplantation. You have to take your pills two or three times a day, depending on the pill, without fail. Unless you're the type of person who can maintain that regimen without ever missing a dose, you are not going to be listed.

So the transplant team is evaluating not only your medical condition, but your financial condition and your family's psycho-social condition as well. The chapter called “The System” offers many suggestions for passing those various screens. There's not much you can do about the medical tests, but there are ways to present yourself to help pass the psycho-social evaluation.



Obsessive-Compulsive Disorder: Help for Children and Adolescents

By Mitzi Waltz
1st Edition, April 2000
ISBN: 1-56592-758-3
Order Number 758-3
400 pages
\$24.95 US, \$36.95 CAN

Children with OCD experience extreme anxiety, embarrassment, sometimes even harassment, because of this disorder. Their OCD symptoms often prevent them from building good relationships, from achieving their best in school, and from having a normal childhood. The effects of this disruption can be painful and lifelong. The good news is that OCD is very treatable. With prompt, consistent intervention, most young people with OCD gain back control of their lives.

OBSESSIVE-COMPULSIVE DISORDER HELPS PARENTS:

- Secure an accurate and complete diagnosis
- Live with OCD in the family: using effective parenting techniques, building support systems, and handling difficult issues
- Understand medical interventions
- Explore therapeutic and other interventions, such as cognitive therapy and vitamins or supplements
- Get care with an existing health plan, even with no coverage of “mental disorders”
- Navigate the special education system
- Find resources

REVIEWS

“Family members searching for information about obsessive-compulsive disorder (OCD) and about the difficult behaviors that often accompany it and disrupt family life will welcome this volume.”

—NAMI Advocate, Spring 2002 (National Association of Mental Illness)

“Mitzi Waltz has put together a marvelous guide to OCD for children and families. ... Highly recommended.”

—JOHN S. MARCH, MD, MPH, Author of *OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual*

“Ms. Waltz discusses portions of OCD treatment and understanding not found in other books on the subject. It gives doctors and parents alike an educational light to shine on a disorder shrouded in darkness and shame.”

—JIM HATTON, PhD, MFCC, Director, San Diego Regional Program for OCD/Trichotillomania



Partial Seizure Disorders: Help for Patients and Families

By Mitzi Waltz
1st Edition, March 2001
ISBN: 0-596-50003-3
Order Number 003-3
288 pages
\$19.95 US, \$29.95 CAN

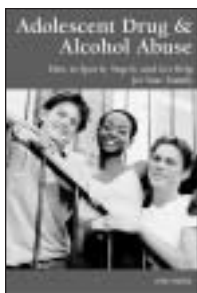
Some 2,300,000 people in the US have one of forty types of epilepsy. The most well-known type is epilepsy with grand mal seizures. However, forms of epilepsy that involve only part of the brain and do not involve convulsions are more common. Symptoms for these partial seizure disorders can vary widely: some patients have no physical signs at all, experiencing only mental or sensory changes during a seizure, while others may experience numbing, shaking, or automatic movements of one or more body parts.

Although partial seizures usually do not look dramatic to other people, they can have serious consequences for patients who have them. If left untreated, seizure activity may become more severe, occurring increasingly often and spreading to affect other brain regions. There is a possibility of permanent brain damage in some cases. The physical and emotional effects of partial seizures — dissociation, loss of coordination, memory loss, fatigue, mood swings, and physical pain, among others — can also make them very difficult to live with.

The good news is that partial seizures are treatable. With intervention, patients can wrest back control of their lives.

PARTIAL SEIZURE DISORDERS HELPS PATIENTS AND FAMILIES:

- Secure an accurate and complete diagnosis.
- Live with partial seizures in the family, addressing developmental issues for young children, school difficulties, employment, and driving
- Understand medical interventions and side effects. Many medications for epilepsy are not appropriate for people with partial seizure disorders
- Explore therapeutic and other interventions, often as an adjunct to medication, such as learning coping skills, diet changes, vitamins, etc.
- Get care with an existing health plan, including handling the problems that arise when you have a little-known disorder
- Find comprehensive resources: advocacy and support organizations, books, articles, and online resources



Adolescent Drug and Alcohol Abuse: How to Spot It, Stop It, and Get Help for Your Family

By Nikki Babbitt, PhD
1st Edition, March 2000
ISBN: 1-56592-755-9
Order Number 755-9
296 pages
\$17.95 US, \$26.95 CAN

Adolescent drug abuse and chemical dependency can happen to any teenager. Adolescents are aware of potential dangers when they use drugs or binge on alcohol, but they think they are invincible and will escape. Parents are often the last to know about their children's involvement.

Adolescent Drug and Alcohol Abuse offers parents clear information, support, and guidance to:

- Understand the disease model of drug abuse
- Overcome family confusion, denial, and excuses
- Find allies in the community
- Know what to look for in assessment facilities
- See what kind of help can be given in treatment
- Gain serenity and happiness for yourself
- Learn you are not alone

REVIEWS

"This is one outstanding book! The clear, concise and practical information, backed up by the personal stories of people having been through these problems with their own children or clients, will have readers keeping this book within easy reach for use on a regular basis."

— JAMES F. CROWLEY, MA, President, Community Intervention, Inc.; author of *Alliance For Change: A Plan for Community Action on Adolescent Drug Abuse*

"Dr. Babbitt's emphasis on the under-recognition of adolescent substance abuse, and its close relationship to other psychiatric problems including depression, suicide, and aggression, performs a crucial public service. ...Required reading for parents, teachers, and professionals."

— JOHN GLAZER, MD, Director-Division of Child/Adolescent Psychiatry, University of Rochester (NY) School of Medicine



Tourette's Syndrome: Finding Answers & Getting Help

By Mitzi Waltz
1st Edition, May 2001
ISBN: 0-596-50007-6
Order Number 007-6
356 pages
\$24.95 US, \$37.95 CAN

Tourette's syndrome is a neurological disorder usually diagnosed in childhood. It is characterized by tics, physical jerks, and involuntary vocalizations. Some children diagnosed with Tourette's also have other brain-based disorders, particularly attention deficit hyperactivity disorder (ADHD) or obsessive-compulsive disorder (OCD).

Tourette's syndrome can be a devastating disability. Children experience anxiety, embarrassment, sometimes even harassment. Their symptoms often prevent them from building good relationships, achieving their best in school, and having a normal childhood.

The good news is that Tourette's is very treatable and sometimes subsides with age. With prompt, consistent intervention, most young people with Tourette's can win control of their lives.

TOURETTE'S SYNDROME HELPS PARENTS:

- Secure an accurate and complete diagnosis
- Live with Tourette's in the family
- Understand medical interventions
- Obtain appropriate medical care from an existing health plan
- Deal with Tourette's in the community and workplace
- Navigate the education system
- Find resources

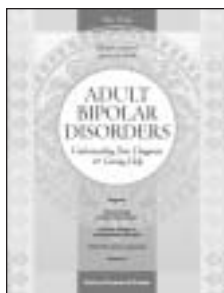
AUTHOR Mitzi Waltz, an advocate for children's neurological issues, has included the stories of dozens of parents and adolescents.

REVIEW

"Tourette's Syndrome is a well organized, practical, and enlightening reference that should be read by every parent and professional living with or working with children with TS. Every family... will find at least one—and probably many more—ideas for coping, making it well worth the investment. I recommend it be added to every bookshelf."

— COLLEEN WANG, R.N., Medical Liaison of TSDA, Support Leader since 1987

BIPOLAR (ADULT AND CHILDHOOD)



NEW
Adult Bipolar Disorders: Understanding Your Diagnosis & Getting Help

By Mitzi Waltz
1st Edition, March 2002
ISBN: 0-596-50010-6
Order Number 010-6
384 pages (est)
\$24.95 US, \$37.95 CAN

Bipolar disorders are psychiatric states characterized by severe mood swings, from suicidal depression to elated highs. At least two million people in the US have a bipolar disorder.

Some of the most famous artists, musicians, politicians, and writers of our time have been bipolar.

Sadly, so have been a disproportionate number of the inmates in our juvenile facilities, psychiatric hospitals, and prisons. Up to twenty percent of persons with bipolar disorder commit suicide and as many as fifty percent attempt it. Educational failure, substance abuse, reckless and impulsive behavior, limited job prospects, legal difficulties, and expensive hospitalizations are other common outcomes.

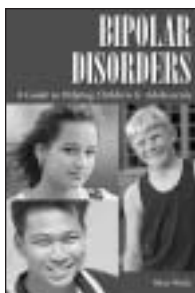
With appropriate treatment and support, people can lead highly successful lives, often taking advantage of the creativity that is the “flip side” of an otherwise difficult and dangerous condition.

This book points the way to the range of most effective treatments and other changes that can support people with bipolar disorder in leading successful and rewarding lives. Includes stories from families living with the disorder.

REVIEW

“The book is of great reference value, yet speaks in a patient-friendly tone. It explains what the disease is, how it is diagnosed, and what therapies and interventions are most effective in treating it. Readers will find complete information about prescription and over-the-counter medications, including benefits and side effects. Waltz gives herbs, vitamins, and alternative therapies the same thorough treatment.”

—4-stars, ForeWordReviews.com



Bipolar Disorders: A Guide to Helping Children & Adolescents

By Mitzi Waltz
1st Edition, January 2000
ISBN: 1-56592-656-0
Order Number 656-0
458 pages
\$24.95 US, \$36.95 CAN

Until recently, bipolar disorders were almost never diagnosed in children and rarely recognized in adolescents. Psychiatrists now recognize that manic depression has frequently been misdiagnosed as ADHD (or oppositional defiant disorder, conduct disorder, or depression). As many as a million children in the US may have childhood-onset bipolar disorder.

Bipolar disorders are different in children than in adults. There are some diagnostic criteria unique to children. Families and communities pay a heavy toll when this disorder is not recognized and treated. Suicide is a possible outcome, as are school failure, limited job prospects, legal difficulties, and hospitalizations.”

BIPOLAR DISORDERS INCLUDES:

- Description of the range of bipolar disorders
- Diagnostic criteria, current and proposed
- Family life with bipolar disorders, including preventing mood swings, safety, and support
- Medications, with special attention to the physiology and responses of children and adolescents
- Therapeutic interventions in various “talk therapies”
- Other interventions, such as improving sleep patterns, diet, and supplements
- Insurance issues
- School, including 504 Plans or IEPs

REVIEW

“Reviewers were impressed with the succinctly covered wide range of information. Some of the topics have been covered well in other publications, but Waltz has updated information and covers such uncommon topics as non-traditional interventions and appropriate cautions, insurance issues, strategies for dealing with insurers, and practical benefit information. Families ...should find this an informative and practical reference.”

—NAMI Literature Committee (National Association of Mental Illness)

“This invaluable book encompasses a wide range and comprehensive discussion of bipolar disorder in children and adolescents. It should be a great help to families who want and/or need accurate medical information on this serious but treatable disease.”

—SALLIE P. MINK, BS, RN, DRADA (The Depression and Related Affective Disorders Association) in cooperation with the Johns Hopkins University School of Medicine.



NEW
Autistic Spectrum Disorders: Understanding the Diagnosis and Getting Help

By **Mitzi Waltz**
 2nd Edition, June 2002
 ISBN: 0-596-50013-0
 Order Number 0130
 540 pages (est.)
 \$29.95 US, \$46.95 CAN

Autistic spectrum disorders—including autism, pervasive developmental disorders not otherwise specified (PDD-NOS), Asperger’s syndrome, and others—are labels to describe neurological conditions that can affect a person’s speech and communication, emotional growth, social skills, and physical and mental abilities. Up to 1 in 150 children in some geographical areas have these conditions; children affected are disproportionately boys.

This second edition is for parents (or newly diagnosed adults) who struggle with these neurological conditions that profoundly impact the life of child and family.

Author and patient advocate Mitzi Waltz, now studying at the Autism Research Institute, incorporates the latest medical findings on possible causes for ASDs and on treatments.

TOPICS:

- Getting a diagnosis, including preparing for a diagnostic interview in a medical, psychiatric, or school setting
- Treatment options, including: pharmaceutical medications, vitamins and supplements, sensory integration, occupational therapy, physical therapy, speech therapy, behavior modification, floor time play therapy, talk therapy, and others
- Coping with diagnosis and treatment, including: emotions and support systems, insurance system, and educational plans
- Stories from families living with the disorder

REVIEWS FOR THE FIRST EDITION

“Waltz has produced a highly informative and clearly written guide. Highly recommended.”

— CONSUMER CONNECTIONS (newsletter for CAPHIS, the consumer health section of the Medical Librarian Association)

“I find Mitzi Waltz’ book a ‘must have’ for parents, educators, and health professionals. She clearly defines the difficulties and options associated with pervasive development disorders...an excellent piece of work.”

— DR. MICHAEL GOLDBERG, Director Neuroimmune Dysfunction Syndrome Medical Board and Research Institute

“Her in-depth discussion will help parents and professionals develop a clear understanding of the issues; and consequently, they will be able to make informed decisions about various interventions.”

— DR. STEPHEN M. EDELSON, Director of the Center for the Study of Autism, Salem, OR

LIBRARY JOURNAL STARRED REVIEW

“An update to Waltz’s Pervasive Developmental Disorders: Finding a Diagnosis & Getting Help (1999), this new book will be incredibly useful to parents and educators working with children and adults suffering from autistic spectrum disorders (ASD).”

“... In a very readable format, Waltz covers the latest developments in medical and therapeutic interventions and environmental links, insurance, education, family issues, support, and resources for the English-speaking world.

“...Strongly recommended for public libraries and for academic libraries with education or autism collections.”

—LIBRARY JOURNAL, July 2002

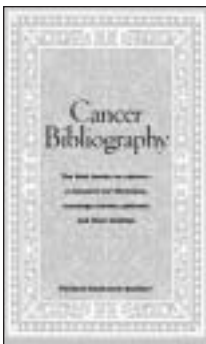
AUTHOR Mitzi Waltz is an advocate for U.S. families facing neurological issues, and has written six books on these disorders. She is presently researching the history of autism at the respected Autism Research Unit in the UK and lecturing at Sunderland University. For an in-depth interview with Ms. Waltz on current controversies surrounding autism, as well as full reviews, see www.patientcenters.com/librarian.



NEW TITLES DESCRIBED IN THIS CATALOG:

- *Ayudando a su Hijo en el Hospital: Una Guia Practica para los Padres.* Page 3
- *Helping Your Child in the Hospital: A Practical Guide for Parents,* 3rd Edition. Page 3
- *Childhood Leukemia: A Guide for Families, Friends & Caregivers,* 3rd Edition. Page 4
- *Childhood Cancer: A Parent’s Guide to Solid Tumor Cancers,* 2nd Edition. Page 4
- *Childhood Brain & Spinal Cord Tumors: A Guide for Family, Friends & Caregivers.* Page 5
- *Live Longer, Live Larger: A Holistic Approach for Cancer Patients & Families.* Page 6
- *Autistic Spectrum Disorders: Understanding the Diagnosis & Getting Help,* 2nd Edition. Page 16
- *Adult Bipolar Disorders: Understanding Your Diagnosis & Getting Help.* Page 19

FREE:



Free *Cancer Bibliography* for families, 2nd Edition. Annotated bibliography of best books from all publishers. How to Order. Page 12.

INSIDE:

New titles

Reviews from Library Journal and other sources

Articles by librarians Karen Parles & Lucy Thomas. Pages 8 and 13.

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