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# HEALTH SCIENCE

**An Annotated Bibliography**  
(October, 2011)

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**HEALTH SCIENCE:  
an Annotated Bibliography**

**(October, 2011)**

**DISEASES**

**Control of Communicable Diseases Manual: an Official Report of the American Public Health Association.** 19th ed. Washington, DC: American Public Health Association, 2008.

This book provides detailed, accurate, informative text on infectious diseases for public health workers in official and voluntary health agencies, including those serving in the armed forces and other governmental agencies, and for all students of medicine.

**A Planet of Viruses**, by Carl Zimmer. Chicago: University of Chicago Press, c2011.

The author presents the latest research on how viruses hold sway over human lives and biosphere, how viruses helped give rise to the first life-forms, how viruses are producing new diseases, how can harness viruses for own ends, and how viruses will continue to control fate for years to come. This book also explores the hidden world of viruses.

**Parasites: Tales of Humanity's Most Unwelcome Guests**, by Rosemary Drisdelle. LA: Univ. of California Press, 2010.

This book discusses amoebae, roundworms, tapeworms, mites, and others in detail. The author also examines the historical context in which some parasites have found their way to us and notes their effect on world events, such as the impact Plasmodium falciparum, a protozoa that causes malaria, had on the course of the Vietnam War.

## DIABETES

**Diabetes for Dummies**, by Alan L. Rubin. 3rd ed. Indianapolis, IN: Wiley Pub., Inc, 2008.

This book covers the latest glucose meters and insulin treatments, the straight facts on treating diabetes successfully and living a full life. It's also reveals the advances in monitoring glucose, the latest medications, and how to develop a diet and exercise plan to stay healthy.

**Diabetes Meal Planning Made Easy**, by Hope S. Warshaw. 4th ed. Alexandria, Va: American Diabetes Association, c2010.

Meal planning is one of the hardest parts of managing diabetes. This book gives all the tools need to plan and eat healthier meals. This updated edition includes the latest nutrition recommendations for the American Diabetes Association and the federal government's Dietary Guidelines for Americans.

**Diabetes Without Drugs: the 5-Step Program to Control Blood Sugar Naturally and Prevent Diabetes Complications**, by Suzy Cohen. Emmaus, Pa: Rodale, c2010.

The author reveals how people with diabetes can reduce their need for prescription medication and minimize the disease's effect on the body. It's also explains how patients can protect their heart, kidneys, eyesight, and limbs from the damage often caused by diabetes and shows the impact that the right foods and the right supplements can make in reducing blood sugar levels, aiding weight loss, and restoring vibrant health to everyone with diabetes.

**Dr. Bernstein's Diabetes Solution: the Complete Guide to Achieving Normal Blood Sugars**, by Richard K. Bernstein ; foreword by Frank Vinicor . Rev. & updated ed. New York: Little, Brown and Co, 2007.

In this revised and updated edition, Dr. Bernstein provides both adult- and childhood-onset diabetes, explains step-by-step how to normalize blood sugar levels and prevent or reverse complications, and offers detailed guidelines for establishing a treatment plan.

**Mayo Clinic the Essential Diabetes Book: How to Prevent, Control and Live Well with Diabetes.** New York: Mayo, 2009.

This title covers the pre-diabetes stage - taking charge to prevent diabetes, types of diabetes, symptoms and risk factors, treatments and strategies for managing blood sugar, avoiding serious complications, advances in insulin delivery & new medications and recipes.

**Prediabetes for Dummies**, by Alan L. Rubin. Indianapolis, IN: Wiley Publishing, Inc, c2010.

This guide shows how to stop prediabetes in its tracks and prevent it from progressing to diabetes. It's also includes clear explanations of prediabetes causes, health risks, treatment, the advances in the use of diabetes medications to treat prediabetes, diet suggestions, meal plans, and exercise tips.

**Real-life Guide to Diabetes**, by Hope S. Warshaw and Joy Pape. Alexandria, VA: American Diabetes Association, c2009.

Using an easy-to-search format, Real-Life Guide to Diabetes lets find the answers to most pressing questions quickly and easily. It's also filled with vital information that every diabetic needs to know.

**Type 2 Diabetes: an Essential Guide for the Newly Diagnosed**, by Gretchen Becker. 2nd ed. New York: Life Long, 2007.

This book guides step-by-step through first year with diabetes, walking through everything need to learn and do. It's also covers a wide range of practical, medical, and lifestyle issues, beginning with coming to terms with diagnosis and then moving on to subjects including: choosing the diet, role of exercise, daily blood-glucose testing routines and understanding lab tests.

## **MALARIA**

**The Fever: How Malaria Has Ruled Humankind for 500,000 Years**, by Sonia Shah. New York: Sarah Crichton Books/Farrar, Straus, and Giroux, 2010.

The author shows how the Plasmodium parasite, entering through a mosquitoes bite and feasting on human red blood cells, has altered human history by destroying armies, undermining empires, and driving changes in very genome.

**The Imaginations of Unreasonable Men: Inspiration, Vision, and Purpose in the Quest to End Malaria**, by Bill Shore. New York: PublicAffairs, c2010.

Scientists are determined to develop a vaccine for malaria; a feat most tropical disease that experts have long considered impossible. This book reveals the story of these uncompromising scientists serves as springboard for his passionate inquiry into the character and moral fabric of those who devote their lives to solving the world's most pressing and perplexing problems.

## **TUBERCULOSIS**

**The White Plague: Tuberculosis, Man, and Society**, by René and Jean Dubos. New Brunswick: Rutgers University Press, c1996.

The author examines the social aspects of the TB epidemic, along with some of the biological factors. It's also show how TB was romanticized, how it was portrayed as a demon coming to rob the healthy life, and how it sparked scientific invention - in particular the stethoscope.

## **EMERGENCY MANAGEMENT**

**Crisis Preparedness Handbook: a Comprehensive Guide to Home Storage and Physical Survival**, by Jack A. Spigarelli. 2nd ed. Alpine, Utah: Cross-Current Pub, c2002.

A completed guide of food storage and personal preparedness, it covers topics from exactly how to design a food storage program tailored for particular family. It's also includes dozens of detailed, expert checklists and tables with photographs and index.

**Emergency Food Storage & Survival Handbook: Everything You Need to Know to Keep Your Family Safe in a Crisis**, by Peggy Layton. Roseville, Calif: Prima, c2002.

This clear and concise handbook reveals 10 steps to an affordable food storage program and also includes how to prepare a home “grocery store” and “pharmacy”, how to store water safely and provide for sanitation needs, how to create a first-aid kit, car kit, and 72-hour emergency kit for the whole family and many more invaluable hints and tips.

**Handbook to Practical Disaster Preparedness for the Family: a Guide for Families,** by Arthur T. Bradley. 2nd ed. New York, NY: Skyhorse Pub, 2011.

This handbook provides how to establish a practical disaster preparedness plan for the entire family. It's also includes discussions of long-term food storage options, firearm selection and handling, disaster preparedness networks, radiological emergencies and country's impending financial collapse.

**How to Survive the End of the World as We Know it: Tactics, Techniques, and Technologies for Uncertain Times,** by James Wesley Rawles. New York, N.Y: Plume/Penguin Group, c2009.

The definitive guide on how to prepare for any crisis--from global financial collapse to a pandemic.

**Medicine for the Outdoors: the Essential Guide to First Aid and Medical Emergencies,** by Paul S. Auerbach. 5th ed. Philadelphia: Mosby, 2009.

This is the ultimate handbook for anyone participating in outdoor activities or eco-tourism far from medical care. It's also contains critical information for lay people who encounter unexpected hazards ranging from bad weather and snake bites to sprained ankles and heat stroke.

## **ENVIRONMENTAL HEALTH**

**Environmental Health: from Global to Local,** edited by Howard Frumkin. 2nd ed. San Francisco, CA: Jossey-Bass, c2010.

This book offers an overview of the methodology and paradigms of this burgeoning field, ranging from ecology to epidemiology, from toxicology to environmental psychology, and from genetics to ethics.

**Our Global Environment: a Health Perspective,** by Anne Nadakavukaren. 7th ed. Long Grove, Ill: Waveland Press, c2011.

The author provides a broad, up-to-date survey of the major environmental issues facing the world today. Its dual approach is to describe the ecological impact of various human activities combined with specific issues of personal and community health, emphasizing the interrelatedness of the two.

## EPIDEMIOLOGY

**Epidemiology 101**, by Robert H. Friis. Sudbury, Mass: Jones and Bartlett Publishers, c2010.

This book meets the needs of instructors teaching an overview or introductory course in epidemiology. Using a clear, cohesive writing style, it's also covers the basics of infectious disease epidemiology, environmental epidemiology, molecular epidemiology, and psychosocial/behavioral epidemiology. Numerous tables and charts throughout the text capture the reader's interest and enhance learning.

**Epidemiology, Biostatistics, and Preventive Medicine**, by James F. Jekel ... [et al.]. 3rd ed. Philadelphia: Saunders/Elsevier, c2007.

This book reveals best knowledge on epidemiology, biostatistics, preventive medicine, and public health—in one convenient source. It's also contains the latest on healthcare policy and financing, infectious diseases, chronic disease, and disease prevention technology.

**Introduction to Epidemiology**, by Ray M. Merrill. 5<sup>th</sup> ed. Sudbury, Mass: Jones and Bartlett Publishers, c2010.

This is the introductory text for the epidemiology student with minimal training in the biomedical sciences and statistics. With updated tables, figures, and examples, the Fifth Edition offers an all new chapter covering areas of modern epidemiology such as environmental epidemiology, social epidemiology, and reproductive epidemiology.

## HIV/AIDS

**HIV Essentials 2011**, edited by Paul E. Sax, coeditors, Calvin J. Cohen, Daniel R. Kuritzkes. 4th ed. Boston: Physicians' Press, 2011.

This is the latest clinical guidelines into a step-by-step guide to the diagnosis, evaluation, management and prevention of HIV infection and its complications.

**HIV/AIDS: a Very Short Introduction**, by Alan Whiteside. New York: Oxford University Press, c2008.

This Very Short Introduction tackles the science, the international and local politics, the fascinating demographics, and the devastating consequences of the disease, and suggests how we must respond.

**The Epidemic: a Global History of AIDS**, by Jonathan Engel. New York: Smithsonian Books/Collins, 2006.

Covering the scientific, sexual, political, economic and educational ramifications of the AIDS crisis, the author pulls no punches in describing large- and small-scale efforts to define, pursue, avoid and deny the virulent plague. After presenting the viral onslaught's first, overlooked victims, he also tracks the disease's progression into and throughout the gay community and circles of intravenous drug-users, then into more mainstream populations.

**The Inside Story on AIDS: Experts Answer Your Questions**, by Seth C. Kalichman. Washington, D.C: Washington, DC: American Psychological Association, c2003.

The author answers more than 350 of the most commonly asked questions about HIV infection and AIDS. This comprehensive guide also offers the most current knowledge from medical and behavioral sciences on prevention and treatment, including advances in medications and the challenges that treatments themselves pose to individuals with HIV.

**The Wisdom of Whores: Bureaucrats, Brothels, and the Business of AIDS**, by Elizabeth Pisani. New York: W.W. Norton & Co, 2008.

The author is an epidemiologist with years of experience working on HIV/AIDS at a variety of agencies, including UNAIDS. This book is the story of her frustrations at the way the international community, national governments, NGOs and AIDS activists have dealt with the epidemics, as well as her hopes in some of the progress made.

## **HEALTH SERVICES ADMINISTRATION**

**Cultural Competency for Health Administration and Public Health**, by Patti R. Rose. Sudbury, Mass: Jones and Bartlett, c2011.

This book is a clear and concise introduction to the topics and tools necessary for the application of cultural competency processes in various healthcare settings. The chapters also offer an overview of demographic changes in the United States.

**Introduction to Health Care Management**, edited by Sharon B. Buchbinder, Nancy H. Shanks. Sudbury, Mass: Jones and Bartlett Publishers, c2007.

This book covers a wide variety of healthcare settings, from hospitals to nursing homes and clinics. It is also the perfect resource for students of healthcare management, nursing, allied health, business administration, pharmacy, occupational therapy, public administration, and public health.

## HEALTHY LIVING

**Daily Fitness and Nutrition journal.** Boston: McGraw Hill, 2007.

This logbook helps students track their diet and exercise programs. It also serves as a diary to help students monitor their behaviors.

**Preserving Food without Freezing or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, and Lactic Fermentation**, by the Gardeners and Farmers of Terre Vivante. Vermont: Chelsea Green, c1999.

This book offers more than 250 easy and enjoyable recipes featuring locally grown and minimally refined ingredients. It is also an essential guide for those who seek healthy food for a healthy world.

**The Yoga Bible: the Definitive Guide to Yoga Postures**, by Christina Brown. Old Alresford: Godsfield, 2003.

This guide book provides a comprehensive illustrated step-by-step to achieving the postures and advice on altering them where necessary with easier postures highlighted for beginners. It also includes more advanced positions for experienced yogists, which will inspired them in developing their practice.

**Yoga Anatomy**, by Leslie Kaminoff; Asana analysis by Amy Matthews; illustrated by Sharon Ellis. Champaign, IL: Human Kinetics, c2007.

The author reveals with clear, expert instruction and full-color, detailed anatomical drawings to provide a deeper understanding of the structures and principles underlying each movement and of yoga itself.

## INTERNAL MEDICINE

**Essential Clinical Procedures**, edited by Richard W. Dehn, David P. Asprey. 2nd ed. Philadelphia: Saunders/Elsevier, c2007.

This book presents the latest common diagnostic and treatment-related procedures that need to know. It's clear and concise hands-on guidance also takes step by step through the "how-to's" of more than 70 procedures.

**Essentials Readings in Health Behavior: Theory and Practice**, by Mark Edberg. Sudbury, Mass: Jones and Bartlett, c2010.

This is organized into parts that parallel the main text; the readings provide students and the instructor with options for exploring issues in more depth. The author also introduces each part with his own insightful analysis.

**Fundamentals of Clinical Trials**, by Lawrence M. Friedman, Curt D. Furberg, David L. DeMets. 4th ed. New York: Springer, 2010.

This is the 4<sup>th</sup> edition of textbook on clinical trials methodology, written by three recognized experts who have long and extensive experience in all areas of clinical trials. This book is also intended for the clinical researcher who is interested in designing a clinical trial and developing a protocol.

**Mayo Clinic Family Health Book**, edited by Scott Litin. 4th ed. Des Moines, IA: Time Inc. Home Entertainment, c2009.

As a classic home medical reference, this book offers the latest medical knowledge, with a strong emphasis on self-care. It also offers reliable, easy-to-understand information in five convenient sections: Part I - Injuries and Symptoms; Part II - Pregnancy and Healthy Children; Part III - Healthy Adults; Color section; Part IV - Diseases and Disorders; and, Part V - Tests and Treatments.

**Step-Up to Medicine**, by Steven S. Agabegi and Elizabeth D. Agabegi. 2nd ed. N.Y: McGraw Hill, 2008.

This book is a primary review tool to prepare students for both the internal medicine clerkship and the end-rotation NBME shelf examination. This 2<sup>nd</sup> edition presents 100 USMLE-style clinical vignette-based questions with answers. A color insert contains over thirty full-color images.

**Surgical the Intern Pocket Survival Guide**, by Ronald Chamberlain. International Medical Publishing, 2006.

This quick handy reference book packs lots of good information in a very small package for emergencies. The information is basic, but it still covers a lot of information

## **MEDICAL EDUCATION**

**Case Files: Family Medicine**, by Eugene C. Toy, (et al.). 2nd ed. NY: McGraw Hill, 2010.

The 55 simulated clinical cases in this book illustrate the more common presentations encountered in family medicine in an easy to understand format that serves well as an introduction to clinical medicine.

**Health Promotion Programs: from Theory to Practice**, edited by Carl I. Fertman, Diane D. Allensworth. San Francisco, CA: Jossey-Bass, c2010.

This book introduces the theory of health promotion and presents an overview of current best practices from a wide variety of settings that include schools, health care organizations, workplace, and community. The 43 contributors focus on students and professionals interested in planning, implementing, and evaluating programs that promote health equity.

**How to Study in Medical School**, by Armin Kamyab. Bloomington, IN: AuthorHouse, 2008.

The author provides a thorough and comprehensive method for studying the Basic Sciences in medical school and leaves no detail behind. Dr. Kamyab's unique system of studying is an effective study process that not only helps to understand the material and stay-up-to date, but also helps to retain the information for medical school tests, licensing examinations, clinical rotations, and beyond.

**Study without Stress: Mastering Medical Sciences**, by Kathleen C. Straker, Eugenia G. Kelman. London: Sage, c2000.

This book contains the keys to medical school academic survival, enabling students to manage their time and develop optimal study habits.

**Student Nurse Handbook: Difficult Concepts Made Easy**, by B. Gayle Twiname, SandraM. Boyd. 2nd ed. Stamford, Conn: Appleton & Lange, 2002.

This book focuses on areas in nursing that consistently cause the most confusion. Chapter topics cover ABGs, drug calculations and medication issues, laboratory and diagnostic studies, ECG, and epidemiology.

**Conducting Clinical Research: a Practical Guide for Physicians, Nurses, Study Coordinators, and Investigators**, by Judy Stone, MD. 2nd ed. Cumberland, MD: Mountainside MD Press, 2010.

This is a step-by-step how-to manual for both experienced medical professionals and novices looking to enter the field of clinical studies.

## **MEDICAL ETHICS**

**Medical Ethics and Humanities**, edited by Frederick Adolf Paola, Robert Walker, Lois LaCivita Nixon. Sudbury, Mass: Jones and Bartlett Publishers, c2010.

This is a survey of medical ethics and humanities that addresses ethical and legal issues of concern to health care students and providers. It also explains the various approaches to ethical analysis and illustrates their application through the use of cases and examples.

**Medicine, Money, and Morals: Physicians' Conflicts of Interest**, by Marc fA. Rodwin. N.Y: Oxford, C.1995.

The author reveals the effects of financial incentives on medical practice. The analyses and recommendations that follow make this book a must-read for those seeking to understand the current health care crisis.

## **MEDICAL POLICY – UNITED STATES**

**Critical Condition: How Health Care in America Became Big Business-- and Bad Medicine**, by Donald L. Barlett and James B. Steele. New York: Doubleday, 2006.

The authors discuss the present day health care system, and also explain very well how healthcare in US arrived at the point where it is today.

**Gender and Health: the Effects of Constrained Choices and Social Policies**, by Chloe E. Bird, Patricia P. Rieker. New York: Cambridge University Press, 2008.

This book is clearly written, giving depth and meaning to the complexity of gender differences in health while acknowledging diversity among women and men.

**Health Care USA: Understanding Its Organization and Delivery**, by Harry A. Sultz, Kristina M. Young. 7th ed. Sudbury, MA: Jones and Bartlett, c2011.

Combining historical perspective with analysis of modern trends, this expanded edition charts the evolution of modern American health care, providing a complete examination of its organization and delivery while offering critical insight into the issues that the U.S. health system faces today.

**Prevention is Primary: Strategies for Community Well-Being**, edited by Larry Cohen, Vivian Chávez, Sana Chehimi. 2<sup>nd</sup> ed. San Francisco, CA: Jossey-Bass, c2010.

This book provides models, methods, and approaches for building health and equity in communities. It also includes the theory, concepts, and models needed to harness social justice and practice primary prevention of unnecessary illness and injury.

**Understanding Health Policy: a Clinical Approach**, by Thomas Bodenheimer, Kevin Grumbach. 5th ed. New York: Lange Medical Books/Mcgraw-Hill, c2009.

The authors reveal a broad but detailed picture of how health care is organized and dispensed in the United States. It considers the problems of, and possible solutions for, cost control, long-term care, quality control, ethical issues, and insurance programs.

**The Social Transformation of American Medicine: the Rise of a Sovereign Profession and the Making of a Vast Industry**, by Paul Starr. New York: Basic Books, c1982.

This is a landmark history of how the entire American health care system of doctors, hospitals, health plans, and government programs has evolved over the last two centuries

## MEDICAL STATISTICS

**Essentials of Biostatistics in Public Health**, by Lisa M. Sullivan. 2nd ed. Sudbury, MA: Jones & Bartlett Learning, c2012.

This book provides a fundamental and engaging background for students learning to apply and appropriately interpret biostatistics applications in the field of public health.

**Medical and Health Science Statistics Made Easy**, by Michael Harris and Gordon Taylor. 2<sup>nd</sup> ed. Sudbury, Mass: Jones and Bartlett Publishers, c2009.

In a concise and user-friendly format, readers will grasp firm knowledge of medical statistics, including confidence intervals and probability values, numbers needed to treat, t tests and other parametric tests, survival analysis, and more.

## PSYCHIATRY and PSYCHOLOGY

**Dual Disorders: Counseling Clients with Chemical Dependency and Mental Illness**, by Dennis C. Daley, Howard B. Moss. 3<sup>rd</sup> ed. Center City, Minn: Hazelden, c2002.

This updated edition includes the latest research, information about new medications, and an explanation of new diagnostic criteria. It also outlines the relationship between chemical dependency and psychiatric disorders, contains important resources for chemically dependent individuals and their families, and presents practical relapse prevention strategies.

**Psychology Essentials 2**, by John W. Santrock and Ileana Rodriguez. Updated 2<sup>nd</sup> ed. Boston: McGraw-Hill, c2005.

This book reveals balance of big ideas and supporting detail, breadth and depth, and research and application, all framed by a pedagogical system that effectively guides the student through the key concepts of psychology.

**Publication Manual of the American Psychological Association.** 6<sup>th</sup> ed. D.C: American Psychological Association, 2010.

The “Publication Manual” is the style manual of choice for writers, editors, students, and educators. Although it is specifically designed to help writers in the behavioral sciences and social sciences, anyone who writes non-fiction prose can benefit from its guidance.

**The Rough Guide to Psychology: an Introduction to Human Behaviour and the Mind,** by Dr. Christian Jarrett. New York: Rough Guides, 2010.

This book includes fascinating information on real-life psychology, testing memory, intelligence, personality and much more, with advice on everything from chat-up lines to developing the creativity.

## **PUBLIC HEALTH**

**101 Careers in Public Health,** by Beth Seltzer. New York: Springer, c2011.

This guide provides an overview of the numerous options in public health and the many different roads to get there. It also details the training, salary ranges, and degree requirements for each job, and alerts readers to alternative pathways beyond the traditional MPH.

**Case Studies in Global Health: Millions Saved,** by Ruth Levine and Series Editor: Richard Riegelman. Boston: Jones and Bartlett pub, 2007.

This book illustrates real-life proven, large-scale success stories in global public health. Its also write-ups highlight experiences in scale-up of health technologies, strengthening of health systems, and the use of health education and policy change to achieve impressive reductions in disease and disability, even in the poorest countries.

**Evaluating Public and Community Health Programs,** by Muriel J. Harris. San Francisco, CA: Jossey-Bass, c2010.

The author combines an introduction to public and community health program evaluation with a detailed survey of methods in community assessment, planning, program design, quantitative and qualitative data collection, data analysis, and reporting of findings.

**GIS and Public Health**, by Ellen K. Cromley, Sara L. McLafferty. New York: Guilford Press, c2002.

This book makes the key ideas and materials of GIS accessible to professionals in public health. It's not only outlines basic concepts of GIS use, but also explains in a very lucid manner a range of spatial analytical techniques that can be applied to the goal of improving human health.

**Health Communication: from Theory to Practice**, by Renata Schiavo. San Francisco: Jossey-Bass, c2007.

This is a good textbook for a course on health communication, but it is also a book that provides ready access to both the theoretical underpinnings and practical guidance that health professionals need. It combines a comprehensive introduction to current issues, theories, and special topics in health communication with a hands-on guide to program development and implementation.

**Public Health: Career Choices that Make a Difference**, by Bernard J. Turnock. Sudbury, Mass: Jones and Bartlett Publishers, c2006.

This book offers basic information for those considering a career in public health. It also emphasizes key aspects of the work of different public health occupations and titles in order to provide an understanding of the tasks of public health jobs and careers.

**Public Health 101: Healthy People--Healthy Populations**, by Richard Riegelman. Sudbury, Mass: Jones and Bartlett, c2010.

The author reveals a brief 100-year history of U.S. health reform, walks the reader through President Obama's eight principles to guide the development of health reform, and provides details and a schedule for implementation of health insurance restructuring.

**Public Health Foundations: Concepts and Practices**, edited by Elena Andresen, Erin DeFries Bouldin. San Francisco, CA: Jossey-Bass, c2010.

The authors use an engaging approach to topics such as epidemiology and pharmaco-epidemiology, biostatistics, infectious disease, environmental health, social and behavioral sciences, health services and policy, quantitative and qualitative research methods, and health disparities.

**Public Health Law and Ethics: a Reader**, edited by Lawrence O. Gostin. 2nd ed. Berkeley: Univ. of California Press, c2010.

This book reveals the legal and ethical issues at the heart of public health through an incisive selection of government reports, scholarly articles, and relevant court cases.

**The Future of the Public's Health in the 21st Century**, By Committee on Assuring the Health of the Public in the 21st Century. Washington, D.C: National Academies Press, c2003.

This book reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. It also focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health.

**Turning the World Upside Down: the Search for Global Health in the Twenty-First Century**, by Nigel Crisp. London: The Royal Society of Medicine, 2010.

This is a search for understanding that helps us to see how Western Scientific Medicine, which has served so well in the 20th Century, needs to adapt and evolve to cope with the demands of the 21st Century. The author also describes how we can all learn from each other, rich and poor, and work together to improve health.

**Social Injustice and Public Health**, edited by Barry L. Levy, Victor W. Sidel. Oxford: Oxford University Press, 2006.

Chapters written by 48 experts in various aspects of social injustice, this book addresses many aspects of social injustice and their relationship to public health. Major sections of the book focus on population groups affected by social injustice, areas of public health and medical care in which social injustice has an adverse impact, and approaches to the reduction and elimination of social injustice and its adverse effects on public health.

## **SELF-CARE, HEALTH**

**When There is No Doctor: Preventive and Emergency Healthcare in Challenging Times**, by Gerard S. Doyle. New York, NY: Macmillan, c2010.

This is smartly designed and full of medical tips and emergency suggestions. It also reveals medical practices with a practical approach to twenty-first-century health and home medicine.

**Where There is No Dentist**, by Murray Dickson. Berkeley: Hesperian, 2010.

The author uses straightforward language and careful instructions to explain how to: examine patients; diagnose common dental problems; make and use dental equipment; use local anesthetics; place fillings; and remove teeth. There is also a special chapter on oral health and HIV/AIDS, which provides the dental worker with a detailed, well-illustrated discussion of the special problems faced by people living with HIV/AIDS, and appropriate treatment.

**Where Women Have No Doctor: a Health Guide for Women**, by A. August Burns ... [et al.]. Berkeley, Calif.: The Hesperian Foundation, 2010.

This book includes: how to solve health problems; ways to stay healthy; understanding the reproductive parts of women's bodies; sexual health; HIV/AIDS and other sexually transmitted diseases; pregnancy, birth and breast feeding; mental health; health concerns of women with disabilities, girls, older women and refugees; the politics of women's health; rape and other violence against women; and the use of medicines in women's health.

## MEDICAL TEST PREPARATION BOOKS

**First AID Q & A for the USMLE Step 1**, by Tao T. Le and Seth K. Bechis. 2<sup>nd</sup> ed. New York: McGraw-Hill, 2009.

**First Aid for the USMLE Step 1**, by Tao Le, Vikas Bhushan, Juliana Tolles and Jeffrey Hofmann. N.Y: McGraw Hill, 2011.

**Kaplan MedEssentials for the USMLE Step 1**. 3<sup>rd</sup> ed. New York: Kaplan Pub, c2010.

**Kaplan USMLE Step 1 QBook**, by Kaplan. 4<sup>th</sup> ed. New York: Simon & Schuster, 2008.

**Crush Step 2: the Ultimate USMLE Step 2 Review**, by Adam Brochert. 3<sup>rd</sup> ed. PA: Mosby, 2007.

**First AID for the USMLE Step 2 CK: Clinical Knowledge**, by Vikas Bhushan, Tao T. Le, Rohit Chandwani and Ali Ozturk. 7<sup>th</sup> ed. New York: McGraw-Hill, 2010.

**First AID for the USMLE Step 2 CS: Clinical Skills**, by Vikas Bhushan, Tao T. Le, Rohit Chandwani and Ali Ozturk. 3<sup>rd</sup> ed. New York: McGraw-Hill, 2010.

**Kaplan USMLE Step 2 CK QBook**, by Kaplan. New York: Simon & Schuster, 2008.

**First Aid for the USMLE Step 3**, by Tao Le, Vikas Bhushan, Harman Singh Bagga. 3<sup>rd</sup> ed. N.Y: McGraw Hill, 2011.

**Kaplan USMLE Master The Boards Step 3**, by Conrad Fischer and Sonia Reichert. 3<sup>rd</sup> ed. New York: Kaplan Medical, 2010.

**USMLE Step 3 Qbook**. 4<sup>th</sup> ed. N.Y: Kaplan, 2008.

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- Mosby's 2012 Nursing Drug Reference.** 25<sup>th</sup> ed. St. Louis: Mosby, 2011.
- Mosby's Diagnostic and Laboratory Test Reference,** by Kathleen Deska Pagana, Timothy James Pagana. 12<sup>th</sup> ed. St. Louis, Mo.: Mosby Elsevier, c2011.
- Mosby's Dictionary of Medicine, Nursing & Health Professions.** 8<sup>th</sup> ed. St. Louis, Mo: Mosby/Elsevier, c2009.
- Nursing Diagnosis Handbook: an Evidence-Based Guide to Planning Care,** by Edited by Betty J. Ackley and Gail B. Ladwig. 9<sup>th</sup> ed. Missouri: Mosby, 2011.
- Physicians' Desk Reference 2011,** by PDR Staff. 65<sup>th</sup> ed. New York: PDR Network, 2010.
- Taber's Encyclopedic Medical Dictionary.** 21<sup>st</sup> ed. Philadelphia: F.A. Davis Co, 2005.
- The Merck Manual Home Health Handbook,** edited by Robert S. Porter and [et al.]. 3<sup>rd</sup> ed. Whitehouse Station, NJ: Merck Research Laboratories, 2009.
- The Merck Manual of Diagnosis and Therapy.** 19<sup>th</sup> ed. Rahway, NJ: Merck, 2011.
- The Merck Manual of Patient Symptoms: a Concise, Practical Guide to Etiology, Evaluation, and Treatment,** edited by Robert S. Porter. Whitehouse Station, NJ: Merck Research Laboratories, 2008.





