

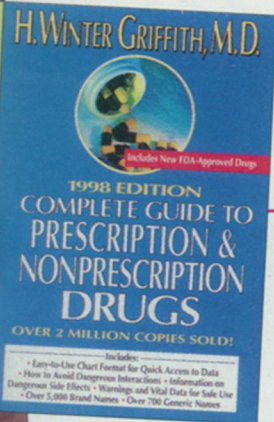
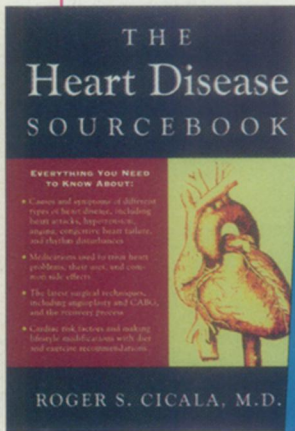
Need to Know?

The Heart Disease Sourcebook

Sixty million Americans are currently living with some form of heart disease. While a diagnosis of heart disease can be frightening, the good news is that advanced treatments are extending and improving the lives of more cardiac patients than ever before. *The Heart Disease Sourcebook* is a thorough and compassionate guide to the symptoms, treatment, and management of heart disease.

Roger Cicala begins by explaining the complex workings of a normal, healthy heart. He then explains the many different forms of heart disease, including myocardial infarction, coronary artery disease, angina, valvular diseases, and heart rhythm disturbances, as well as their causes, symptoms, and how one heart condition can sometimes affect a second one. Analysis of the benefits, risks, and expectations of various treatments is complemented by discussions of nurturing healthful habits and understanding the intricacies of associated medications.

—from Lowell House
1997, 316 pages, 6 1/2" x 9 1/4", hardcover, \$30.00



1998 Edition Complete Guide to Prescription and Nonprescription Drugs

The Complete Guide to Prescription & Nonprescription Drugs is an indispensable and easy-to-use reference

to thousands of brand-name and generic prescription drugs. With charts for quick access to data, information on side effects and interactions, and listings of all the newest FDA-approved drugs, this essential, all-in-one drug guide should be in every home.

—The Body Press

1997, 1,078 pages, 6" x 9", paperback, \$16.95

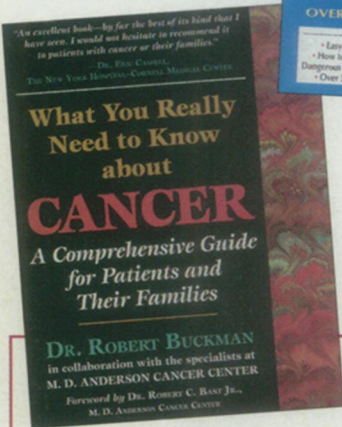
American Diabetes Association Complete Guide to Diabetes

The American Diabetes Association—the nation's leading health organization supporting diabetes research, information, and advocacy—has compiled this one-volume sourcebook to bring you all the information you need to live an active, healthy life with diabetes. This comprehensive home reference gives you information on the best self-care techniques and latest medical breakthroughs. No matter what type of diabetes you have, this extraordinary guide answers all your questions.

Find out how to: Choose the best health care team • Maintain tight control over glucose concentrations in the blood • Use, buy, and store insulin • Save money on supplies • Design an exercise and weight-loss plan • Recognize warning signs of low blood sugar • Maximize insurance coverage

—American Diabetes Association

1997, 446 pages, 8 1/2" x 10 1/2", paperback, \$19.95



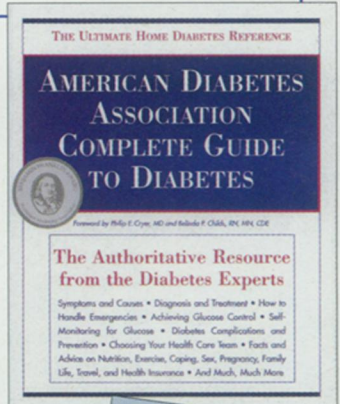
What You Really Need to Know About Cancer

With 20 years of experience as a practicing oncologist, Robert Buckman offers information to help patients and their families conduct focused and useful discussions with their physician about their health and other concerns. The topics covered are:

What we know about the causes of cancer • The difference between *cure* and *remission* • An overview of the most common cancers • Screening, early diagnosis, and prevention • Summaries of symptoms and treatments for common cancers • The four types of conventional treatment—surgery, radiotherapy, chemotherapy, and biologic therapy • Complementary, alternative, and unconventional treatments • Cancer, attitudes, and the mind • Living with cancer

—from Johns Hopkins University Press

1997, 363 pages, 7 1/2" x 9", paperback, \$19.95



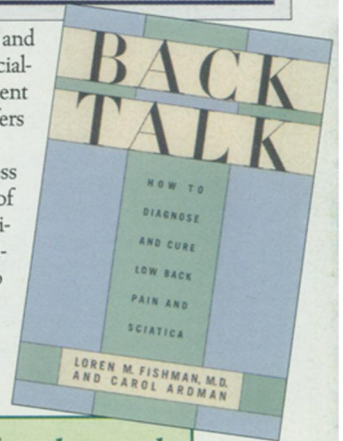
Back Talk

The sometimes crippling, often prolonged back pain that afflicts 2.5 million people in the United States at some time in their lives is harder to diagnose than it is to cure. Loren Fishman, a distinguished clinician and a trailblazer in the treatment of sciatica, believes patients can learn enough to help doctors identify the cause of their pain and make treatment decisions. Fishman offers advice on which specialist to see, what a physical exam should entail, and when to consent to diagnostic testing. Following analysis of the condition, he offers treatment and exercise suggestions.

According to Fishman: Most back pain is curable; less than 10 percent becomes chronic • More than four days of bedrest can make a backache worse • Patients who choose chiropractors visit them twice as often as those who choose medical doctors • More than 25 percent of people who go to orthopedic surgeons have referred themselves • The initial treatment any physician is likely to prescribe is aspirin or other nonsteroidal painkiller

—WW Norton

1997, 286 pages, 5 1/2" x 8 1/2", hardcover, \$25.00



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