



Wicomico Library Health Literacy Collection

Adult: DVD/Video

Title: Balance and Fall Reduction Programming (DVD)

By: Healthy Learning

Description: Presents an introductory overview of a specific treatment approach used by many physical therapists to address sensory deficiencies. The DVD details how to develop and implement an effective balance-training program for older adults, including how to assess balance.

Title: Breast Cancer Prevention and Treatment (DVD)

By: Films for the Humanities & Sciences

Description: A concise overview of critical concerns and issues regarding breast cancer, including the general pathology of cancer, the specifics of breast cancer, and the various risk factors. Also features how to perform self-examinations.

Title: Living Through the Heart Attack

By: NEVCO (National Educational Video)

Description: This program is part of our cardiovascular series designed to comply with the Joint Commission standards for education of patients and family.

Title: Patient's Guide to Cardiac Surgery (Coronary Bypass Surgery)

By: Film Ideas, Inc. (Video)

Description: What happens on the day of surgery, immediately after surgery on through the weeks after surgery is covered using 3D animations, video, and motion graphics. This program is designed to help set expectations and successfully help individuals understand the surgical procedure. Reviewed for accuracy by teams at Columbia University Medical Center, Stanford School of Medicine.

Title: Patient's Guide to Knee & Hip Replacement

By: Film Ideas, Inc. (Video)

Description: This program provides easy-to-understand information on knee and hip replacement surgery as well as arthritis, treatment options, and potential complications. Reviewed for accuracy by Western Orthopedics

Adult: Non-Fiction

Title: When Someone You Know Has Depression

Author: Susan J. Noonan, M.D.

Description: Mood disorders such as depression and bipolar disorder can be devastating to the person who has the disorder and to his or her family. Depression and bipolar disorder affect every aspect of how a person functions, including their thoughts, feelings, actions, and relationships with other people. Family members and close friends are often the first to recognize the subtle changes and symptoms of depression.

Title: Cholesterol Cure

Author: Rodale Health Books

Description: Specific foods and nutritional supplements, along with certain physical activities and other lifestyle factors have a direct correlation to healthy cholesterol levels. By introducing these natural remedies into your self-care regimen, you may be able to lower your cholesterol without drugs - safely, effectively, and for life. Learn what current studies have to say about 'forbidden foods' like red meats, eggs, and dairy.

Title: Master Your Diabetes: a comprehensive, integrative approach for both type 1 and type 2 diabetes

Author: Dr. Mona Morstein

Description: The evidence is clear: We are in the midst of a worldwide diabetes epidemic. In the United States alone, one in three Americans is either diabetic (29 million patients) or prediabetic (87 million patients), costing an annual.

Title: Menopause Confidential: A Doctor Reveals the Secrets to Thriving through Midlife

Author: Tara Allmen, M.D.

Description: An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field. The physical changes that occur after women turn forty are unavoidable--and can be unnerving. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor's Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one.

Title: Why Can't I Stop? Reclaiming Your Life from Behavioral Addiction

Author: Jon E. Grant, M.D.

Description: Addictions to drugs or alcohol are usually apparent, but what about behavioral addictions? A person addicted to shoplifting or gambling, for example, or picking at their skin, may suffer in the shadows while their behavior consumes their time and energy--and disrupts their life. Legal, medical, and financial troubles are common for such a person and their loved ones, as are social and family conflicts.

Title: A Woman's Guide to Healthy Aging: Seven Proven Ways to Keep You vibrant, Happy, & Strong

Author: Vivien Brown, M.D.

Description: A Woman's Guide to Healthy Aging is the first book written by a medical authority to tackle the key challenges women face as they grow older, including brain health and heart disease.

Title: The New American Herbal

Author: Stephen Orr

Description: Orr covers the entire spectrum of herbaceous plants, from culinary to ornamental to aromatic and medicinal, presenting them in an A to Z format packed with recipes, DIY projects, and ... examples of garden design highlighting herbal plantings.

Title: Promoting Individual and Community Health at the Library

Author: Mary Grace Flaherty

Description: Flaherty covers strategies used by libraries to improve people's access to and use of health information. Whether for an individual, a library program, or a community program, it is important to provide health information and sources that are not outdated, difficult to retain, or misrepresented. Public libraries are the perfect setting for empowering patrons with this information.

Title: The Complete Dash Diet: The Essential Guide to Lose Weight and Live Healthy

Author: Jennifer Koslo

Description: The standard American diet is filled with cheap, processed foods that can lead to hypertension and other health problems. The longer you've eaten these foods, the more difficult it can be to swap them out for healthy, whole foods. The Complete DASH Diet for Beginners offers the easiest way of starting--and sticking with--the DASH diet by walking you through every step, ensuring your evolution to better health is as stress-free as possible.

Title: How to Be Well: The 6 Keys to a Happy and Healthy Life

Author: Frank Lipman, M.D.

Description: In his bestselling book, The New Health Rules; Dr. Frank Lipman laid out a modern manifesto for living a healthy and fulfilling life. This is the essential follow up, a hands-on manual to mastering the habits, routines, and tactics that will help listeners improve their health and establish the pillars of lifelong vitality.

Title: Managing Type 2 Diabetes for Dummies

Author: American Diabetes Association; Elizabeth Kuball

Description: Written in simple-to-understand terms, Managing Type 2 Diabetes For Dummies is filled with a wealth of expert advice and includes the most current information on recent medical advances for treatment.

Title: How's It Hanging? : Expert Answers to the Questions Men Don't Always Ask

Author: Dr. Neil Baum

Description: Everything you need to know about men's health in one handy package.

Title: Dr. Patrick Walsh's Guide to Surviving Prostate Cancer

Author: Patrick C. Walsh, M.D.

Description: This year, an estimated 3000 American men will die of prostate cancer, and more than 30,000 will be diagnosed with the disease. This guide covers every aspect of prostate cancer, from potential causes to diagnosis, treatments and innovative means of controlling advanced stages of cancer.

Title: Fibromyalgia Freedom! Your essential cookbook and meal plan to relieve pain, clear brain fog & fight fatigue

Author: Kathleen Standafer

Description: Fibromyalgia is complicated. Finding relief shouldn't be. The focused, targeted, nutrient-rich diet presented in Fibromyalgia Freedom, makes it possible for you to start living a healthier, energized, symptom-free life today.

Title: Heart Solution for Women

Author: Mark Menolascino, MD

Description: From a leading internal medicine doctor on the front lines of cardiac research, a proven program for alleviating the number one killer of American women-heart disease-designed exclusively for the female body. In the United States today, heart disease kills more women than breast cancer, diabetes, and stroke. Featuring a unique, personalized protocol, Heart Solution for Women is an effective and achievable call to action women and their doctors can use to combatting and preventing this debilitating disease.

Title: Burnout: the secret to unlocking the stress cycle

Author: Emily Nagoski, Ph.d.

Description: This groundbreaking book explains why women experience burnout differently than men-- and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life.

Title: Eat to Beat Disease: the new science of how the body can heal itself

Author: William W. Li, M.D.

Description: Is your diet feeding or defeating disease? Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of well-being and disease prevention in an exhilarating new direction.

Adult: Large Print Books

Title: A Short Guide to a Long Life

Author: David Agus, M.D.

Description: A Short Guide to a Long Life is divided into three sections (What to Do, What to Avoid, and Doctor's Orders) that provide the definitive answers to many common and not-so-common questions: Who should take a baby aspirin daily? Are flu shots safe? What constitutes "healthy" foods? Are airport scanners hazardous? Dr. Agus believes optimal health begins with our daily routines. His book will help you develop new patterns of personal health care, using inexpensive and widely available tools that are based on the latest and most reliable science.

Title: Anticancer Living: Transform Your Life and Health With the Mix of Six

Author: Lorenzo Cohen, Ph.D.

Description: Anticancer Living provides an accessible, prescriptive guide to wellness based on the latest scientific findings and clinical trials, and it showcases the community of doctors, researchers, caregivers, and patients who have been inspired to create change.

Title: Aging Well with Diabetes

Author: Bottom Line, Inc.

Description: Diabetes is epidemic in the United States, especially if you're over the age of 50. Even if you're already being diligent about your health, a diagnosis can feel like an overwhelming extra burden. Aging Well with Diabetes was published to ease your anxiety, and provide easy access to the trusted collection of information that Bottom Line is known for. This accessible, thorough book offers breakthroughs on a vast array of topics, including: Foods that fight diabetes Weight loss and exercise essentials Heart health and blood pressure secrets Natural treatments and the right tests.

Title: In Defense of Food

Author: Michael Pollan

Description: The best-selling author of The Omnivore's Dilemma cites the reasons why people have become so confused about their dietary choices, counseling readers on the importance of enjoyable moderate eating of mostly traditional plant foods.

Children: DVD/Video

Title: REALITY MATTERS: STRESS AND ANXIETY

By: Discovery Education, produced in 2005, released in 2015, 24 minutes, sales rank: 77856

Description: How much stress are teenagers under today, and what are the specific issues that bother them? Examine the range of ways kids respond to peer pressure and academic stress.

Title: ELMO'S WORLD FOOD, WATER & EXERCISE

By: Sony Wonder, produced in 2005, released in 2005, 50 minutes, sales rank: 41837

Description: Join Elmo as he explores why food, water, and exercise are essential parts of our life! With Elmo, preschoolers will learn about foods from around the world, dip into deep water, and stay healthy and strong with exercise!

Title: FAMILY YOGA

By: Wonderscape Entertainment, LLC, produced in 2011, released in 2011, 60 minutes, sales rank: 42161

Description: Welcome to Family Yoga, a yoga series that the whole family can enjoy. Follow along as Tiffany Belzer, mother and yoga teacher, demonstrates a playful yet challenging series for all. Includes a program for younger children and one for older children.

Title: NUTRITION - TODAY'S GUIDE FOR A HEALTHY LIFE

By: 100% Educational Videos, produced in 2011, released in 2015, 20 minutes, sales rank: 74836

Description: A nutritionist leads kids on an exploration of nutritional foods, healthy activities, and appropriate serving sizes. They'll learn to classify and compare foods by nutritional value and food group. Students will prepare attractive examples of healthy meals and snacks and practice making healthy choices when eating out.

Title: NUTRITIONAL SCIENCE: HEALTH & WELL BEING IN THE 21ST CENTURY

By: TMW Media Group, produced in 2018, released in 2018, 18 minutes, sales rank: 20239

Description: Good nutrition is simply making sure the body gets all the nutrients, vitamins and minerals it needs to work at an optimum level. The benefits of good nutrition include mental fitness, ability to learn and concentrate strong bones and muscles, a good energy level, easier recovery from illness and a reduced risk of many diseases. Take a look at what scientists and nutritional experts are learning about the foods people eat and the impact they have on overall health and well-being.

Children & Teens: Books

All About Ear Infections

Author: Francesca Potts

Summary: The human body is amazing. But sometimes it gets sick or hurt. In this book, kids delve inside the body to learn all about the causes, symptoms, and treatments of ear infections. In this introductory title, readers will explore topics like ear tube surgery and ruptured eardrums.

All About Chickenpox

Author: Megan Borgert-Spaniol

Summary: Your body is amazing! But sometimes it gets sick or hurt. Chickenpox is a common illness for kids. It is known for its spotted rash! Find out the symptoms of chickenpox and how to feel better.

All About Head Lice

Author: Megan Borgert-Spaniol

Summary: Your body is amazing! But sometimes it gets sick. Head lice can live on people's scalps and cause itchiness. Find out about lice, why they make your head itch, and how to get rid of them.

All About Broken Bones

Author: Francesca Potts

Summary: The human body is amazing. But sometimes it gets sick or hurt. In this book, kids delve inside the body to learn all about the causes, symptoms, and treatments of broken bones. In this introductory title, readers will explore topics like fracture types, strains and sprains.

Stress Less: How to Achieve Inner Calm and Relaxation

Author: Aubre Andrus

Summary: It can be easy to get bogged down in stress. Luckily there are countless strategies to beat it. When you're feeling anxious or overloaded, the projects in this book can help. Calm down by following a guided meditation. Boost your mood with a healthy snack. Take a break from social media. Get your blood pumping with a guided 20-minute workout. Before you know it, you will be less stressed!

All About Bee Stings

Author: Megan Borgert-Spaniol

Summary: Many kids get stung by bees or wasps. It can hurt or cause a reaction. This book helps kids find out how to know if they were stung and how to treat the sting. Easy-to-read text, photographs and graphics help young readers explore what's going on inside of them while learning key science concepts.

All About Pink Eye

Author: Megan Borgert-Spaniol

Summary: Your body is amazing! But sometimes it gets sick or hurt. Pink eye can make your eyes red and itchy. But it doesn't last long. Find out what causes pink eye and how to treat it.

Happiness Hacks: How to Find Energy and Inspiration

Author: Aubre Andrus

Summary: Being happy is good for you. When you're happy, you're energized and motivated to get things done. If you're looking to find more joy in life or are feeling a little defeated, the projects in this book can help. Craft a vision board to help you achieve your goals. Rearrange your room for a change of scenery. Follow a guided 20-minute workout to get your blood pumping. Get motivated by completing a 30-day challenge.

The Hospital

Author: Julie Murray

Summary: The hospital is an important place in our communities. Kids will learn about why hospitals are needed, who works there, and what kinds of things happen there.

All About the Flu

Author: Megan Borgert-Spaniol

Summary: Your body is amazing! But sometimes it gets sick or hurt. Millions of kids get the flu each year. But they usually feel better in a week. Find out what causes the flu and how you can feel better too!

Cool Exercise: Healthy & Fun Ways to Get Your Body Moving

Author: Colleen Dolphin

Summary: Introduces reasons why exercise is important to physical and mental fitness, and includes hands-on fitness activities and games.

The Heart: A Graphic Novel Tour

Author: Joeming W Dunn

Summary: Ms. Hansen and the Explorers are very interested in learning. They want to know everything they can about the human body. But they aren't alone! The Zelms, Xeni and Zeno, have come from their planet to learn about Earth's beings too! They travel into the circulatory system, through the heart, and out to the body to learn how the heart pumps blood through the body.

Inside Your Body

Author: Francesca, R.N. Potts

Summary: Kids will love learning how their bodies work with the fun and fact-packed Inside Your Body series. From sore throats to broken bones, this engaging series explores some of the illnesses and injuries that keep kids home from school. Easy-to-read text and colorful graphics help young readers explore what's going on inside of them while learning key science concepts.

Grow a Garden: Sustainable Foods

Author: Susan Kesselring

Summary: Gives information about growing a sustainable garden at home, including picking the right vegetables, how to plant, and caring for the garden.

Lungs: A Graphic Novel Tour

Author: Joeming W Dunn

Summary: Ms. Hansen and the Explorers are very interested in learning. They want to know everything they can about the human body. But they aren't alone! The Zelmans, Xeni and Zeno, have come from their planet to learn about Earth's beings too! They travel into the respiratory system into the lungs' alveoli to learn how the lungs exchange oxygen for carbon dioxide. Come along as the Explorers and their favorite guest's tour the human lungs.

Cool Eating: Healthy & Fun Ways to Eat Right

Author: Summary: Alex Kuskowski

Introduces the importance of eating healthy, portion or serving sizes, and includes cooking basics and simple recipes.

Let's Move in the Outdoors

Author: Jackie Heron

Summary: Every season has outdoor activities for you to enjoy. Being in nature creates special feelings!

The Brain: A Graphic Novel Tour

Author: Joeming W Dunn

Summary: Ms. Hansen and the Explorers are very interested in learning--they want to know everything they can about the human body. But they aren't alone! The Zelmans, Xeni and Zeno, have come from their planet to learn about Earth's beings too! They travel through the nervous system, into the brain, and onto a neuron to learn how the brain works and all the functions it performs. Come along as the Explorers and their favorite guest's tour the human brain.

I Stay Active

Author: Martha E H Rustad

Summary: Learning to stay active is a tough job! Carefully leveled text allows the youngest readers to read independently and learn all about staying active.

Cool Sleeping: Healthy & Fun Ways to Sleep Tight

Author: Alex Kuskowski

Summary: Start building healthy habits early! This title gives kids a chance to practice wholesome living through eating, cleaning, science experiments, and crafts. Cool Sleeping introduces a cool new way for kids to sleep. They'll love the helpful hints on how to incorporate healthy living in their daily life and the easy step-by-step photos and instructions on how to make things like a slumber spray a dream log. Make being healthy fun and easy for kids today!

Liver: A Graphic Novel Tour

Author: Joeming W Dunn

Summary: Ms. Hansen and the Explorers are very interested in learning--they want to know everything they can about the human body. But they aren't alone! The Zelmans, Xeni and Zeno, have come from their planet to learn about Earth's beings too! They travel into the liver. Come along as the Explorers and their favorite guest's tour the human liver.

Make a Meal Plan: Smart Food Shopping

Author: Susan Kesselring

Summary: Provides information about shopping for healthier food, including reading nutrition fact labels, choosing in-season fruits and vegetables, and planning healthful meals.

Eat a Rainbow: Healthy Foods

Author: Susan Kesselring

Summary: Simple text and photographs introduce children to healthy eating in the main food groups.

Get Moving with Friends and Family

Author: Nadia Higgins

Summary: Shows games and activities that, when played with friends and family, can help promote health and well-being.

Get Moving in the City

Author: Jackie Heron

Summary: This series provides a straightforward, hands-on approach to the basics of healthy living for beginners of all ages. There are many places you can play in the city.

Move your muscles every day! This book in the Move and Get Healthy! Series will take readers through the basics of the muscular-skeletal system and healthy habits that are outlined in First Lady Michelle Obama's Let's Move! Campaign and the USDA's MyPlate guidelines. Clear instructions, applicable suggestions, and quick tips for making healthy choices, discovering a healthy self-image, and being active in the city will get your students to Move and Get Healthy!

The Kidneys: A Graphic Novel Tour

Author: Joeming W Dunn

Summary: Ms. Hansen and the Explorers are very interested in learning. They want to know everything they can about the human body. But they aren't alone! The Zelmans, Xeni and Zeno, have come from their planet to learn about Earth's beings too! They travel through the circulatory system into the bean-shaped kidneys, and out through the urinary system to learn how the kidneys filter waste and perform its other functions. Come along as the Explorers and their favorite guest's tour the human kidneys.

Cool Thinking: Healthy & Fun Ways to Train Your Brain

Author: Alex Kuskowski

Summary: Introduces the major premise of the brain and its' functions, and presents a variety of activities designed to provide mental exercise.

The Eyes: A Graphic Novel Tour

Author: Joeming W Dunn

Summary: Ms. Hansen and the Explorers are very interested in learning. They want to know everything they can about the human body. But they aren't alone! The Zelmans, Xeni and Zeno, have come from their planet to learn about Earth's beings too! They travel past the eyelids, through the eyes, into the optic nerve to learn how the eyes provide the sense of sight. Come along as the Explorers and their favorite guest's tour the eyes.

Cool Body Basics: Healthy & Fun Ways to Care for Your Body

Author: Alex Kuskowski

Summary: Discusses the importance of personal cleanliness and includes recipes for homemade toiletries.

Healthy Children, Healthy Lives

Author: Sharon Bergen

Summary: Training program designed to be used with the book Healthy children, healthy lives. This overview consists of a 30-45 minute training session. Participants will develop an understanding of the comprehensive nature of wellness, the importance of enhancing children's wellness, and the ways the Healthy children, healthy lives resources will be used to support children's wellness. Includes printable files for a facilitator's guide and participants guide.

Cool Relaxing: Healthy & Fun Ways to Chill Out

Author: Alex Kuskowski

Summary: Introduces healthy ways to relax and relieve stress, including meditation, yoga poses, stretching exercises, hands-on activities and recipe