

Consumer Health Information Service **1983**

Edited by Alan M. Rees



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7/ Spanish

Consumer Health Information Service 1983



Edited by
Alan M. Rees



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1983

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Introduction

The demand for health information by the general public seems insatiable. Despite the flood of information emanating from popular magazines, television talk shows and health fairs, the information needs of the public remain largely unsatisfied. It is clear that both in the doctor's office and in the hospital many questions remain unanswered, even unasked, on a wide variety of topics — hypertension, pregnancy and childbirth, diet and nutrition, drugs and medication, alcoholism, abortion, herpes, Down's Syndrome, cancer chemotherapy, contraception and so on.

The public library and other community information resources are continually confronted with consumer demands for health information. In many cases, the information required reflects a desire to extend and confirm what has been learned from health professionals or to obtain more current information than that available in book form. Almost 40% of consumer health questions in public libraries relate to the nature, identification, causes, symptoms, diagnosis and treatment of a vast array of diseases, complaints and ailments. Another 10% of questions are concerned with drugs and medication. A small but increasing number of questions relate to physical fitness, health maintenance, exercise and health promotion.

The current emphasis on disease prevention and health promotion is reflected in a large number of health and patient education programs. Physicians, nurses, hospital librarians, and health educators recognize the necessity for accurate and readily available health information to support the growing movement toward personal responsibility for health.

To satisfy these diverse demands, the CONSUMER HEALTH INFORMATION SERVICE was published for the first time in 1982. The program brings together publications from a wide variety of public and private organizations dedicated to the conquest of disease and the promotion of health. CHIS makes it possible to have quick and efficient access to the consumer health publications of voluntary health organizations, professional associations and institutes, and government agencies. Detailed subject access, annotations and full text are provided for over 1,200 booklets, pamphlets and leaflets of more than 165 health-related organizations.

This collection of information provides simple, succinct and authoritative answers to most of the questions which the average consumer may wish to have answered. The information in CHIS is in many instances more practical and supportive than that found in book literature. It should be highly useful to consumers, teachers, and library staff, and to health care providers engaged in a variety of formal and informal health education activity in library, classroom, hospital and clinic settings.

Alan M. Rees
Professor of Library Science
Matthew A. Baxter School of Information
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Case Western Reserve University
Cleveland, Ohio
April 1983

How to Use CHIS

CHIS consists of (1) a printed guide and (2) a collection of microfiche. These components enable the consumer to find current pamphlet literature on health concerns. In order to get maximum benefit from CHIS, the printed guide and the microfiche should always be used together.

PRINTED GUIDE

The pamphlets in CHIS are arranged in 33 broad subject categories. These categories are identified by a double alphabetical prefix, AA-BG. Each pamphlet is assigned to a single subject category. For example, a pamphlet on running would be in section AD: Physical Fitness and Exercise. A list of the subject categories and their corresponding double alphabetical prefixes is included on page xix.

Each pamphlet in CHIS is given a brief description which contains information about its title, size, issuing agency, content, intended audiences, and special features (charts, cartoons, etc.). These descriptions are arranged according to the broad subject categories and can be found beginning on page 1 of this guide. Each pamphlet is given a number in its subject category, AE1, AE2, AE3, etc.

A subject index begins on page 112. Subjects are indexed both by their proper medical names and by commonly used names. The subject index should be used when searching for a specific disease, symptom, drug, etc. The index section also includes a title index, page 100, and an author index, page 96.

MICROFICHE

The microfiche section of CHIS contains pamphlets arranged by broad subject category. Each description in the printed guide corresponds to a complete pamphlet on the microfiche. See the illustration of a fiche on page x.

Using the Printed Guide and Microfiche

If the topic which is of interest is broad or general, the best approach is to find the subject category in the list on page xix that best covers the topic. A person seeking general information on vision care, for example, would be most interested in section AW: Eyes and Vision. Once the subject category of interest has been identified, one would turn to the corresponding description section and browse until a pamphlet of interest is found.

If the topic of concern is more specific, such as a particular disease, the best approach is to find the desired topic in the detailed subject index. The index lists specific pamphlets dealing with a subject. Reading the corresponding description for the pamphlet in the abstract section allows the user to decide if the pamphlet is of interest.

Once a pamphlet is chosen for review, one need only match the pamphlet's identifying number with the microfiche card that contains the corresponding number.

Three sample CHIS searches follow.

SAMPLE SEARCH 1

Topic: FOOD COLORS

Step 1: Find the term "Food Colors" in the Subject Index.

FOOD colors *See:* food additives —
coloring

Step 2: Find the term "FOOD ADDITIVES" in the Subject Index.

FOOD additives AC 13, 14, 15, 16, 17,
18, 31; AF 33
BHA AC 13
BMT AC 13
coloring AC 33
fortification AC 16, 18
iodine AC 19
law and legislation AC 15, 18
meat tenderizers AC 13
monosodium glutamate AC 13, 37
preservatives AC 16
salt AC 6, 22, 49, 54, 79; AU 21
Spanish language
AU 21
sugar AC 35



Step 3: Turn to the abstract section and read the description of AC 33.

AC 33

Institute of Food Technologists.

Food Colors. Chicago, Ill. : The Institute, 1980. 8 p.
Discusses the safety of food colors and the recent controversy over their use. Short report on the links between the appearance of food and its taste. Historical overview of the use of coloring agents and control of color use. Reports on FDA role in regulation of food colors. Reviews the case of FDC Red No. 2. Describes naturally occurring pigments. Provides chart showing total annual consumption of food colors and average daily intake by age of consumer and product category. Includes bibliography.

Step 4: To find pamphlet AC 33, match with the proper microfiche.

	AC FOOD AND NUTRITION		1983 AC 32—AC 40 Card 5 of 13
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Step 5: Read pamphlet on the microfiche in a reader.

SAMPLE SEARCH 2

Topic: ALLERGIES

Step 1: For a general topic such as this one, find the broad subject category that best fits from the list on page xix.

BB = Dental Care
BC = Handicapped
BD = Skin and Hair
BE = Allergies

Step 2: Turn to the abstract section for BE = Allergies and find a pamphlet of interest.

Allergies

BE 10

The New York Times.

Allergies of Spring To Get Shots or Not. New York, N.Y. : The Times, 4/1/81, Sec. C, p. 1. Newspaper article. Notes that allergy shots, while relieving the symptoms of allergy, rarely cure the allergy itself or relieve symptoms for an extended period of time. Defines allergy, how allergy shots work, when they should be used, and some possible harmful effects.

BE 11

Pharmacia Diagnostics.

About Allergic Reactions To Insect Stings...The Newest and Best Ways To Avoid Them. Piscataway, N.J. : Pharmacia Diagnostics, [no date]. Pamphlet. Describes the causes of allergic reactions to insect stings; diagnostic testing for allergies; treatment procedures and precautions you can take. Presents important characteristics of honeybees, wasps, hornets and yellow jackets. Provides a self-help checklist.

BE 12

American Lung Association.

What You Should Know About Allergy. New York, N.Y. : The Association, 1980. Pamphlet. Describes incidence, causes, occurrence and treatment of allergies. If your body reacts excessively to something in the world around you, you are called allergic. Describes how a substance causes an allergic reaction and what happens to the body. Food, feather particles, small animal hairs, plants, fabrics, animal bites, physical and emotional factors can all cause allergic reactions.

Step 3: Pamphlet BE 11 is of interest to you. Match BE 11 with the proper microfiche.



BE
ALLERGIES



1983
BE 8-BE 15
Card 3 of 3

Step 4: Read pamphlet on the microfiche in a reader.

SAMPLE SEARCH 3

Topic: CONVALESCENT HOMES

Step 1: Find the term “Convalescent Homes” in the Subject Index.

CONVALESCENT HOMES *See:* nursing homes

Step 2: Find “NURSING HOMES” in the Subject Index.

NURSING homes AM 14
choice of AB 7



Step 3: Turn to the abstract section and read the description of AB 7.

AB 7

Health Care Financing Administration.

How to Select a Nursing Home. Baltimore, Md. : The Administration, 1980. Booklet, 55 p. (HCFA-30043). An encyclopedic compilation of valuable information on the alternatives to institutional care, types of nursing homes, ownership and management, regulations, patients' rights, Medicare and Medicaid support factors in selecting a nursing home. Contains a detailed checklist of factors to consider. Highly informative and useful.

Step 4: To find pamphlet AB 7, match with the proper microfiche.

	AB MEDICAL CONSUMERISM		1983 AB 7—AB 9 Card 2 of 5
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Step 5: Read pamphlet on the microfiche in a reader.

MICROFICHE SAMPLE

Subject Category List	Subject Category	Pamphlet Locator	Pamphlets Included On Fiche	Card Number
CHIS	AL SMOKING		1983 AL 1-AL 11 Card 1 of 4	

Participating Organizations

Al-Anon Family Group
Headquarters, Inc.
P.O. Box 182
Madison Square Station
New York, NY 10159

Alabama Department of Public
Health
Bureau of Primary Prevention
206 State Office Building
Montgomery, AL 36130

Alcoholics Anonymous World
Services, Inc.
468 Park Avenue South
New York, NY 10016
Tel. 212-686-1100

Alcohol, Drug Abuse, and Mental
Health Administration
5600 Fishers Lane
Rockville, MD 20857

Alexander Graham Bell Association
for the Deaf, Inc.
3417 Volta Place, N.W.
Washington, DC 20007
Tel. 202-337-5220

American Academy of
Otolaryngology-Head and
Neck Surgery, Inc.
1101 Vermont Ave. NW, Suite 302
Washington, DC 20036
Tel. 202-737-7062

American Chiropractic
Association
2200 Grand Avenue
Des Moines, IA 50312

American College of Surgeons
55 East Erie St.
Chicago, IL 60611

American Council For Healthful
Living
439 Main St.
Orange, NJ 07050

American Dental Association
211 East Chicago Ave.
Chicago, IL 60611

American Diabetes Association
2 Park Ave.
New York, NY 10016

The American Fertility Society
1608 Thirteenth Ave. South, Suite
101
Birmingham, AL 35256-6199

American Foundation for the Blind,
Inc.
15 West 16th St.
New York, NY 10011
Tel. 212-260-2000

American Heart Association
7320 Greenville Ave.
Dallas, TX 75231

American Leprosy Missions, Inc.
1262 Broad St.
Bloomfield, NJ 07003
Tel. 201-338-9197

The American Liver Foundation
30 Sunrise Terrace
Cedar Grove, NJ 07009
Tel. 201-857-2626

American Lung Association
1740 Broadway
New York, NY 10019
Tel. 212-245-8000

American Narcolepsy Association
Box 5846
Stanford, CA 94305

American Optometric Association
243 N. Lindbergh Blvd.
St. Louis, MO 63141
Tel. 314-991-4100

American Osteopathic Association
212 E. Ohio St.
Chicago, IL 60611
Tel. 312-280-5800

American Society For
Psychoprophylaxis in
Obstetrics
1411 K. St. NW, Suite 200
Washington, DC 20005
Tel. 202-783-7050

American Society of Hospital
Pharmacists
4630 Montgomery Ave.
Washington, DC 20014

American Society of Internal
Medicine
1101 Vermont Ave., NW, Suite 500
Washington, DC 20005
Tel. 202-289-1700

American Speech-Language-Hearing
Association
10801 Rockville Pike
Rockville, MD 20852

American Spice Trade Association
928 Broadway
New York, NY 10010

American Tinnitus Association
PO Box 5
Portland, OR 97207

Amyotrophic Lateral Sclerosis Society
of America
15300 Ventura Blvd., Suite 315
Sherman Oaks, CA 91403
Tel. 213-990-2151

Arthritis Foundation
3400 Peachtree Rd., NE
Atlanta, GA 30326

Ashford Health Products
23272 L'Enfant Plaza
Washington, DC 20024
Tel. 703-931-9300

Association for Retarded Citizens
National Headquarters
PO Box 6109
Arlington, TX 76011

Best Foods
CPC International Inc.
Englewood Cliffs, NJ 07632

Bureau of Community Health
Services
5600 Fishers Lane
Rockville, MD 20857

CBS, Inc.
518 57th St. (518/5)
New York, NY 10019

Carolina Population Center
401 University Square
Chapel Hill, NC 27514

Center for Consumer Health
Education
380 West Maple Ave.
Vienna, VA 22180

Center for Human Services
5530 Wisconsin Ave.
Chevy Chase, MD 20015

The Center for the Study of Drug
Policy
530 8th St. SE
Washington, DC 20003

Centers for Disease Control
1600 Clifton Road, NE
Atlanta, GA 30333

Coalition for the Medical Rights of
Women
1630-B Haight St.
San Francisco, CA 94117

Committee to Combat Huntington's
Disease
250 W. 57th St., Suite 2016
New York, NY 10019
Tel. 212-757-0433

Concern for Dying
250 West 57th St.
New York, NY 10019

Consumers' Research Magazine
PO Box 168
Washington, NJ 07882

Cooley's Anemia Foundation, Inc.
420 Lexington Ave.
New York, NY 10017
Tel. 212-697-7750

The Coronary Club, Inc.
3659 Green Rd.
Cleveland, OH 44122

The Couple to Couple League
3621 Glenmore Ave.
PO Box 11084
Cincinnati, OH 45211
Tel. 513-661-7612

Cystic Fibrosis Foundation
6000 Executive Blvd., Suite 309
Rockville, MD 20852
Tel. 301-881-9130

Deafness Research Foundation
55 East 34th St.
New York, NY 10016
Tel. 212-684-6556

DES Action National
1638-B Haight St.
San Francisco, CA 94117

Do It Now Foundation
PO Box 5115
Phoenix, AZ 85010
Tel. 602-257-0797

Dooner Laboratories
A Division of William H. Rorer, Inc.
500 Virginia Dr.
Fort Washington, PA 19034
Tel. 215-628-6000

Down's Syndrome Congress
1640 W. Roosevelt Rd.
Chicago, IL 60608
Tel. 312-226-0416

Duke University Poison Control
Center
Box 3007
Durham, NC 27710

Dysautonomia Foundation, Inc.
370 Lexington Ave.
New York, NY 10017

Eli Lilly and Company
307 East McCarthy St.
Indianapolis, IN 46206

Epilepsy Foundation of America
1828 L St. NW
Washington, DC 20036

Federation for Children with Special
Needs
120 Boylston Street Suite 338
Boston, MA 02116
Tel. 617-482-2915

The Feingold Association of New
York, Inc.
1034 Jericho Turnpike
Smithtown, NY 11787

Food and Drug Administration
Office of Public Affairs
5600 Fishers Lane
Rockville, MD 20857

Food Safety and Inspection Service
United States Department of
Agriculture
Room 3606-S
Washington, DC 20250

Friedreich's Ataxia Group
PO Box 11116
Oakland, CA 94611

The Group Health Association of
America, Inc.
1717 Massachusetts Ave., NW
Washington, DC 20036

Health Care Financing
Administration
330 C St., SW
Washington, DC 20201

Health Insurance Association of
America
1850 K St., NW
Washington, DC 20006

Health Resources Administration
Center Building
3700 East-West Highway
Hyattsville, MD 20782

Hogg Foundation for Mental Health
The University of Texas
Austin, TX 78712

Hospital Council of Southern
California
6255 Sunset Blvd., Suite 817
Los Angeles, CA 90028

The Human Life and Natural Family
Planning Foundation
205 South Patrick St.
Alexandria, VA 22314
Tel. 703-836-3377

Indiana State Board of Health
1330 West Michigan St.
Indianapolis, IN 46206

Institute of Food Technologists
221 N. LaSalle St., Suite 2120
Chicago, IL 60601
Tel. 312-782-8424

International Childbirth Education
Association
PO Box 20048
Minneapolis, MN 55420

Joslin Diabetes Foundation, Inc.
One Joslin Place
Boston, MA 02215
Tel. 617-732-2400

Leader Dogs for the Blind
1039 South Rochester Rd.
Rochester, MN 48063

Lederle Laboratories
A Division of American Cyanamid
Co.
Pearl River, NY 10965

Leukemia Society of America, Inc.
800 Second Ave.
New York, NY 10017

Maternity Center Association
48 East 92nd St.
New York, NY 10028
Tel. 212-369-7300

Merck Sharp and Dohme
Health Information Services
West Point, PA 19486

Metropolitan Life Insurance Co.
One Madison Ave.
New York, NY 10010

Mississippi State Board of Health
PO Box 1700
Jackson, MS 39205
Tel. 601-354-6612

Muscular Dystrophy Association
810 Seventh Ave.
New York, NY 10019

National Alliance for Optional
Parenthood
distributed by:
E.T.R. Associates, Inc.
1700 Mission St. #203
Santa Cruz, CA 95060

National ALS Foundation, Inc.
185 Madison Ave.
New York, NY 10016
Tel. 212-679-4016

National Association for the
Advancement of Leboyer's Birth
Without Violence
PO Box 248455
Coral Gables, FL 33124

National Association of Patients on
Hemodialysis and Transplantation,
Inc.
156 William St.
New York, NY 10038
Tel. 212-619-2727

National Association of Private
Psychiatric Hospitals
1319 F St., NW, Suite 1000
Washington, DC 20004
Tel. 202-393-6700

National Ataxia Foundation
6681 Country Club Dr.
Minneapolis, MN 55427

National Cancer Institute
9000 Rockville Pike
Bethesda, MD 20205

National Council on Alcoholism, Inc.
733 Third Ave.
New York, NY 10017
Tel. 212-986-4433

National Dairy Council
6300 North River Rd.
Rosemont, IL 60018

National Down Syndrome Society
146 East 57th St.
New York, NY 10022
Tel. 212-421-9800

National Eye Institute
9000 Rockville Pike
Bethesda, MD 20205

National Foundation for Ileitis and
Colitis, Inc.
295 Madison Ave.
New York, NY 10017

National Hearing Aid Society
20361 Middlebelt Rd.
Livonia, MI 48152

National Heart, Lung and Blood
Institute
9000 Rockville Pike
Bethesda, MD 20205

The National Hemophilia Foundation
19 West 34th St., Suite 1204
New York, NY 10001
Tel. 212-563-0211

National Highway Traffic Safety
Administration
400 Seventh St., SW
Washington, DC 20590

National Huntington's Disease
Association
128A East 74 St.
New York, NY 10021
Tel. 212-744-0302

National Institute of Allergy and
Infectious Diseases
9000 Rockville Pike
Bethesda, MD 20205

National Institute of Arthritis,
Diabetes, Digestive and Kidney
Diseases
9000 Rockville Pike
Bethesda, MD 20205

National Institute of Child Health
and Human Development
900 Rockville Pike
Bethesda, MD 20205

National Institute of Dental Research
9000 Rockville Pike
Bethesda, MD 20205

National Institutes of Health
9000 Rockville Pike
Bethesda, MD 20205

National Institute of Mental Health
5600 Fishers Lane
Rockville, MD 20857

National Institute of Neurological
and Communicative Disorders and
Stroke
9000 Rockville Pike
Bethesda, MD 20205

National Institute on Aging
9000 Rockville Pike
Bethesda, MD 20205

National Institute on Alcohol Abuse
and Alcoholism
5600 Fishers Lane
Rockville, MD 20857

National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

National Jewish Hospital and
Research Center
3800 East Colfax Ave.
Denver, CO 80206

National Kidney Foundation, Inc.
2 Park Ave.
New York, NY 10016
Tel. 212-889-2210

National Multiple Sclerosis Society
205 East 42nd St.
New York, NY 10017
Tel. 212-986-3240

The National Neurofibromatosis
Foundation Inc.
70 West 40th St., 4th Floor
New York NY 10018
Tel. 212-869-9034

National Psoriasis Foundation
PO Box 1365
Portland, OR 97207

National Retinitis Pigmentosa
Foundation
8331 Mindale Circle
Baltimore, MD 21207
Tel. 301-655-1011

National Reye's Syndrome
Foundation, Inc.
426 North Lewis
Bryan, OH 43506
Tel. 419-636-2679

National Society for Children and
Adults with Autism
1234 Massachusetts Ave., NW, Suite
1017
Washington, DC 20005

National Tay Sachs and Allied
Diseases Association, Inc.
92 Washington Ave.
Cedarhurst, NY 11516
Tel. 516-569-4300

National Temporal Bone Banks
Program
55 East 34th St.
New York, NY 10016

The New York Times
229 West 43rd Street
New York, NY 10036

Norwich-Eaton Pharmaceuticals
Div. of Morton Norwich Products,
Inc.
13-27 Eaton Ave.
Norwich, NY 13815

The Nutrition Foundation, Inc.
489 Fifth Ave.
New York, NY 10017

Office on Smoking and Health
Public Health Service
Department of Health & Human
Services
Rockville, MD 20857

Oregon State Health Division
Department of Human Resources
1400 SW 5th Ave.
Portland, OR

ORTHO Pharmaceutical Corp.
Route 202
Raritan, NJ 08869

Orton Dyslexia Society
724 York Rd.
Baltimore, MD 21204
Tel. 301-296-0232

Osteogenesis Imperfecta Foundation,
Inc.
PO Box 428
Van Wert, OH 45891
Tel. 419-238-9678

Paget's Disease Foundation, Inc.
PO Box 2772
Brooklyn, NY 11202
Tel. 212-596-1043

Parents Experiencing Perinatal Death
PO Box 38445
Germantown, TN 38138

Parkinson's Disease Foundation
650 West 168th St.
New York, NY 10032

Pennsylvania Department of Health
PO Box 90
Harrisburg, PA 17120

Personal Products Company
Milltown, NJ 08850

Pharmacia Diagnostics
Division of Pharmacia, Inc.
800 Centennial Ave.
Piscataway, NJ 08854

Planned Parenthood Federation of
America, Inc.
810 Seventh Ave.
New York, NY 10019

Prader-Willi Syndrome Association
5515 Malibu Drive
Edina, MN 55436

President's Committee on
Employment of the Handicapped
1111 Twentieth St., NW
Washington, DC 20036

President's Council on Physical
Fitness and Sports
Washington, DC 20201

Public Health Service
200 Independence Ave., SW
Washington, DC 20201

Reed & Carnrick
30 Boright Ave.
Kenilworth, NJ 07033
Tel. 201-981-0070

Salt Institute
206 N. Washington St.
Alexandria, VA 22314
Tel. 703-549-4648

Shriners Hospitals for Crippled
Children
PO Box 25356
Tampa, FL 33622
Tel. 813-885-2575

Social Security Administration
6401 Security Boulevard
Baltimore, MD 21235

Speech Foundation of America
PO Box 11749
Memphis, TN 38111

Spina Bifida Association of America
343 S. Dearborn
Chicago, IL 60604

State of Missouri
Department of Mental Health
2002 Missouri Boulevard
PO Box 687
Jefferson City, MO 65102
Tel. 314-751-4942

Sunkist Growers, Inc.
Box 7888
Van Nuys, CA 91409

Sunspot Productions
Box 2525
Newberry Park, CA 91320

Tourette Syndrome Association
41-02 Bell Boulevard
Bayside, NY 11361
Tel. 212-224-2999

U.S. Consumer Product Safety
Commission
1111 Eighteenth St., NW
Washington, DC 20207

U.S. Department of Agriculture
14th Street and Independence Ave.,
SW
Washington, DC 20250

U.S. Department of Commerce
National Bureau of Standards
14th Street between Constitution Ave.
and E Street, NW
Washington, DC 20230

U.S. Department of Health and
Human Services
200 Independence Ave., SW
Washington, DC 20201

U.S. Department of Housing and
Urban Development
451 Seventh St., SW
Washington, DC 20410

U.S. Department of Justice
Drug Enforcement Administration
Constitution Avenue and 10th Street,
NW
Washington, DC 20530

U.S. Department of Transportation
400 Seventh St., SW
Washington, DC 20590

U.S. Federal Trade Commission
Pennsylvania Avenue at 6th St., NW
Washington, DC 20580

United Cerebral Palsy Association
Inc.
66 East 34th St.
New York, NY 10016

United Fresh Fruit and Vegetable
Association
North Washington at Madison
Alexandria, VA 22314
Tel. 703-836-3410

Up Front Inc.
Box 330589
Coconut Grove, FL 33133

The Upjohn Company
Upjohn Health Care Services
3651 Van Rick Drive
Kalamazoo, MI 49002-1897
Tel. 616-323-4000

Vision Conservation Institute
921-11th St. Suite 604
PO Box 2591
Sacramento, CA 95812
Tel. 916-446-0333

Voice of Prophecy
Box 55
Los Angeles, CA 90053

Wisconsin Clearinghouse
1954 E. Washington Ave.
Madison, WI 53704-5291
Tel. 608-263-2797

Young Drug Product Corp.
PO Box 385
Piscataway, NJ 08854

CHIS Subject Categories

AA = General Health
AB = Medical Consumerism
AC = Food and Nutrition
AD = Physical Fitness and Exercise
AE = Human Sexuality
AF = Health of Children
AG = Health of Women
AH = Health of Elderly
AI = Drugs and Medication
AJ = Drug Abuse
AK = Alcohol and Alcoholism
AL = Smoking
AM = Mental Health and Illness
AN = Cancer
AO = Heart Disease, Blood Vessels, Stroke
AP = Blood and Blood Disorders
AQ = Pain
AR = Lungs and Respiratory System
AS = Neurological and Neuromuscular Diseases
AT = Gastrointestinal-Digestive System
AU = Kidney and Urinary Tract
AV = Bone and Joint Diseases
AW = Eyes and Vision
AX = Genetic Diseases and Birth Defects
AY = Infectious Diseases
AZ = Diabetes
BA = Ear, Nose, Throat
BB = Dental Care
BC = Handicapped
BD = Skin and Hair
BE = Allergies
BF = Safety
BG = Death and Dying

The Abstracts

General Health

AA 1

Food and Drug Administration.

On Making It Through the Night. Washington, D.C. : FDA, 1980. Leaflet. (HEW Publication No. (FDA)80-3095. Reprinted from FDA Consumer, September, 1979.). Describes the four stages of sleep and the nature of the sleep cycle and the problem of insomnia. Also discusses use of sedative-hypnotic drugs, biofeedback and sleep clinics.

AA 2

Norwich-Eaton Pharmaceuticals.

Bon Voyage : Tips for Healthy Foreign Travel. New York, N.Y. : Norwich-Eaton, 1980. Pamphlet. Helpful advice on making your trip a healthy one. Recommends seeing your doctor, checking on necessary vaccinations, making sure you are well identified in case you need medical care while you are away. Suggests items to take, what to wear and precautions to take while on vacation.

AA 3

National Institutes of Health.

Childhood Immunization : Life Saving Protection That Every Family Needs. First of Five Parts. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health. 821-HHS-1180). Concise description of why children should be immunized.

AA 4

National Institutes of Health.

Inmunizacion Infantil : La Protección de Vida Que Toda Familia Necesita. Primero de Cinco Artículos. Bethesda, Md. : The Institutes. Leaflet. (The Search for Health. 822-HHS-1180-T). Spanish language version of 'Childhood Immunization : Life Saving Protection That Every Family Needs.' (AA3)

AA 5

National Institutes of Health.

Childhood Immunization : Immunization; A Family Responsibility. Second of Five Parts. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health). Brief description of why immunization is important. Childhood diseases are dangerous : they can cripple; they can kill. Immunization can reduce the risk to your child.

AA 6

National Institutes of Health.

Inmunizacion Infantil : La Inmunización—Una Responsabilidad Familiar. Segundo de Cinco Artículos. Bethesda, Md. : The Institute, [no date]. Leaflet. (The Search for Health. 824-HHS-1180-T). Spanish language version of 'Childhood Immunization : Immunization; A Family Responsibility.' (AA5)

AA 7

National Institutes of Health.

Childhood Immunization : Measles, Rubella and Mumps. Third of Five Parts. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health. 825-HHS-1180) . Brief summary of the symptoms and complications of measles, mumps and rubella. Encourages parents to have not only young children but also unprotected older children immunized against these diseases.

AA 8

National Institutes of Health.

Inmunizacion Infantil : Sarampión, Rubéola y Paperas. Tercero de Cinco Artículos. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health). Spanish language version of 'Childhood Immunization : Measles, Rubella and Mumps.' (AA7)

AA 9

National Institutes of Health.

Childhood Immunization : Diphtheria, Pertussis and Tetanus. Fourth of Five Parts. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health. 827-HHS-1280). Brief description of the symptoms and complications of diphtheria, pertussis (whooping cough), and tetanus. Explains how these diseases can be prevented with a series of combination DPT vaccine. Recommends booster doses for diphtheria and tetanus every ten years.

AA 10

National Institutes of Health.

Inmunizacion Infantil : Diftería, Tos Ferina y Tétano. Este Es El Cuarto de Cinco Artículos. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health. 828-HHS-1280-T). Spanish language version of 'Childhood Immunizations : Diphtheria, Pertussis and Tetanus.' (AA9)

AA 11

National Institutes of Health.

Childhood Immunization : Polio and Vaccines. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health). Outlines the dramatic decrease in the incidence of polio after the first mass immunization drives against polio, a contagious viral disease that occurs most often in children between the ages of one and sixteen. Emphasizes the need for all healthy infants and young people to receive polio vaccine if this disease is to be prevented.

AA 12

National Institutes of Health.

Inmunizacion Infantil : La Polio y Las Vacunas. Ultimo de Cinco Artículos. Bethesda, Md. The Institutes, [no date]. Leaflet. (The Search for Health. 830-HHS-1280-T). Spanish language version of 'Childhood Immunization : Polio and Vaccines.' (AA11)

AA 13

Peterson, Faye.

Vaccine Recommendations. [Rockville, Md.] : Food and Drug Administration, 1978. [4 p]. (HEW Publication No. (FDA)79-9004. Reprinted from FDA Consumer, July-August, 1978). Summary information about vaccines based on recommendations of the Public Health Service. Describes the types of vaccine available—measles; polio; rubella (German measles); diphtheria; tetanus; pertussis (DIP); mumps; influenza; pneumococcal pneumonia; rabies; viral hepatitis; smallpox; typhoid; yellow fever; and bubonic plague—their possible side effects and who should get them.

AA 14

Lederle Laboratories.

Diphtheria. [Pearl River, N.Y.] : Lederle, 1978. Leaflet, 3 p. Outlines description of the development of immunization against diphtheria. Describes the disease and emphasizes the need for immunization of infants and young children and booster shots.

AA 15

Food and Drug Administration.

A Careful Look Into Tanning Booths. Rockville, Md. : The Administration, 1980. [3 p]. (HHS Publication No. (FDA)81-8149. Reprinted from FDA Consumer, October, 1980). Essential information for anyone considering use of a tanning booth. Describes some of the health problems that may result from use of these booths - increased risk of skin cancer, premature aging of the skin, eye problems. Recommends honoring time limits and wearing protective eye goggles and avoiding direct contact with the lamps if you do choose this method of tanning. Lists products that may increase your sensitivity to ultraviolet light.

AA 16

National Institutes of Health.

How to Donate the Body or Its Organs for Transplantation, Medical Education and Research. [Bethesda, Md.] : The Institutes, 1980. Booklet. (NIH Publication No. 80-776). Describes how kidneys, corneas from the eyes, bones, skin and other tissues can be donated for transplantation or your whole body for medical education and research. Provides information for the family when a relative dies.

AA 17

Miller, Roger W.

The Voice of the Quack. Rockville, Md. : Food and Drug Administration, 1980. Leaflet [2 p]. (HHS Publication No. (FDA)80-1082. Reprinted from FDA Consumer, October, 1980). The quack manipulates language to charm money out of you for products that can't possibly work. Illustrates how a mixture of mysticism, pseudo-science and sensationalism are combined to remove money from your pocket for a worthless and sometimes potentially dangerous 'cure.' Includes a list of quack language from A to Z.

AA 18

Food and Drug Administration.

The Big Quack Attack : Medical Devices. Rockville, Md. : The Administration, 1980. Booklet, 23 p. (HHS Publication No. (FDA)80-4022). According to some estimates Americans spend millions of dollars each year on medical device frauds. Describes where these products are advertised, and what the government can do about them. Lists the three major types of hazards associated with medical quackery - direct health hazards, indirect health hazards and economic fraud; also FDA's nine categories of quack medical devices - figure enhancers; arthritis and pain relievers; sleep aids; hair and scalp devices; youth prolongers; sex aids; respiratory, pure air and water devices; disease diagnosis and cure-alls. All of these devices are listed in a handy reference chart along with brand name and action taken against the manufacturer or distributor.

AA 19

DES Action.

If You Were Born After 1940, You May Be A DES Son. To Find Out About DES Read On... New Hyde Park, N.Y. . DES Action, [no date]. Leaflet. Essential information for men whose mothers were given the drug DES. Describes how to find out if you are a DES son and what to do if you think your mother took the drug. Outlines the potential medical problems of DES sons. Lists names under which DES has been sold.

AA 20

National Institute of Mental Health.

Consumer Fact Sheet : Insomnia. Rockville, Md. : The Institute, [no date]. Leaflet. Answers the question, 'How much sleep is 'normal'?' Describes the treatment approaches to situational insomnia (noisy neighbors); physiological causes such as duodenal ulcer; arthritis; emotional stress situations or an actual mental illness; and chronic primary, i.e. insomnia of unknown causes.

AA 21

American Chiropractic Association.

Consumer's Guide To Chiropractic Health Care. Des Moines, Iowa : The Association, 1980. 16 p. Describes the practice and philosophy of chiropractic health care. Provides checklist for selecting your doctor of chiropractic. Describes usual and customary chiropractic procedures, patient safeguards, responsibilities of the doctor and patient and elements of a thorough chiropractic examination.

AA 22

Asociación Americana de Quiropráctica (American Chiropractic Association).

Guía del Consumidor Para La Atención Quiropráctica de la Salud. Des Moines, Iowa : Asociación, 1980. 16 p. Spanish language edition of 'Consumer's Guide To Chiropractic Health Care.' (AA21)

AA 23

United Cerebral Palsy Association.

Children Don't Have To Have Measles. New York, N.Y. : The Associations, [no date]. Leaflet. Encourages parents to protect their children from measles. Once thought to be relatively harmless, we now know that measles—both regular (rubeola) and German (rubella) can cause serious health problems. Outlines these dangers.

AA 24

The New York Times.

As Seventy-five Million Toss and Turn, Studies Pursue the Secret of Sleep. New York, N.Y. : The Times, 4/21/81, Sec. C, p. 1. Newspaper article. Notes recent findings in the study of insomnia, a sleep disorder that affects more than 75 million Americans. Lists possible causes, ways of treatment, problems caused by drug treatment, and current research.

AA 25

The New York Times.

Transplants Are Surging As Survival Rates Improve. New York, N.Y. : The Times, 10/5/82, Sec. p. 1. Newspaper article. Notes the rise in success rates for all types of transplants. Contains chart on survival rates and in-depth information on Cyclosporine, the new anti-rejection drug which is in large part credited with the increased success of transplant surgery. Discusses the problems doctors face in finding organs for transplantation, statistics on Americans who allow donation in the event of death, and some new laws which could help surgeons find more suitable organs for transplant.

AA 26

Metropolitan Life Insurance Company.

Learn the ABC of Life Support. New York, N.Y. : The Company, 1980. Leaflet. Brief outline on how to administer cardiopulmonary resuscitation. Emphasizes the need for the necessary special training.

AA 27

The New York Times.

The Need to Understand Lab and Other Tests and to Assess What They Find Correctly. New York, N.Y. : The Times, 8/19/81, Sec. C, p. 10. Newspaper article. What you should know about common medical tests—how they are given, how to judge results, errors, and the importance of understanding and discussing the results with your physician.

AA 28

CBS, Inc.

Night Shift Work. New York, N.Y. : CBS, 1982. Television transcript. February 2, 4, 1982. (Broadcast in two parts on CBS Morning News). Approximately ten million Americans work a night shift at least part of the time, and many experience high divorce rate, ulcers, increased abuse of drugs or alcohol and sleep problems. In-depth study of the problems caused by night shift work. Covers sleep patterns, advice on how to cope with night shift work, diet, and ways employers can help.

AA 29

The Center for Consumer Health Education.

Health and the Holidays. Reston, Va. : The Center, [no date]. Leaflet. (Taking Care). Discusses the health problems that often accompany holiday seasons—eating too much, drinking too much, depression, fatigue, and stress. Lists suggestions to avoid health problems that occur in the Halloween to New Year's period.

AA 30

The Center for Consumer Health Education.

LifeScore for Your Health. Vienna, Va. : The Center, 1980. Quiz. Lifestyle has a great deal to do with your health and your future. Quiz allows you to rate your current lifestyle as it relates to a healthy life. Covers exercise, diet and weight, alcohol, smoking and personal and family medical history. Points scored show your probability of leading a long, healthy life. Also contains the Holmes Scale, designed to measure stress.

AA 31

National Institute of Mental Health.

Plain Talk About Mutual Help Groups—People Who Know Just How You Feel. Rockville, Md. : The Institute, 1981. Pamphlet, 4 p. (DHHS Publication No. (ADM)81-1138). Millions of people need help in coping with physical or emotional illnesses. This pamphlet is an excellent overview of the mutual help groups that provide an alternative to trying to cope alone. Explains the purpose of such groups, how they operate and what to expect in a group meeting. Lists many groups and the types of problems they can help with.

AA 32

Alcohol, Drug Abuse, and Mental Health Administration.

Passport to Good Health Care. Chevy Chase, Md. : The Administration, 1979. Booklet. This sample of the type of document which should be carried by all persons who are under a doctor's care contains a list of the facts a doctor or emergency personnel will need in order to make a good diagnosis and provide proper treatment.

AA 33

National Jewish Hospital and Research Center.

Understanding Immunology. Denver, Colo. : The Center, [no date]. Pamphlet. Immunology is the science and study of the immunological system—your body's police force. Describes the immunological system and how it works. Explains phagocytes, antibodies, antibody specificity and complement. Examines immune dysfunction, the roots of immunology and present knowledge and use of this knowledge.

AA 34

Merck, Sharp and Dohme.

Immunization : Who Needs It? West Point, Pa. : Merck, Sharp and Dohme, [no date]. 4 p. Summary information on why children need to be vaccinated against polio, measles, mumps, rubella, diphtheria, tetanus and pertussis. Lists the age at which vaccines should be given.

AA 35

Merck, Sharp and Dohme.

Immunizacion : Quien la Necesita? West Point, Pa. : Merck, Sharp and Dohme, [no date]. 4 p. Spanish language edition of 'Immunization : Who Needs It?' (AA34)

AA 36

Center for Consumer Health Education.

LifePlan for Weight Control. Vienna, Va. : The Center, 1980. Leaflet. Weight control reflects a health balance between the number of calories your body takes in and the number of calories you expend in normal daily activity and exercise. Practical advice on getting started with a balanced eating and exercise plan. Suggests calorie-saving food substitutions. Provides a checklist for choosing a safe weight control program.

AA 37

Health Insurance Association of America.

Staying Well—Your Responsibility. Washington, D.C. : The Association, 1980. Pamphlet. Argues that it's our lifestyle—basically our failure to exercise enough, eat properly, take care of ourselves intelligently—that is the cause of many of our current health problems. Advocates sensible measures for proper exercise, good diet, weight control, moderation or elimination of smoking and drinking and common sense habits calculated to promote health.

AA 38

Oregon State Health Division.

The Uninvited Guests : Cockroaches. Portland, Ore. : The Division, 1980. Leaflet. Concise information about the cockroach—how they spread, infestation, prevention and elimination, and the use of various types of insecticides.

AA 39

American Narcolepsy Association, Inc.

Sleep Disorders Centers. Stanford, Conn. : The Association, 1982. 4 p. Lists centers which offer help to those who suffer from sleep disorders. Includes telephone numbers.

AA 40

Voice of Prophecy Radio Broadcast.

Who Needs Checkups? Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #192). Summary of the case for regular medical checkups. Notes that many serious diseases can be detected and successfully treated long before any painful symptoms develop.

AA 41

Voice of Prophecy Radio Broadcast.

Posture—Important! Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #126). Poor posture can lead to a number of health problems. Defines good posture and describes its benefits.

AA 42

American Chiropractic Association.

Travel Tips for Good Health. Des Moines, Iowa : The Association, [no date]. Leaflet. Short listing of tips to help you travel safely by auto, air, train or bus.

AA 43

American Society of Internal Medicine.

Who Controls Your Health? Washington, D.C. : The Society, 1976. Booklet, 12 p. Emphasizes that good health is mostly up to the individual. Notes the important health decisions every person must make concerning smoking, drinking, drugs, weight control, diet and nutrition, exercise, immunization, and mental health.

Medical Consumerism

AB 1

Health Resources Administration.

How To Shop For Health Insurance. [Rockville, Md.] : The Administration, 1978. Pamphlet. (DHEW Publication No. (HRA)78-619). Illustrates wide variance in type and amount of insurance coverage. Describes the various types of policies available and the benefits they offer. Provides tips to help you check your coverage. Outlines Medicare plans. Includes a glossary of insurance terms.

AB 2

Health Care Financing Administration.

Thinking of Having Surgery? Think About Getting a Second Opinion. Washington, D.C. : The Administration [no date]. Leaflet. (HCFA-02114). Anytime a doctor suggests nonemergency surgery, you should consider getting a second opinion. Brief summary of questions to ask before agreeing to nonemergency surgery. Outlines when and how to get a second opinion, and how to pay for the second opinion.

AB 3

Taylor, Flora.

How To Talk To Your Doctor About Yourself. [Rockville, Md.] : Food and Drug Administration, 1979. 3 p. (HEW Publication No. (FDA)80-1070. Reprinted from FDA Consumer, October 1979.). Describes three basic models of doctor-patient relationship : activity-passivity; guidance-cooperation; and mutual participation. Outlines what you can do to take active part in your health care. Describes the organization of your medical history and prepares you for the kind of questions asked.

AB 4

Social Security Administration.

Home Health Care Under Medicare. Baltimore, Md. : The Administration, 1979. Leaflet, 5 p. (HEW Publication No. (SSA)80-10042). Basic provisions, benefits and eligibility for home health care under Medicare. Outlines when and how much hospital and medical insurance pays. Provides lists of what Medicare does and does not cover.

AB 5

Food and Drug Administration.

When You and Your Partner, the Doctor, Talk About Diagnosis. Washington, D.C. : FDA, 1980. Pamphlet, 3 p. (HHS Publication No. (FDA)80-10-72). Tips on how to communicate effectively with your doctor : how to ask questions about diagnosis, findings and treatment; what to expect; how to cooperate to ensure the maximum benefit.

AB 6

American Osteopathic Association.

Osteopathic Medicine. Chicago, Ill. : The Association, [no date]. Leaflet. Brief summary describes the education and training of osteopathic physicians, licensure, and osteopathic hospitals. Federal government, state governments, and private and public health agencies have recognized osteopathic medicine as a separate but equal branch of American health care.

AB 7

Health Care Financing Administration.

How to Select a Nursing Home. Baltimore, Md. : The Administration, 1980. Booklet, 55 p. (HCFA-30043). An encyclopedic compilation of valuable information on the alternatives to institutional care, types of nursing homes, ownership and management, regulations, patients' rights, Medicare and Medicaid support factors in selecting a nursing home. Contains a detailed checklist of factors to consider. Highly informative and useful.

AB 8

Health Care Financing Administration.

Guide to Health Insurance for People With Medicare. Baltimore, Md. : The Administration, 1981. 7 p. (HCFA-02110). How to decide whether private health insurance is needed in addition to Medicare; hints on shopping for private health insurance; types of private health insurance coverage; how to coordinate Medicare with private coverage.

AB 9

Social Security Administration.

Guía Para El Seguro de Salud Para Personas Con Medicare. Baltimore, Md. : The Administration, 1980. Leaflet. (HCFA-02117). Spanish language translation of 'Guide to Health Insurance for People With Medicare.' (AB8)

AB 10

Social Security Administration.

Una Explicación Breve de Medicare. Baltimore, Md. : The Administration, 1980. Pamphlet, 15 p. (SSA Publication No. 05-10943). Basic provisions, benefits and eligibility for Medicare, a Federal Health insurance program that helps millions of Americans 65 and older, and many disabled persons under 65, to pay their medical bills. Describes how to apply for Medicare.

AB 11

Concern for Dying.

Patient's Bill of Rights. New York, N.Y. : Concern for Dying, [no date]. Leaflet. Copy of the American Hospital Association's Patient's Bill of Rights.

AB 12

Social Security Administration.

Medicare Coverage of Kidney Dialysis and Kidney Transplant. Baltimore, Md. : The Administration, 1981. Booklet, 18 p. (SSA No. 05-10128). Explains the rules of Medicare coverage and payment of kidney dialysis and transplant services. Covers self-dialysis training, home dialysis and kidney transplant surgery.

AB 13

Group Health Association of America, Inc.

Consumers, HMOs and Quality Health Care At a Predictable Cost. Washington, D.C. : The Association, 1979. Pamphlet. Everything you want to know about Health Maintenance Organizations (HMOs) : what they are; how they differ from traditional health care delivery systems; prepaid and group practice models; how they can save you money; services provided, including choosing a doctor and complaints; who can join; Federal role; employer contributions; and consumer's role in formation.

AB 14

Nourse, Alan E.

A Guide To Home Health Care. Kalamazoo, Mich. : Upjohn Health Care Services, 1982. 15 p. Home health care can be an excellent financial and emotional solution for patients and their families. Provides help in deciding whether home health care is the solution to your problem. Describes who can benefit and the wide variety of services available. Examines the emotional and financial burdens of this kind of care.

AB 15

National Hearing Aid Society.

Hearing Aid Specialists : The Men and Women Who Provide Better Hearing for the Hearing Impaired. Livonia, Mich. : The Society, 1977. Leaflet. Brief description of the hearing aid specialists' role in health care. Outlines tests a hearing aid specialist may make. Notes they must advise a person with any of eight designated symptoms to consult with a physician promptly.

AB 16

Shriners Hospitals for Crippled Children.

The Story of Shriners Hospitals. Tampa, Fla. : The Hospitals, [no date]. Pamphlet. A brief description of the development, goals and purposes of the Shriners Hospitals for Crippled Children. Outlines the burn research, orthopedic and burn treatment programs.

AB 17

Social Security Administration.

A Brief Explanation of Medicare. Baltimore, Md. : The Administration, 1981. 13 p. (SSA Publication No. 05-10043). Reviews the coverage provided by Medicare under the two parts—hospital insurance and medical insurance—and how they fit together. Explains the benefits provided and how to enroll for the voluntary medical insurance, to obtain doctors' services, outpatient hospital services, home health visits and so on.

AB 18

Social Security Administration.

Your Right to Question the Decision on Your Hospital Insurance Claim. Baltimore, Md. : The Administration, 1979. 7 p. (HEW Publication No. (SSA)79-10085). How to request an explanation and obtain reconsideration of disallowance of all or part of a hospital insurance claim. When a claim is reconsidered, a new decision is made by medical claims reviewers who did not take part in the original decision on the claim. If you do not agree with the reconsidered decision and if the claim is \$500 or more, you may request a hearing before the Office of Hearings and Appeals of the Social Security Administration.

AB 19

Social Security Administration.

Payment Under Medicare Medical Insurance. Baltimore, Md. : The Administration, 1979. 9 p. (HEW Publication No. 79-10037). Explains Medicare payment of doctors' medical and surgical services, outpatient hospital services, outpatient physical therapy and speech pathology services, durable medical equipment, services from independent laboratories, ambulance services, home health care, and number of other health services and supplies. Also shows how to submit claims and the two payment methods ('payment to you' and assignment).

AB 20

Health Care Financing Administration.

Medicaid/Medicare : Cuál es Cuál? Baltimore, Md. : The Administration, 1978. 28 p. Spanish language version of 'Medicaid/Medicare : Which Is Which?' (AB21)

AB 21

Health Care Financing Administration.

Medicaid/Medicare : Which is Which? Baltimore, Md. : The Administration, 1979. 28 p. (HCFA Publication No. 20010(7-79). Basic differences, provisions, benefits and eligibility for Medicaid and Medicare. Details of Medicaid are available from your welfare office. Medicare details are available from your Social Security office.

AB 22

American College of Surgeons.

When You Need an Operation...Who Should Do Your Operation? Chicago, Ill. : The College, [no date]. Leaflet. Your surgery should be performed by a competent physician whose specialty is surgery. Outlines some qualifications to look for : Board certification, Fellowship in the American College of Surgeons and practice in a hospital accredited by the Joint Commission on Accreditation of Hospitals.

AB 23

American College of Surgeons.

When You Need an Operation...What Will Your Operation Cost? Chicago, Ill. : The College, [no date]. Leaflet. Brief summary describes how you can find out in advance what your operation will cost and how it will be paid for.

AB 24

American College of Surgeons.

When You Need an Operation...Giving Your Informed Consent. Chicago, Ill. : The College, [no date]. Leaflet. Checklist of questions to ask your surgeon before you give your permission for an operation. The principle of informed consent is endorsed by the American College of Surgeons.

AB 25

American College of Surgeons.

When You Need an Operation...Should You Seek Consultation (Second Opinion)? Chicago, Ill. : The College, [no date]. Leaflet. Brief outline of questions to ask before you agree to an operation; how to seek advice; and how to judge a surgeon's qualifications.

AB 26

National Institute on Aging.

Considering Surgery? Bethesda, Md. : The Institute, 1983. Fact Sheet. (Age Page). Deciding whether or not to have elective (nonemergency) surgery is difficult for anyone, but especially for the elderly. Brief summary of points to consider and questions to ask before undergoing a surgical procedure. Large print.

AB 27

American Society of Internal Medicine.

Medicare : What It Will and Will Not Pay For. Washington, D.C. : The Society, 1982. Leaflet. Reviews in simple language the basics of Medicare—who is eligible, how can benefits be claimed, what will be paid for in the hospital and the doctor's office, what is a reasonable charge, and what to do if you feel your coverage has been incorrect.

Food and Nutrition**AC 1**

Glick, Nancy.

Food Terminology : What It Says Is Not Always What It Is. Rockville, Md. : Food and Drug Administration, 1979. 2 p. (HHS Publication No. (FDA)79-2120. Reprinted from FDA Consumer, June 1979). Outlines FDA's role in developing an overall policy for food labeling. Defines sugarless/sugar free, no added salt/low sodium, dietetic, natural, organic, health food, food energy, polyunsaturated, hydrogenated, fats and oils, flour, fortified/enriched/added and Recommended Daily Allowance (RDA).

AC 2

Higgins, Sharon.

Questions and Answers About Vitamin C and Fresh Citrus Fruits. 4 p. (8309.). Question and answer format includes information about what vitamin C is, how much you need, how your body uses it, Recommended Daily Allowances (RDA), vitamin pills, fruits as a source of vitamin C and storage of fresh fruit.

AC 3

Stephenson, Marilyn.

The Confusing World of Health Foods. Rockville, Md. : Food and Drug Administration, 1978. [8 p]. (HEW Publication No. (FDA)79-2108 EV. Reprinted from FDA Consumer, July/August 1978). Describes the confusion that exists over the exact meaning of the terms 'health,' 'organic' and 'natural' when these words are used to describe food. Warns that the claimed advantages of organically-grown foods are often not supported by the facts.

AC 4

Food and Drug Administration.

Primer on Three Nutrients. Rockville, Md. : The Administration, 1981. 4 p. (Revised (1981) and reprinted from FDA Consumer, February 1975. HHS Publication No. (FDA)81-2026). A person needs to eat about 40 different nutrients to stay healthy. Of these 40 the three major energy-producing ones are protein, fat and carbohydrate. Explains what each is, its function in the body and sources of the nutrient. Includes explanation of nutrition labeling of protein and discusses the amount and kind of fat we eat.

AC 5

U.S. Department of Health and Human Services.

Nutrition and Your Health : Dietary Guidelines for Americans. Washington, D.C. : The Department, 1980. 18 p. (Home and Garden Bulletin No. 232). Dietary Guidelines for Americans is intended for people who are already healthy and wish to keep that way. Explains why we should eat a variety of foods, maintain our ideal weight, avoid too much fat, saturated fat and cholesterol, eat foods with adequate fiber and starch, avoid too much sugar and sodium and drink alcohol in moderation.

AC 6

Institute of Food Technologists.

Dietary Salt. Chicago, Ill. : The Institute, 1980. 7 p. In-depth discussion on dietary salt. Describes the role of sodium in the normal functioning of the human body. Reviews recent concern about dietary sodium and high blood pressure. Outlines sources of dietary sodium and describes how salt is used in food processing. Sodium is also found in drinking water, in medications and in bakery products. Reviews minimum salt requirements for infants, the medical aspects of sodium ingestion, the relationship between sodium and potassium and dietary goals and salt. Includes tables showing the sodium content of selected foods, sodium and potassium in some common canned vegetables, the sodium content of selected nonprescription drugs, and a bibliography.

AC 7

Health Services Administration. Public Health Service.

Food for the Teenager During Pregnancy. Rockville, Md. : The Administration, 1978. 11 p. (DHEW Publication No. (HSA)78-5106). Aimed at pregnant teenagers, this pamphlet explains why good nutrition and medical care during pregnancy are so important. Describes how foods are used by the pregnant woman and her unborn baby. Helps in selecting foods high in nutrients from the four food groups. Provides sample menus. Gives advice on other concerns including morning sickness, anemia, alcohol, tobacco and drugs. Easy-to-understand.

AC 8

Hospital Council of Southern California.

Teaching You Better Health : When You're Overweight You've Got A Lot More To Lose Than Excess Pounds. Los Angeles, Calif. : The Council, 1979. Leaflet. Suggests you write down everything you eat for a day. Gives hints on how to determine if you are overweight and how to break compulsive eating habits. Lists the increased risks and complications of serious illness in overweight people.

AC 9

National Institutes of Health.

Obesity and Energy Metabolism. Bethesda, Md. : The Institutes, 1979. 23 p. (NIH Publication No. 79-1805. Medicine for the Layman). Detailed explanation of the causes of obesity, the increased health risks of being overweight—earlier death, diabetes mellitus, heart disease—and how the energy extracted from the food we eat is used by the body. Explains the relationship between calorie intake, physical activity and body weight. Describes how adipose tissue (fat) grows. Outlines research into obesity.

AC 10

Lecos, Chris W.

Fructose : Questionable Diet Aid. Rockville, Md. : The Food and Drug Administration, 1980. 4 p. (Reprinted from FDA Consumer, Mar. 1980. HEW Publication No. (FDA)80-2130). Refutes a lot of misleading ideas about the use of fructose in the diet of diabetics and others. Although the scientific and medical community is not in complete agreement it appears there are no clinical advantages in substituting fructose for sucrose where diabetics are concerned. Outlines the growing concern of nutritionists and diabetologists concerning the use of fructose as an aid in weight control.

AC 11

Food and Drug Administration.

Experts Weigh Reducing Potions. Rockville, Md. : The Administration, 1979. 2 p. (Reprinted from FDA Consumer, October 1979. HEW Publication No. (FDA)80-3099). Reports findings of an FDA advisory panel evaluation of over-the-counter drug products sold for use in weight reduction. The panel found that most ingredients now being sold without prescription for this purpose have not been shown to be safe or effective.

AC 12

Hopkins, Harold.

Danger Lurks Among the Molds. Rockville, Md. : Food and Drug Administration, 1981. 3 p. (Reprinted from FDA Consumer, Dec. '80-Jan. '81. HHS Publication No. (FDA)81-2143). The bane of pantry, kitchen, field, factory, warehouse and store molds are a visible sign that food has been around too long. Unpleasant to look at and unwelcome to the tongue and GI tract, molds will grow in almost any food. Explains conditions most conducive to mold growth, how they can be prevented and their beginnings spotted. Some molds are useful in themselves but others can cause illness or allergy. The saying 'a little mold won't hurt you' isn't always true.

AC 13

Food and Drug Administration.

Here Are Some Questions and Answers About Commonly Used Meat and Food Additives. Rockville, Md. : The Administration, 1980. Leaflet. (HEW Publication No. (FDA)80-2122). Brief answers to questions about meat tenderizers, monosodium glutamate, BHA and BMT. Explains what they are, their purpose and safety.

AC 14

Food and Drug Administration.

Yesterday's Additives. Rockville, Md. : The Administration, 1981. 2 p. (Reprinted from FDA Consumer, March 1981. HHS Publication No. (FDA)81-2147). A brief summary of a review of 415 food ingredients that had been on the FDA's 'generally recognized as safe' (GRAS) list. Most were considered safe but questions remain about some.

AC 15

Lehmann, Phyllis.

More Than You Ever Thought You Would Know About Food Additives. Rockville, Md. : Food and Drug Administration, 1979. 7 p. (Reprinted from FDA Consumer, April '79. HHS Publication No. (FDA)79-2115). Short historical review of the use of food additives and the growth of concern about their use. Describes, in some detail, the four purposes of additives—to maintain or improve nutritional value, to maintain freshness, to help in processing or preparation, to make food more appealing, and the two major categories of additives—those 'generally recognized as safe' and 'prior sanctioned substances.' Outlines the role of FDA in regulation of these substances and steps you as a consumer can take if you are concerned. Lists some substances commonly added to food and what they do.

AC 16

Lehmann, Phyllis.

More Than You Ever Thought You Would Know About Food Additives...Part II. Rockville, Md. : Food and Drug Administration, 1979. 4 p. (Reprinted from FDA Consumer, May 1979. HEW Publication No. (FDA)79-2118). A look at the 'whys' for adding nutrients and preservatives to food. Historical overview of why nutrients were added and FDA's role in regulation. Outlines concern over fortification. Summarizes history and use of preservatives. Both to prevent spoilage or to delay or prevent undesirable change. Easy to read charts of some additives used to improve or maintain nutritional value or to maintain quality tell what, where and why they are there.

AC 17

Lehmann, Phyllis.

More Than You Ever Thought You Would Know About Food Additives...Part III. Rockville, Md. : Food and Drug Administration, 1979. [8 p]. (Reprinted from FDA Consumer, June 1979. HHS Publication No. (FDA)79-2119)

Short descriptions of substances used to spark the color or taste of foods and those that make foods behave the way we expect them to. Describes four classes of additives used to heighten the appeal of food—colors, flavors, flavor enhancers and sweeteners—and seven groups of additives used in the processing and preparation of foods—emulsifiers (mixers), stabilizers and thickeners, PH control agents, leavening agents, maturing and bleaching agents, anti-caking agents and humectants. A chart of substances from these two major groups tells you what they are, where you find them and what they do.

AC 18

Hopkins, Harold.

Speaking Out On Fortifying Food. Rockville, Md. : Food and Drug Administration, 1979. 2 p. (Reprinted from FDA Consumer, Dec. '78-Jan. '79. HEW Publication No. (FDA)79-2113). Fortifying or enriching foods is the addition of vitamins or minerals. Informs the consumer about this practice, its purpose and extent. Describes FDA's role and the role of consumers in the forming of regulatory policy.

AC 19

Taylor, Flora

Iodine: Going From Hypo To Hyper. Rockville, Md. : Food and Drug Administration, 1981, 4 p. (Reprinted from FDA Consumer, April, 1981. HHS Publication No. (FDA) 81-2153). Some years ago salt was selected as the best way to add iodine and today most table salt sold contains this added nutrient. However, recent findings suggest that Americans are getting several times the necessary iodine. Outlines original decision to add iodine to salt, studies conducted on iodine in the diet, where the iodine comes from, and the effects of too much iodine.

AC 20

Lecos, Chris W.

Sugar : How Sweet It Is - and Isn't. Rockville, Md. : Food and Drug Administration, 1980. [3 p]. (HEW Publication No. (FDA)80-2127. Reprinted from FDA Consumer, Feb. 1980). Overview of the controversy concerning the use of sugar in the diet, how sugar is metabolized, how much sugar the average American eats and in what form, the growing use of 'corn sweeteners' and changing patterns of consumption. Includes brief explanation of the more common sugars and sweeteners.

AC 21

Food and Drug Administration.

Some Facts About Caffeine. Rockville, Md. : The Administration, 1980. 1 p. (HEW Publication No. (FDA)80-2096). Describes the effect of caffeine on the central nervous system. Notes the increasing concern over the popularity of cola drinks among children. Lists the caffeine content of coffee, tea, colas and 'pepper' drinks, cocoa and chocolate. Notes many over-the-counter drugs contain caffeine as do some prescription products. Suggests pregnant women should avoid drugs where possible and limit their use of stimulants.

AC 22

Fenner, Louise.

Salt Shakes Up Some of Us. Rockville, Md. : Food and Drug Administration, 1980. 4 p. (HEW Publication No. (FDA)80-2129). Salt, sodium chloride, is essential to the production of many food products but for people who must limit or reduce their sodium intake eating is somewhat of a guessing game. Outlines use of salt as a food additive, the positive and negative aspects of sodium, evidence linking sodium and hypertension, FDA's role and position, 'hidden' sodium in foods and low-sodium products.

AC 23

Food and Drug Administration.

Some Facts and Myths of Vitamins. Rockville, Md. : The Administration, 1979. 4 p. (Reprinted from FDA Consumer, Sept. 1979. HHS Publication No. (FDA)79-2117). Refutes some of our misconceptions about vitamins and their proper function. Explains what vitamins are and how they work. Lists U.S. Recommended Daily Allowances (RDA) and foods which are an abundant source of one or more vitamins as well as important sources for other important nutrients.

AC 24

Food and Drug Administration.

Food Poisoning : The 'Infamous Four.' Rockville, Md. The Administration, 1979. 2 p. (HEW Publication No. (FDA)80-2046). The infamous four—salmonella, clostridium perfringens, staphylococcus and clostridium botulinum—are four common sources of food poisoning causing illness or, in extreme cases, death. Outlines how to reduce the likelihood of food contamination in your kitchen. Describes where each germ is most commonly found, symptoms of food poisoning and what to do if you suspect food poisoning.

AC 25

Hecht, Annabel.

Vitamins Over the Counter : Take Only When Needed. Rockville, Md. : Food and Drug Administration, 1979. 3 p. (Reprinted from FDA Consumer, April 1979. HEW Publication No. (FDA)79-1059). Summarizes a report to FDA on the safety and effectiveness of vitamins and minerals sold as drugs. Includes chart of panel recommendations on vitamin and mineral dosages to prevent and/or treat deficiencies. Notes the recommendation such products should be used only to treat specific deficiencies and then only under a physician's care.

AC 26

Harland, Barbara.

Grandma Called It Roughage. Rockville, Md. : Food and Drug Administration, 1977. 2 p. (Reprinted from FDA Consumer, July/August 1977. HEW Publication No. (FDA)78-2087). Short historical review of the concern about the effects of overprocessed food. Outlines the theory of the high-fiber diet. Describes the possible benefits and risks. Warns of the potential risk of eating food to which wood pulp fiber has been added. Wood pulp fiber is not the same as the dietary fiber in bran, grains, fruits and vegetables.

AC 27

Miller, Roger W.

There's Something To Be Said For Never Saying, 'Please Pass The Meat.' Rockville, Md. : Food and Drug Administration, 1981. 2 p. (Reprinted from FDA Consumer, February 1981. HHS Publication No. (FDA)81-2144). Underscores the need for vegetarians to eat a variety of plant foods and to give attention to getting all the nutrients they require for optimum health. Describes the three categories of vegetarians—vegans or pure vegetarians, lacto vegetarians and lacto-ovo vegetarians. Suggests how to maintain good nutrition.

AC 28

Ballentine, Carol.

Say 'Cheese' and You've Said a Mouthful. Rockville, Md. : Food and Drug Administration, 1979. 3 p. FDA has established standards for 73 varieties of natural cheese and cheese foods, here described. However, cheese 'substitutes' had no standard of identity when this article was written. Describes the changes proposed by FDA for the labeling of cheeses. Lists standardized cheeses and cheese products.

AC 29

Sherman, Mikie.

Feeding the Sick Child. Bethesda, Md. : National Cancer Institute, 1978. 68 p. Extensive, fairly technical information on feeding children with chronic diseases, especially cancer. Divided into five sections : the first deals with children who are finicky eaters, the second with the special problems of feeding children with cancer, the third with general nutritional needs, the fourth contains a selection of recipes for main meals, snacks, desserts and drinks. The final section is a list of child-oriented cookbooks.

AC 30

Food and Drug Administration.

How To Read A Food Label : An FDA Consumer Memo. Rockville, Md. : The Administration, 1980. Leaflet. (HEW Publication No. (FDA)80-1065). Food labels provide us with the information we need to become alert consumers. Brief description of how we can use food labeling to get what we're shopping for, and how to read nutrition labels in order to set a better table.

AC 31

Institute of Food Technologists.

Quick Answers To Commonly Asked Questions About Food. Chicago, Ill. : The Institute, [no date]. 7 p. Brief answers to questions about balanced diet, including the need for extra vitamins and minerals, food additives, 'organic foods,' food safety and government regulations regarding food.

AC 32

Lederle Laboratories.

Vitamins, Minerals and Nutrition. Pearl River, N.Y. : American Cyanamid, 1978. 13 p. Vitamins are substances that the human body requires in small amounts for its metabolism but cannot make for itself in sufficient quantities. Brief history of vitamins. Describes source, nutritional status of Americans. Discusses need for vitamins during periods of stress. Provides information on minerals. Also presents charts of major vitamins and important minerals, with their functions and food sources. Answers questions about amount of vitamins and minerals essential for good health, synthetic vs. natural vitamins, high dosages and the use of vitamin C to prevent the common cold.

AC 33

Institute of Food Technologists.

Food Colors. Chicago, Ill. : The Institute, 1980. 8 p. Discusses the safety of food colors and the recent controversy over their use. Short report on the links between the appearance of food and its taste. Historical overview of the use of coloring agents and control of color use. Reports on FDA role in regulation of food colors. Reviews the case of FDC Red No. 2. Describes naturally occurring pigments. Provides chart showing total annual consumption of food colors and average daily intake by age of consumer and product category. Includes bibliography.

AC 34

Institute of Food Technologists.

Vitamin E. Chicago, Ill. : The Institute, 1977. 4 p. Describes discovery, nature and sources of vitamin E. Outlines effect of deficiency, and special usage of supplementary vitamin E in premature infants, those who cannot absorb fats and oils properly and for those with calf pain. Claims made for vitamin E in the treatment of dystrophy, sexual function, heart conditions, aging and cancer, also its benefit in enhancing athletic ability and providing protection against air pollution. Warns of the potential for untoward effects of large doses. Notes the need for further study.

AC 35

Institute of Food Technologists.

Sugars and Nutritive Sweeteners in Processed Foods. Chicago, Ill. : The Institute, 1979. 5 p. Any sweetener which provides calories, or food energy, is considered a nutritive sweetener. Fairly technical explanation of sugars and other nutritive sweeteners. Discusses trends in sweetener consumption, why sweeteners are added to food, sugar as a cause of dental cavities and the relationship of sugar to other diseases.

AC 36

Institute of Food Technologists.

Dietary Fiber. Chicago, Ill. : The Institute, 1979. 5 p. Excellent review of fiber, or roughage, in nutrition. Outlines the difficulty in finding a widely accepted definition of the word. Discusses the alleged benefits of dietary fiber in combating constipation, diverticulosis, cardiovascular disease, cancer, diabetes, appendicitis and promoting weight loss. Notes dietary fiber is not a single entity. Outlines sources of dietary fiber in certain foods, references and supplemental material.

AC 37

Institute of Food Technologists.

Monosodium Glutamate (MSG). Chicago, Ill. : The Institute, 1980. 5 p. Review article on the use of monosodium glutamate, a flavor enhancer used in a wide range of foods, in the home, restaurant and in food processing. Discusses acute and chronic toxicity studies, the possible effect on the fetus and its effect on the central nervous system. Reports on a number of studies on dietary ingestion of glutamates, the 'Chinese Restaurant Syndrome' and other dietary aspects, and regulatory status of this substance. Includes fairly extensive bibliography of professional literature.

AC 38

The National Dairy Council.

Guide To Wise Food Choices. Rosemont, Ill. : The Council, 1978. 6 p. (B170). Provides information on the need for good nutrition, what nutrients are and how they build, maintain and regulate the body, what foods are important sources of these nutrients. Explains the basic four food groups and how to use them to plan a well-balanced diet.

AC 39

National Dairy Council.

Supermarket Survival. Rosemont, Ill. : The Council, 1981. 7 p. (B132N). Hints on sharpening shopping skills. Advice on cutting food costs while enjoying good nutrition. Includes quiz.

AC 40

National Dairy Council.

Vitamin Facts. Rosemont, Ill. : The Council, 1981. 2 p. (B107). Overview of what vitamins are and how they work; United States Recommended Daily Allowances (FDA), nutritional enhancement, 'natural' vitamins and other dietary supplements. Table gives U.S. RDA, some significant sources, major physiological functions, deficiency and overconsumption symptoms.

AC 41

National Dairy Council.

Food Before Six : A Feeding Guide for Parents of Young Children. Rosemont, Ill. : The Council, 1979. 7 p. (B005). Advice on how to influence your child's food habits and attitudes. Suggests child-sized servings, a relaxed attitude to food, eye-catching foods and the introduction of one new food at a time. Includes sample menus and other factors that play a part in raising happy, healthy children.

AC 42

National Dairy Council.

For Mature Eaters Only : Guidelines for Good Nutrition. Rosemont, Ill. : The Council, 1981. 8 p. (B131N). Lists the number of servings needed each day from the four food groups to maintain good nutrition. Provides practical suggestions and hints for everyday comfort. Large print.

AC 43

National Dairy Council.

What To Know About A Weight-Control Diet Before You Eat One. Rosemont, Ill. : The Council, 1981. 8 p. (B133N). Simple explanation of why you need to count calories and select high nutrient foods from the four food groups. Illustrates how watching your weight and exercising can lead to weight loss. Includes hints on breaking poor eating habits.

AC 44

National Dairy Council.

Vegetarian Nutrition. Rosemont, Ill. : The Council, 1979. 3 p. (B106). Vegetarians can be well-nourished if they select their diets carefully to provide a good balance of essential amino acids, adequate sources of vitamin A, riboflavin, vitamin B12, vitamin D, calcium, iron and sufficient calories. Describes why these nutrients are important to you, lists animal and plant sources and how nutrients are used in the body.

AC 45

The New York Times.

Heart Panel Urges That Everyone Cut Fat and Cholesterol. New York, N.Y. : The Times, 4/14/82, Sec. C, p. 10. Newspaper article. Lists the benefits to everyone, both healthy individuals and those at risk of heart disease, in cutting down on saturated fat and cholesterol. Gives recommendations for dietary changes that will reduce your intake of total fat, saturated fat, cholesterol, and salt.

AC 46

The New York Times.

The Caffeine Conflict—Where Does It Stand? New York, N.Y. : The Times, 4/21/82, Sec. C, p. 1. Newspaper article. Overview of the current controversy about the link between caffeine consumption and many medical problems—including birth defects, cancer, sleep problems, etc. Reviews current research into caffeine use, and the many questions which remain unanswered.

AC 47

Nutrition Foundation.

Obesity. New York, N.Y. : The Foundation, [no date]. 15 p. Defines overweight. Provides help in answering the question 'Am I overweight?' Notes that obesity is a complicated condition with many varied causes. Recommends consulting your doctor before beginning weight reduction. Describes a well balanced weight reduction plan, lists sample menu plan and tips for healthy eating.

AC 48

Metropolitan Life Insurance Company.

How You Can Control Your Weight. New York, N.Y. : The Company, 1979. 6 p. (Stay Well Series). Hints on watching your weight. Includes desirable weight table. Offers hints on portion control. Encourages exercise and good nutrition.

AC 49

The New York Times.

The Proper Role of Potassium in the Well-balanced Diet. New York, N.Y. : The Times, 9/15/82, Sec. C, p. 8. Newspaper article. Potassium is a mineral nutrient needed by the body, but the results of too much potassium can be severe or even lethal. Potassium salts and table salt (sodium) substitutes containing potassium are currently popular, but care must be taken in their use. Describes the role of potassium in the body, the causes and effects of too much or too little potassium, current research, and ways to cook without salt or salt substitutes. Contains bibliography.

AC 50

The New York Times.

Vitamin C Has Potential Risks As Well As Possible Benefits. New York, N.Y. : The Times, 1/20/82, Sec. C, p. 12. Newspaper article. Traces the history of Vitamin C as an aid to victims of the common cold, and notes that many Americans take huge doses. Gives daily requirements, the role of Vitamin C in the body, its benefits and potential risks. Notes research into the use of Vitamin C in cancer and heart disease treatment.

AC 51

The New York Times.

For Good Nutrition : Balanced Diet Vs. Vitamin Pills. New York, N.Y. The Times, 7/7/82, Sec. C, p. 1. Newspaper article. Looks at the need for vitamin-mineral supplements for healthy people. Despite the current fad for taking these supplements, a sensibly balanced diet can provide all the nutrients the body needs. Reviews the state of the American diet, widespread nutrient deficiencies, and groups with special nutritional requirements. Contains sample diets and gives tips on eating and preparing food.

AC 52

The New York Times.

A Source of Quality Protein. New York, N.Y. : The Times, 8/12/81, Sec. C, p. 1. Newspaper article. The soybean has long been an important source of protein in other parts of the world, and could soon become a more important factor in the American diet. Discusses the soybean as food, in comparison to other protein sources, and health benefits and risks of increased soybean consumption.

AC 53

CBS, Inc.

Obesity. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on Walter Cronkite's Universe, August 24, 1982). Traces one patient's experiences in a weight control program at St. Luke's Hospital in New York. Covers pre-diet testing, the importance of keeping a record of everything you eat, how to set and keep goals, and how to change the mental attitudes that control eating.

AC 54

Salt Institute.

Straight Talk About Salt. Alexandria, Va. : The Institute, 1982. Booklet, 20 p. Cautions Americans to become more aware of the amount of sodium, only partly from table salt, that they consume in their daily diet. Other sodium is contained naturally in foods, in cooking sauces and flavoring agents, in processed foods and in medications and drinking water. Also covers health effects, high blood pressure and sodium, how to measure dietary sodium and bibliography. Charts show sodium content of 300 common foods, sodium compounds used in processing foods, and medications containing sodium.

AC 55

The Center for Consumer Health Education.

Losing Weight : Facts vs. Fads. Reston, Va. : The Center, [no date]. Leaflet. (Taking Care). Answers basic questions that everyone should consider when faced with dieting—should I lose weight, what causes overweight, what is a fast, safe way to lose weight and how can I develop a weight loss plan that will work for me. Also gives desirable weight tables for men and women over 25 years of age.

AC 56

The Center for Consumer Health Education.

What's Good to Eat? Reston, Va. : The Center, [no date]. Pamphlet, 16 p. (Taking Care). Provides seven dietary guidelines for Americans—eat a variety of foods, keep weight down, avoid too much fat, eat fiber, avoid too much sugar, drink alcohol in moderation, and avoid too much salt. Also contains advice for feeding babies, losing weight, exercise, and ideal weight chart.

AC 57

Best Foods.

Energy Efficient Eating : Vegetable Protein and Nutrition in the 1980's. Englewood Cliffs, N.J. : Best Foods, 1980. Booklet, 15 p. Discusses the importance of protein in the human diet, sources of protein and the growing importance of vegetable proteins in world food production. Contains recipes that use vegetable protein.

AC 58

The Center for Consumer Health Education.

Nutrition : Are You What You Eat? Reston, Va. : The Center, 1980. Leaflet. Provides short answers to the basic questions about food and nutrition—why should you eat a nutritious diet, how do you eat a well-balanced diet, how can you find out the nutritive values of foods, and what foods you should avoid. Lists places to get help with nutrition problems.

AC 59

Consumers' Research Magazine.

Some Risks In Eating Raw Foods. Washington, N.J. : The Magazine, 1982. Magazine article. Americans enjoy many speciality dishes which contain raw food—steak tartare, sushi, raw clams and oysters, and game foods. Examines the risks encountered when eating such dishes—including trichinosis, parasitic disease, tapeworms, food poisoning, toxoplasmosis, or septicemia. Also covers fish, milk, and fruits and vegetables.

AC 60

Consumers' Research Magazine.

Irradiation of Food. Washington, N.J. : The Magazine, 1982. Magazine article. The object of irradiation is to sterilize food so that it remains edible for long periods without the need for refrigeration. The process offers potential advantages and disadvantages. Longer shelf life, reduction of food additives, reduction of bacteria and contaminants are among the advantages discussed. Also covers possible risks—fear of radiation, poor taste of food, loss of nutrients, and added cost.

AC 61

Consumers' Research Magazine.

Exit Starch Blockers. Washington, N.J. : The Magazine, 1983. Magazine article. Starch blockers recently enjoyed a booming business based on their manufacturers' claims that they safely and effectively prevented the absorption of high-calorie carbohydrates into the body by impeding the digestion of starch. Covers the controversy over whether starch blockers are a food or a drug, possible side effects, benefits, and the many unanswered questions that remain about starch blockers.

AC 62

Consumers' Research Magazine.

The Sodium Content of Your Food. Washington, N.J. The Magazine, 1981. Magazine article. Gives accurate sodium content for thousands of foods, both raw and prepared in different ways.

AC 63

United States Department of Agriculture.

Conserving the Nutritive Values of Food. Washington, D.C. : The Department, 1977. Booklet, 16 p. (Home and Garden Bulletin No. 90). Examines the important nutrients in foods and how they can be affected by different practices in handling and preparation. Covers the preparation, cooking and storing of vegetables, fruits and fruit juices, meat, milk, eggs and grains in ways to prevent the loss of nutrients. Notes the special problems encountered in canned and frozen foods and in the reheating of already cooked foods. Also contains daily food guide.

AC 64

United States Department of Agriculture.

The Hassle-Free Guide To a Better Diet. Washington, D.C. : The Department, 1980. Chart. Attractive chart tells you the kinds and amounts of foods that make up a nutritious diet. Lists the five food groups and lists good foods to eat from each. Gives recommended serving sizes and how many servings we need daily from each group to stay healthy.

AC 65

United Fresh Fruit and Vegetable Association.

Fresh Tips. Alexandria, Va. : The Association, [no date]. Pamphlet. Examines the benefits of eating raw fruit and vegetables—minimal vitamin loss as opposed to cooked fruit and vegetables, fiber content, and content of trace elements not generally found in vitamin capsules or fabricated foods. Also examines methods for cooking vegetables which do not waste nutrients. Contains recipes.

AC 66

United Fresh Fruit and Vegetable Association.

Low Sodium Cooking. Alexandria, Va. : The Association, [no date]. Leaflet. Lists sodium contents for fresh fruits and vegetables, most of which are low in sodium. Gives tips for adding zest to foods without using salt. Contains recipes for low-sodium dishes along with the sodium content for each serving.

AC 67

United States Department of Agriculture.

Eating for Better Health. Washington, D.C. : The Department, 1981. Booklet, 28 p. (Program Aid No. 1290). Contains breakfast, lunch, dinner, snack and low-calorie menus and recipes that are inexpensive and easy to prepare. Extra-large print and simple preparation instructions make this guide easy to use. Also contains tips on losing weight and how to eat right. Excellent illustrations.

AC 68

American Spice Trade Association.

Low-Calorie Spice Tips. Englewood Cliffs, N.J. : The Association, [no date]. Leaflet. Spices add almost no calories to food, and can prove invaluable in enhancing the flavor of 'diet' food. Contains chart of calories per teaspoon in spices and low-calorie recipes using spices to make foods flavorful.

AC 69

American Spice Trade Association.

Low-Sodium Spice Tips. Englewood Cliffs, N.J. : The Association, [no date]. Leaflet. Even though millions of Americans wish to curtail their salt intake to some extent, many find food dull and tasteless without salt. Contains recipes using spices and herbs, which have little sodium content, as a substitution for salt as a flavor enhancer.

AC 70

American Spice Trade Association.

Low-Fat Spice Tips. Englewood Cliffs, N.J. : The Association, [no date]. Leaflet. Reducing fat and cholesterol is a goal of many people with heart disease and other illnesses. Contains a collection of recipes which, while reducing fat and cholesterol, use spices to make food flavorful and appealing.

AC 71

U.S. Department of Agriculture.

How To Use USDA Grades In Buying Food.

Washington, D.C. : The Department, 1979. Booklet, 15 p. Describes how the USDA grades for food can help you judge the quality of many foods in the grocery store. Covers foods that carry the grade, what the grade means, and other things to consider when purchasing foods.

AC 72

U.S. Department of Agriculture.

Como Servirse de los Grados del USDA al Comprar los Comestibles. Washington, D.C. : The Department, 1978. Booklet, 15 p. Spanish language version of 'How To Use USDA Grades In Buying Food' (AC71).

AC 73

U.S. Department of Agriculture.

How To Buy : Fresh Vegetables. Washington, D.C. : The Department, 1980. Booklet, 24 p. Helps consumers in buying vegetables of good quality. Explains USDA grades, general buying tips, and what vegetables can do for you. Lists thirty-two vegetables individually and tells what to look for and what to avoid in each and when is the best time of the year to purchase.

AC 74

U.S. Department of Agriculture.

How To Buy Fresh Fruits. Washington, D.C. : The Department, 1977. Booklet, 24 p. Covers USDA grades for fresh fruit, fruit buying tips, glossary of fruit terms, and individually covers season, appearance and condition of good fresh fruit.

AC 75

U.S. Department of Agriculture.

Como Comprar Fruta Fresca. Washington, D.C. : The Department, 1979. Booklet, 23 p. Spanish language version of 'How To Buy Fresh Fruits' (AC74).

AC 76

U.S. Department of Agriculture.

How To Buy Cheese. Washington, D.C. : The Department, 1977. Booklet, 23 p. Covers USDA grading, ripening classifications, care of cheese after it is purchased, and uses. Chart lists all types of cheeses, place of origin, kind of milk used in making, flavor, color and uses. Also covers process cheese and blends.

AC 77

Lederle Laboratories.

Nutritional Quackery. Wayne, N.J. : Lederle, 1978. 12 p. Points out that no single food pattern insures good nutrition and warns of the potential dangers of fads such as the Zen Macrobiotic Diet, the low-carbohydrate diet, Stillman diet and lecithin. Notes that the strict use of 'organic' foods only can lead the consumer to neglect his or her total nutritional needs.

AC 78

Wills, Judith.

Diet Books Sell Well But... Rockville, Md. : Food and Drug Administration, 1982. [4 p.] (Reprinted from FDA Consumer, March 1982. HHS Publication No. (FDA)82-1013). Reviews the safety and effectiveness of numerous diet plans (Cambridge, Pritikin, Scarsdale, 'Mayo', Beverly Hills, etc.) and warns of the health hazards that may occur.

AC 79

United States Department of Agriculture.

Sodium : Think About It. Rockville, Md. : The Department, 1982. Pamphlet. (Home and Garden Bulletin Number 237). Summarizes what sodium is, what it does, where it is found, and how to watch the amount you eat. Offers highly useful directions on how to moderate sodium intake by reading food labels and measures to be taken in the kitchen, at the table and at a restaurant.

AC 80

Miller, Roger W.

On Being Too Rich, Too Thin, Too Cholesterol Laden. Rockville, Md. : Food and Drug Administration, 1981. 4 p. (FDA Consumer, July/August 1981. HHS Publication No. (FDA)81-1087). Outlines the dangers posed by cholesterol and HDL (high-density lipoproteins) and offers dietary suggestions designed to avoid excessive fat, saturated fat and cholesterol.

AC 81

Food and Drug Administration.

Antibiotics and the Foods You Eat. Rockville, Md. : The Administration, [no date]. Leaflet. Discusses the widespread use of antibiotics in animals raised for food and the possible effects this can have on those who eat the meat. Reviews the report of the FDA Task Force which investigated the problem and summarizes findings.

AC 82

Lecos, Chris W.

The Sweet and Sour History of Saccharin, Cyclamates and Aspartame. Rockville, Md. : The Food and Drug Administration, 1981. 4 p. (FDA Consumer, Sept. 1981. HHS Publication No. (FDA)81-2156). History and current status of the three well-known artificial sweeteners. Despite the laboratory (animal) evidence that saccharin is a weak carcinogen, it is still available. Cyclamate, approved by the FDA in 1957, was banned in 1970. Aspartame, substantially sweeter than sugar, was approved in 1981.

AC 83

Salt Institute.

Salt—The Necessary Nutrient. Alexandria, Va. : The Institute, 1982. Booklet, 12 p. Despite the bad press received by salt recently, it is a nutrient that is necessary to life. Explains the function of salt in the body, where we get sodium, how the body reacts to too much or too little salt, salt and heat, salt in infant nutrition, and who should restrict salt intake.

AC 84

U.S. Department of Agriculture.

Food Safety for the Family. Washington, D.C. : The Department, 1980. 11 p. (FSIS-3). Tells how to recognize and prevent food poisoning. The three rules are : keep food hot; keep food cold; and keep food clean. Among the germs that cause food poisoning are salmonella, staphylococci, and botulinum.

AC 85

Best Foods.

A Guide to Fats and Oils. Englewood Cliffs, N.J. : CPC International, Inc., 1980. 22 p. Tells you everything you want to know about fats—what they are, where they're found and which you should eat. Includes charts illustrating the relationship of fats to foods. Informs you of the need for fat in your diet. Includes a glossary of useful terms about fats and oils.

AC 86

Food and Drug Administration.

The Case for Moderating Sodium Consumption. Rockville, Md. : The Administration, 1981. 8 p. (Reprinted from FDA Consumer, October 1981. HHS Publication No. (FDA)82-2158). Discussion between Allan L. Forbes, M.D., associate director for nutrition and food sciences in FDA's Bureau of Foods, and Roger W. Miller, editor of FDA CONSUMER, on the links between sodium or salt intake and high blood pressure. Describes efforts to help consumers moderate their salt intake.

AC 87

U.S. Department of Health and Human Services.

Snack Facts. Washington, D.C. : The Department, 1981. Chart. Tooth decay is the most widespread health problem of children, and the snack foods they eat greatly affect the teeth. Tells how sugar damages the teeth, how to guard against tooth decay, and sugarless snacks that are satisfying and good for the teeth.

AC 88

Best Foods.

Feeling Better...Eating Better. Englewood Cliffs, N.J. : Best Foods, 1982. Chart. Contains lists of ways to improve your diet and your health. Gives dietary guidelines for Americans, tips on eating out and drinking alcohol, ideal weights for men and women, and cooking tips for cutting down on calories, fats, sugar and salt.

Physical Fitness and Exercise

AD 1

President's Council on Physical Fitness and Sports.

Aqua Dynamics : Physical Conditioning Through Water Exercises. Washington, D.C. : The Council, 1980. 32 p. Aqua dynamics is a series of vigorous water activities designed to improve flexibility, strength and circulation. Well illustrated guide for this regimen of high-potential physical activity.

AD 2

President's Council on Physical Fitness and Sports.

An Introduction to Physical Fitness, Includes Self-testing Activities, Graded Exercises and A Jogging Program. Washington, D.C. : The Council, 1979. Booklet. (DHEW Publication No. (OS)79-500). Concise explanation of the need for regular exercise. Outlines exercise and weight control, also how to exercise safely. Suggests an exercise program consisting of warmup, conditioning exercises and circulatory activities.

AD 3

President's Council on Physical Fitness and Sports.

One Step At A Time : An Introduction To Running. Washington, D.C. : The Council, 1980. Booklet. Essential information for anyone who is thinking of taking up running. Provides advice on what to wear, 'warming up' and 'cooling down', and stretching exercises. Recommends a complete medical examination before you begin running.

AD 4

Hospital Council of Southern California.

How To Save Your Gas and Your Health...Walk. Los Angeles, Calif. : The Council, 1979. Leaflet. (Teaching You Better Health). Concise summary of the benefits of regular exercise. Describes three basic kinds of exercise : non-strenuous, semi-strenuous and strenuous, and how to minimize the risks of jogging. Warns against being 'weekend warrior.' Recommends seeing your doctor before beginning a vigorous exercise program if you are over 35.

AD 5

President's Council on Physical Fitness and Sports.

Exercise and Weight Control. Washington, D.C. : The Council, 1980. Leaflet. Describes why the effective key to weight control is keeping food (energy intake) and physical activity (activity energy output) in balance. Refutes the fallacies that a great deal of time is required to use up enough calories to affect weight materially and that exercise increases appetite, thus increasing - not decreasing - weight. Lists the advantages of exercise and the importance of proper nutrition. Discusses exercise and daily living patterns.

AD 6

President's Council on Physical Fitness and Sports.

Walking for Exercise and Pleasure. Washington, D.C. : The Council, [1980]. Leaflet. Provides information on the benefits of walking, an exercise requiring no other equipment than a suitable pair of walking shoes. Suggests 'warm-up' exercises to do before walking.

AD 7

Fenner, Louise.

Cellulite : Hard To Budge Pudge. Rockville, Md. : The Food and Drug Administration, 1980. [4 p]. (HHS Publication No. (FDA)80-1078. Reprinted from FDA Consumer, May 1980.). The subject of many advertisements, cellulite is a term coined in European salons and spas to describe the fatty deposits on women's thighs and buttocks that seem to resist diet and exercise. Refutes the many claims made for various products that are promoted as surefire cellulite remedies. Reports the only way to get rid of fat on your thighs is to get rid of it all over your body.

AD 8

Metropolitan Life Insurance Company.

Exercise. New York, N.Y. : The Company, 1979. Leaflet. (Stay Well Series). Summary information on exercise and its relation to fitness and well-being. Question and answer format describes aerobic, anerobic, isometric, and isotonic exercises, the benefits of exercise and simple limbering exercises.

AD 9

The New York Times.

Swimming Exercises the Major Muscle Group Without Stressing Any Part. New York, N.Y. : The Times, 4/8/81, Sec. C, p. 14. Newspaper article. Notes the advantages of swimming as exercise—all major muscle groups are used, loosens stiff joints without strain, prevents varicose veins, and it strengthens the heart muscle. Reviews strokes and basic safety rules.

AD 10

The Center for Consumer Health Education.

Exercise : Is It Worth the Effort? Reston, Va. : The Center, [no date]. Leaflet. (Taking Care). Brief look at the benefits of regular exercise. Covers the effect of exercise on weight, cholesterol, smoking, heart disease and personality. Also reviews the exercise stress test and how to tell how much and what kind of exercise you need.

AD 11

Best Foods.

Shaping Up for the Long Run Whether Measured in Miles Or in Years. Englewood Cliffs, N.J. : Best Foods, 1980. 22 p. Provides information on how activity and food relate to 'shaping up' through running. Discusses the need for good nutrition, the importance of warming up and cooling down and why running is good exercise.

AD 12

President's Council on Physical Fitness and Sports.

Fitness in the Work Place : A Handbook on Employee Programs. Washington, D.C. : The Council, [no date]. Booklet, 15 p. Covers the benefits, to both employee and employer, of fitness programs in the workplace. Lists common features of successful programs, types of programs, and how to start your own.

AD 13

National Heart, Lung and Blood Institute.

Exercise and Your Heart. Bethesda, Md. : The Institute, 1981. 43 p. (NIH Publication No. 81-1677). To be effective, exercise should be brisk, sustained and regular. Helpful information on the suggested relationship between exercise and a healthy heart. Offers practical examples for a program that can enhance your health.

AD 14

Best Foods.

The Fitness Connection. Englewood Cliffs, N.J. : Best Foods, [no date]. Leaflet. Lists types of exercises and the ways they benefit the body. Links exercise programs with the need to eat right and list ways Americans should alter their cooking and eating patterns to cut down on salt, fat, sugar and calories. Contains recipes.

AD 15

Best Foods.

A Recipe for Fitness from Mazola. Englewood Cliffs, N.J. : Best Foods, [no date]. 39 p. Excellent overview of the role of nutrition and exercise in overall physical fitness. Contains information on dietary guidelines, food and food additives which should be avoided, the proper way to exercise, diagrams of 76 exercises, and recipes for low-calorie, nutritious foods. Bibliography.

AD 16

American Chiropractic Association.

Keep Physically Fit With Good Posture. Des Moines, Iowa : The Association, [no date]. Leaflet. Health and efficiency are affected by poor posture. Summary information on how to check your posture. Provides suggestions for standing, sitting and walking tall. Recommends seeing your doctor of chiropractic if you have a postural problem.

AD 17

The Center for Consumer Health Education.

Fitness : Finding Fitness Your Own Way. Reston, Va. : The Center, 1980. Leaflet. (Taking Care). Answers basic questions about fitness and exercise—why stay fit, why most people don't stay fit, who should and should not exercise, what kind of exercise is best, and how to maintain fitness. Contains helpful hints for exercising wisely and safely.

Human Sexuality

AE 1

Hecht, Annabel.

DES : The Drug With The Unexpected Legacies. [Rockville, Md.]: FDA, 1979. 4 p. (DHEW Publication No. (FDA)79-3092.). Hindsight now shows that the use of DES (an estrogen) to prevent miscarriages tends to promote a form of vaginal cancer, clear cell adenocarcinoma, in both those who take the drug and in their daughters. Reports what should be done for DES-exposed mothers and daughters. A reprint from the FDA Consumer.

AE 2

Willis, Judith.

Updating An Old Idea In Contraception. [Rockville, Md.]: FDA, 1981. 2 p. (DHHS Publication No. (FDA)81-4028.). Discusses the characteristics, usage and advantages of the use of the cervical cap, a small thimble-shaped device which fits over the cervix, at neck of the uterus (womb), that protrudes into the top of the back of the vagina. The cap has not yet been approved by the FDA for contraception use.

AE 3

Health Services Administration, Public Health Service.

Understanding Female Sterilization. Rockville, Md. : Health Services Administration, 1976. Pamphlet, 13 p. (DHEW Publication No. (HSA)76-16025.). Very simple, tutorial explanation of the female reproductive system and how tubal sterilization ('tying the tubes') is performed. Designed for self-instruction of the basic facts. Good illustrations.

AE 4

Health Services Administration, Public Health Service.

A Male Sterilization Procedure. Rockville, Md. : Health Services Administration, 1976. Booklet, 18 p. (DHEW Publication No. (HSA)76-16026.). Very simple, tutorial explanation of the male reproductive system and how vasectomy is performed. For most practical purposes, the operation is not reversible. Designed for self-instruction of the basic facts. Good illustrations.

AE 5

Health Services Administration, Public Health Service.

Female Physical Examination for Contraception. Rockville, Md. : Health Services Administration, 1976. Booklet, 19 p. (DHEW Publication No. (HSA)76-16023.). Very simple, tutorial explanation of the female sex organs, breast and pelvic exams and lab tests. Good illustrations showing anatomical details, use of the speculum and bimanual examination. Designed for self-instruction of the basic facts. Good illustrations.

AE 6

Health Services Administration, Public Health Service.

Contraception. Rockville, Md. : Health Services Administration, 1976. Booklet, 30 p. (DHEW Publication No. (HSA)76-16024.). Very simple, tutorial explanation of six methods of contraception : oral contraceptives (the Pill), intrauterine device (I.U.D.), diaphragm, condom (rubber), contraceptive foam and natural methods. Designed for self-instruction. Good illustrations.

AE 7

Health Services Administration, Public Health Service.

Family Planning and Health. Rockville, Md. : Health Services Administration, 1979. Pamphlet, 10 p. (DHEW Publication No. (HSA)79-5657.). Factors to be considered by women for whom pregnancy poses significantly increased health risks. Discusses how to make intelligent decisions to ensure a safe pregnancy and healthy baby.

AE 8

Health Services Administration, Public Health Service.

The Man Who Cares. Rockville, Md. : Health Services Administration, 1978. Pamphlet, 9 p. (DHEW Publication No. (HSA)79-5651.). Urges men to assume more responsibility for contraception and discusses the use of condoms and vasectomy. Men should be supportive if the chosen method is the Pill, IUD, diaphragm, foams or rhythm. Very clear text.

AE 9

Health Services Administration, Public Health Service.

The Extra Advantages of Family Planning. Rockville, Md. : Health Services Administration, 1979. Pamphlet, 9 p. (DHEW Publication No. (HSA)79-5658.). Essential facts of contraception in relation to the Pill, IUD, diaphragm, condom, rhythm, sterilization. Suggests good communication between couples and use of family planning centers.

AE 10

Health Services Administration, Public Health Service.

Planning Your Future Includes Family Planning. Rockville, Md. : Health Services Administration, 1978. Pamphlet, 9 p. (DHEW Publication No. (HSA)78-5656.). Health benefits of family planning; how to delay and space pregnancies by using various contraceptive techniques such as the Pill, IUD, diaphragm, foam and condom.

AE 11

Centers for Disease Control, Public Health Service.

VD and You. Atlanta, Ga. : CDC, 1978. Leaflet. (DHEW Publication No. (CDC)78-8223.). Why syphilis and gonorrhea cannot be ignored. Discusses how you can tell if you have VD; treatment; and protection against further infection.

AE 12

National Institute of Allergy and Infectious Diseases.

Sexually Transmitted Diseases. Bethesda, Md. : The Institute, 1979. Booklet, 25 p. (NIH Publication No. 79-909.). Highly informative summary of information on gonorrhea, syphilis, genital herpes, chlamydial infections (non-gonococcal urethritis and lymphogranuloma venereum) and other diseases such as hepatitis B and scabies which may be transmitted by sexual contact. Discusses signs, symptoms, treatment, complications and research.

AE 13

Health Services Administration, Public Health Service.

Family Planning Methods of Contraception. Rockville, Md. : Health Services Administration, 1978. Leaflet. (DHEW Publication No. (HSA)80-5646.). Chart showing the usage, reliability, problems, advantages, side effects and complications associated with nine methods of contraception—the Pill, 'mini-pills', IUD, diaphragm with spermicidal cream; spermicidal cream and foam, condom, condom and foam together, periodic abstinence (natural family planning) and sterilization. Designed to help people decide upon the best method of family planning for them.

AE 14

Do It Now Foundation.

Male Responsibility In Birth Control. Phoenix, Ariz. : The Foundation, 1979. Leaflet. (D.I.N. H102.). Emphasizes the importance of communication and shared responsibility and concern. Discusses the use of condoms and vasectomy. Conveys a message : 'Never assume your friends are practicing some form of birth control.'

AE 15

Health Services Administration, Public Health Service.

You'd Be Amazed At How Many Teens Say 'No'. Rockville, Md. : Health Services Administration, 1981. Pamphlet, 8 p. (DHHS Publication No. (HSA)81-5660.). A very elementary explanation of a simple message : 'Don't be fooled into thinking most teenagers are having sex. They aren't. There's a lot to know before you say 'Yes' to having sex.' How to resist peer pressure.

AE 16

The Couple to Couple League.

The Sympto-Thermal Method and the Ovulation Method : A Comparison of Two Methods of Family Planning. Cincinnati, Ohio : The League, 1980. Leaflet. The Sympto-Thermal Method (STM) uses several indicators of fertility - cervical mucus, changes in the cervix and basal temperature; the Ovulation Method (OM) essentially uses only the mucus method for fertility awareness. An informative summary.

AE 17

Health Services Administration, Public Health Service.

The Hassles of Becoming a Teenage Parent. Rockville, Md. : Health Services Administration, 1978. Pamphlet, 9 p. (DHEW Publication No. (HSA)78-5624.). Stresses need for intelligent decisions and responsible sexual behavior. Simple explanation of major birth control methods such as foams and creams, oral contraceptives, IUD and the diaphragm.

AE 18

Health Services Administration, Public Health Service.

El Barullo de Convertirse en Padres Adolescentes. Rockville, Md. : Health Services Administration, 1978. Pamphlet, 9 p. (DHEW Publication No. (HSA)78-5627.). Spanish language translation of the Hassles of Becoming a Teenage Parent. (AE17)

AE 19

The Couple to Couple League.

What Does the Catholic Church Really Teach About Birth Control. Cincinnati, Ohio : The League, 1981. Pamphlet, 11 p. A concise, informative statement of the position of the Catholic Church on human sexuality, marriage and family planning.

AE 20

The Couple to Couple League.

The Pill and the IUD : Some Facts For An Informed Choice. Cincinnati, Ohio : The League, 1980. Leaflet. Argues that the IUD is an abortifacient (an agent which causes an abortion by interfering with the development of the conceived child in the womb). Considers natural birth control to be superior to both the IUD and Pill.

AE 21

The Couple to Couple League.

Breast Feeding : Does It Really Space Babies? Cincinnati, Ohio : The League, [no date]. Leaflet. The proper kind of breast-feeding characterized by constant mother-to-baby togetherness definitely postpones the return of fertility following childbirth. This kind of nursing is called ecological breast-feeding or natural mothering and can be used for natural family planning.

AE 22

Do It Now Foundation.

VD Begets VD Begets.... Phoenix, Ariz. : The Foundation, 1977. Leaflet. (D.I.N. H103.). Short description of causes, spread, treatment and prevention of gonorrhea, syphilis, herpes, Trichomonas Vaginalis (Trich) and venereal warts.

AE 23

Do It Now Foundation.

An Overview : Oral (and other) Contraceptives. Phoenix, Ariz. : The Foundation, 1979. Pamphlet, 12 p. (D.I.N. 219.). How birth control pills work; short and long term effects of the pill; amenorrhea; alternative methods of birth control such as the IUD and cervical cap.

AE 24

Health Services Administration, Public Health Service.

Changes and Choices : Your Children and Sex. Rockville, Md. : Services Administration, 1980. Booklet, 16 p. (DHEW Publication No. (HSA)80-5647.). Advises how best to communicate with children on the subject of sexuality : learn to listen, avoid judging and let the child express his or her feelings freely.

AE 25

Health Services Administration, Public Health Service.

Choices : You and Sex. Rockville, Md. : Health Services Administration, 1980. Booklet, 16 p. (DHEW Publication No. (HSA)80-5649.). Simple explanation for young adolescents on sexual feelings, birth control methods, unplanned pregnancy. Urges mature sex decisions.

AE 26

Health Services Administration, Public Health Service.

Changes : Sex and You. Rockville, Md. : Health Services Administration, 1980. Booklet, 16 p. (DHEW Publication No. (HSA)80-5648.). Simple description for children of puberty in boys and girls. Cartoons and glossary.

AE 27

Health Services Administration, Public Health Service.

Natural Family Planning. Rockville, Md. : Health Services Administration, 1980. Pamphlet, 2 p. (DHHS Publication No. (HSA)80-5621.). Principles of ovulation which permit the calculation of fertile and infertile phases in the menstrual cycle. Describes the Basal Body Temperature (BBT) Method, the Ovulation Method and the Sympto-Thermal Method. The effectiveness of these methods is 98% when properly used.

AE 28

Food and Drug Administration.

Contraception : Comparing the Options. Rockville, Md. : The Administration, 1980. Leaflet. (DHEW Publication No. (FDA)80-3069.). Large fold-out chart listing in tabular form the effectiveness, advantages - disadvantages, side effects, health factors to consider and long-term effect on ability to have children of the Pill, IUD, diaphragm with cream or foam, foam and cream alone, female sterilization, male sterilization, condom and rhythm.

AE 29

Centers for Disease Control.

Ineffective Therapies for Genital Herpes Infections : Don't Harm Yourself With Treatments That Don't Work. Atlanta, Ga., : CDC [no date]. Pamphlet, 11 p. Describes vaccines, immune stimulants, antiviral agents and other treatments such as ether, zinc, steroid creams, DMSO, etc. all of which are NOT effective for genital herpes infections.

AE 30

Hecht, Annabel.

IUDs and Pelvic Infection. Rockville, Md. : FDA, 1979. Leaflet. (DHHS Publication No. (FDA)79-4015.). Short description of pelvic inflammatory disease that may affect the uterus, tubes or ovaries as a result of IUD usage. Indicates symptoms to watch for, such as prolonged bleeding, pelvic pain and painful intercourse. A reprint from the FDA Consumer.

AE 31

Health Services Administration, Public Health Service.

Teenage Pregnancy : Everybody's Problem. Rockville, Md. : Health Services Administration, 1979. 9 p. (DHEW Publication No. (HSA)79-5619.). Emotional and medical consequences of early childbearing on the young mother and the infant. Describes major methods of birth control. Lists resource organizations which can assist in family planning.

AE 32

Food and Drug Administration.

Important Information About IUDs. Rockville, Md. : FDA, 1979. Leaflet. (DHEW Publication No. (FDA)79-4012.).

Describes the risks involved in becoming pregnant while wearing an IUD such as infected abortion. IUD users have a greater chance of developing pelvic inflammatory disease. Urges good communication with physician.

AE 33

Pennsylvania Department of Health.

Sexually Transmissible Diseases - Information for Gay Men. Harrisburg, Pa. : The Department, 1979. Booklet, 18 p. Essential facts on causes, incubation and spread, diagnosis, treatment and follow-up of gonorrhea, non-gonococcal urethritis (NGU), syphilis, lice, scabies, viral hepatitis, venereal warts, herpes and intestinal parasites.

AE 34

Pennsylvania Department of Health.

For Women : About Venereal Disease. Harrisburg, Pa. : The Department, 1978. Leaflet. Summary information on the causes, symptoms, signs, treatment and cure of syphilis and gonorrhea in women.

AE 35

Pennsylvania Department of Health.

For Men : About Venereal Disease. Harrisburg, Pa. : The Department, 1979. Leaflet. Summary information on the causes, symptoms, signs, treatment and cure of syphilis and gonorrhea in men.

AE 36

Pennsylvania Department of Health.

Herpes Simplex Virus, Type 2. Harrisburg, Pa. : The Department, 1980. Leaflet. Problems, symptoms and control of HSV-2. Suggests precautions which should be taken to avoid transmitting the virus.

AE 37

Carolina Population Center.

Fertility Tests and Treatments. Chapel Hill, N.C. : The Center, 1974. Pamphlet, 8 p. Explanation of common tests used to investigate causes of infertility : Huhner Test, semen analysis, endometrial biopsy test, hysterosalpingogram, laparoscopy and D and C. Describes treatment options.

AE 38

Carolina Population Center.

Vasectomy : Tying the Man's Tubes. Chapel Hill, N.C. : The Center, [no date]. Pamphlet, 8 p. Simple explanation of vasectomy, a very simple operation for tying the man's tubes in his scrotum, and how this prevents a woman from getting pregnant.

AE 39

Carolina Population Center.

Vasectomia : Amarrado o Ligado de Tubos en el Hombre. Chapel Hill, N.C. : The Center, [no date]. Pamphlet, 8 p. Spanish language translation of 'Vasectomy : Tying the Man's Tubes.' (AE38).

AE 40

Carolina Population Center.

Tubal Ligation : Tying the Woman's Tubes. Chapel Hill, N.C. : The Center, [no date]. Pamphlet, 8 p. Basic facts explaining how the doctor ties the tubes and how this prevents pregnancy.

AE 41

Carolina Population Center.

Ligado de Tubos : Amarre o Ligado de los Tubos de la Mujer. Chapel Hill, N.C. : The Center, [no date]. Pamphlet, 8 p. Spanish language translation of 'Tubal Ligation : Tying the Woman's Tubes' (AE40).

AE 42

Carolina Population Center.

Laparoscopy : Sealing the Woman's Tubes. Chapel Hill, N.C. : The Center, [no date]. Pamphlet, 8 p. Simple explanation of laparoscopy, a surgical procedure for sealing the woman's tubes through a small opening in the abdomen.

AE 43

Carolina Population Center.

Laparoscopia : Sellado de Tubos en la Mujer. Chapel Hill, N.C. : The Center, [no date]. Pamphlet, 8 p. Spanish language translation of 'Laparoscopy : Sealing the Woman's Tubes' (AE42).

AE 44

Youngs Drug Products Corporation.

Plain Talk About Sexually Transmitted Diseases (S.T.D.S.) Piscataway, N.J. : The Corporation, 1982. Leaflet. Answers basic questions : what are sexually transmitted diseases; signs and symptoms of gonorrhea, syphilis, herpes etc., how they can be prevented by the use of the condom.

AE 45

Youngs Drug Products Corporation.

Barrier Contraception and Human Sexuality. Piscataway, N.J. : The Corporation, 1981. Booklet, 16 p. Basic facts on the usage of condoms (prophylactics, rubbers, lambskins, safes, pros).

AE 46

National Alliance for Optional Parenthood.

Optional Parenthood : Questions and Answers. Washington, D. C. : The Alliance, 1980. Leaflet. Factors to consider in deciding whether to have children. It is argued that no maternal instinct exists independently of cultural expectations and reinforcements.

AE 47

National Alliance for Optional Parenthood.

Are You Kidding Yourself? Washington, D. C. : The Alliance, 1978. Leaflet. Points out that you could fill an average sized high school with just the teenage men and women who will become parents by tomorrow. Cartoon representation of questions teenagers should ask themselves before contemplating parenthood.

AE 48

The New York Times.

Clue Found on Homosexuals' Precancer Syndrome. New York, N.Y. : The Times, 6/18/82, Sec. C, p. 8. Newspaper article. Reports on new evidence in a serious disorder of the body's immune system that has mostly affected male homosexuals. The report states that links have been found between the immune system disorder and Kaposi's sarcoma, a rare form of cancer. Details results of current research and future research.

AE 49

The New York Times.

Rare Cancer Seen In 41 Homosexuals. New York, N.Y. : The Times, 7/3/81, Sec. A, p. 20. Newspaper article. Notes the alarming rise in incidence of a rare form of cancer called Kaposi's Sarcoma in homosexual men. Gives symptoms of the cancer, history of the incidence in the general population and current research in the outbreak among homosexuals.

AE 50

The New York Times.

The Herpes Syndrome. New York, N.Y. : The Times, 2/21/82, Sec. 6, p. 94. Newspaper article. Herpes has established itself in the U.S. as an uncontrollable epidemic which has proved to be devastating to its victims and exasperating to doctors and researchers seeking a cure. In-depth study of current research, course and spread of the disease, physical and psychological effects on victims, and the future for those who suffer from herpes. Special attention is paid to how to deal with the serious emotional effects of the disease.

AE 51

The New York Times.

New Homosexual Disorder Worries Health Officials. New York, N.Y. : The Times, 5/11/82, Sec. C, p. 1. Newspaper article. Acquired immunodeficiency disease (AIDS) is a serious disorder of the immune system which appears to affect primarily male homosexuals. Doctors fear it may reach epidemic proportions among the entire population. Describes the condition, its relation to Kaposi's Sarcoma and other diseases, some possible ways it can be transmitted, its effect on the body, and current research.

AE 52

The New York Times.

Sterilization Without Surgery Has Promise. New York, N.Y. : The Times, 9/6/82, Sec. 2, p. 38. Newspaper article. While many women fear the effects of long-term use of birth control pills, many are also reluctant to be surgically sterilized. Examines current research in various methods of sterilization which do not require surgery, especially a procedure called tubal occlusion.

AE 53

CBS, Inc.

You and Medicine : Penicillin-resistant Gonorrhea. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on CBS Morning News, June 15, 1982). Briefly describes the new strain of gonorrhea that arrived in the U.S. about six years ago and has proved to be resistant to penicillin, long considered a simple, safe cure for the condition. Gives incidence of this strain, how it is treated, and doctors' fears that it may spread.

AE 54

Washington State Department of Social and Health Services.

Genital Herpes. Olympia, Wash. : The Department, [no date]. leaflet. Short, simple explanation of the facts about genital herpes, which infects over 300,000 Americans each year. Covers types, symptoms, stages, transmission, and treatment. Notes spinal problems with pregnancy and herpes and a possible link between herpes and cervical cancer.

AE 55

Oregon State Health Division.

Crab Lice : Questions and Answers. Portland, Oregon : The Division, [no date]. Leaflet. Answers questions about crab lice in simple language—what are they, where are they found, how do they spread, and how to control them.

AE 56

American Council for Healthful Living.

Nine Common Sexually Transmitted Diseases. Orange, N.J. : The Council, 1980. Chart. Handy chart form lists symptoms, when symptoms first appear, transmission, diagnosis, and complications for nine common sexually transmitted diseases—gonorrhea, syphilis, herpes, non-specific urethritis, trichomonas, vaginitis, venereal warts, crabs and scabies. Lists ways to reduce your chances of getting a STD.

AE 57

Pennsylvania Department of Health.

For Gay Men About VD. Harrisburg, Pa. : The Department, [no date]. Leaflet. Concise, simple information about sexually transmitted diseases and some special considerations for gay men. Covers common types of VD and what to do to lessen the risk of contracting a venereal disease.

AE 58

The Human Life and Natural Family Planning Foundation.

The Natural Methods of Family Planning. Alexandria, Va. : The Foundation, [no date]. Leaflet. Essential facts on the ovulation method, the basal body temperature method, and the sympto-thermal method.

AE 59

The Human Life and Natural Family Planning Foundation.

As You Plan for a Family...Consider a Natural Approach. Alexandria, Va. : The Foundation, [no date]. Leaflet. Examines the benefits of natural family planning—freedom from possible side effects of drugs or contraceptive devices, independence, improved communication between couples, etc. Cites advances in natural family planning research and briefly explains how the method works.

AE 60

Planned Parenthood Federation of America, Inc.

Control de Natalidad : Los Métodos Que Son Efectivos...y Los Que No Lo Son...Para Hombres y Mujeres. New York, N.Y. : The Federation, 1980. 12 p. Spanish language version of 'Birth Control : All the Methods That Work...and the Ones That Don't...for Men and Women.' Essential information on contraceptive methods that work well—the Pill, the IUD, the diaphragm (with cream or jelly), and the condom; work sometimes—vaginal foam, cream and jelly, vaginal suppositories, withdrawal and the rhythm method; and those that never work. Outlines risks and benefits for each method. Discusses abortion and voluntary sterilization.

AE 61

Planned Parenthood Federation of America, Inc.

Teen Sex? It's Okay to Say No Way. New York, N.Y. : The Federation, 1979. Pamphlet, 11 p. How to resist peer pressure. The case for responsible decision making.

AE 62

Planned Parenthood Federation of America, Inc.

How To Talk To Your Teenagers About Something That's Not Easy To Talk About : Facts About the Facts of Life. New York, N.Y. : The Federation, 1980. Booklet, 23 p. Essential facts for parents to permit them to communicate better with their adolescent children. Covers menstruation, contraception, masturbation, abortion, venereal disease, premarital sex, relationship of sex and love. Lists books, pamphlets and resource organizations.

AE 63

Planned Parenthood Federation of America, Inc.

Voluntary Sterilization for Men and Women : The Surest Way To Avoid Unwanted Pregnancy. New York, N.Y. : The Federation, 1979. Pamphlet, 7 p. Provides short answers to basic questions about male sterilization (vasectomy) and female sterilization (laparotomy, laparoscopy and culdoscopy). Describes surgical procedures involved.

AE 64

Planned Parenthood Federation of America, Inc.

Sterilization for Women. New York, N.Y. : The Federation, 1981. 11 p. Discussion of the reasons for considering sterilization. Outlines potential risks and problems. Describes tubal sterilization by laparotomy, laparoscopy, mini-laparotomy, culdoscopy, colpotomy and hysteroscopy. Answers questions about the effects of sterilization on menstruation, femininity, sexual enjoyment, cost and special requirements.

AE 65

Planned Parenthood Federation of America, Inc.

The Condom. New York, N.Y. : The Federation, 1981. Leaflet. Concise information on condoms (rubbers, safe, prophylactic). Discusses use, pros and cons, care and handling, types, and the use of condoms and foam. Includes information on where they can be purchased and their cost.

AE 66

Planned Parenthood Federation of America, Inc.

Foam Facts. New York, N.Y. : The Federation, 1976. Leaflet. Reasonably effective when used alone, foam's protection against pregnancy can be increased when a woman's partner wears a condom. Basic facts on usage, pros and cons and purchasing foam.

AE 67

Planned Parenthood Federation of America, Inc.

You and the Pill. New York, N.Y. : The Federation, [no date]. Leaflet. Basic facts about oral contraceptives (the Pill). Discusses risks and benefits, effectiveness, and administration. Emphasizes the need for medical supervision and follow-up.

AE 68

Planned Parenthood Federation of America, Inc.

Understanding IUDs. New York, N.Y. : The Federation, 1981. Leaflet. Concise summary of the risks and benefits of IUDs. Outlines what is known about how they work, how to get one and what to expect if you decide the IUD is for you. Lists things you should report to your physician if you have an IUD.

AE 69

Planned Parenthood Federation of America, Inc.

Can Smokers Take the Pill? New York, N.Y. : The Federation, 1981. Leaflet. Essential information for women who take the pill and smoke. Summarizes what is known about the increased health risks associated with smoking and the pill.

AE 70

Planned Parenthood Federation of America, Inc.

What Teens Want To Know, But Don't Know How To Ask. New York, N.Y. : The Federation, 1981. 13 p. Excellent explanations for young adolescents about puberty, human sexuality, sexual feelings, birth control methods, masturbation, abortion and venereal disease.

AE 71

Planned Parenthood Federation of America, Inc.

Ways to Chart Your Fertility Pattern...Help In Figuring Those Days With Least Risk of Pregnancy. New York, N.Y. : The Federation, 1980. 7 p. Principles of how to chart your fertile and infertile phases. Describes the basal body temperature (BBT) method, the calendar method and the vaginal mucus method. Notes that these methods require keeping consistent and accurate records.

AE 72

Planned Parenthood Federation of America, Inc.

Diaphragms and How They Work. New York, N.Y. : The Federation, 1981. Leaflet. Concise descriptions of the benefits and risks, fitting, insertion and use of a diaphragm.

AE 73

Planned Parenthood Federation of America, Inc.

Basics of Birth Control. New York, N.Y. : The Federation, 1980. Leaflet. Chart presents basic information on prescription and non-prescription methods of birth control. Describes each method, how it works, features of use, failure rate, advantages, disadvantages, how to get it and cost. Concise description of how pregnancy happens.

AE 74

Planned Parenthood Federation of America, Inc.

Fundamentos de la Planificación de la Familia. New York, N.Y. : The Federation, [1980]. Leaflet. Spanish language version of 'Basics of Birth Control.' (AE73).

AE 75

The American Fertility Society.

Artificial Insemination : An Accepted Medical Technique. Birmingham, Al. : The Society, [no date]. 7 p. Artificial insemination is a well-accepted method of treatment for infertile couples in the U.S. and other parts of the world. Describes the three types of artificial insemination (artificial insemination by a donor, use of frozen specimen and mixture of sperm from a donor and the husband). Outlines medical indications for this procedure, selection of the donor, techniques for and results of insemination treatments. Provides information on fees. Discusses some of the psychological considerations to be taken into account when deciding on this procedure.

AE 76

National Institute of Allergy and Infectious Diseases.

Genital Herpes. Bethesda, Md. : The Institute, 1981. Pamphlet. (NIH Publication No. 82-2005). Answers most of the questions commonly asked : causes, symptoms, incubation period, treatment of genital herpes. It provides information on precautions to be taken during sexual intercourse to avoid spread of the virus, value of a Pap smear in detecting herpes, dangers of herpes to an unborn child, relationship between herpes and cancer, current research.

AE 77

National Institute on Aging.

Sexuality In Later Life. Bethesda, Md. : The Institute, 1981. 2 p. (Age Page). A pattern of regular sexual activity helps to preserve sexual ability. When problems occur, they should not be viewed as inevitable, but rather as the result of disease, disability, drug reaction or emotional upset requiring medical care. Heart disease, diabetes, stroke, arthritis, hysterectomy or prostatectomy may limit but not prevent sexual activity.

AE 78

Mississippi State Board of Health.

Teen Pregnancy : Everybody's Problem. Jackson, Miss. : The Board, 1980. Leaflet. Gives statistics about incidence of sexual activity among teenagers and the resulting high rate of teenage pregnancy. Notes reasons many teens don't use contraceptives, risks involved in teenage pregnancy, and problems that teenage pregnancy can cause for teenage parents, their child and families.

AE 79

Planned Parenthood Federation of America, Inc.

Guide for Couples Seeking Parenthood. New York, N.Y. : The Federation, 1975. Leaflet. Concise information on infertility. Provides information on where to get help, what to expect, common causes of infertility, treatment, and cost.

AE 80

The Hogg Foundation for Mental Health.

Sex-Related Comments. Austin, Tex. : The Foundation, 1981. Leaflet. Reviews the connection between human sexuality and mental health. Discusses the avoidance of intimacy, ignorance of sexual facts, parents and teenage sexuality, and the difficult task of sex education.

Health of Children

AF 1

National Institute of Mental Health.

Pre-term Babies. Rockville, Md. : The Institute, 1980. 14 p. (DHHS Publication No. (ADM)80-972.). Explains when a baby is considered a pre-term or premature baby. Outlines the causes of pre-term birth and low weight babies and the dramatic advances in care of 'premies.' Prepares parents for a visit to an intensive care nursery. Discusses the conflicting emotions that parents of 'premies' often face. Stresses the importance of interaction between parent and pre-term baby. Sources of information and list of references appended.

AF 2

National Institute of Mental Health.

Stimulating Baby Senses. Rockville, Md. : The Institute, 1978. 10 p. (DHEW Publication No. (ADM)77-481. Caring about kids). Emphasizes the importance of responding to your baby. As you learn what your baby's cries mean and respond to them, both you and the baby are learning and building a special relationship. Explains how this relationship differs for each parent and child. Researchers have discovered that for the first few months you are the baby's most important visual stimulus. Encourages talking to, playing and holding your baby. Provides hints on feeding your baby and a short resource list for further information.

AF 3

Health Services Administration.

Facts About Sudden Infant Death Syndrome. Rockville, Md. : The Administration, [no date]. 11 p. (DHEW Publication No. (HSA)79-5259). Outlines basic facts about SIDS. Question and answer format describes SIDS and deals with guilt feelings of parents. Describes prevention and incidence. Discusses dealing with grief of parents, other children, close relatives, babysitters, etc. Includes sources of help and information.

AF 4

Health Services Administration. Public Health Service.

Sudden Infant Death Syndrome. Rockville, Md. : The Administration, 1981. Leaflet. (DHHS Publication No. (HSA)81-5270.). Historical overview of events leading to the establishment of the Sudden Infant Death Syndrome program. Outlines the program's objectives and services. Includes addresses of resource organizations.

AF 5

Health Services Administration.

Los Hechos Sobre el Síndrome de la Muerte Infantil Repentina. Rockville, Md. : The Administration, 1980. 12 p. (DHEW Publication No. (HSA)80-5254). Spanish language version of 'Facts About Sudden Infant Death Syndrome' (AF3).

AF 6

Health Services Administration.

Muerte en la cuna : Síndrome de Muerte Infantil Repentina. Rockville, Md. : The Administration, 1980. 20 p. (DHHS Publication No. (HSA)80-5263.). Outlines information about Sudden Infant Death Syndrome. Includes incidence. Emphasizes that no one is to blame.

AF 7

Health Services Administration.

The Subsequent Child. Rockville, Md. : The Administration, 1976. 20 p. (DHHS Publication No. (HSA)80-5260). Written to help those parents who have lost a child to Sudden Infant Death Syndrome (SIDS), this pamphlet will help anyone who has contact with such families. Discusses the decision to have another baby, problems that might be encountered, hopes and fears during pregnancy and after the birth of your 'subsequent child.'

AF 8

National Society for Children and Adults with Autism.

Could Your Child Be Autistic? Washington, D.C. : The Society [no date]. Leaflet. Describes what autism is, the general characteristics of autistic children, symptoms and treatment.

AF 9

National Institute of Neurological and Communicative Disorders and Stroke.

Datos Concretos : autismo. Bethesda, Md. : The Institute, 1980. 6 p. (NIH Publication No. 81-2282.). Spanish language version of 'Fact Sheet : Autism' (AF10).

AF 10

National Institute of Neurological and Communicative Disorders and Stroke.

Fact Sheet : autism. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-1877). What autism is, its symptoms, causes, diagnosis and treatment. Lists resource organizations and recommended publications.

AF 11

Health Services Administration.

Books That Help Children Deal With a Hospital Experience. Rockville, Md. : The Administration, 1978. 22 p. (DHEW Publication No. (HSA)78-5224). Guide to selecting books about hospitals and clinics and the people who work in them. An annotated list of books evaluates both the overall quality and the accuracy of the medical information presented.

AF 12

National Institute of Mental Health.

Dyslexia. Rockville, Md. : The Institute, 1978. 9 p. (DHEW Publication No. (ADM)78-616. Caring about kids). Dyslexia is a specific reading disability which affects boys about four times more often than girls. This is a simple outline of some of the problems which often accompany dyslexia, and the problems which face the child with dyslexia, his parents, siblings and teachers. Provides resource organizations for further help and information.

AF 13

National Institute of Mental Health.

Learning While Growing : Cognitive Development. Rockville, Md. : The Institute, 1981. 14 p. (DHHS Publication No. (ADM)81-1017. Caring about kids). Overview of Piaget's four stage model of cognitive development. Describes how language skills, understanding and memory and altruism and conscience develop. Provides hints for parents on how to help a child's mind grow. Short list of books for further reading.

AF 14

National Institute of Mental Health.

Helping the Hyperactive Child. Rockville, Md. : The Institute, 1978. 9 p. (DHEW Publication No. (ADM)78-561. Caring for kids). Hyperkinetic behavior syndrome is often labeled 'minimal brain dysfunction' and commonly referred to as 'hyperactivity' or 'hyperkinesis.' Symptoms, causes and treatment - medication, diet, psychological interventions and other ways to help are reviewed. Organizations that can help locate services for a child with problems are listed and a short list of recommended reading is included.

AF 15

National Institute of Mental Health.

The Child's Emotions : How Physical Illness Can Affect Them. Rockville, Md. : The Institute, 1977. 6 p. (DHEW Publication No. (ADM)78-497). Presentation of findings about the link between physical disorders and behavior problems, the effect of physical illness and injuries on emotional health and children's response to hospitalization.

AF 16

National Institute of Mental Health.

'Plain Talk' About Raising Children. Rockville, Md. : The Institute, 1979. [4 p.]. (DHEW Publication No. (ADM)79-875. Plain Talk Series). Reports results of a survey about effective parenting. Outlines 10 basic principles of childrearing - love abundantly, discipline constructively, spend time together, tend to personal and marital needs, teach right from wrong, develop mutual respect, really listen, offer guidance, foster independence and be realistic.

AF 17

National Institute of Mental Health.

'Plain Talk' About When Your Child Starts School. Rockville, Md. : The Institute, 1980. [2 p.]. (DHHS Publication No. (ADM)80-1021). Plain Talk Series). Outlines things you can do to give your child help and encouragement at this 'turning point' in his or her life.

AF 18

National Institute of Mental Health.

'Plain Talk' About Dealing With the Angry Child. Rockville, Md. : The Institute, 1978. [4 p.]. (DHEW Publication No. (ADM)80-781). Distinguishes between anger and aggression. Provides practical advice on dealing with children's anger, and suggestions for teaching children acceptable ways of coping with anger.

AF 19

National Institute of Arthritis, Metabolism and Digestive Diseases.

Human Growth Hormone. Bethesda, Md. : The Institute, 1979. Pamphlet. (NIH Publication No. 80-1598). Brief historical overview on dwarfism. Describes the HGH deficient patient, other types of dwarfism, diagnosis and treatment of pituitary dwarfism. Outlines the role and goals of the National Pituitary Agency.

AF 20

National Heart, Lung, and Blood Institute.

Inborn (congenital) Heart Defects. Bethesda, Md. : The Institute, 1977. 8 p. (DHEW Publication No. (NIH)77-1085. Formerly PHS Publication NO. 1204). Incidence of inborn heart defects, 'the blue baby' and other symptoms, causes and treatment. Descriptions of the most common inborn heart defects and the surgical procedures to correct or partly correct each of them.

AF 21

Speech Foundation of America.

If Your Child Stutters : A Guide For Parents. Memphis, Tenn. : The Foundation, 1977. 47 p. (Publication No. 11). Designed to help parents of children between the ages of two and six tell if their child is stuttering or is having normal variations in fluency. Explains how to recognize the danger signs of stuttering, help a child toward improved speech fluency, and prevent development of stuttering. Helps you to do something about stuttering.

AF 22

The New York Times.

Sorting Out A Child's Nightmare. New York, N.Y. : The Times, 7/19/82, Sec. C, p. 16. Newspaper article. Reviews the differences in nightmares and night terror. Notes the causes of nightmares, their effect on children, and tips for parents in dealing with these very troubling experiences.

AF 23

The New York Times.

If A Child Becomes Ill, When Should Parents Call A Doctor? New York, N.Y. : The Times, 3/31/82, Sec. C, p. 12. Newspaper article. Notes that many parents don't know when to call the doctor or what to say when they do. Offers guidelines to determine if an emergency situation is present, when to call the doctor for a nonemergency, the differences in symptom severity for children of different ages, and what kind of doctor should treat your child. Explains how different symptoms should be interpreted, including length of illness, fever, cough, vomiting, diarrhea, abdominal pain, sore throat, earache, or headache.

AF 24

The New York Times.

A Hospitalization Need Not Traumatize A Child. New York, N.Y. : The Times, 9/22/82, Sec. C, p. 10. Newspaper article. Lists ways to help your child through a hospital stay. Describes the fears children experience when staying in the hospital, the effect on parents, and ways to prepare the child for his stay before it happens. Lists what the parents should ask before the hospital stay and provides a bibliography of further readings.

AF 25

National Reye's Syndrome Foundation.

Medical Mystery : Reye's Syndrome, a Disease That Affects the Liver and Brain. Bryan, Ohio : The Foundation, 1980. Leaflet. Reye's Syndrome is a disease that affects the liver and brain in children from infancy to about 19 years of age. Its cause is unknown, it appears most frequently during the winter. Simple explanation of lasting effects, the importance of early diagnosis, symptoms and treatment.

AF 26

Metropolitan Life Insurance Company.

Your Child's Health Care. New York, N.Y. : The Company, 1980. Leaflet. (Stay Well Series). Summary of ways you can help your child grow into a healthy adult : regular checkups by a pediatrician or your family doctor, immunizations, healthy habits and good nutrition. Outlines what information your child's medical history should include. Suggests a list of telephone numbers to keep beside the phone. Includes hints on helping your child understand visits to the doctor, clinic or hospital.

AF 27

The New York Times.

Reye's Rare Childhood Illness, Can Be Quickly Devastating. New York, N.Y. : The Times, 11/17/82, Sec. C, p. 12. Newspaper article. Reye's syndrome usually occurs after a minor viral illness and can have sudden, often fatal, symptoms. Describes the history of the illness, statistics about its occurrence, relationship of the disease and aspirin, symptoms and treatment.

AF 28

CBS, Inc.

Outlook : Child Abuse. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on CBS Morning News, August 24, 1982). Notes the rise in the number of child abuse cases reported each year. Describes one former abuser's case and how she received help from Parents Anonymous, an organization which helps parents who are prone to child abuse. Lists factors which can lead to child abuse.

AF 29

CBS, Inc.

Parent Grief. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on CBS Morning News, August 3, 1982). A look at the New York chapter of Compassionate Friends, one of many groups founded to help parents deal with their grief at the death of a child. Discusses the reasons that the loss of a child is so traumatic, what kinds of help parents need, and how groups like Friends provide that help.

AF 30

CBS, Inc.

Children of Divorce. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast as part of 30 Minutes, August 21, 1982). Divorce can be damaging psychologically to adults, but children are especially vulnerable to anger, depression, and fear when their parents split up. This session reflects the views of children about their parents' divorce and how it has affected them. Excellent aid in learning to talk with children about divorce.

AF 31

National Foundation for Ileitis and Colitis, Inc.

Crohn's Disease, Ulcerative Colitis and Your Child. New York, N.Y. : The Foundation, [no date]. Pamphlet, 12 p. Answers parents' questions about Crohn's disease and ulcerative colitis as they relate to children. Covers symptoms, age of onset, what type of doctor is needed, growth effects, treatment, and emotional aspects.

AF 32

Orton Dyslexia Society.

What Is Dyslexia? Baltimore, Md. : The Society, [no date]. Leaflet. Dyslexia, or specific language difficulty, causes people to have great difficulty in learning their native language in both spoken and written form. Often the cause for frustration and anger, the condition can be effectively managed through proper education. Good, brief introduction to dyslexia.

AF 33

The Feingold Association of New York, Inc.

Children With Behavioral and Learning Disorders Can Be Helped—Without Drugs. Smithtown, N.Y. : The Association, [no date]. Leaflet. Notes that removal of all synthetic food colors, flavors, preservatives, etc. from the diet of hyperactive children can cause marked improvement without the use of drugs. Describes the Feingold Dietary Program, conditions which can be helped by the diet, and services available from the Feingold Association.

AF 34

Food and Drug Administration.

Reye's Syndrome. Rockville, Md. : The Administration, 1982. Leaflet. (HHS Publication No. (FDA)82-3126). Questions and answers about Reye's syndrome, an acute condition that may follow influenza and chicken pox infections in children from infancy to their late teens. Reye's syndrome may be linked to the use of aspirin by children who have influenza, chicken pox or other flu-like illnesses.

AF 35

National Institute of Allergy and Infectious Diseases.

Reye's Syndrome. Bethesda, Md. : The Institute, 1981. Leaflet. (NIH Publication No. 81-2191). A modern medical mystery, Reye's syndrome is a life threatening disease that develops rapidly in some children usually following an acute viral infection. Concise information on the nature of the disease, its symptoms, epidemiology, causative factors, diagnosis, treatment and research efforts. Lists several private organizations actively concerned with Reye's syndrome.

AF 36

National Institute of Neurological and Communicative Disorders and Stroke.

Stuttering : Hope Through Research. Bethesda, Md. : The Institute, 1981. 16 p. (NIH Publication No. 81-2250). While the symptoms of stuttering are easy to recognize, the causes remain a mystery. A brief look at what is known about this disorder and those it afflicts; research into the causes; treatments and where to seek help. Includes a list of resource organizations.

AF 37

National Reye's Syndrome Foundation.

What Is Reye's Syndrome? For Kids' Sake Find Out Now. Bryan, Ohio : The Foundation, 1982. Leaflet. Brief summary of information about Reye's syndrome—diagnosis, symptoms, and the importance of contacting a physician immediately.

AF 38

Mississippi State Board of Health.

Put Your Child to Bed with a Teddy Bear...Not a Bottle. Jackson, Miss. : The Board, 1982. Leaflet. Dos and don'ts for avoiding nursing bottle mouth, a cause of serious decay and early loss of baby teeth.

AF 39

U.S. Department of Health, Education and Welfare.

Little Babies Born Too Soon, Born Too Small. Bethesda, Md. : The Department, 1979. Booklet. Describes the special problems faced by low birth weight infants. Notes incidence of problem births, death rate, maternal factors contributing to low birth weight, methods of saving those infants, and research.

AF 40

Voice of Prophecy Radio Broadcast.

What About Soy Milk? Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #196). Brief outline of the development and increasing use of soy milk, especially for those with a lactose intolerance.

AF 41

U.S. Consumer Product Safety Commission.

The Super Sitter. Washington, D.C. : The Commission, [no date]. Booklet, 12 p. Guidelines for babysitters. Lists dos and don'ts, safety hints on play areas, indoors and out, and nursery equipment. Comments on safe and unsafe toys. Outlines what you should know about poison. Suggests how to make your own 'Super Sitters Surprise Box.'

AF 42

National Foundation for Ileitis and Colitis, Inc.

Coping with Crohn's Disease and Ulcerative Colitis : A Booklet for Children and Teenagers. New York, N.Y. : The Foundation, [no date]. Leaflet. Simple explanation of what Crohn's disease and ulcerative colitis are. Describes causes, prognosis, treatment, diagnosis and diets. Discusses emotional reactions to these diseases.

AF 43

National Institute of Mental Health.

Plain Talk About Adolescence. Rockville, Md. : The Institute, [no date]. Fact sheet. Practical suggestions on keeping communications open between parents and teenagers. Notes it is unrealistic to expect complete harmony between the generations. Notes the gains to be made when teenagers and parents keep tuned in to each other.

AF 44

Federation for Children with Special Needs.

Questions When Surgery Is Recommended for Your Child. Boston, Ma. : The Federation, 1980. 7 p. If your doctor has recommended surgery, it is fair to assume that this is what he or she believes is the best course of action. Lists the kinds of questions you should ask to help you decide whether to give consent for surgery; to clarify your expectations and feelings; to provide support for your child; and to make plans for home, school, work and family. Includes information on seeking a second opinion.

Health of Women

AG 1

The New York Times.

Toxic Shock. New York, N.Y. : The Times, 9/19/82, Sec. 6, p. 30. Newspaper article. This in-depth article by Nan Robertson, victim of toxic shock syndrome, covers the effects of this sometimes devastating illness from a first-person point of view. Covers symptoms, emergency treatment, later care, complications, history of the disease and research. Also includes the National Academy of Sciences guidelines for the use of tampons.

AG 2

State of Missouri Department of Mental Health.

A Letter To A Mother. Jefferson City, Mo. : The Department, [no date]. Leaflet. Extremely effective presentation of the dangers of drinking alcohol while pregnant, this one page letter is written as if the unborn child were writing a letter to the mother. Explains the fetal alcohol syndrome and asks the mother to please 'not drink alcohol while I am developing.'

AG 3

Washington State Department of Social and Health Services.

Infant Feeding Guide . Breast Feeding. Olympia, Wash. : The Department, 1982. Booklet, 12 p. Simple explanation of the advantages of breast-feeding, what to do before you give birth, how to get started, and tips for safety.

AG 4

National Institutes of Health.

Breast Cancer : We're Making Progress Every Day. Bethesda, Md. : The Institutes, 1981. Pamphlet, 12 p. (NIH Publication No. 82-2409). Much progress has been made in breast cancer detection, diagnosis, and treatment. Covers signs and symptoms, self-examination, mammography, biopsy, new treatment alternatives, breast reconstruction and sources of help. Lists telephone numbers for local Cancer Information Service.

AG 5

National Institutes of Health.

Questions and Answers About Breast Lumps. Bethesda, Md. : The Institutes, 1981. Pamphlet, 14 p. (NIH Publication No. 82-2401). Stresses that most breast lumps are not cancer. Describes some common noncancerous breast lumps, how a doctor can use one or more procedures to evaluate a lump, treatment, questions you should ask your doctor, glossary, and instructions for doing a breast self-examination.

AG 6

Postonik, Pauline.

Drugs and Pregnancy. Rockville, Md. : Food and Drug Administration, 1978. Pamphlet. (Reprinted from FDA Consumer, February 1978. HHS Publication No. (FDA)80-3083). Warns the use of drugs carries a risk to your baby because a drug taken by an expectant mother passes through the placenta to the unborn child. Lists some of the adverse side effects of drugs and other substances. Recommends taking drugs, prescription and over-the-counter, only when absolutely necessary and only on the advice of your doctor.

AG 7

Morrison, Margaret.

When the Baby's Life Is So Much Your Own... Rockville, Md. : Food and Drug Administration, 1979. Pamphlet. (Reprinted from FDA Consumer, May 1979. HEW Publication No. (FDA)79-1057). Emphasizes the need to take good care of yourself during pregnancy. Tells you what to do to give your baby a good start in life. Explains why regular visits to your doctor, taking medicine only when absolutely necessary and only when your doctor advises it, limiting smoking and drinking, eating nutritious food, watching your weight and avoiding x-rays to the womb area are important.

AG 8

Abrams, Earl B.

Listening As a Fetus Becomes a Baby. Rockville, Md. : Food and Drug Administration, 1979. Pamphlet. (Reprinted from FDA Consumer, November 1979. HEW Publication No. (FDA)80-4019). Explains what fetal monitoring is, how it works and what it can tell your doctor. Describes indirect or external and internal or direct monitoring. Reviews the controversy between those experts who believe it is being overused and may pose some risks and those who argue it can give signs of early trouble and thus prevent birth complications.

AG 9

Food and Drug Administration.

Caffeine and Pregnancy. Rockville, Md. : The Administration, [1981]. Leaflet. (HHS Publication No. (FDA)81-1081). Urges pregnant women to avoid, if possible, or consume only sparingly, foods and drugs containing caffeine. Caffeine, when fed to pregnant rats, caused birth defects in their offspring. Further study is needed before we know for sure what role, if any, caffeine plays in causing birth defects. Lists the amount of caffeine to be found in coffee, tea, cola and 'pepper' drinks, cocoa, chocolate, non-prescription and prescription drugs.

AG 10

Pawlak-Frazier, Pamela.

Cause and Defect : Fetal Alcohol Syndrome. A Special Report. Phoenix, Ariz. : Do It Now Foundation, 1978. Leaflet. (D.I.N. 140.). Outlines the historical view of the medical profession on the offspring of alcoholic women. Describes the damage to the unborn child that can occur during the first few months of pregnancy - a particularly dangerous time for the developing fetus. Summarizes research to define the fetal alcohol syndrome (FAS). Describes FAS symptoms after birth and stresses the need for continuing research and education. Heavy alcohol use during pregnancy poses a threat to your unborn baby.

AG 11

Food and Drug Administration.

X-rays, Pregnancy and You... Rockville, Md. : The Administration, 1980. Leaflet. (HEW Publication No. (FDA)79-8087). Outlines the issues concerning x-ray exposure during pregnancy. Explains how to reduce the risks to your unborn child by telling your doctor if you are, or think you might be pregnant.

AG 12

Maternity Center Association.

Relaxation and Breathing. New York, N.Y. : The Association, 1980. Leaflet. Stresses the importance of relaxation, correct posture and controlled breathing. Explains how all can be used during the course of labor.

AG 13

Maio, Jacqueline.

Pregnancy Test Kits : No Sure Thing But Sometimes Helpful. [Rockville, Md.] : Food and Drug Administration, 1979. 1 p. (Reprinted from FDA Consumer, June 1979. HEW Publication No. (FDA)79-4017). Outlines the development of over-the-counter pregnancy test kits and explains how they work. Reports on FDA's review of data from several makers of these kits. FDA determined they are reasonably accurate but notes that special care is needed when the kit is used. Summarizes a number of factors that should be taken into account when using a kit.

AG 14

Maternity Center Association.

Comfort During Pregnancy. New York, NY : The Association, [no date]. Leaflet. Comfortable positions for sleeping, an easy way of getting out of bed, correct standing posture and how to lift a child or moderately heavy object during pregnancy are explained and illustrated.

AG 15

Young, Diony.

Unnecessary Cesareans : Ways To Avoid Them. Minneapolis, Minn. : International Childbirth Education Association, Inc., 1980. 27 p. Contains a wealth of information about cesarean birth and allows exploration of alternatives that may enable you to safely avoid an unnecessary cesarean. Discusses the risks to mother and baby and provides help in planning ahead should a cesarean be necessary. Encourages asking questions of your doctor and hospital. Stresses the importance of a good relationship with your doctor. Includes a summary checklist of things to do while pregnant and in labor and topics to discuss with your doctor. Provides a glossary of medical terms, references to the professional literature and suggests additional reading.

AG 16

Food and Drug Administration.

Assessing Childbirth Drugs. Rockville, Md. : The Administration, 1980. 1 p. (Reprinted from FDA Consumer, Dec. '79 - Jan. '80. HHS Publication No. (FDA)80-3101). Outlines some of the questions about the use of medication during childbirth. Describes the benefits and risks of anesthetics and pain-relieving drugs. Advises moderation and caution be used in prescribing drugs for labor and delivery.

AG 17

Hopkins, Harold.

Next to Mother's Milk, There's Infant Formula. Rockville, Md. : Food and Drug Administration, 1980. [3 p.] (Reprinted from FDA Consumer, July-Aug. 1980. HHS Publication No. (FDA)81-2139). Explains how FDA's greater authority to make certain that infant formulas will be safe and wholesome grew out of the events that followed one manufacturer's change of formula, omitting a vital ingredient. Includes brief history of infant formulas.

AG 18

Hecht, Annabel.

Advice on Breast-feeding and Drugs. [Rockville, Md.] Food and Drug Administration, 1979. [2 p.] (Reprinted from FDA Consumer, No. 1979. HEW Publication No. (FDA)80-3098). Because mother's milk can become contaminated by the drugs that the mother may be taking FDA will require that the labeling of all new drugs include information for doctors on whether the product is excreted in breast milk. Describes some of the drugs and the effect they are known to have on the baby. Recommends the nursing mother ask her doctor about all the medications she is taking - both over-the-counter and prescription drugs.

AG 19

Maternity Center Association.

For the Expectant Father. New York, NY : The Association, [no date]. Leaflet. A brief summary of some of the practical and emotional adjustments necessary for the new role of father. Summarizes the important physical and psychological changes that may occur to a woman during pregnancy. Describes programs for expectant fathers. Includes suggested reading list and limited listing of organizations offering literature and information of interest to parents.

AG 20

National Institutes of Health.

Cervical Cancer Screening : The Pap Smear. Bethesda, Md. : The Institutes, [no date]. 1 p. (The Search for Health 850-NCI-481). Explains what a Pap test is. Reports on recommendations of an NIH consensus development conference which concluded that the Pap test should be used routinely for detecting cervical cancer in the early stages when it is curable in almost 100 per cent of cases. Because cervical cancer seldom causes symptoms it can only be detected by an examination that includes a Pap test.

AG 21

National Institutes of Health.

La Prueba Pap en la Búsqueda del Cáncer Cervical. Bethesda, Md. : The Institutes, [no date]. (En busca de buena salud. 851-NCI-481-T). Spanish language version of 'Cervical Cancer Screening : The Pap Smear.' (AG20)

AG 22

Food and Drug Administration.

Estrogens : Another Riddle For Middle Age. Rockville, Md. : The Administration, 1980. [4 p.] (Reprinted from FDA Consumer, Nov. 1980. HHS Publication No. (FDA)81-3114). Summarizes the benefits and risks of using estrogens. Explains the role of estrogen in the body. Traces the use of estrogen over the past 40 years and the controversy surrounding the drug. Reports the conclusions of a Consensus Development Conference on Estrogen Use and Postmenopausal Women. Lists guidelines for estrogen use.

AG 23

Food and Drug Administration.

Toxic Shock Syndrome and Tampons. Rockville, Md. : The Administration, 1980. Leaflet. (HHS Publication No. (FDA)81-4025). Contains both summarized and detailed information about the symptoms of toxic shock syndrome, treatment of the disease and the recommendation that women can almost entirely avoid the risk by not using tampons.

AG 24

Young, Diony.

Bonding : How Parents Become Attached To Their Baby. Minneapolis, Minn. : International Childbirth Education Association, Inc. 1978. [9 p.]. Investigates the nature of the bond, or close emotional tie that a mother forms with her baby. Considers the practical implications of this for the care that hospitals provide before and after childbirth. Also considers the father-child and parent-child relationship. Discusses, in detail, the many factors which can influence the bonds between parents and child.

AG 25

International Childbirth Education Association, Inc.

The Pregnant Patient's Bill of Rights : the Pregnant Patient's Responsibilities. Minneapolis, Minn. : The Association, [no date]. [4 p.]. Summarizes the effort of the American College of Obstetricians and Gynecologists to set forth the pregnant patient's right of informed consent. Sets forth the Pregnant Patient's Bill of Rights and the Pregnant Patient's Responsibilities.

AG 26

Ortho Pharmaceutical Corporation.

For Your Information,... Vaginitis. Raritan, N.J. : The Corporation, 1979. 18 p. Most women will have vaginitis at least once. This booklet provides a concise summary of the different types of vaginal infection - bacterial, trichomonal and monilia (candida). Compares the normal and abnormal vagina. Lists factors which tend to contribute to vaginal infections. Provides recommendations for the treatment of vaginitis.

AG 27

American Society For Psychoprophylaxis in Obstetrics.

Lamaze : Preparing for Parenthood Together. Washington, D.C. : The Society, [no date]. Leaflet. Basic information on Lamaze prepared childbirth. Includes recommended reading list, Lamaze class registration, information request form and brief summary of ASPO's activities.

AG 28

DES Action

If You Were Born After 1940, You May Be A DES Daughter. New Hyde Park, N.Y. : DES Action, [no date]. Leaflet. Essential information for women whose mothers took DES. Outlines what you should do if your mother took DES. Describes the importance of a pelvic examination. Lists names under which DES has been sold.

AG 29

DES Action.

DES. La Droga Prodigiosa Que, A Vd. Mujer, Debe Preocuparle. San Francisco, Calif. : DES Action [no date]. Leaflet. Spanish language version of 'If You Were Born After 1940, You May Be A DES Daughter.' (AG28)

AG 30

National Foundation for Ileitis and Colitis, Inc.

Some Frequently Asked Questions About Pregnancy in Ileitis and Colitis. New York, N.Y. : The Foundation, 1977. Leaflet. Question and answer format presents information to women with ileitis, Crohn's disease, granulomatous colitis and ulcerative colitis about these diseases and pregnancy.

AG 31

Coalition for the Medical Rights of Women.

Are You...One of the 6 Million Women Taking Hormones for Menopausal or Post-Menopausal Symptoms? Are You Considering Taking These Hormones? San Francisco, Calif. : The Coalition, [no date]. Leaflet. Important information for menopausal or post-menopausal women on the risks and benefits of estrogen replacement therapy (ERT). Outlines the controversy within the medical profession regarding the use of ERT and discusses alternatives to this therapy.

AG 32

Coalition for the Medical Rights of Women.

Women and Health Care : Your Legal Rights. San Francisco, Calif. : The Coalition, 1981. Leaflet. Provides information on how to find an attorney if you think you have been injured because of faulty, dangerous or misused products or poor medical practices. Outlines when to seek legal advice, how to find and work with an attorney.

AG 33

Coalition for the Medical Rights of Women.

Safe Natural Remedies for Discomforts of Pregnancy. San Francisco, Calif. : The Coalition, 1981. 30 p. Practical and helpful advice on relieving the discomforts of pregnancy without the use of drugs and medications. Outlines how medicines pass from your blood stream to the placenta and on to the baby. Explains why you should be cautious about the medicine you take. Emphasizes the importance of regular prenatal care and advice from your health care providers.

AG 34

The New York Times.

Hopeful Remedies for Breast Ailment. New York, N.Y. : The Times, 4/7/82, Sec. C, p. 1. Newspaper article. Describes fibrocystic disease, a noncancerous condition which causes painful lumps and swelling in the breasts at the time of menstruation. Notes symptoms, diagnosis, and relationship to the development of breast cancer. Reviews new treatments, which include diet changes, drug therapy, diuretics, vitamin therapy and reduction of caffeine intake.

AG 35

The New York Times.

Mastectomy : The Unanswered Questions. New York, N.Y. The Times, 9/8/81, Sec. C, p. 3. Newspaper article. Traces the history of mastectomy, long considered the standard treatment for breast cancer. Reviews the development of the procedure in 1882, historical and current usage, and the usual complications of the surgery.

AG 36

The New York Times.

Menstrual Cramps Can Be Treated. New York, N.Y. : The Times, 1/21/81, Sec. C, p. 10. Newspaper article. For some women, menstruation is not the normal physiological event that most women experience, but a problem which disrupts their lives and causes severe discomfort. Severe cramps and premenstrual tension can be treated. Treatments reviewed include hormone therapy, restricting salt intake. changes in diet, and

AG 37

The New York Times.

Premenstrual Syndrome : A Complex Issue. New York, N.Y. : The Times, 7/12/82, Sec. C, p. 16. Newspaper article. Notes the symptoms of the premenstrual syndrome, the current questions that are being raised concerning its effects on women and their behavior, and the many legal and ethical questions which have recently been raised concerning the premenstrual syndrome.

AG 38

The New York Times.

Hysterectomy : The Facts About the Most Common Operation In the United States. New York, N.Y. : The Times 11/11/81, Sec. C, p. 12, col. 1. Newspaper article. Points out that the hysterectomy rate varies greatly in different parts of the country, and that possibly as many as a third of hysterectomies are unnecessary. Describes different types of hysterectomies and their effect on the woman's body, conditions which normally require a hysterectomy, and long-term consequences of the surgery, both physical and mental. Includes list of additional readings.

AG 39

The New York Times.

Dispelling Menstrual Myths. New York, N.Y. : The Times, 3/7/82, Sec. 6, p. 64, Col. 1. Newspaper article. Lengthy, in-depth study of the myths that surround menstruation, both historically and currently. Describes hormone changes, the physiology of menstruation, current research, premenstrual syndrome, cramps, and the psychology of menstruation.

AG 40

American Heart Association.

Safeguarding Your Heart During Pregnancy. Dallas, Tex. : The Association, 1980. 14 p. Essential facts for any woman with a history of heart disease, heart murmur or rheumatic fever who wants to have a baby. Emphasizes the importance of talking to your doctor before you become pregnant to talk about your health, to plan for your pregnancy and to consider what may be involved in caring for your child. Outlines how your family doctor can help you and what you can do for yourself to ensure that pregnancy and childbirth is without undue risk.

AG 41

The New York Times.

Health Benefits of the Pill Found to Outweigh Its Drawbacks. New York, N.Y. : The Times, 7/13/82, Sec. C, p. 1. Newspaper article. Reviews the health risks of using birth control pills and notes that rather than cause cancer, use of the pill apparently prevents women from getting certain types of cancer.

AG 42

The New York Times.

Study Says That Birth Control Pills Lessen Ovarian Cancer Risk. New York, N.Y. : The Times, 6/18/82, Sec. B, p. 10. Newspaper article. Results of recent research on birth control pills and cancer show a 50% less incidence of ovarian cancer in women who take the pill. Reviews how the study was done and outlines future research.

AG 43

The New York Times.

Identifying the Risk Factors Hasn't Narrowed the Risk : The Latest Study of Breast Cancer Redefines the Boundaries of Jeopardy. New York, N.Y. : The Times 10/24/82, Sec. 4, p. 22E. Newspaper article. Identifies the factors that can put a woman at high risk of developing breast cancer : family history of the disease, childlessness, obesity, late menopause, etc. Discusses a possible link between high-fat diets and breast cancer.

AG 44

National Association for the Advancement of Leboyer's Birth Without Violence.

Gentle Birthing : An Informational Brochure. Coral Gables, Fla. : The Association, [no date]. Leaflet. Explains the what and why of gentle birth and how it differs from other approaches. Includes information on how to find a doctor who will cooperate with a gentle birth. Reading list for more information.

AG 45

National Council on Alcoholism.

What You Need To Know About You, Your Baby and Drinking : For Mothers-To-Be. New York, N.Y. : The Council, [no date]. Leaflet. Concise information for expectant mothers about the relationship between drinking while pregnant and the Fetal Alcohol Syndrome in babies. Lists the serious health effects of FAS. Concludes that the safest decision for both mother and baby is not to drink at all during pregnancy.

AG 46

Wisconsin Clearinghouse.

Your Smoking Affects Two Lives. Madison, Wisc. : The Clearinghouse, 1982. Leaflet. Describes how smoking can affect your unborn baby. Emphasizes the need to see your doctor regularly during pregnancy. Presents evidence on how smoking affects your health and suggestions for cutting down if you cannot quit.

AG 47

U.S. Department of Health and Human Services.

?Los Exámenes de los Senos : Que Debe Usted Saber Sobre Ellos? Rockville, Md. : The Department, 1982. Booklet, 14 p. In Spanish, gives facts every woman should know about breast lumps and the necessity of doing a breast self-examination regularly. Lists signs of problems, explains the importance of visiting a physician, mammography, and other diagnostic methods. Chart and diagram show how and when to do a breast self-examination.

AG 48

Planned Parenthood Federation of America, Inc.

Daughters of DES Mothers. New York, N.Y. : The Federation, 1981. Leaflet. Essential information for women whose mothers took diethylstilbestrol (DES). Describes the potential health problems for daughters and sons of DES mothers. Outlines diagnostic procedures and treatment of adenosis.

AG 49

Planned Parenthood Federation of America, Inc.

Menopause Today. New York, N.Y. : The Federation, 1980. 8 p. Informative summary on the nature of menopause, why it happens and body changes which occur. Discusses the pros and cons of estrogen therapy, menopause and birth control and sexuality after menopause.

AG 50

Planned Parenthood Federation of America, Inc.

About Menstruation. New York, N.Y. : The Federation, 1980. 7 p. Essential information on menstruation. Outlines the bodily changes which occur during puberty, the physiology of menstruation, hygiene products and personal care.

AG 51

American College of Surgeons.

About Cesarean Childbirth. Chicago, Ill. : The College, [no date]. Leaflet. Describes the Cesarean section operation, conditions which make this type of birth necessary, and recovery period.

AG 52

Personal Products.

A Catalog of Materials for Teaching About Feminine Development. Milltown, N.J. : Personal Products, 1981. Catalog. Due to recently revised government regulations concerning the publication of warnings about toxic shock syndrome, we were unable to reproduce pamphlets by Personal Products company here. Those listed in this catalog are being revised and are available directly from Personal Products.

Health of Elderly

AH 1

National Institute on Aging.

A Winter Hazard for the Old : Accidental Hypothermia. Bethesda, Md. : The Institute, 1980. 12 p. (NIH Publication No. 81-1464). Outlines what accidental hypothermia is, why the elderly account for almost half of all victims and how we can protect ourselves. Describes how hypothermia can be detected, how the condition is treated, chances for recovery and possible complications. Protection from cold appears to be the best protection and sources of help with high heating bills and/or weatherization assistance programs are described.

AH 2

National Institute on Aging.

A Guide To Medical Self-Care and Self-Help Groups for the Elderly. Washington, D.C. : The Institute, 1980. 2 p. (NIH Publication No. 80-1687). Summarizes the growth of the self-care concept and self-help health groups. Describes what self-care involves and lists suggested readings. Self-help groups often grow out of specific health concerns or the need for mutual support. Major self-help groups are listed. A final section lists those organizations which address the needs of older persons. Includes suggested readings.

AH 3

National Institute on Aging.

Taking Care of Your Teeth. Bethesda, Md. : The Institute, 1981. Leaflet. (Age Page). Emphasizes the importance of good oral hygiene. Includes hints for those with limited motion on aids for holding a toothbrush. Provides advice on caring for and adjusting to dentures. Recommends annual dental checkups.

AH 4

National Institute on Aging.

Finding Good Medical Care for Older Americans. Bethesda, Md. : The Institute, [no date]. Leaflet. (Age Page). Discusses the importance of a doctor who is aware of the special needs and problems of the older person. Provides help in finding a physician with a special interest in treating older people and a checklist of questions to help in finding a new doctor or dentist or in evaluating your present one.

AH 5

National Institute on Aging.

Food : Staying Healthy After 65. Bethesda, Md. : The Institute, 1980. Fact sheet. (Age Page). Provides guidelines to help older people plan a 'well-balanced' diet : one that provides adequate vitamins, minerals, protein and carbohydrates. Points out that older persons often do not get enough calcium and lists foods rich in this mineral.

AH 6

National Institute on Aging.

High Blood Pressure : A Common But Controllable Disorder. Bethesda, Md. : The Institute, 1980. Fact sheet. (Age Page). Well written, large print fact sheet explains what blood pressure is, how it is measured, who has high blood pressure and how drugs and/or changes in daily habits can control it. Talking to your doctor about your treatment, for example the unpleasant side effects of medication, is emphasized.

AH 7

National Institute on Aging.

Accidents and the Elderly. Bethesda, Md. : The Institute, 1980. Fact sheet. (Age Page). Outlines why accidental injuries become more frequent and serious in later life. Makes suggestions for safety in the home and outside. Includes hints for road safety, whether driving yourself or using public transportation. Large print, simply written. Spanish language version of (AH26).

AH 8

National Institute on Aging.

What To Do About Flu. Bethesda, Md. : The Institute, 1981. Fact sheet. (Age Page). Short description of the causes, symptoms, complications, prevention and treatment of flu. Because flu lowers resistance it is especially life-threatening for older people and people with chronic diseases. Vaccination remains the most commonly used method of preventing influenza.

AH 9

National Institute on Aging.

Senility : Myth or Madness? Bethesda, Md. : The Institute, 1980. Fact sheet. (Age Page). Stresses the need for complete, careful investigation of serious forgetfulness, confusion and certain other changes in personality and behavior in old age. 'Senility' is used to describe both curable and irreversible mental impairment. Summarizes the symptoms and effects of two most common incurable forms of lost brain function—multi-infarct dementia and Alzheimer's disease. Discusses treatment and preventive measures of both curable and incurable disorders.

AH 10

National Institute on Aging.

Skin : Getting the Wrinkles Out of Aging. Bethesda, Md. : The Institute, 1981. Fact sheet. (Age Page). Describes the long-term effects of prolonged exposure to the sun, and the protection offered by sunscreen products. Suggests ways of soothing the discomfort of dry skin and maintaining healthy, young-looking skin.

AH 11

National Institute on Aging.

Heat, Cold and Being Old. Bethesda, Md. : The Institute, 1981. Fact sheet. (Age Page). Short summary of what accidental hypothermia is, potential victims, detection and treatment of the condition. Brief descriptions of heat stroke and heat exhaustion. Recommends protective measures to take against heat and cold.

AH 12

The Alzheimer's Disease Center.

Q & A : Alzheimer's Disease. Bronx, N.Y. : The Center, 1980. Booklet. (NIH Publication No. 80-1646.). Excellent summary of how Alzheimer's disease affects the cells of the brain, the many different patterns in the type, severity, and sequence of changes in mental and neurological function, and the need for careful testing to rule out other treatable conditions before a diagnosis of Alzheimer's disease is made. At present, physicians do not know how to prevent or how to cure the disease although proper medical care can reduce its symptoms and sound guidance can assist the person and family in coping with its impact. Outlines research. Provides glossary of medical terms.

AH 13

National Institute of Mental Health.

Senile Dementia (Alzheimer's Disease). Rockville, Md. : The Institute, 1980. 4 p. (DHEW Publication No. (ADM)80-929.). Describes what senile dementia is and is not, the symptoms and clinical cause of the disease, the problem of accurate diagnosis and the importance of a comprehensive medical evaluation. Treatment is one of helping the afflicted individual and the family to manage the illness.

AH 14

National Institute of Neurological and Communicative Disorders and Stroke.

The Dementias : Hope Through Research. Bethesda, Md. : The Institute, 1981. 32 p. (NIH Publication No. 81-2252). Reports over half the dementias occurring among the elderly are actually cases of a disease of the Alzheimer type. Describes the signs of Alzheimer's disease and what is known about it. Outlines the pseudodementias—depression, drugs, chemical imbalances, heart and lung problems; the true dementias, including multi-infarct dementia; and other causes of brain disease. Summarizes research into the causes of Alzheimer's disease and treatment for it. Lists voluntary health organizations.

AH 15

Metropolitan Life Insurance Company.

Healthy Aging. New York, N.Y. : The Company, 1980. (Stay Well Series). Outlines bodily changes that occur with age. Encourages discussion with your physician about frequency of medical examinations, provides dietary guidelines and suggestions for exercise, social activities and community involvement.

AH 16

Faherty, Justin L.

Taking Care : A Medication Guide for Older People. Phoenix, Ariz. : Do It Now Foundation, 1981. Pamphlet. Cautions that every medicine has potential for harm if unwisely used as well as potential for good. Notes that drugs affect the elderly differently. Gives tips on what to ask the doctor and pharmacist and what can be done by the individual to minimize the risks that accompany taking medications. Large type.

AH 17

National Institutes of Health.

What Is Aging Research. Bethesda, Md. : The Institutes, 1981. Pamphlet 6 p. (NIH Publication No. 82-2301). Understanding how the aging process works and the differences between normal aging and disease is essential to insuring all a healthy old age. Discusses the aims of aging research, the problems currently being studied by researchers, and how research findings are communicated to the medical community and the public. Also contains a brief summary of what has already been accomplished through aging research.

AH 18

Do It Now Foundation.

Beating the Blues : A Guide To Overcoming Depression for Older People. Phoenix, Ariz. : The Foundation, 1981. Leaflet. (DINE 182). Depression and anxiety are a part of far too many elderly people's lives. Examines some factors that can contribute to depression—boredom, loneliness, ill health, death of contemporaries, etc. Lists the major signs of depression, how to cope with the problem, and offers tips to prevent elderly people from falling into the trap of depression.

AH 19

National Institute on Aging.

Osteoporosis and Aging. Bethesda, Md. : The Institute, [no date]. Leaflet. (GPO 885-297). Summarizes what little is known about osteoporosis—the gradual thinning and weakening of the bones with time. Outlines treatments and suggests steps to take that may prevent or slow down the course of osteoporosis. Large print.

AH 20

National Institute on Aging.

Who's Who In Health Care. Bethesda, Md. : The Institute, 1982. Pamphlet. (Age Page). Brief descriptions of some of the medical practitioners frequently seen by older people, including doctors, nurses, and therapists. Defines medical specialties. Large print.

AH 21

National Institute on Aging.

Don't Take It Easy—Exercise! Bethesda, Md. : The Institute, 1982. 2 p. (Age Page). Regular physical activity can help the human body maintain, repair, and improve itself to an amazing degree. Most older people—even those with illness and disabilities—can take part in moderate exercise programs with medical approval. Suggests walking, swimming, bicycle riding, aerobic dancing and yoga.

AH 22

National Institute on Aging.

Foot Care for Older People. Bethesda, Md. : The Institute, 1981. 2 p. (Age Page). How to cope with common foot problems : fungal and bacterial conditions, dry skin, corns and calluses, warts, bunions, ingrown toenails and diabetes. Tips on preventing foot trouble.

AH 23

National Institute on Aging.

Urinary Incontinence. Bethesda, Md. : The Institute, 1982. 2 p. (Age Page). At least one in ten persons aged 65 or older has a problem with urine control. Prompt medical attention can either eliminate or manage the condition and ease the discomfort and inconvenience it causes. Types of incontinence include stress incontinence, urge incontinence and overflow incontinence. Describes diagnosis and treatment.

AH 24

National Institute on Aging.

Minorities and How They Grow Old. Bethesda, Md. ; The Institute, 1980 2 p. (Age Page). Adaptation to old age varies according to ethnic and racial affiliations. Among older blacks, hypertension is twice as prevalent as among whites, and accidents are the leading causes of death for older Alaskan natives and American Indians. Although white men and women can expect to live longer than blacks, after about age 75 blacks who survive apparently begin to experience longer life expectancies (the 'crossover phenomenon').

AH 25

National Institute on Aging.

Los Minorias y Como Ellos Envejecen. Bethesda, Md. : The Institute, 1980. 2 p. (Age Page). Spanish language version of 'Minorities and How They Grow Old'. (AH24)

AH 26

National Institute on Aging.

Los Accidentes y los Ancianos. Bethesda, Md. : The Institute, [no date]. Leaflet. (Age Page). Spanish language version of 'Accidents and the Elderly (1980)'—(AH7).

Drugs and Medication

AI 1

American Chiropractic Association.

Recommended Method for Disposing of Pills and Medications. Des Moines, Iowa : The Association, [no date]. Leaflet. The recommended method is to empty them into the toilet bowl and immediately flush. Indicates the dangers of saving old pills and disposing of them indiscriminately.

AI 2

Food and Drug Administration.

Generic Drugs : How Good Are They? Washington, D.C. : FDA, 1980. Leaflet. (HHS Publication No. (FDA)80-3068). Explains differences between brand names and generic drugs. If there is no patent, or after the patent has expired, other firms may manufacture and sell the drug under its generic name. Generic drugs are as good as name brand products except when 'bioequivalence' problems exist affecting the rate at which the drug is absorbed in the body. Lists generic and commonly prescribed names of major drugs.

AI 3

Food and Drug Administration.

Overcoming with Valium. Washington, D.C. : FDA, 1980. Leaflet. (HEW Publication No. (FDA)80-3100. Reprinted from FDA Consumer, Dec./Jan., 1980). It is estimated that in 1980, 10% to 15% of all Americans took Valium sometime during the year. Emphasizes that, despite its good record, high therapeutic doses taken over prolonged periods for the stress of everyday life can result in problems, especially in association with alcohol intake.

AI 4

Food and Drug Administration.

Take Two Aspirin : An FDA Consumer Memo. Washington, D.C. : FDA, 1981. Leaflet. (HHS Publication No. (FDA)81-3117). Summarizes FDA recommendations with respect to indications, dosages, side-effects, dangers of poisoning and precautions to be taken in connection with the usage of aspirin.

AI 5

Food and Drug Administration.

Aspirin : America's Favorite Drug. Washington, D.C. : FDA, 1981. (HHS Publication No. (FDA)81-3115. Reprinted from FDA Consumer, Dec./Jan., 1981). Applications of aspirin, dosages and therapeutic effects. Aspirin appears to produce many of its effects by interfering with the body's production of prostaglandins, a specialized group of hormone-like compounds that derive from essential fatty acids. Describes precautions to be taken to reduce the risk of stomach damage.

AI 6

Food and Drug Administration.

Drugs and Driving. Washington, D.C. : FDA, 1979. Leaflet. (HEW Publication No. (FDA)79-3082. Reprinted from FDA Consumer, Sept. 1978). Drivers who are sleepy, dizzy or have blurred vision are a threat to themselves and others. These and other conditions that interfere with the ability to drive can result from taking certain drugs such as Valium and Darvon. Drugs that do not mix with driving include many over-the-counter drugs as well as prescription medicines.

AI 7

Food and Drug Administration.

Food and Drug Interactions. Washington, D.C. : FDA, 1980. Leaflet. (HEW Publication No. (FDA)80-3070. Reprinted from FDA Consumer, March 1978). Eating certain foods while taking certain drugs can be dangerous. Lists undesirable and dangerous interactions such as tetracycline and milk, monoamine oxidase (MAO) inhibitors and cheese and wine. Suggests careful following of doctor's orders and reading of labels.

AI 8

Do It Now Foundation.

Medical Uses of Cannabis. Phoenix, Ariz. : The Foundation, 1980. Leaflet. (D.I.N. 124). Therapeutic use of marijuana in a variety of medical applications such as treatment of glaucoma, use in chemotherapy patients and experimental applications in arthritis and epilepsy.

AI 9

Food and Drug Administration.

Prescription Drugs : An FDA Consumer Memo. Rockville, Md. : FDA, 1979. Leaflet. (HEW Publication No. (FDA)78-3059). Describes what you should tell your doctor; what you should ask your doctor; patient package inserts now supplied for some prescription drugs such as oral contraceptives and estrogens; brand versus generic drugs; how to save money and get the best use from prescription drugs.

AI 10

Food and Drug Administration.

Tranquilizers : Use, Abuse and Dependency. Washington, D.C. : FDA, 1979. Leaflet. (HEW Publication No. (FDA)79-3084. Reprinted from FDA Consumer, Oct. 1978). Evidence exists that general practitioners are overprescribing Valium and other benzodiazepines such as Ativan and Vestran. Points out the serious social, health and mental aspects of tranquilizer misuse.

AI 11

Food and Drug Administration.

Clinical Testing for Safe and Effective Drugs. Rockville, Md. : FDA, 1981. Leaflet. (HHS Publication No. (FDA)74-3015). Describes in detail the regulatory authority and procedures required by the FDA in the approval of new drugs.

AI 12

Food and Drug Administration.

We Want You To Know About Today's FDA. Rockville, Md. : FDA, 1979. Leaflet. Describes FDA activities in regulating drugs, foods, cosmetics, radiation safety and medical devices and the laws which authorize these activities.

AI 13

National Institute on Aging.

Safe Use of Medicines By Older People. Bethesda, Md. : The Institute, 1980. Fact Sheet. (Age Page). Brief summary of the special problems faced by older people who take medications, whether over-the-counter or prescription drugs. Explains why, in general, drugs given to older people act differently than they do when given to young or middle-aged people. Encourages taking an active part in learning about the drugs you take and their possible side effects. Provides basic rules for safe drug use.

AI 14

Food and Drug Administration.

Selecting Your Own Medicines : A Guide To the Use of Nonprescription Drugs. Rockville, Md. : FDA, [no date]. Leaflet. (HEW Publication No. (FDA)76-3026). Defines OTC (Over-the-Counter) Drugs and describes the FDA drug review process as to their safety and effectiveness. Describes the importance of reading labels and protecting children from improper use. Suggests means of getting more satisfactory use of OTC Drugs.

AI 15

American Society of Hospital Pharmacists.

Understanding Your Prescription : Suggested Guidelines for Effective and Safe Use of Prescription Medications. Washington, D.C. The Society, [no date]. Leaflet. Provides guidance on how to follow the instructions of your prescription with respect to dosage and specific directions as to when medications should be taken (with meals, without food, etc.). Discusses side effects such as drowsiness.

AI 16

American Society of Hospital Pharmacists.

Como Comprender Mejor Su Receta Médica : Sugerencias Para el Empleo Seguro y Efectivo de los Medicamentos Recetados. Washington, D.C. : The Society, [no date]. Pamphlet. Spanish language translation of 'Understanding Your Prescription : Suggested Guidelines for Effective and Safe Use of Prescription Medications.' (AI15)

AI 17

Food and Drug Administration.

DMSO : FDA Consumer Memo. Washington, D.C. : FDA, 1980. Leaflet. (HHS Publication No. (FDA)77-3030). At present, the only purpose for which DMSO has been shown safe and effective in humans is for interstitial cystitis, a bladder condition. The drug is also approved as a topical treatment for horses and dogs to reduce acute swelling due to trauma. The evidence does not warrant general approval of DMSO.

AI 18

Food and Drug Administration.

Nonprescription Pain Relievers : FDA Consumer Memo. Washington, D.C. : FDA, 1978. Leaflet. (HEW Publication No. (FDA)78-3078). Reviews usage, safety and effectiveness of aspirin and acetaminophen as pain killers in the treatment of arthritis and other ailments. Discusses possible problems which can arise such as blood clotting, stomach distress and ulcers.

AI 19

Up Front, Inc.

DMSO and GH-3 : Two Controversial Drugs. Coconut Grove, Fla. : Up Front, Inc., 1980. 4 p. Potential benefits and potential hazards of DMSO (Dimethyl Sulfoxide) which is claimed as a treatment for arthritis, bursitis, tendinitis and herpes zoster. It is approved for use by the FDA only in the treatment of interstitial cystitis. GH3 (Gerovital H3) is a Romanian injectable preparation claimed to limit or stop degenerative pressures. The FDA has not approved Gerovital as a rejuvenant.

AI 20

Up Front, Inc.

The Elderly, Drugs and the Future. Coconut Grove, Fla. Up Front, 1980. 7 p. (The Street Pharmacologist, Vol. III, No. 1, 1980). Reasons for the increased psychotherapeutic use of drugs in the elderly. Discusses drug physiology of the aged, mismanagement of medication, solution through improved education.

AI 21

Food and Drug Administration.

Antibiotics — Oft Gone Astray. Washington, D.C. : FDA, 1981. Leaflet. (HHS Publication No. (FDA)81-3113. Reprinted from FDA Consumer, July/August, 1980). Portrays the development of resistance to antibiotics from the use and misuse of antibiotics. Resistance stems from wrong dosages, use in inapplicable circumstances (for colds), overuse in hospitals and the use of antibiotics at low levels in feed for weight gain in food animals.

AI 22

Food and Drug Administration.

Liquor May Be Quicker, But... Washington, D.C. : FDA, 1979. Leaflet. (HEW Publication No. (FDA)79-3090. Reprinted from FDA Consumer, June 1979). Some drugs, both prescription and over-the-counter, can have unpleasant effects when mixed with drink. Alcohol can also interfere with the effectiveness of other drugs. Warns that alcohol-drug interactions can range from the relatively minor drowsiness that comes with mixing a cocktail with an antihistamine, all the way to loss of consciousness and death.

AI 23

Food and Drug Administration.

A Primer on Medicines. Washington, D.C. : FDA, 1979. Pamphlet, 4 p. (HHS Publication No. (FDA)80-3079). Basic facts on medicines (Rx and OTC); how to use Rx and OTC drugs; safety precautions; how to choose a pharmacy; the role of the Food and Drug Administration.

AI 24

The New York Times.

Doctors Suspect That Thousands Are Addicted To Nasal Sprays. New York, N.Y. : The Times, 3/3/81, Sec. C, p. 3. Newspaper article. Notes that thousands of Americans have become physically dependent on nasal congestion sprays. The consequences can include closed nasal passages, infected sinuses, or a worsening of the original symptoms that the nasal spray was used to relieve. Explains treatment.

AI 25

The New York Times.

Cortisone, Hailed and Feared, Is Now Safer and More Varied. New York, N.Y. : The Times, 1/20/82, Sec. C, p. 1. Newspaper article. Traces the history of the drug cortisone from its discovery over thirty years ago as a 'miracle cure' for rheumatoid arthritis through its disfavor as severe side effects developed. Notes that cortisone is still a widely effective treatment for the symptoms of many illnesses and that research has developed many safer and more effective varieties of the drug.

AI 26

The New York Times.

Speeding Review of Drugs by the F.D.A. New York, N.Y. : The Times, 9/22/82, Sec. C, p. 1. Newspaper article. Traces the history of the review of new drugs by the Food and Drug Administration and summarizes the Reagan administration's plan to shorten the review process by 20%. Gives the pros and cons of such a change and the possible effects it could have on the drug industry and user. Notes the problems encountered with Oralflex.

AI 27

National Institute on Drug Abuse.

Using Your Medicines Wisely : A Guide for the Elderly. Rockville, Md. : The Institute, 1979. Booklet, 26 p. (DHEW Publication No. (ADM)80-705). Outlines questions to ask the doctor about each drug prescribed; how to get information about medicine from your pharmacist; provides several simple systems for keeping track of medicines to be taken and recording when they are taken. Large print.

AI 28

Center for the Study of Drug Policy.

Cannabis and Medicine. Washington, D.C. : The Center, [no date]. Leaflet. Analyzes the use of cannabis (marijuana) for convulsant and spastic disorders, glaucoma and cancer chemotherapy. Describes state laws governing the use of cannabis in medicine.

AI 29

Food and Drug Administration.

Interferon : To Live Up To Its Press. Rockville, Md. : The Administration, 1982. Leaflet. (Reprinted from the FDA Consumer, November 1981. HHS Publication No. (FDA)82-1090). When interferon burst onto the news scene, it was hailed as a 'miracle' in the treatment of cancer and other diseases. This article focuses on subsequent research. Notes some impressive short-term results, but the overall picture at the present time is that interferon is not a 'miracle' but still shows great promise.

AI 30

The Center for Consumer Health Education.

Drugs : Helping or Hurting? Reston, Va. : The Center, [no date]. Leaflet. (Taking Care). The decision to use any drug must be based on a careful weighing of potential risks against benefits. Tells how to find out more about the drugs prescribed for you, drug interactions, foods and the drugs you take, and your doctor's role. Lists drugs that you should be particularly careful with.

AI 31

Food and Drug Administration.

Antihistamines Wear Many Therapeutic Hats. Rockville, Md. : The Administration, 1981. 3 p. (HHS Publication No. (FDA)81-3121). Reprinted from FDA Consumer, September 1981). Antihistamines have played an important role in medicine for the past 35 years. An overview of what they do and how they work, their multiplicity of uses and their many side effects. Available in both prescription and over-the-counter drug products, they should be taken with care. Provides suggestions to help consumers use antihistamines in the safest and most effective way.

AI 32

American Heart Association.

Keeping On Schedule With Your Medicines. West Point, Pa. : The Association, [no date]. Chart. Lists seven questions you should ask your doctor or pharmacist about medicines prescribed for you, instructions for the proper storage of medicines, and contains a sample four-week medication calendar.

AI 33

Federal Trade Commission.

Generic Drugs. Washington, D.C. : The Commission, [no date]. Fact sheet. The drug product selection law permits pharmacists in your state (except Indiana) to select less costly generic drugs instead of brand name products when filling some of your prescriptions. Describes briefly a generic drug, generic equivalents, and therapeutic equivalents. About half the drugs on the market are available generically, offering you the possibility of saving money. Summarizes how you can use this law to obtain generic rather than the more expensive brand name drugs.

Drug Abuse

AJ 1

McDarby, David.

Sniffing : A Parent's Perspective. Phoenix, Ariz. : Do It Now Foundation, 1980. Pamphlet. A helpful pamphlet for parents whose kids sniff and for adults concerned with sniffing problems in their community. Discusses why people sniff, what these chemicals do, and what can be done about it.

AJ 2

Do It Now Foundation.

Valium and Librium : The Pharmaceutical War Against Anxiety. Phoenix, Ariz. : The Foundation, 1976. Leaflet. The widespread usage of Valium and Librium has produced great benefits. However, close attention must be paid to adverse reactions, side effects and potential for misuse. Suggests guidelines for intelligent use and alternatives to tranquilizers.

AJ 3

Do It Now Foundation.

Marijuana : Information About the Controversial Weed. Phoenix, Ariz. : The Foundation, 1980. Leaflet. Actions and effects of cannabis (marijuana) intoxication. Informative summary of history and essential facts. Suggests that it is not a good idea for pregnant women and young people to smoke the drug.

AJ 4

National Institute on Drug Abuse.

Can Drug Abuse Be Prevented In The Black Community? Rockville, Md. : The Institute, 1977. 33 p. Presents the drug abuse problems of black people in order to initiate the search for solutions. Suggests a classification of four types of users: experimental users, recreational users, regular users and dependent users. Describes what drugs are used at each stage and pinpoints the effects of poverty, discrimination, anger and loneliness and how these can be combatted.

AJ 5

National Institute on Drug Abuse.

Drug Abuse Prevention For Your Family. Washington, D.C. : The Institute, 1978. 25 p. Basic information on drug abuse in the family, why people abuse drugs, television and drug abuse and examples of community-based prevention programs. Brief descriptions of major types of drugs likely to be abused : tobacco, alcohol, marijuana, stimulants, caffeine, amphetamines, cocaine, depressants, barbiturates, narcotics and hallucinogens. Lists single state agencies; bibliography.

AJ 6

National Institute on Drug Abuse.

La Prevención del Abuso de las Drogas. Rockville, Md. : The Institute, 1981. 21 p. Basic information on the nature of the problem and national resources for prevention. Brief descriptions on major types of drugs likely to be abused : caffeine, amphetamines, cocaine, depressants, barbiturates, narcotics, hallucinogens and inhalants.

AJ 7

National Institute on Drug Abuse.

Let's Talk About Drug Abuse : Some Questions and Answers. Rockville, Md. : The Institute, 1980. 41 p. Answers more than 100 general and specific questions relating to drug abuse and addiction, tobacco, alcohol, marijuana, hallucinogens (including LSD), stimulants, sedatives, narcotics, inhalants. Also contains drug quiz and list of information clearinghouses, other Federal resources and addresses of single agencies within each state for drug abuse, prevention, treatment and rehabilitation.

AJ 8

Do It Now Foundation.

Drug Abuse : A Realistic Primer For Parents. Phoenix, Ariz. : The Foundation, 1980. 20 p. Intended for parents, this booklet discusses the nature of the drug problem, why kids take drugs, what parents can do and alternatives. Also presents the essential facts on depressants, narcotics, stimulants, amphetamines, psychedelics, PCP, marijuana, inhalants and amyl/butyl nitrite.

AJ 9

Up Front, Inc.

Assessing Drug Use : A Simple Construct. Coconut Grove, Fla. : Up Front, Inc., 1980. Leaflet. (Street Pharmacologist, Vol. III, No. 4, 1980). There are five basic considerations to be taken into account in making choices about using drugs. These are : what drug is being taken; how much is being used; how is it being ingested; who is taking it; and why is it being taken. Presents a useful conceptual framework for understanding drug abuse.

AJ 10

Do It Now Foundation.

Comprehensive Drug Knowledge Test. Phoenix, Ariz. : The Foundation, 1980. Leaflet. Contains 26 multiple choice questions with answers on types of drugs, potential for abuse, side effects, addiction and withdrawal symptoms.

AJ 11

National Institute on Drug Abuse.

For Parents Only : What You Need To Know About Marijuana. Rockville, Md. : The Institute, 1980. 28 p. Compilation of the latest scientifically accepted information on marijuana for use by parents of preteens and teens. Covers effects of marijuana, addiction, influence on the body and vital organs and what a parent can do. Also provides a glossary of popular terms (e.g. 'bong' and 'burnout') and suggested readings.

AJ 12

Drug Enforcement Administration : U.S. Department of Justice.

Drugs of Abuse. Washington, D. C. : Drug Enforcement Administration, 1977. 33 p. A reference tool on the appearance and effects of commonly abused drugs among the thousands of different capsules, tablets and pills which are available. It also provides illustrations and descriptions of controlled substances such as heroin, LSD and marijuana which are not legally produced. Contains excellent photographs to assist in the identification of drugs. In addition, provides a glossary of slang terms for drugs.

AJ 13

Up Front, Inc.

PCP : Perspectives, Control, Ethnography. Coconut Grove, Fla. : Up Front, 1980. 9 p. (Reprint from Street Pharmacologist, Vol. III, No. 1, 1980). Compilation of data and evidence relating to the potency, effects, management and control of PCP. Also contains an ethnographic study of PCP use (i.e. what the behavior means to the individual engaging in it, taking into account ritualistic, social and symbolic aspects of the behavior).

AJ 14

Sternlicht, Deborah.

Aspirin and Darvon. Coconut Grove, Fla. : Up Front, 1979. 6 p. (Reprint from Street Pharmacologist, Vol. II, No. 3, 1979). Reviews the evidence which points to the non-effectiveness of Darvon (propoxyphene) and its possible hazards. Also analyzes the risks and benefits associated with the use of aspirin.

AJ 15

Eholich, Bruce.

LSD In The Treatment of Addictions. Coconut Grove, Fla. : Up Front, 1979. 4 p. (Reprint from Street Pharmacologist, Vol. II, No. 4, 1979). Use of psychedelic therapy for the treatment of narcotic addicts. Reports the results of several research studies involving the use of LSD in the treatment of heroin addiction.

AJ 16

Up Front, Inc.

Cocaine and Coca Use. Coconut Grove, Fla. : Up Front, 1978. 8 p. (Reprint from Street Pharmacologist, Vol. I, Nos. 7 & 8, 1978). Several short articles detail the chewing of coca plants in South America, the manufacture of cocaine and its chemical effects.

AJ 17

National Institute on Drug Abuse.

Drug Abuse Facts : Hallucinogens : Some Questions and Answers. Rockville, Md. : The Institute, 1978. 3 p. Provides simple answers to basic questions; what are hallucinogens; what is LSD; what are the effects of LSD; what is a flashback; does LSD improve creativity; what are the dangers of an LSD trip; can LSD damage chromosomes; what is mescaline?

AJ 18

National Institute on Drug Abuse.

Drug Abuse Facts : Marijuana : Some Questions and Answers. Rockville, Md. : The Institute, 1978. 5 p. Provides simple answers to basic questions ; what is marijuana; does marijuana vary in strength; have many people tried it; what are some of the immediate effects of smoking it; do people react badly to it; does marijuana affect chromosomes; if alcohol and tobacco are legal, why not marijuana; what is meant by decriminalization.

AJ 19

Pawlak, Vic.

Up Front About PCP. Coconut Grove, Fla. : Up Front, 1981. 4 p. Basic information on PCP (phencyclidine): what it is; what it looks like; how one recognizes it; street names (angel dust, T, embalming fluid, etc.); the kind of high induced; why people use it; beneficial and harmful effects.

AJ 20

Pawlak, Vic.

Up Front About LSD and Other Psychedelics. Coconut Grove, Fla. : Up Front, 1981. 4 p. Basic information on psychedelics, drugs that change the way people perceive things. Tryptamine type psychedelics include LSD, psilocybin and mescaline; amphetamine-based psychedelics include MDA, DOM (STP), etc. Explains who uses them, why people take them, what they look like, the main dangers and what a trip is like.

AJ 21

Pawlak, Vic.

Up Front About Downs. Coconut Grove, Fla. : Up Front, 1981. 4 p. Summary information on alcohol, barbiturates, opiates, tranquilizers and sedatives, inhalants and other downs such as dextromethorphan. Some detail is given in reference to Valium, Librium and methaqualone and the dangers of overdose.

AJ 22

Hecht, Annabel.

Inhalants : Quick Route to Danger. Rockville, Md. : Food and Drug Administration, 1980. 4 p. (HHS Publication No. (FDA)80-3104). Details the abuse of butyl nitrite, sold as a 'room deodorizer' and nitrous oxide, better known as 'laughing gas.' Coping with the persistent problem of inhalant abuse is difficult since the range of products abused is large.

AJ 23

Do It Now Foundation.

Megavitamin Therapy and the Drug Wipeout Syndrome. Phoenix, Ariz. : The Foundation, [no date]. 16 p. 'Drug Wipeout' is a condition which appears to be identical in nature to borderline or full-scale schizophrenia. Describes the symptoms of drug wipeout and the application of niacin and Vitamin C to street drug problems posed by the abuse of psychedelics, amphetamines, barbiturates and opiates. Contains bibliography.

AJ 24

Do It Now Foundation.

Cleaning Yourself Up : A Guide to Getting Out of the Chemical-World Doldrums for People Who Don't Think They Are Addicts. Phoenix, Ariz. : The Foundation, 1976. 2 p. (D.I.N. 35.). A concise statement on how to feel good without drugs. Psychoactive drugs can mask the symptoms of a wide range of problems, but the cause of the problems is still there. Provides guidance as to how to find a replacement for drugs.

AJ 25

Do It Now Foundation.

Comix. Phoenix, Ariz. : The Foundation, [no date]. 12 p. (D.I.N. 202). A comic book presentation for very small children of the dangers involved in the abuse of drugs.

AJ 26

Do It Now Foundation.

Hepatitis and Other Facts for Needle Freaks. Phoenix, Ariz. : The Foundation, [no date]. Leaflet. Informative description of needle-caused injuries, infections, diseases, deaths and other assorted unfun risks and dangers. Discusses blood vessel injuries and complications, blood clots and viral hepatitis transmitted by dirty injection equipment.

AJ 27

Burkett, Michael.

Junk : Getting Yourself Together. Phoenix, Ariz. : The Foundation, 1976. 4 p. (D.I.N. 131). A very detailed description of methadone detoxification and maintenance, therapeutic communities such as Synanon, civil commitment programs, heroin maintenance (used in Great Britain), self-detoxification and newer techniques such as carbon dioxide therapy, Darvon-N detoxification and megavitamin therapy.

AJ 28

Irwin, Samuel.

Drugs of Abuse : An Introduction to Their Actions and Potential Hazards. Phoenix, Ariz. : The Foundation, 1981. 26 p. A somewhat technical explanation of the major classes of drugs such as sedative-hypnotics, tranquilizers, narcotic analgesics, stimulants, marijuana, hallucinogens, phencyclidine (PCP) and tricyclic anti-depressants from the point of view of use, abuse, actions, dangers, withdrawal symptoms and antidotes. For those requiring detailed, authoritative information.

AJ 29

Pawlak, Vic.

Up Front About Barbiturates. Coconut Grove, Fla. : Up Front, 1981. Leaflet. Why people use barbiturates (secobarbital, amobarbital, pentobarbital, phenobarbital), how they are used, type of high produced, addiction problems and undesirable effects.

AJ 30

McDarby, David.

PCP : Dream Turned Nightmare. Phoenix, Ariz. : The Foundation, 1980. Leaflet. (D.I.N. 116). PCP produces four different reactions in humans, depending upon the individual person; stimulation, depression, pain relief and anesthesia. In larger doses, hallucinations can occur. The panorama of effects ranges from drunkenness and desolation to coma and often convulsions. A good summary of the effects and dangers involved in PCP usage.

AJ 31

Holtz, Mary Ann.

Quaaludes & Sopors and Other Methaqualone Drugs. Phoenix, Ariz. : The Foundation, 1980. Leaflet. (D.I.N. 119.). Methaqualone is classified as a non-barbiturate sedative hypnotic. Brand names include Quaalude, Soper, Mequin, Parest and Mandrek. Common street terms are quaaludes, sopors, ludes and 714's. Summarizes effects, withdrawal signs, overdosing and crisis treatment.

AJ 32

Do It Now Foundation.

The History and Use of Peyote & Mescaline. Phoenix, Ariz. : The Foundation, 1976. Leaflet. (D.I.N. 133). Peyote is a spineless cactus with a small crown and a long carrot-like root. Mescaline, named after the Mescalero Apaches, is the main psychoactive ingredient of the peyote button. Describes the nature of a peyote trip and the effects on the body and perception.

AJ 33

Do It Now Foundation.

The 'Magic Mushroom' - The History & Use of Psilocybin. Phoenix, Ariz. : The Foundation, 1976. Leaflet. (D.I.N. 132). Psilocybin is a chemical which occurs naturally in many mushrooms. Worship of mushrooms has survived in Mexican and Central American Indian tribes. The effects of psilocybin are roughly comparable to those produced by LSD.

AJ 34

Do It Now Foundation.

Facts About Angel Dust. Phoenix, Ariz. : The Foundation, 1978. Leaflet. (D.I.N. 123). Description of the effects, freakouts, bummers, paranoia trips and overdoses associated with angel dust (PCP).

AJ 35

Schwartz, Linda.

Heroin . The Strongest Thing You Can Buy Without a Prescription. Phoenix, Ariz. : The Foundation, 1980. Leaflet. (D.I.N. 105). Short summary of the essential facts about heroin (smack, junk, hard stuff, scag, H, jazz). Heroin is a powerfully addictive narcotic which produces physical dependency.

AJ 36

Pawlak, Vic.

Up Front About Uppers : Speed & Other Stimulants. Coconut Grove, Fla. : Up Front, Inc., 1981. Leaflet. Informative concise summary of the effects of amphetamines (i.e. 'black beauties,' 'whites,' 'crosses,' 'speed,' 'ups,' 'bennies,' 'beans,' etc.) on the body and the effects of over-use. Information is also given on cocaine, caffeine and nicotine.

AJ 37

National Institute on Drug Abuse.

PCP. Rockville, Md. : The Institute, 1980. Leaflet. (DHHS Publication No. (ADM)80-805). Short description of the potent effects of PCP. High doses can produce stupor or coma. More PCP users die from accidents caused by the strange behavior the drug produces in them than from the actual chemical effects of the drug itself.

AJ 38

National Institute on Drug Abuse.

PCP. Rockville, Md. : The Institute, 1980. Leaflet. (DHHS Publication No. (ADM)80-805(SP)). Spanish language version of the leaflet available in English with the same title (AJ37). Describes the dangers and strange behavior produced by PCP.

AJ 39

Do It Now Foundation.

Garbage : A Report on Street Ripoffs. Phoenix, Ariz. : The Foundation, 1978. Leaflet. (D.I.N. 109). Many people do not actually get the drug they believe they are purchasing on the street. Drugs sold as amphetamines may contain only 30% . Capsules are often opened and mixed with other chemicals. Most mescaline is actually LSD. Many drugs are laced with garbage combinations. The message is clear : the odds are against you in getting what you paid for on the street.

AJ 40

Do It Now Foundation.

Amyl/Butyl Nitrite and Nitrous Oxide : A Report on Current Use of Two Popular Inhalants. Phoenix, Ariz. : The Foundation, 1979. Leaflet. (D.I.N. 142). Effects and dangers associated with the abuse of amyl nitrite ('poppers' or 'snappers') and butyl nitrite ('Jac-aroma,' or 'Rush'). Describes the 'rush' or physical sensation just after the inhalation of the vapors. Also notes the abuse of nitrous oxide (laughing gas).

AJ 41

Holtz, Mary Ann.

All About Downer Drugs. Phoenix, Ariz. : The Foundation, 1980. Leaflet. (D.I.N. 104). Simple explanation, designed for children, of downers (depressants) including barbiturates, tranquilizers and methaqualone. 'Alcohol and downers can make you overdose.'

AJ 42

Holtz, Mary Ann.

LSD Revisited. Phoenix, Ariz. The Foundation, 1980. Leaflet. (D.I.N. 115). Short summary of the potency, characteristics and effects of LSD (lysergic acid diethylamide). Various forms of LSD include 'blotter acid,' 'microdot acid,' and 'window pane acid.'

AJ 43

Lampe, Matthew M.

Drugs : Information for Crisis Treatment. Phoenix, Ariz. The Foundation, 1979. 30 p. A concise manual which presents a core of useful information on drugs themselves including psychedelics, stimulants, downers, and marijuana. Describes emergency treatment for bad head trips, flashbacks, disorientation, stomach upsets, nausea, hyperventilation and overdose. Highly informative.

AJ 44

National Institute on Drug Abuse.

Want Some Straight Talk on Drugs? Rockville, Md. : The Institute, 1980. Leaflet. (DHHS Publication No. (ADM)80-794). Announces information services available from the National Clearinghouse for Drug Abuse Information and the NIDA Resource Center. Lists pamphlets, journals, magazines, books, films. Literature searches can be requested.

AJ 45

National Institute on Drug Abuse.

Inhalantes. Rockville, Md. : The Institute, 1980. Leaflet. (DHHS Publication No. (ADM)80-793(SP)). Spanish language version of pamphlet entitled 'Inhalants'. (AJ46) Discusses long term dangers and problems posed by aerosol sprays, solvents and anesthetics.

AJ 46

National Institute on Drug Abuse.

Inhalants. Rockville, Md. : The Institute, 1980. Leaflet. (DHHS Publication No. (ADM)80-793). Short statement on the general effects, long-term dangers and problems posed by aerosol sprays, solvents and anesthetics. Details ten signals that may indicate to parents that their child may be abusing inhalants.

AJ 47

Axton, Joe E.

Weird, Organic and Hard-To-Find Drugs. Phoenix, Ariz. : The Do It Now Foundation, 1975. 24 p. A summary of basic information on naturally occurring, mind-altering chemicals including betel nuts, ginseng, jimson weed, mescal beans, morning glory seeds, nutmeg, peyote and psilocybin mushrooms. Provides chart indicating the most important information on handling poisonings, drug overdoses and psychiatric emergencies. Bibliography and recommended reading.

AJ 48

National Institute on Drug Abuse.

Marijuana : What It Is and What It Does. Rockville, Md. : The Institute, [no date]. 12 p. Excerpted from 'For Parents Only : What You Need to Know About Marijuana.' Question and answer format for basic questions such as what is marijuana; how do people feel when they smoke it; can it cause addiction; what is burnout; can you smoke marijuana if you are pregnant?

AJ 49

National Institute on Drug Abuse.

Peer Pressure. Rockville, Md. : The Institute, 1978. 12 p. (DHEW Publication No. (ADM)78-695). Booklet written for young Chicanos in the barrio. It examines the causes of anxiety which are hard for young people to handle and which often cause Chicano youth to turn to drugs or alcohol as a means of escape.

AJ 50

National Institute on Drug Abuse.

Got a Minute? Rockville, Md. : The Institute, 1980. 8 p. (DHHS Publication No. (ADM)80-824). In a comic book presentation, Rachel, Joe, Mike and Rodney reject an invitation to sniff paint and decide to play basketball instead.

AJ 51

National Institute on Drug Abuse.

Deciding About Drugs : A Woman's Choice. Rockville, Md. : The Institute, 1979. 28 p. (DHEW Publication No. (ADM)80-820). Describes the times in a woman's life when she may feel stress—family problems, money problems, job problems, etc.—and the temptation to turn to drugs and drinking. Discusses types of drugs available and the alternatives. Lists resource organizations which can help.

AJ 52

National Institute on Drug Abuse.

Indian in the Red. Rockville, Md. : The Institute, 1977. 19 p. (DHEW Publication No. (ADM)77-492). 'Indian in the Red' is a symbolic title signifying the questions : Is the Indian in trouble with drug use? What are the facts and stereotypes surrounding drug use by Indians? The community can lessen the magnitude of potential drug abuse problems by offering alternatives with a cultural origin.

AJ 53

National Institute on Drug Abuse.

What Do They Call It Again? Rockville, Md. : The Institute, 1980. Leaflet. (DHHS Publication No. (ADM)80-915). Glossary drug terms indicating name (amphetamine, barbiturate, cocaine, heroin, LSD, marijuana, PCP, etc.), slang equivalents, form and type of drug (stimulant, depressant, etc.). Provides equivalent terms in Spanish.

AJ 54

Kelly, Mary-Carol.

For Kids Only : What You Should Know About Marijuana. Rockville, Md. : National Institute on Drug Abuse, 1980. 12 p. (DHHS Publication No. (ADM)80-986). Basic facts for children; what marijuana is; what causes the high; what dependence means; effects on the body; what decriminalization means. Elementary discussion.

AJ 55

National Institute on Drug Abuse.

Marijuana : Qué Es Y Qué Hace? Rockville, Md. : The Institute, [no date]. 11 p. Spanish language excerpt of 'For Parents Only : What You Need to Know About Marijuana' (AJ48). Question and answer format for basic questions; effects on the body, burnout, addiction, etc.

AJ 56

National Institute on Drug Abuse.

Drugs and Driving. Rockville, Md. : The Institute, 1981. Leaflet. (DHHS Publication No. (ADM)81-890). How alcohol, marijuana, tranquilizers and other sedative hypnotics, stimulants, hallucinogens and PCP can affect the sensory and perceptual skills needed for careful driving.

AJ 57

National Institute on Drug Abuse.

Drug Abuse Prevention : For You and Your Friends. Rockville, Md. : The Institute, 1980. Booklet, 22 p. (DHHS Publication No. (ADM)81-583). Simple, large print explanation for children and adolescents of why people use drugs, the nature of drug abuse, types of drugs such as stimulants, depressants, hallucinogens and inhalants and what to do to prevent drug abuse. Provides list of organizations which assist those with drug abuse problems. Lists information resources and relevant publications.

AJ 58

Do It Now Foundation.

What Senior Citizens Should Know About Drugs and Alcohol. Phoenix, Ariz. : The Foundation, 1978. Pamphlet. (D.I.N. 141). Harmful effects of drugs and alcohol, which can aggravate many physical ills and possibly lead to mental deterioration in the elderly. Suggests guidelines for moderate safe use.

AJ 59

Consumers' Research Magazine.

Prescription Drug Abuse. Washington, N.J. : The Magazine, 1983. Magazine article. Though most concern about drug abuse centers around illegal drugs, there is also a severe problem in the abuse of prescription drugs such as stimulants, sedatives, and tranquilizers. Lists statistics, methods of obtaining drugs, and suggestions for control of the problem. Contains list of the top 20 prescription drugs of abuse.

AJ 60

Do It Now Foundation.

MDA/MDM : The Chemical Pursuit of Ecstasy. Phoenix, Ariz. : The Foundation, 1982. Leaflet. Notes the increasing popularity of MDA/MDM, a hallucinogenic amphetamine, among drug abusers. Tells what the drug looks like, physical effects, adverse psychological reactions, long-term dangers, and impurities that are often found in the drug on the street.

AJ 61

Do It Now Foundation.

DMSO : Facts Behind the Rumors. Phoenix, Ariz. : The Foundation, 1981. Leaflet (DIN 147). Dimethyl sulfoxide, or DMSO as it is commonly known, has been the center of a raging controversy over the last few years. Summarizes all available information about DMSO so that the reader may make a well-informed decision about its use. Stresses that a physician should be consulted before using DMSO.

AJ 62

Wisconsin Clearinghouse.

Opiates and Opiate-Like Drugs. Madison, Wisc. : The Clearinghouse, 1977. Leaflet. (Mood Altering Chemicals Series). A group of drugs with marked sedative and pain-killing effects, opiates are controlled substances whose illegal possession is punishable by a fine or imprisonment or both. Brief outline of the history of opium and opiate-like drugs; their effects and hazards; their subjective effects; and legal aspects of possession.

AJ 63

Wisconsin Clearinghouse.

Methaqualone. Madison, Wisc. : The Clearinghouse, 1982. Leaflet. (Mood Altering Chemical Series). Basic facts about methaqualone, a central nervous system depressant, includes brand names, manufacturers, dosage of legally manufactured brands, and information on street names. Describes effects of the drug, noting the danger of mixing it with alcohol, contra-indications and warnings. Notes penalties for illegal possession. Non-judgemental presentation.

Alcohol & Alcoholism

AK 1

Do It Now Foundation.

Alcohol : Simple Facts About Combinations With Other Drugs. Phoenix, Ariz. : The Foundation, 1979. Leaflet. (D.I.N. 121). Contains information for the person who might purposely or accidentally mix other drugs with alcohol. Describes the interaction with barbiturates, tranquilizers, stimulants, antihistamines, marijuana, PCP and other drugs.

AK 2

National Institute on Alcohol Abuse and Alcoholism.

The Answer Book : Answers to the Most Asked Questions About Alcohol. Rockville, Md. : The Institute, 1980. Pamphlet, 11 p. (DHEW Publication No. (ADM)80-294). Answers some forty questions relating to alcoholism such as : How can you help a friend who has a drinking problem; is there a fast way to sober up; what is the best cure for a hangover; is drinking a problem among teenagers today?

AK 3

National Institute on Alcohol Abuse and Alcoholism.

Someone Close Drinks Too Much. Rockville, Md. : The Institute, 1981. Pamphlet, 15 p. (DHHS Publication No. (ADM)81-23). How to help a troubled drinker : information on how to recognize a drinking problem, how to get involved, how to communicate, where to seek help in the community and chances of recovery. Some 40 million people in the U.S. share alcohol problems with someone they know.

AK 4

National Institute on Alcohol Abuse and Alcoholism.

Alcohol and Your Unborn Baby. Rockville, Md. : The Institute, 1981. Pamphlet, 14 p. (DHHS Publication No. (ADM)81-521). Describes the harmful effects of heavy drinking on the unborn baby. Also discusses risk factors, how alcohol affects the fetus, how much drinking is harmful, alternatives to alcohol and getting help. Advocates moderation and caution.

AK 5

National Institute on Alcohol Abuse and Alcoholism.

'Facing Up To Alcoholism'. Rockville, Md. : The Institute, 1979. Pamphlet, 10 p. (DHEW Publication No. (ADM)79-568). How to spot a drinking problem in oneself. Describes symptoms, what can be done about it, treatment options and where help can be found.

AK 6

National Institute on Alcohol Abuse and Alcoholism.

The Drinking Question : Honest Answers To Questions Teenagers Ask About Drinking. Rockville, Md. : The Institute, 1980. Booklet, 26 p. (DHHS Publication No. (ADM)80-286). Covers teenage concerns : how many young people drink; are teenagers drinking instead of smoking marijuana; what happens when you get drunk; how can I help my alcoholic mother; what's the fastest way to sober up; what should I do when my date tries to get me drunk?

AK 7

National Institute on Alcohol Abuse and Alcoholism.

Alcohol : Some Questions and Answers. Rockville, Md. : The Institute, 1981. Pamphlet, 15 p. (DHHS Publication No. (ADM)81-312). Summary information on how alcohol works in the body, why people drink, drunkenness, hangovers and how alcoholics can be helped.

AK 8

National Institute on Alcohol Abuse and Alcoholism.

Podemos Ser Una Familia Feliz : El Alcoholismo Es Un Problema de Toda la Familia/Let's Pull Together...Alcoholism Is a Family Problem. Rockville, Md. : The Institute, 1980. Pamphlet, 14 p. (DHHS Publication No. (ADM)80-326). A bilingual, Spanish and English, publication describing alcoholism, danger signs, where to go for help and how to cope with the alcoholic in the family.

AK 9

National Institute on Alcohol Abuse and Alcoholism.

Hablemos En Claro : Algunas Preguntas y Respuestas Sobre El Alcoholismo/Plain Talk. Some Questions and Answers on Alcoholism. Rockville, Md. : The Institute, 1981. Pamphlet, [15] p. (DHHS Publication No. (ADM)81-334). A bilingual, Spanish and English, pamphlet dealing with basic facts on alcoholism : its nature, symptoms, effect on the human body, delirium tremens, treatment, Al-Anon and Alateen, where help can be found.

AK 10

National Institute on Alcohol Abuse and Alcoholism.

Tu Decision. Rockville, Md. : The Institute, 1981. Pamphlet, 14 p. (DHHS Publication No. (ADM)81-335). A bilingual, Spanish and English, publication dealing with teenagers and drinking. Written for young people, with simple descriptions of teenagers facing decisions about alcohol.

AK 11

National Institute on Alcohol Abuse and Alcoholism.

Drinking Etiquette : For Those Who Drink and Those Who Don't. Rockville, Md. : The Institute, 1980. Pamphlet, 13 p. (DHHS Publication No. (ADM)80-305). Guidelines to help host, hostess and guest to establish individual drinking etiquette. Following these guidelines should help preserve the enjoyment of social drinking situations while eliminating much of the pain that is produced by problem drinking.

AK 12

Do It Now Foundation.

Alcoholism in the Lesbian/Gay Community : Coming to Terms With An Epidemic. Phoenix, Ariz. : The Foundation, [no date]. Leaflet. (D.I.N. 110). The stress experienced by homosexuals often leads to drinking : an escape that comes in a bottle. Describes treatment options and the services provided by the National Association of Gay Alcoholism Professionals (NAGAP).

AK 13

National Institute on Alcohol Abuse and Alcoholism.

The Unseen Crisis : Blacks and Alcohol. Rockville, Md. : The Institute, 1981. Pamphlet. (DHHS Publication No. (ADM)81-478). Describes the role alcoholism plays in the black community. Notes the relationship of alcoholism to crime and other illness.

AK 14

Al-Anon Family Groups.

Information for the Newcomer : Al-Anon Family Groups—Al-Anon and Alateen. New York, N.Y. : Al-Anon Family Group Headquarters, 1980. Leaflet. (S-4). Brief introduction to Al-Anon Family Groups. Describes what happens at a meeting.

AK 15

Al-Anon Family Groups.

Youth and the Alcoholic Parent. New York, N.Y. : Al-Anon Family Group Headquarters, Inc., 1979. Pamphlet, 12 p. (P-21). Brief history of the foundation of Alateen. Provides detailed information on Alateen programs and easy-to-understand answers to questions about alcoholism.

AK 16

Al-Anon Family Groups.

'How Can I Help My Children?' Asks An Al-Anon Member. New York, N.Y. : Al-Anon Family Group Headquarters, 1979. 16 p. (P-9). Practical advice for parents. Suggest how to help children achieve a healthy attitude towards an alcoholic parent.

AK 17

Al-Anon Family Groups.

Understanding Ourselves and Alcoholism. New York, N.Y. : Al-Anon Family Group Headquarters, 1979. Leaflet. (P-48). Compulsion, addiction, obsession and denial affect not only the alcoholic but those close to her/him. Outlines how Al-Anon can help those close to an alcoholic.

AK 18

Al-Anon Family Groups.

Detachment. New York, N.Y. : Al-Anon Family Group Headquarters, [no date]. Leaflet. (S-19). Very brief summary of the Al-Anon concept of detachment, and the goals and purposes of Al-Anon Family Groups.

AK 19

Al-Anon Family Groups.

Al-Anon . Is It For You? New York, N.Y. : Al-Anon, 1980. Leaflet. (S-17). Twenty questions designed to help you decide whether or not you need Al-Anon.

AK 20

Al-Anon Family Groups.

Alateen : Is It For You? New York, N.Y. : Al-Anon, 1981. Leaflet. (S-20). Twenty questions to help teenagers decide whether or not Alateen is for them.

AK 21

Metropolitan Life Insurance Company.

Alcohol and Health. New York, N.Y. : The Company, 1979. Leaflet. Short summary of information on the warning signs of alcoholism, the physical effects of alcoholism, where help can be found.

AK 22

Rosellini, Gayle.

The Co-Alcoholic Wife. Phoenix, Ariz. : Do It Now Foundation, 1981. Pamphlet. A co-alcoholic is someone who, because of love or fear, actually contributes to the drinking of the alcoholic. By covering up, making excuses, or blaming herself, the wife makes it easier in the long run for her husband to continue drinking. Gives signs of alcoholism, a quiz to tell if you are a co-alcoholic wife, and dos and don'ts for helping.

AK 23

Parker, Jim. *Drugs and Alcohol : A Handbook For Young People.*

Phoenix, Ariz. : Do It Now Foundation, 1981. Booklet, 26 p. Simple, easy to read introduction to the problems of drugs and alcohol for children. Contains glossary of terms, types of drugs, hazards, why people use drugs, and a quiz. Gives an excellent base for children that will enable them to make wise decisions about drugs and alcohol.

AK 24

United States Department of Transportation.

How To Talk To Your Teenager About Drinking and Driving. Washington, D.C. : The Department, [no date]. Pamphlet, 16 p. The results of teenagers drinking and driving are thousands of deaths, serious injuries and disfigurements each year. Guides parents in talking to their teenager about the effects of alcohol on driving, legal aspects, myths about alcohol use, and statistics. Emphasizes the importance of parents setting a good example.

AK 25

Do It Now Foundation.

Facts About Drunk Driving. Phoenix, Ariz. : The Foundation, 1982. Leaflet. (DINA 806). Examines the risks you take if you choose to drive drunk. Includes statistics, blood alcohol levels as related to weight, ways to avoid becoming a drunk driving statistic.

AK 26

Do It Now Foundation.

The Recovery Handbook or What To Do After You Say 'I Quit.' Phoenix, Ariz. : The Foundation, 1981. Booklet, 47 p. Designed as a self-help manual for those who have made the decision to give up alcohol. Covers many ways you can help yourself feel better when you stop drinking—proper nutrition, reducing intake of sugar, caffeine and nicotine, vitamins, reducing stress, and having a healthy attitude toward yourself. Includes bibliographies.

AK 27

National Council on Alcoholism.

What Are the Signs of Alcoholism? New York, N.Y. : The Council, 1982. Quiz. 26-question quiz designed to help a person learn if he has some of the symptoms of alcoholism.

AK 28

National Council on Alcoholism.

The Alcoholic Is A Sick Person Who Can Be Helped. New York, N.Y. : The Council, 1982. Leaflet. A brief discussion of the basis of alcoholism—who is at risk, physical and emotional effects of continued drinking, statistics, and how you can help the alcoholic who is a friend or family member.

AK 29

National Institute on Alcohol Abuse and Alcoholism.

Play It Smart : Facts for Teenagers About Drinking. Rockville, Md. : The Institute, 1981. 8 p. (DHHS Publication No. (ADM)81-1170). Basic facts on the effects of alcohol consumption; how alcohol affects the body; alcohol-related problems; 'blackout'; drinking and driving; peer pressure to drink; how to tell and what to do if you or somebody you know has a drinking problem.

AK 30

National Institute on Alcohol Abuse and Alcoholism.

For Women Who Drink... Rockville, Md. : The Institute, 1982. Booklet. (DHHS Publication No. (ADM)82-1176). Research shows at least one-third of those who have drinking problems are women. This booklet can help women find out if they have a drinking problem; what treatment is available; and how to find it.

AK 31

Al-Anon Family Groups.

This Is Al-Anon. New York, N.Y. : Al-Anon Family Group Headquarters, Inc., 1980. 13 p. (P-42). Basic facts about the purpose of Al-Anon Family Groups.

AK 32

Al-Anon Family Groups.

Facts About Alateen. New York, N.Y. : Al-Anon Family Group Headquarters, Inc., 1969. Leaflet. (P-41). Basic facts about Alateen, a fellowship, usually of teenagers, whose lives have been effected by someone else's drinking.

AK 33

National Institute on Alcohol Abuse and Alcoholism.

Here's To Your Health Alcohol Facts for Women. Rockville, Md. : The Institute, 1981. 5 p. (DHHS Publication No. (ADM)81-1169). Addresses basic questions : how much is too much; does alcohol affect men and women differently; what about drinking when you are pregnant; what happens if you drink when taking another drug; what if you have a friend who drinks too much; when is it O.K. to say NO to a drink?

AK 34

Alcoholics Anonymous World Services, Inc.

Do You Think You're Different? New York, N.Y. : The Services, 1976. Pamphlet, 30 p. Many people shy away from the help available from Alcoholics Anonymous because they are afraid they will not fit in. This booklet provides stories from thirteen recovered alcoholics who were helped by AA. They include blacks, elderly people, gays, Indians, atheists, clergymen, movie stars, etc. Shows that anyone can fit in at AA if they have the desire to stop drinking.

AK 35

Alcoholics Anonymous World Services, Inc.

Is AA For You? Twelve Questions Only You Can Answer. New York, N.Y. : The Services, 1973. Leaflet. Lists twelve questions which will help you know if you have a problem with alcohol. Stresses that only you can decide whether or not you need help to cope with a drinking problem.

AK 36

Alcoholics Anonymous World Services, Inc.

Is There An Alcoholic In Your Life? : AA's Message of Hope. New York, N.Y. : The Services, 1976. Pamphlet, 18 p. Provides facts about the problems that confront the person who has an alcoholic in their life. Tells what you should and should not do to help, gives hints for knowing when an alcoholic is ready to accept help, describes the programs and services of AA, and what to expect from a recovering alcoholic.

AK 37

Alcoholics Anonymous World Services, Inc.

A Brief Guide to Alcoholics Anonymous. New York, N.Y. : The Services, 1972. Leaflet. Answers the following questions : what is alcoholism, what are the symptoms, what is AA and how does it help, how does AA work, and who belongs to AA. Bibliography.

AK 38

Alcoholics Anonymous World Services, Inc.

Forty-four Questions and Answers About the AA Program of Recovery from Alcoholism. New York, N.Y. : The Services, 1978. Pamphlet, 33 p. In-depth look at AA—what it is, who needs it, and how it can help the person who wishes to stop drinking. Covers the stages of alcoholism, symptoms, anonymity, social drinking and the alcoholic, how AA meetings can help, and the twelve steps that are the core of a personal recovery from alcoholism.

Smoking

AL 1

Food and Drug Administration.

Drug Effects Can Go Up In Smoke. Washington, D.C. : FDA, 1979. Leaflet. (HEW Publication No. (FDA)79-3086). The 1979 Surgeon General's Report on Smoking revealed that the health consequences of smoking are even more serious than previously realized. There is now evidence that smokers who are taking drugs may be puffing away the effectiveness of the drugs such as theophylline and pentazocine.

AL 2

Office on Smoking and Health. Public Health Service.

The Smokers' Health Book What Every Smoker Needs To Know About Staying Alive. Rockville, Md. : The Office, [no date]. Leaflet. Basic facts on the health risks incurred by smoking, effects on pregnant women, how to make smoking less dangerous; and how to quit smoking.

AL 3

National Cancer Institute.

Clearing the Air : A Guide To Quitting Smoking. Bethesda, Md. : The Institute, 1980. Booklet, 36 p. (NIH Publication No. 80-1647). Presents a wide variety of tips and helpful hints on kicking the smoking habit. Outlines step-by-step procedures covering reasons for quitting, just before quitting, the day you quit, immediately after quitting, finding new habits, avoiding temptation and weight control. Lists institutions which can provide professional help.

AL 4

National Cancer Institute.

Despejando El Aire : Guia Para Dejar De Fumar. Bethesda, Md. : The Institute, 1980. Booklet, 36 p. (NIH Publication No. 80-1647). Spanish language translation of 'Clearing the Air : A Guide to Quitting Smoking' (NIH Publication No. 80-1647).(AL3)

AL 5

Do It Now Foundation.

Tobacco Abuse. Phoenix, Ariz. : The Foundation, 1978. Leaflet. (D.I.N. 117). Brief summary of the history, health effects and social aspects of smoking, and how to quit.

AL 6

Do It Now Foundation.

Smoking, Drinking and Pregnancy. Phoenix, Ariz. : The Foundation, 1978. Leaflet. Describes how tobacco smoke and alcohol consumption can affect the development of the fetus. Also shows the effects of Fetal Alcohol Syndrome.

AL 7

National Interagency Council on Smoking and Health.

We Americans Have Seen the Light...and We're Putting It Out... New York, N.Y. : The Council, [no date]. Leaflet. (DHEW Publication No. (PHS)79-50070). Ideas to help you kick the smoking habit. Describes the benefits of quitting and the risks of continuing to smoke.

AL 8

American Heart Association.

How To Stop Smoking : An Experienced Doctor Guides You In a Smoking Withdrawal Program. Dallas, Tex. : The Association, [no date]. 4 p. Outlines a five-week program, with explicit instructions, on how to stop smoking. Discusses how to counter craving and identifies the ingredients of success. Also contains a quiz to determine why you smoke.

AL 9

American Heart Association.

Weight Control Guidance In Smoking Cessation. Dallas, Tex. : The Association, 1979. Pamphlet, 5 p. How to control the craving, snacking, munching and other problems which arise when smokers quit the habit.

AL 10

American Heart Association.

Smoking and Heart Disease. Dallas, Tex. : The Association, 1982. Leaflet. Answers basic questions on the relationship between smoking and heart disease. Discusses the effects of smoking on the circulatory system and blood vessels and notes that the heart attack rate in heavy cigarette smokers is twice as high as in non-smokers. Also discusses angina pectoris, peripheral vascular disease, and birth control pills.

AL 11

American Lung Association.

Smoking and the Two of You. New York, N.Y. : The Association, 1980. Leaflet. When a pregnant woman smokes, some of the harmful gases and poisonous substances in smoke actually pass from her blood through the placenta into the baby's blood. Babies of mothers who smoke during pregnancy are more likely to be born undersized.

AL 12

American Lung Association.

How NOT To Love Your Kids. New York, N.Y. : The Association, 1979. Leaflet. Effects of smoking on children include a higher rate of pneumonia, bronchitis and respiratory diseases and an aggravation of asthma. Discusses how to quit.

AL 13

American Lung Association.

Pipe and Cigar Smoking. New York, N.Y. : The Association, 1979. Leaflet. Since pipe and cigar smokers do not inhale, hot smoke filled with harmful particles and noxious gases do not bombard their lung tissues and seep into their bloodstream. Yet hot smoke in the mouth affects the site it touches. Cigar smoke produces almost five times more pollution than cigarettes.

AL 14

American Lung Association.

Cigarette Smoking. New York, N.Y. : The Association, 1979. Leaflet. Stresses that just one cigarette speeds up your heartbeat, increases blood pressure, upsets the flow of blood and air in the lungs and causes a drop in skin temperature of the fingers and toes. Summarizes the effects of smoking on non-smokers.

AL 15

American Lung Association.

Second-Hand Smoke. New York, N.Y. : The Association, 1977. Leaflet. Side-stream smoke (the smoke from the burning end) has higher concentrations of noxious compounds than the mainstream smoke inhaled by a smoker. Describes the effects of side-stream smoke inhaled on health and summarizes the Nonsmoker's Bill of Rights.

AL 16

The New York Times.

Though the Hazards Are Clear, 55 Million Continue to Smoke. New York, N.Y. : The Times, 7/8/81, Sec. C, p. 18. Newspaper article. Despite overwhelming evidence of the severe health hazards risked by smokers, some 55 million Americans continue to smoke. Lists the health risks, which include heart disease, cancers of the lung and mouth, emphysema, etc., and the risks to unborn children and to nonsmokers. Lists good programs for those who want to quit, the benefits of quitting, and the limited benefits of low-tar, low-nicotine cigarettes.

AL 17

U.S. Department of Health and Human Services.

Smoking, Tobacco and Health : A Fact Book. Washington, D.C. : The Department, 1981. Booklet, 36 p. Contains charts and text on total cigarette consumption, per capita consumption, demographic characteristics of smokers, smoking patterns by age, death rates for smokers and nonsmokers, smoking and disability, passive smoke, and the economics of growing, selling and purchasing tobacco products. Excellent overview.

AL 18

National Clearinghouse for Smoking and Health.

Slim and Smokeless. Atlanta, Ga. : CDC, 1977. Leaflet. (HEW Publication No. (CDC)77-8346). Helpful tips on how to prevent weight gain following cessation of smoking. Good nutritional information.

AL 19

Office on Smoking and Health.

Two Things Every Woman Should Know About Smoking Cigarettes. Rockville, Md. : The Office, [no date]. Leaflet. (DHEW Publication No. (PHS)80-50114). Warns of the risks you and your baby take when you smoke during pregnancy. Notes your risk of lung cancer is now determined by how long and how heavily you have smoked—not whether you are a man or a woman.

Mental Health and Illness

AM 1

The New York Times.

An Eating Disorder of Binges and Purges Reported Widespread. New York, N.Y. : The Times, 1981. Newspaper article (January 25, 1981, Sec. XI, p. 2). Bulimia is a binge-and-purge eating disorder affecting mostly college educated single white women. The syndrome's victims consume huge amounts of food, up to 55,000 calories in several hours, and then induce vomiting to purge their systems. Laxatives are often abused by victims. Complications include severe tooth decay, liver damage, rectal bleeding, rupture of the stomach, and heart rhythm abnormalities. Reviews treatment, related diseases, and cultural factors that contribute to bulimia.

AM 2

National Institute of Mental Health.

It's Good To Know About Mental Health. Rockville, Md. : The Institute, 1977. Pamphlet, 11 p. (DHEW Publication No. (ADM)77-67). Simple explanation of warning signs such as undue, prolonged anxiety, depression and abrupt changes in mood which may signal deeper problems. Describes the types of mental illness and treatment.

AM 3

National Institute of Mental Health.

Your Community Mental Health Center & You : Facts About the Programs. Rockville, Md. : The Institute, 1979. Pamphlet, 13 p. (DHEW Publication No. (ADM)79-819). Simple explanation of the objectives, services, staff, and assistance available at community mental health centers.

AM 4

National Institute of Mental Health.

A Consumer's Guide To Mental Health Services. Rockville, Md. : The Institute, 1980. Booklet, 21 p. (DHEW Publication No. (ADM)80-214). Describes basic facts about mental illness, where to seek help, warning signals, types of therapy, what to do in emergency situations, categories of mental health professionals (psychiatrists, social workers, psychologists, etc.) and information resources.

AM 5

National Institute of Mental Health.

Learning About Depressive Illnesses. Rockville, Md. : The Institute, 1977. Pamphlet, 15 p. (DHEW Publication No. (ADM)77-288). Summarizes nature of depressive illness, signs of depression, types, danger of suicide, biochemical factors, treatment (drugs, shock and psychotherapy) and related research.

AM 6

National Institute of Mental Health.

Causes, Detection and Treatment of Childhood Depression. Rockville, Md. : The Institute, 1978. Pamphlet, 7 p. (DHEW Publication No. (ADM)78-612). A summary of present knowledge of the causes, detection and treatment of masked, acute and chronic depressive illness in children.

AM 7

Hospital Council of Southern California.

Stress : How To Make It Work for You. Los Angeles, Calif. : The Council, 1979. Leaflet. (Teaching You Better Health). Concise description of the part of stress in our lives, causes, symptoms and control. Pointers on how to live with stress.

AM 8

National Institute of Mental Health.

Plain Talk About the Art of Relaxation. Rockville, Md. : The Institute, 1978. Leaflet. (DHEW Publication No. (ADM)78-632). How to achieve relaxation and reduce stress. Suggests community activities, exercise and creative pursuits. Relaxation and not achievement should be the reason for participating.

AM 9

National Institute of Mental Health.

Una guía del consumidor para los servicios de salud mental. Rockville, Md. : The Institute, 1979. 27 p. (DHEW Publication No. (ADM)79-214(SP)). Spanish language edition of 'A Consumer's Guide To Mental Health Services' (AM4).

AM 10

National Institute of Mental Health.

Depressive Disorders : Causes and Treatment. Rockville, Md. : The Institute, 1981. 13 p. (DHHS Publication No. (ADM)81-1081). Describes types of depressive disorders, including melancholia, depressive neurosis and bipolar depression. Discusses the possibility of suicide, genetic, biochemical, environmental and other factors as causes of depressive disorders. Outlines the three basic types of treatment - drugs, electro-convulsive therapy and psychosocial therapy - that may be used singly or in combination. Also describes depression in children and among the aged. How to go about helping the depressed person and where to receive treatment are also covered.

AM 11

National Institute of Mental Health.

Esquizfrenia Existe una Respuesta. Rockville, Md. : The Institute, 1979. Booklet, 16 p. (DHEW Publication No. (ADM)79-47(SP)). Causes, symptoms, diagnosis and treatment of schizophrenia. English title : 'Schizophrenia : Is There An Answer?' (AM26)

AM 12

Hogg Foundation for Mental Health.

What Is Mental Health? Austin, Tex. : The Foundation, [no date]. Leaflet. How to help yourself to mental health. Simple quiz provides information on how to recognize and cope with mental illness and where to seek help.

AM 13

Hogg Foundation for Mental Health.

The Nature of Mental Health. Austin, Tex. : The Foundation, 1977. Pamphlet, 8 p. Mental health is defined as the ability to function effectively and happily as a total person in a self-accepted role. Discusses importance of security, love, sense of belonging, communication, growth and development.

AM 14

The Hogg Foundation for Mental Health.

Mental Health In Nursing Homes. Austin, Tex. : The Foundation, 1976. Pamphlet, 15 p. Discusses the isolation and loneliness endured by many elderly people in nursing homes. Discusses the urgent need for personalizing contact, personalized grooming, upgrading surroundings and increased volunteerism.

AM 15

The New York Times.

Examining the Causes and Cures of Burnout. New York, N.Y. : The Times, 10/6/82, Sec. C, p. 16. Newspaper article. 'Burnout' is defined as a state of fatigue or frustration that occurs when ones life or job has failed to produce expected rewards. It affects mostly high-achievers, and symptoms can range from forgetfulness to severe depression. Lists ways to protect yourself from burnout, how it can be treated, symptoms, and where to get help.

AM 16

The New York Times.

For Many Men, Midlife Is A Crucial Turning Point That Determines Their Future. New York, N.Y. : The Times, 7/22/81, Sec. C, p. 8. Newspaper article. Describes the male midlife crisis - an unsettled and sometimes life disrupting period experienced by some men between the ages of 35 and 50. Lists possible causes, symptoms, effects on the man's life, and advice on how to move through this period constructively.

AM 17

The New York Times.

A Guide Through Maze of Psychotherapies. New York, N.Y. : The Times, 10/28/81, Sec. C, p. 8. Newspaper article. Describes the many options available in therapy today - behavior modification, psychoanalysis, group therapy, drug therapy, and others. Offers advice on how to choose a therapist, types of therapists, where to find one, and what to ask. Lists signals that can tell you that you need to seek help - prolonged depression, sexual difficulties, confusion, fear, or self-destructive behaviors such as the inability to stop gambling or using drugs.

AM 18

The New York Times.

Darkness of Schizophrenia Begins To Lift. New York, N.Y. : The Times, 5/25/82, Sec. C, p. 1. Newspaper article. Widely regarded as the most severe form of mental illness, schizophrenia is actually several different disorders. Describes the symptoms, history of the study and treatment of the disorder, and factors which can cause schizophrenia. Notes new advance in research and hope for the future

AM 19

The New York Times.

Workaholism : Paying the Price. New York, N.Y. : The Times, 9/29/82, Sec. C. p. 1. Describes the typical workaholic, those people whose main focus in life is their work. Notes the problems that can occur if the workaholic does not change his or her lifestyle—inability to relax, exhaustion, social and marital problems, and burnout. Notes symptoms and what to do about them.

AM 20

Metropolitan Life Insurance Company.

Stress and Your Health. New York, N.Y. : The Company, 1980. Pamphlet. (Stay Well Series). Types and causes of stress; what can be done to provide relief.

AM 21

National Institute of Child Health and Human Development.

Facts About : Anorexia Nervosa. Bethesda, Md. : The Institute, (no date). Leaflet. Anorexia nervosa is a disorder of self-starvation which can cause severe psychological, endocrine and gynecological problems. Provides information about age of onset, symptoms, causes, treatment, and current research.

AM 22

The National Association of Private Psychiatric Hospitals.

Mental Illness : Its Myths and Truths. Washington, D.C. : The Association, 1982. Booklet, 23 p. Lists 15 common misconceptions about mental illness and refutes them. Covers the symptoms of mental illness, causes, and defines the most common types of mental problems.

AM 23

The Center for Consumer Health Education.

Stress : Some Ways of Handling Stress. Reston, Va. : The Center, 1980. Leaflet. (Taking Care). Brief overview of stress, the cause of many mental and physical problems in the U.S. Tells what stress is and what it can do to you if you can't handle it properly. Contains the Holmes Scale, a handy way to measure the stress in your life. Gives tips for minimizing the effects of stress and sources of further information on the problem of stress.

AM 24

Merck, Sharp and Dohme.

Depression : Dark Night of the Soul. West Point, Pa. : Merck, Sharp and Dohme, [no date]. 20 p. Provides an understanding of the nature of depression. Describes the origins, symptoms and treatment. Details what depression is, what progress has been made in treating it and what you can do when faced with it.

AM 25

Lederle Laboratories.

Depression : A Multi-Faceted Disease. Pearl River, N.Y. : Lederle, 1982. 6 p. A brief review of the causes, symptoms and treatment of depression and drugs used in treatment (tricyclic antidepressants). Reviews historic cases of depression. Bibliography.

AM 26

National Institute of Mental Health.

Schizophrenia : Is There an Answer? Bethesda, Md. : The Institute, 1981. 20 p. (DHHS Publication No. (ADM)81-74 Revised). Deals with four main questions about schizophrenia : what is it, what causes it, how is it treated, what is the long-term outlook. Topics discussed include the nature of disordered thinking, common myths, theories as to causes, treatment methods such as antipsychotic drugs, psychotherapy and shock. Simple and readable explanation.

AM 27

National Institute of Mental Health.

Depression in the Elderly. Rockville, Md. : The Institute, 1981. 3 p. (DHEW Publication No. (ADM)81-932). In the elderly, depressive illness can take several forms and is sometimes difficult to recognize. Often, the elderly suffer from physical and emotional problems at the same time. Some older persons are considered 'senile' when actually they are suffering from severe depression. Suggests means of coping with depression in the elderly.

AM 28

National Institute of Mental Health.

Caring About Kids : When Parents Divorce. Rockville, Md. : The Institute, 1981. 22 p. (DHHS Publication No. (ADM)81-1120). The divorce process is painful for everyone with the most difficult time for all usually occurring during the first year or two following separation. Sensitive descriptions of some of the feelings experienced by children and parents along with practical ideas parents can use to prepare themselves and their children. Includes reading lists with suggestions for children, teens and adults.

AM 29

Plaut, Thomas F.A.

Life Styles and Mental Health. Austin, Tex. : Hogg Foundation for Mental Health, 1980. Pamphlet, 7 p. The way we live and express emotions has a great effect on our mental health. Covers the importance of being able to express strong emotions, such as anger, emotional isolation, male and female roles in our society, and the need to take risks and to be vulnerable in order to achieve a sharing of feeling and closeness to others.

AM 30

U.S. Department of Health and Human Services.

Eight Questions Employers Ask About Hiring the Mentally Restored. Washington, D.C. : The Department, 1981. Booklet, 16 p. Millions of Americans have experienced mental or emotional problems and have been treated and returned to the community. Because of fear and prejudice they have often had difficulty returning to the work force. Answers questions that employers have when considering hiring the mentally restored—including what types of work such individuals are suited for, are they dependable, will health insurance rates go up, etc.

AM 31

Avery, Chel.

How To Get Unstressed : The Bare Facts. Madison, Wisc. : Wisconsin Clearinghouse, 1981. 14 p. Stress is your body's reaction to anything that makes you feel threatened or pressured or that puts a strain on your body. Outlines some sources of stress and the effect they may have. Discusses whether stress is always bad. Outlines how to find the right level of stress for you and techniques for coping. Lists 17 books for learning more about specific coping strategies.

Cancer

AN 1

National Cancer Institute.

Progress Against Cancer of the Uterus. Bethesda, Md. : The Institute, 1979. Leaflet. (DHEW Publication No. (NIH)79-171). Nature and incidence of the disease; signs and symptoms; detection (the 'Pap' smear); treatment; current research. Concise explanation.

AN 2

National Cancer Institute.

Progress Against Cancer of the Mouth. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-118). Nature and incidence of the disease; symptoms; diagnosis; treatment; related factors (smoking, chewing tobacco and snuff); current research. Concise explanation.

AN 3

National Cancer Institute.

Progress Against Cancer of the Skin. Bethesda, Md. : The Institute, 1980. Pamphlet, 12 p. (NIH Publication No. 81-310). Structure of the skin; skin malignancies; precancers; detection and diagnosis; causes; precautions; treatment; current research. Concise explanation.

AN 4

National Cancer Institute.

Progress Against Cancer of the Prostate. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-528). Nature and incidence of the disease; symptoms; diagnosis; treatment; precautions; current research. Concise explanation.

AN 5

National Cancer Institute.

Progress Against Hodgkin's Disease. Bethesda, Md. : The Institute, 1979. Leaflet. (DHEW Publication No. (NIH)79-172). Nature of the disease which is a form of cancer affecting the lymphatic system; symptoms; diagnosis; treatment (radiotherapy and chemotherapy); current research and future outlook. Concise explanation.

AN 6

National Cancer Institute.

Progress Against Leukemias, Lymphomas and Multiple Myeloma. Bethesda, Md. : The Institute, 1982. Pamphlet, 9 p. Leukemias, lymphomas and multiple myeloma are cancers of the blood-forming and lymphoid glands. Discusses nature and incidence of these diseases, treatment and current research. Concise explanation.

AN 7

National Cancer Institute.

Progress Against Cancer of the Colon and Rectum. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-95). Nature of the disease; symptoms; diagnosis; surgical treatment and colostomy; relationship to chronic ulcerative colitis and congenital multiple polyposis; current research. Concise explanation.

AN 8

National Cancer Institute.

Progress Against Cancer of the Bone. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-721). Definition of primary and secondary bone malignancies, symptoms, diagnosis, treatment, causes and current research. Concise explanation.

AN 9

National Cancer Institute.

Progress Against Cancer of the Lung. Bethesda, Md. : The Institute, 1978. Pamphlet, 13 p. (DHEW Publication No. (NIH)78-526). Incidence of the disease; smoking and occupational hazards as causes or factors; symptoms and diagnosis; treatment; and prevention. Concise explanation.

AN 10

National Cancer Institute.

Progress Against Cancer of the Testis. Bethesda, Md. : The Institute, 1980. Pamphlet, 5 p. (DHEW Publication No. (NIH)81-1492). Nature and incidence of the disease (most common in white men between 20 and 40 years of age); symptoms; treatment; causes and prevention; current research. Concise explanation.

AN 11

National Cancer Institute.

Progress Against Cancer of the Stomach. Bethesda, Md. : The Institute, 1978. Pamphlet, 8 p. (DHEW Publication No. (NIH)78-527). Nature and incidence of the disease (low in the U.S. compared with Japan and Iceland); causes; diagnosis; treatment; relationship to ulcers; current research. Concise explanation.

AN 12

National Cancer Institute.

Progress Against Cancer of the Bladder. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-722). Nature and incidence of the disease; causes such as industrial chemicals and schistosomiasis; symptoms; diagnosis; treatment; current research. Concise explanation.

AN 13

National Cancer Institute.

Progreso Contra El Cancer Del Seno : Lo Que Usted Puede Hacer. Bethesda, Md. : The Institute, 1980. Pamphlet, 8 p. (NIH Publication No. 80-2229). Spanish language version of 'Progress Against Breast Cancer · What You Can Do About It.' (AN14)

AN 14

National Cancer Institute.

Progress Against Breast Cancer : What You Can Do About It. Bethesda, Md. : The Institute, 1979. Leaflet. (NIH Publication No. 80-2041). Incidence and risks; importance of breast self-examination; use of mammography and thermography as methods of detection; relationship to breast lumps; biopsy and other tests; treatment; preventive measures. Concise explanation.

AN 15

National Cancer Institute.

Progress Against Cancer of the Larynx. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-448). Characteristics of the disease; those it strikes; diagnosis; symptoms; treatment; rehabilitation; current research. Concise explanation.

AN 16

National Cancer Institute.

What You Need To Know About Cancer of the Kidney. Bethesda, Md. : The Institute, 1980. Booklet, 20 p. (NIH Publication No. 80-1569). Nature of the disease, symptoms, diagnosis, types of adult kidney cancers (renal adenocarcinomas), treatment, emotional aspects, questions which you may want to ask your doctor, current research. Provides glossary of definitions. Concise explanation.

AN 17

National Cancer Institute.

What You Need To Know About Cancer of The Breast. Bethesda, Md. : The Institute, 1982. Booklet, 16 p. (NIH Publication No. 82-1556). Breast cancer and lumps (over 80% of lumps found in the breast are benign); nature of the disease; diagnosis; treatment (mastectomy, chemotherapy and radiotherapy); questions you may want to ask your doctor; rehabilitation and other services; current research. Provides glossary of definitions. Concise explanation.

AN 18

National Cancer Institute.

What You Need To Know About Cancer of the Uterus. Bethesda, Md. The Institute, 1982. Booklet, 19 p. (NIH Publication No. 82-1562). Nature of the disease; symptoms (excessive bleeding and discharge); detection and diagnosis; treatment; endometrial cancer; emotional aspects; rehabilitation and other services; questions which you may want to ask your doctor, current research. Provides glossary of definitions. Concise explanation.

AN 19

National Cancer Institute.

What You Need To Know About Non-Hodgkin's Lymphoma. Bethesda, Md. ; The Institute, 1982. Booklet, 16 p. (NIH Publication No. 82-1567). Defines the main types of Non-Hodgkin's lymphoma : lymphocytic lymphoma (also called lymphosarcoma), histiocytic lymphoma (also called reticulum cell sarcoma) and mixed cell lymphoma. Summarizes symptoms, diagnosis, treatment, emotional aspects, questions to ask the doctor and current research. Provides glossary of definitions. Concise explanation.

AN 20

National Cancer Institute.

What You Need To Know About Adult Leukemia. Bethesda, Md. : The Institute, 1980. Booklet, 20 p. (NIH Publication No. 80-1572). Nature of the disease, which is a generalized disorder of blood cell production in which abnormal white blood cells accumulate in the blood and bone marrow. Summarizes symptoms, diagnosis, treatment, supportive care, rehabilitation, emotional aspects, questions to ask your doctor and current research. Provides glossary of definitions. Concise explanation.

AN 21

National Cancer Institute.

What You Need To Know About Cancer of the Bladder. Bethesda, Md. The Institute, 1980. Booklet, 18 p. (NIH Publication No. 80-1559). Summarizes symptoms, diagnosis, treatment, rehabilitation, emotional aspects, questions to ask your doctor and current research. Provides glossary of definitions. Concise explanation.

AN 22

National Cancer Institute.

What You Need To Know About Childhood Leukemia. Bethesda, Md. : The Institute, 1982. Booklet, 20 p. (NIH Publication No. 82-1573). Discusses the nature of acute lymphocytic leukemia, which is the principal type of leukemia that affects children, together with symptoms, diagnosis, central nervous system involvement, treatment, supportive care and current research in immunotherapy and bone marrow transplants. Provides glossary of definitions. Concise explanation.

AN 23

National Cancer Institute.

What You Need To Know About Cancer of The Colon and Rectum. Bethesda, Md. : The Institute, 1980. Pamphlet, 15 p. (DHEW Publication No. (NIH)78-1552). Nature of the disease, symptoms, diagnosis, treatment (surgery and colostomy, radiation therapy, chemotherapy), rehabilitation and supportive services, and current research. Provides glossary of definitions. Concise explanation.

AN 24

National Cancer Institute.

What You Need To Know About Cancer of the Lung. Bethesda, Md. · The Institute, 1982. Booklet, 19 p. (DHEW Publication No. (NIH)83-1553). Summarizes structure of the lung and growth of tumors (cancer). Describes symptoms, diagnosis, types of lung cancer (epidermoid carcinoma, large cell carcinoma, small cell carcinoma and adenocarcinoma), treatment, rehabilitation, emotional aspects, questions to ask, and current research. Provides glossary of definitions. Concise explanation.

AN 25

National Cancer Institute.

What You Need To Know About Cancer of the Esophagus. Bethesda, Md. · The Institute, 1980. Pamphlet, 13 p. (NIH Publication No. 80-1557). Nature of the disease, symptoms, diagnosis, treatment, emotional aspects, rehabilitation, questions to ask, and current research. Provides glossary of definitions. Concise explanation.

AN 26

National Cancer Institute.

What You Need To Know About Cancer of the Brain and Spinal Cord. Bethesda, Md. : The Institute, 1982. Booklet, 19 p. (NIH Publication No. 82-1558). Nature of brain and spinal cord cancers, symptoms, diagnosis (skull x-ray, CAT scan, angiography, etc.), treatment, rehabilitation and other services, emotional aspects, questions to ask, and current research. Provides glossary of definitions. Concise explanation.

AN 27

National Cancer Institute.

What You Need To Know About Cancer of the Mouth. Bethesda, Md. : The Institute, 1980. Booklet, 16 p. (NIH Publication No. 80-1574). Describes the most common sites of cancers of the mouth and oral cavity—the floor of the mouth, the pharynx including the soft palate, the lips and the tongue. Discusses symptoms, diagnosis, treatment, rehabilitation, emotional aspects, questions to ask, and current research. Provides glossary of definitions. Concise explanation.

AN 28

National Cancer Institute.

What You Need To Know About Cancer of the Stomach. Bethesda, Md. : The Institute, 1980. Booklet, 16 p. (NIH Publication No. 81-1554). Nature of the disease, symptoms, diagnosis, treatment, rehabilitation and other services, emotional aspects, questions to ask your doctor, current research. Provides glossary of definitions. Concise explanation.

AN 29

National Cancer Institute.

What You Need To Know About Cancer. Bethesda, Md. : The Institute, 1979. Booklet, 19 p. (DHEW Publication No. (NIH)1566). Concise explanation for patients and their families of what cancer is, warning signs and early detection, diagnosis, treatment, emotional aspects, questions to ask your doctor and current research. Provides a useful glossary of definitions.

AN 30

National Cancer Institute.

What You Need To Know About Dysplasia, Very Early Cancer and Invasive Cancer of the Cervix. Bethesda, Md. : The Institute, 1982. Pamphlet, 14 p. (NIH Publication No. 82-2047). Concise explanation of abnormal growth of cells of the cervix resulting in dysplasia, very early cancer and invasive cancer. Discusses women 'at risk,' physical examination (Pap test and pelvic exam), treatment and follow-up. Provides glossary of definitions.

AN 31

National Cancer Institute.

What You Need To Know About Cancer of the Pancreas. Bethesda, Md. : The Institute, 1981. Booklet, 18 p. (NIH Publication No. 81-1560). The nature of pancreatic cancer, symptoms, diagnosis, treatment, emotional aspects, rehabilitation, questions you may want to ask your doctor, current research. Concise explanation.

AN 32

National Cancer Institute.

What You Need To Know About Multiple Myeloma. Bethesda, Md. : The Institute, 1980. Pamphlet, 15 p. (NIH Publication No. 80-1575). Nature of the disease, a cancer of the plasma cells, one type of white blood cell found in the bone marrow. Describes symptoms, diagnosis, treatment (chemotherapy and radiation therapy), emotional aspects, questions you may want to ask your doctor, and current research. Concise explanation.

AN 33

National Cancer Institute.

What You Need To Know About Cancers of the Bone. Bethesda, Md. : The Institute, 1982. Booklet, 20 p. (NIH Publication No. 82-1571). Nature of the disease, types of bone cancer, secondary bone cancer, diagnosis, treatment (amputation, chemotherapy, radiation therapy), rehabilitation and current research. Provides glossary of definitions. Concise explanation.

AN 34

National Cancer Institute.

What You Need To Know About Cancer of the Larynx. Bethesda, Md. : The Institute, 1981. Booklet, 16 p. (DHEW Publication No. (NIH)82-1568). Nature of the disease, symptoms, diagnosis, treatment, laryngectomy and esophageal speech, rehabilitation and other services, emotional aspects, questions to ask your doctor, current research. Provides glossary of definitions. Concise explanation.

AN 35

National Cancer Institute.

What You Need To Know About Cancer of the Ovary. Bethesda, Md. : The Institute, 1982. Booklet, 16 p. (NIH Publication No. 82-1561). Nature of the disease, symptoms, diagnosis, treatment, rehabilitation, emotional aspects, questions to ask your doctor, current research. Provides definitions of terms. Concise explanation.

AN 36

National Cancer Institute.

What You Need To Know About Wilm's Tumor. Bethesda, Md. : The Institute, 1981. Booklet, 20 p. (NIH Publication No. 81-1570). Almost without exception, cases of kidney cancer in children are Wilm's Tumor. Describes growth, symptoms, diagnosis, treatment, follow-up and available social services, current research. Provides glossary of definitions. Concise explanation.

AN 37

National Cancer Institute.

What You Need To Know About Cancer of the Prostate and Other Male Genito-Urinary Organs. Bethesda, Md. : The Institute, 1982. Booklet, 16 p. (NIH Publication No. 82-1576). Nature of the disease, symptoms, diagnosis, treatment, cancers of the spermatic cord, scrotum, penis and testicles, emotional aspects, rehabilitation and current research. Provides glossary of definitions. Concise explanation.

AN 38

National Cancer Institute.

What You Need To Know About Cancer of the Testis. Bethesda, Md. : The Institute, 1979. Booklet, 16 p. (NIH Publication No. (NIH)79-1565). Nature of the disease, symptoms, diagnosis, treatment, rehabilitation, emotional aspects, questions you may wish to ask your doctor, self-examination and research. Provides glossary of definitions. Concise explanation.

AN 39

National Cancer Institute.

What You Need To Know About Cancer of the Skin. Bethesda, Md. : The Institute, 1982. Pamphlet, 14 p. (NIH Publication No. 82-1564). Nature of skin cancer (basal cell and squamous), symptoms, diagnosis, treatment, emotional aspects, rehabilitation and current research. Provides glossary of definitions. Concise explanation.

AN 40

National Cancer Institute.

What You Need To Know About Hodgkin's Disease. Bethesda, Md. : The Institute, 1981. Pamphlet, 15 p. (NIH Publication No. 81-1555). Nature of the disease, a form of cancer affecting the lymphatic system. Describes symptoms, diagnosis, treatment, emotional aspects, rehabilitation, questions you may want to ask your doctor, current research. Provides glossary definitions. Concise explanation.

AN 41

National Cancer Institute.

What You Need To Know About Melanoma. Bethesda, Md. : The Institute, 1981. Pamphlet, 14 p. (NIH Publication No. 82-1563). Nature of the disease, a cancer that usually begins in the skin, often in a mole. Describes symptoms, diagnosis, treatment, emotional aspects, questions you may want to ask your doctor, rehabilitation and current research. Provides glossary of definitions. Concise explanation.

AN 42

Leukemia Society of America, Inc.

Lymphomas : Treatment Advances Mean Better Survival Rates—Even Cure. New York, N.Y. : The Society, [no date]. Leaflet. Lymphoma is a general term for a group of malignant disorders which affect the lymphatic tissues. Concise description of the lymph system in health and disease. Describes signs and symptoms, diagnosis, treatment, causes and risk factors and research.

AN 43

Leukemia Society of America, Inc.

Multiple Myeloma : New Treatments Are Adding Years To Long-term Survival Rates. New York, N.Y. : The Society, 1981. Leaflet. Concise summary on signs and symptoms, diagnosis, treatment, causes and risk factors and research into multiple myeloma, a malignant disorder of the plasma cells which mostly occurs in patients between the ages of 65 and 80.

AN 44

National Cancer Institute.

Autoexamen de los senos. Bethesda, Md. : The Institute, 1979. Pamphlet. (NIH Publication No. 79-1292). Spanish language edition of Breast Self-Examination. Simple line drawings and text teach you how to examine your breasts. If you find anything unusual, consult your doctor.

AN 45

Leukemia Society of America, Inc.

Hodgkin's Disease : Long-term Control—Even Cure—Is Now Possible. New York, N.Y. : The Society, [no date]. Leaflet. A malignancy of the lymph system, Hodgkin's disease can now be arrested in almost 90 percent of cases diagnosed in the early stages. Brief description of the disease, its causes and risks factors, signs and symptoms, diagnosis, treatment and prognosis. Outlines how the Society helps patients.

AN 46

National Institutes of Health.

Adjuvant Chemotherapy For Breast Cancer. Bethesda, Md. : The Institutes, [no date]. 1 p. (The Search for Health, 855-NCI-481). Reports on two recent clinical studies of mastectomy plus chemotherapy in the treatment of patients with breast cancer, and the major finding of a consensus development conference held by NCI in 1980 that adjuvant chemotherapy appears to be indicated as part of the treatment of all premenopausal patients with 'positive' lymph nodes in the armpit. Includes outline of the use of hormones as adjuvant therapy.

AN 47

National Institutes of Health.

Estrogen Receptors In Breast Cancer. Bethesda, Md. : The Institutes [no date]. 1 p. (The Search for Health, 854-NCI-481). Studies over the past decade indicate more than half of breast cancer patients whose tumors contain estrogen receptors benefit from endocrine therapy. This fact sheet explains what an estrogen receptor assay is, when it should be performed and how the knowledge gained can be used in planning therapy.

AN 48

National Cancer Institute.

Progress Against Leukemia. Bethesda, Md. : The Institute, 1980. 20 p. Concise description of research on causes and treatment of leukemia, a form of cancer which affects the parts of the body which make blood. Summarizes the relationship between radiation, genetic factors and viruses and leukemia. Describes drug therapy immunotherapy and bone marrow transplants in the treatment of childhood leukemia (acute lymphoblastic leukemia). Also outlines treatment of three types of adult leukemia—acute myelocytic, chronic myelocytic and chronic lymphocytic leukemias.

AN 49

Leukemia Society of America, Inc.

Understanding Leukemia. New York, N.Y. : The Society, [no date]. Pamphlet. Survey of research into leukemia and the development of treatment for this disease. Emphasizes the need for treatment to be planned and administered by an experienced team of specialists. Discusses the special problems faced by leukemia patients whose disease is in remission. Outlines research efforts.

AN 50

National Institutes of Health.

Cancer : What Is It? Bethesda, Md. : The Institutes, 1980. 28 p. (Medicine for the Layman. NIH Publication No. 80-1806). Provides an overview of the nature of cancer, the terminology used in discussing it, its effects, its biology and its causes. Includes description of symptoms. Question and answer section deals with specific concerns relating to cancer including the relationship between smoking and cancer, breast self-examination, specific treatments for leukemia, and drug therapy.

AN 51

National Cancer Institute.

Were You Or Your Daughter Or Son Born After 1940? An important message from the U.S. Public Health Service. Bethesda, Md. : The Institute, 1981. 16 p. (NIH Publication No. 81-1226). Short explanation of why mothers, sons and daughters who have been exposed to Diethylstilbestrol (DES) should be examined by a physician. Advises contacting the doctor who took care of you or your mother during pregnancy or the hospital where the birth took place and asking for COMPLETE INFORMATION about medications during the pregnancy. Lists the symptoms and possible effects of exposure to DES.

AN 52

National Cancer Institute.

Radiation Therapy and You : A Guide To Self-Help During Treatment. Bethesda, Md. : The Institute, 1980. 24 p. (NIH Publication No. 80-2227). An excellent source of help and information for patients receiving radiation therapy. Tells you and those close to you what radiation therapy is and what you can do to help yourself during treatment. Provides suggestions for dealing with fatigue, lack of appetite, sore skin, stomach and bowel problems, emotional and financial concerns. Discusses treatment of the head and neck area as well as internal radiation therapy (implants). Includes glossary of terms used either in the pamphlet or by your doctor or others involved in your care.

AN 53

National Cancer Institute.

Childhood Leukemia : A Pamphlet for Parents. Bethesda, Md. : The Institute, 1979. 26 p. (DHEW Publication No. (NIH)79-212). Concise summary of the nature of normal blood and its functions; the symptoms, complications and treatment of leukemia, including chemotherapy and transfusion therapy; the problems children face during treatment and hospitalization and their reaction to the illness; and the reactions of parents and the community. Includes glossary of medical terms used in the text.

AN 54

National Cancer Institute.

Leucemia Infantil. Bethesda, Md. : The Institute, 1976. 13 p. (DHEW Publication No. (NIH)76-368). Spanish language version of 'Childhood Leukemia : A Pamphlet for Parents.' (DHEW Publication (NIH)79-212) (AN53)

AN 55

The New York Times.

The Genetic Assault on Cancer. New York, N.Y. : The Times, 10/24/82, Sec. 6, pt. 1, p. 38. Newspaper article. Lengthy, in-depth study of current research in cancer treatment, causes of cancer, and especially the role of genetics in human cancer. Covers interferon, artificially produced antibodies, cancer immunization, genetic engineering, and other promising areas of cancer research.

AN 56

National Cancer Institute.

Everything Doesn't Cause Cancer, But How Can We Tell Which Chemicals Cause Cancer and Which Ones Don't? Bethesda, Md. : The Institute, 1980. 12 p. (NIH Publication No. 80-2039). Question and answer format provides answers to questions about the causes and prevention of cancer, and the identification of suspected carcinogens. Discusses methods of testing chemicals and the interpretation of laboratory animal tests.

AN 57

National Cancer Institute.

No Todo Causa Cancer : Pero...Como Podemos Reconocer Las Sustancias Químicas Que Lo Provocan—Y Las Que No Lo Provocan. Bethesda, Md. : The Institute, 1981. 13 p. (NIH Publication No. 81-2302). Spanish language version of 'Everything Doesn't Cause Cancer.' (AN56)

AN 58

The New York Times.

Prudent Eating Patterns That May Reduce Risks of Cancer. New York, N.Y. : The Times, 6/23/82, Sec. 3, p. 1. Newspaper article. Recent research indicates that proper nutrition can reduce the risk of cancer. Dietary changes covered include reduction of total fat intake, eating more foods which contain Vitamins A and C, the importance of specific vegetables, reduced consumption of salt-cured and smoked foods, and decreased protein consumption. Presents contrary views and provides suggested menus.

AN 59

Janssen, Wallace F.

Cancer Quackery : Past and Present. Rockville, Md. : Food and Drug Administration, 1977. 6 p. (HEW Publication No. (FDA)77-3039. Reprinted from FDA Consumer, July/August 1977). Laetrile is the latest of literally thousands of supposed remedies for cancer. An examination of some of these controversial anti-cancer drugs of the past and the role of FDA, over the past 70 years, in putting such supposed 'cures' out of business. Provides guidelines for assessing cancer treatment.

AN 60

National Cancer Institute.

Chemotherapy and You : A Guide to Self-Help During Treatment. Bethesda, Md. : The Institute, 1980. 30 p. (DHEW Publication No. (NIH)81-1136). Essential information for cancer patients and those who care for them about chemotherapy. Describes different types of anticancer drugs and how they work. Provides information on various side effects and suggests how to deal with them.

AN 61

National Association of Community Health Centers.

What Black Americans Should Know About Cancer. Bethesda, Md. : National Institutes of Health, [no date]. 33 p. (DHEW Publication No. (NIH)78-1635). Concise explanation of how cancer affects Black Americans, its causes, incidence, detection, prevention and treatment. Lists cancer's warning signs. Provides access to further information. Includes glossary of medical terms.

AN 62

National Cancer Institute.

Lo Que Usted Debe Saber Sobre El Cáncer./What You Should Know About Cancer. Bethesda, Md. : National Institutes of Health, 1978. 37 p. (DHEW Publication No. (NIH)79-1828). Bilingual summary provides brief explanation of what cancer is, its effects on different groups, its causes and prevention. Provides instruction for women on breast self-examination, the warning symptoms of cancer, major cancer sites and a brief outline of treatments and research. Lists toll free number for the Cancer Information Service.

AN 63

National Cancer Institute.

Research Report : Cancer of the Kidney. Bethesda, Md. : The Institute, 1981. 10 p. (NIH Publication No. 81-2342). Concise description of what happens when cells become cancerous. Describes different types of kidney cancer—renal cell cancers and Wilm's tumor. Outlines causes and prevention, symptoms, diagnosis and treatment.

AN 64

National Institutes of Health.

Causas Del Cancer. Bethesda, Md. : The Institutes, [no date]. Leaflet. (En Busca de Buena Salud. 853-NC1-481-T). Spanish language version of 'Causes of Cancer' (National Institutes of Health. Search for Health Series). (AN66)

AN 65

National Cancer Institute.

Research Report : Cancer of the Lung. Bethesda, Md. : The Institute, 1980. 13 p. (NIH Publication No. 81-526). Digest of current research on the cause and prevention, symptoms, detection and diagnosis, and treatment of lung cancer. Compares the function of a healthy lung with that of a cancerous one. Outlines the connection between lung cancer and cigarette smoking. Describes types of lung cancer, signs, new approaches to diagnosis and treatment including surgery, radiation therapy, chemotherapy and immunotherapy. Includes list of references.

AN 66

National Institutes of Health.

Causes of Cancer. Bethesda, Md. : The Institutes, [no date]. Leaflet. (The Search for Health. 852-NCI-481). Brief overview of what is known about cancer-causing agents, or carcinogens. Outlines research efforts to identify such substances.

AN 67

National Institutes of Health.

Brain Tumors : Hope Through Research. Bethesda, Md. : The Institutes, 1981. Booklet, 24 p. (NIH Publication No. 82-504). Examines human brain function and how tumors can affect this delicate organ. Covers symptoms, diagnosis, types of tumors, and forms of treatment—including surgery, drugs, and chemo and radiation therapy. Reports on rapidly advancing research into the brain and brain tumors.

AN 68

National Institutes of Health.

Tumores al Cerebro : Diagnostico Y Terapia. Bethesda, Md. : The Institutes, [no date]. Leaflet. In Spanish, covers the diagnosis and treatment of brain tumors. Describes the brain, symptoms of problems, tests, and types of therapy. Spanish language version of (AN80).

AN 69

National Institutes of Health.

Cancer : What To Know, What To Do About It. Bethesda, Md. : The Institutes, 1982. Pamphlet, 24 p. (NIH Publication No. 82-211). Excellent overview of the subject of cancer—what it is, who will get it, how it is treated. Lists ways to reduce your chances of getting cancer and how to increase your chances of recovering if cancer occurs. Contains glossary of cancer terms.

AN 70

National Cancer Institute.

Research Report : Cancer of the Colon or Rectum. Bethesda, Md. : The Institutes, 1981. Booklet, 13 p. (NIH Publication No. 81-95). Describes current research on the cause, prevention, detection, and treatment of cancer of the colon and rectum. Fairly technical. Also contains suggestions for additional reading.

AN 71

National Cancer Institute.

Research Report : Cancer of the Bladder. Bethesda, Md. : The Institute, 1981. Booklet, 13 p. (NIH Publication No. 81-722). Describes current research on the cause, prevention, symptoms, detection and treatment of cancer of the bladder. Fairly technical synopsis of current scientific literature. Contains bibliography and telephone numbers for cancer information centers.

AN 72

National Cancer Institute.

Research Report : Cancer of the Prostate. Bethesda, Md. : The Institute, 1981. Booklet, 14 p. (NIH Publication No. 81-528). Covers current research on the cause and prevention, detection and treatment of prostate cancer. Fairly technical synopsis of current scientific literature. Also contains bibliography and lists names of members of the National Prostatic Cancer Project.

AN 73

National Cancer Program.

Lo Que Usted Debe Saber Sobre el Cancer de la Boca. Washington, D.C. : The Program, 1982. Booklet, 16 p. In Spanish, summarizes information about cancer of the mouth and esophagus. Explains symptoms, diagnosis, treatment, radiation therapy, and research. Examines the relationship between smoking and oral cancer. Glossary.

AN 74

National Cancer Program.

Lo Que Usted Debe Saber Sobre el Cancer del Estomago. Washington, D.C. : The Program, 1982. Booklet, 15 p. In Spanish, covers the basics of stomach cancer—symptoms, diagnosis, treatment, rehabilitation, emotional aspects, questions you should ask your doctor, and research. Glossary.

AN 75

National Cancer Program.

Lo Que Usted Debe Saber Sobre el Cancer del Pulmon. Washington, D.C. : The Program, 1982. Booklet, 17 p. In Spanish, covers basic facts about cancer of the lung—symptoms, diagnosis, treatment, rehabilitation, emotional aspects, questions you should ask your doctor, and current research. Glossary.

AN 76

National Cancer Program.

Lo Que Usted Debe Saber Sobre el Cancer del Utero. Washington, D.C. : The Program, 1982. Booklet, 20 p. In Spanish, summarizes current available information on cancer of the uterus and cervix. Covers symptoms, diagnosis, treatment, radiation therapy, emotional aspects and research. Glossary and list of telephone numbers in different states where further information can be obtained.

AN 77

The National Cancer Program.

Lo Que Usted Debe Saber Sobre el Cancer del Colon y del Recto. Washington, D.C. : The Program, 1982. Booklet, 14 p. In Spanish, covers the basics of colon and rectal cancer—symptoms, diagnosis, treatment, radiation therapy, rehabilitation, and research. Glossary.

AN 78

National Cancer Institute.

Breast Reconstruction : Creating a New Breast Contour After Mastectomy. Bethesda, Md. : The Institute, 1980. Booklet. (NIH Publication No. 81-2151). Breast reconstruction (reconstructive mammoplasty) is the procedure used by plastic surgeons to create a natural-looking breast shape after a breast has been removed, most often due to breast cancer. A breast mound can be created for almost every woman who has had a mastectomy. Describes how reconstruction is performed, types of implants available, advantages and disadvantages of breast reconstruction. Most medical/surgical insurance plans now cover the costs of reconstruction as a necessary means of post mastectomy rehabilitation, not as cosmetic surgery.

AN 79

The National Cancer Program.

Lo Que Usted Necesita Saber Sobre la Displasia, el Cancer Invasivo de la Cerviz. Bethesda, Md. : The Program, 1982. Booklet, 16 p. (Facts on Cancer Sites). Covers dysplasia—the presence of abnormal cells in the cervix, very early cancer—growth of cancer cells involving only the top layer of the cervix, and invasive cancer—growth of cancer cells in the deeper layers of the cervix. Contains glossary and list of telephone numbers to call for help.

AN 80

National Institutes of Health.

Brain Tumors : Diagnosis and Therapies. Bethesda, Md. : The Institutes, [no date]. Fact sheet. (The Search for Health 915-NCDS-482). Tumors can push aside or penetrate the soft tissue of the brain and grow quite large. Brain tumors may be either benign or malignant. They can affect children as well as adults. Symptoms of tumors include headaches, seizures, and poor vision. The CT scan is the most significant diagnostic aid. Surgery is the first line of attack, together with chemotherapy.

AN 81

National Cancer Institute.

Progress in the Treatment of Testicular Cancer. Bethesda, Md. : The Institute, 1982. 11 p. (Fact Sheet). The most common malignancy in men between 25 and 44 years of age, cancer of the testis accounts for only about one percent of all male cancers. Describes diagnosis, staging and treatment of this most curable of neoplasms. Provides answers to commonly asked questions about chemotherapy, additional treatment, lymph node surgery, effects on fertility and testicular self-examination. Includes bibliography of professional literature.

AN 82

American Liver Foundation.

Cancer of the Liver. Cedar Grove, N.J. : The Foundation, [no date]. 2 p. Covers cancer of the liver, primary and secondary tumors, the relation of liver cancer to other cancers in the body, environmental factors in liver cancer, hepatitis B and liver cancer, symptoms, tests, and treatment.

AN 83

Alabama Department of Public Health.

Uterine Cancer : Early Detection Assists in Cure. Montgomery, Ala. : The Department, 1981. Leaflet. Concise facts about uterine cancer, who gets it, prevention, diagnosis, warning signs and treatment.

AN 84

Hartman, Joan B.

Breast Exams : What You Should Know. Bethesda, Md. : The Institute, 1981. [16 p.] (NIH Publication No. 82-2000). Answers questions about breast cancer screening methods, including medical history, breast self-examination, x-ray mammography and future technologies. Describes characteristics of those women with a higher than average risk of getting breast cancer. Advises monthly breast self-examination, regular physical exam, mammography for high-risk women, personal alertness for changes in the breast and a readiness to discuss any such changes with a doctor.

Heart Disease, Blood Vessels, Stroke

AO 1

National Institutes of Health.

Happiness Is...A Healthy Heart. Part I. Bethesda, Md. : The Institutes, 1981. [1 p.] (The Search for Health 838-HLB-281.). Stresses the importance of a thorough health history in diagnosis of heart disease. Describes what blood pressure is and why it is so important. Outlines place of blood tests in diagnosis.

AO 2

National Institutes of Health.

Felicidad es...Un Corazón Saludable. Primera Parte de Dos Partes. Bethesda, Md. : The Institutes, 1981. [1 p.] (The Search for Health. 839-HLB-281-T.). Spanish language version of 'Happiness Is...A Healthy Heart. Part I' (AO1).

AO 3

National Institutes of Health.

Happiness Is...A Healthy Heart. Part II. Rockville, Md. : The Institutes, [no dates]. [1 p.] (The Search for Health. 840-HLB-281.). Lists the factors which increase the risk of getting heart disease and the symptoms of a heart attack. Emphasizes the importance of seeking immediate medical attention.

AO 4

National Institutes of Health.

Felicidad es...un Corazón Saludable. Segunda Parte. Rockville, Md. : The Institutes, [no date]. [1 p.] (The Search for Health. 841-HLB-281-T.). Spanish language version of 'Happiness Is...A Healthy Heart. Part II' (AO3).

AO 5

National Heart Lung and Blood Institute.

The Human Heart : A Living Pump. Bethesda, Md. : The Institute, [no date]. [4 p.] (DHEW Publication No. (NIH)78-1058.). Describes the structure of the heart, what a heart beat is, circulation and the action of the heart. Lists and defines basic heart terms.

AO 6

National Heart Lung and Blood Institute.

How Doctors Diagnose Heart Disease. Bethesda, Md. : The Institute, 1980. 17 p. (DHEW Publication No. (NIH)78-753). Physicians use a variety of procedures in the process of diagnosing possible heart disease. Explanation of what to expect when you visit your doctor : medical history, physical examination including blood tests, electrocardiogram and x-ray. Special tests described include phonocardiography, echocardiography, angiocardiography by cardiac catheterization and angiocardiography by radioisotopic scanning. Lists risks for heart disease, the warning signals of heart attack and what to do if someone has a heart attack.

AO 7

National Heart, Lung, and Blood Institute.

Como Diagnostican Los Medicos Las Enfermedades Del Corazon. Bethesda, Md. : The Institute, [no date]. 17 p. (Publicación del DHEW No. (NIH)78-1009.). Spanish language edition of 'How Doctors Diagnose Heart Disease' DHEW Publication No. (NIH)78-753 (AO6).

AO 8

National Heart, Lung and Blood Institute.

High Blood Pressure : Facts and Fiction. Bethesda, Md. : The Institute, 1980. Leaflet. (S(NIH Publication No. 80-1218). Emphasizes control, not cure, of hypertension is possible. Refutes the idea that it has symptoms and affects only tense and nervous people. Reminds you that you cannot skip your medication. Concise description includes explanation of blood pressure.

AO 9

National Institutes of Health.

Verdad y Ficción : Sobre La Presion Arterial Alta. Bethesda, Md. : The Institutes, 1980. Leaflet. (NIH Publication No. 81-1477). Spanish language version of 'High Blood Pressure : Facts and Fiction.' NIH Publication No. 80-1218. (AO8)

AO 10

National Heart, Lung and Blood Institute.

High Blood Pressure : Facts For You and Your Family. Bethesda, Md. : The Institutes, 1980. Leaflet. (NIH Publication No. 80-2023). Answers the questions what is it, who can get it, how can you tell if you have it and can it be controlled? Provides tips to help control high blood pressure.

AO 11

National Heart, Lung and Blood Institute.

Questions About Weight, Salt and High Blood Pressure. Bethesda, Md. : The Institute, 1980. Pamphlet. (NIH Publication No. 80-1459). Outlines the disease and its treatment, the links between diet, weight and high blood pressure, the advantages of maintaining your proper weight, the need for medication and the links between salt and high blood pressure.

AO 12

National Heart, Lung and Blood Institute.

Blacks and High Blood Pressure. Bethesda, Md. : The Institute, 1980. Pamphlet. (NIH Publication No. 81-2024). One out of every four blacks has high blood pressure. Emphasizes you can be sick with high blood pressure and still feel fine. Reminds you to take your blood pressure pills every day no matter how you feel, to watch your weight and to eat less salt. Concise explanation.

AO 13

National Institutes of Health.

Heart Attacks. [Bethesda, Md.] : The Institutes, 1979. 32 p. (Medicine for the Layman. NIH Publication No. 79-1803). Each year cardiovascular disease is responsible for 54 per cent

of all deaths in the United States. This booklet describes the causes of heart attacks, when they occur and their symptoms. Tells what to do and where to go for help. Explains cardiopulmonary resuscitation (CPR), and other life-saving techniques. Lists risk factors, or habits, that suggest increased risk for heart attack long before it occurs. Answers questions concerning health habits, causes of heart disease, diet, exercise, bypass surgery, pacemakers and artificial hearts.

AO 14

National Institutes of Health.

High Blood Pressure. Bethesda, Md. : The Institutes, 1980. 21 p. (NIH Publication No. 81-1808). Essential facts on blood pressure and its measurement, blood pressure changes and normal blood pressure. Hypertension and life expectancy, incidence, effects of hormone regulation, causes and drug therapy are included. The only way to find out if you have hypertension is by having your blood pressure taken. Questions concerning diet, drug therapy and its side effects are answered. High blood pressure can be controlled.

AO 15

National Heart, Lung, and Blood Institute.

A Handbook of Heart Terms. Bethesda, Md. : The Institute, [no date]. 58 p. (DHEW Publication No. (NIH)78-131). Clear definitions of technical terms in non-technical language. Contains words from medicine, anatomy, physiology, instrumentation and pharmacology plus some terms used by certain related professions in dealing with the subject of heart disease. Arranged in alphabetical order, most words have phonetic spelling and several are illustrated.

AO 16

National Heart, Lung, and Blood Institute.

Extrasystoles. [Bethesda, Md.] : The Institute, [no date]. [1 p.]. (DHEW Publication No. (NIH)77-733. Fact Sheet). Short summary definition of extrasystoles or 'palpitations', occurrence, symptoms and diagnosis.

AO 17

National Heart, Lung and Blood Institute.

Hyperlipoproteinemia. [Bethesda, Md.] : The Institute, [no date]. 10 p. (DHEW Publication No. (NIH)76-734. Fact Sheet). Hyperlipoproteinemia is the name for several types of elevated levels of lipids - cholesterol and triglycerides - in the blood. Technical descriptions of cholesterol and triglyceride, types of hyperlipoproteinemia, diagnosis, treatment and drug therapy.

AO 18

National Heart, Lung and Blood Institute.

Venous Thrombosis and Pulmonary Embolism. [Bethesda, Md.] : The Institute, [no date]. [3 p.]. (DHEW Publication No. (NIH)77-737. Fact Sheet). Thrombosis refers to abnormal clotting in a blood vessel causing obstruction of flow. Essential facts on venous thrombosis and pulmonary embolism, the effect on the patient, who is affected, how the condition is diagnosed and forms of treatment.

AO 19

National Heart, Lung, and Blood Institute.

Arteriosclerosis. [Bethesda, Md.] : The Institute, 1978. 22 p. (DHEW Publication No. (NIH)79-1421. Fact Sheet). A detailed look at the problem of arteriosclerosis - 'hardening of the arteries' - a slow progressive disease which seldom produces symptoms until well advanced. Describes how the disease develops, its major consequences, the magnitude of the problem, risk factors, research and prevention.

AO 20

National Heart, Lung, and Blood Institute.

Endurecimiento de las Arterias. Causa de Ataque Cardíacos. Bethesda, Md. : The Institute. 8 p. (DHEW Publication No. (NIH)77-735. Fact Sheet). Spanish language version of 'Arteriosclerosis' DHEW Publication No. (NIH)79-1421. (AO19)

AO 21

National Heart, Lung and Blood Institute.

Congestive Heart Failure. [Bethesda, Md.] : The Institute, [no date]. [6 p.]. (DHEW Publication No. (NIH)77-923). Defines congestive heart failure. Provides essential facts about causes, treatment and prevention. Describes heart conditions which can be corrected or controlled by medical or surgical management.

AO 22

National Institute of Neurological and Communicative Disorders and Stroke.

Aphasia : Hope Through Research. Bethesda, Md. : The Institute, 1979. 16 p. (NIH Publication No. 80-391). Aphasia is the loss of ability to make sense of words. A symptom of brain injury, it is most commonly associated with stroke but can result from a brain tumor, infection or a head injury that damages the brain. Explains what happens in aphasia, the terms used to describe the different types, other problems associated with aphasia, diagnosis and evaluation, prognosis and rehabilitation, current research, prevention and where to get professional help.

AO 23

National Institute of Neurological and Communicative Disorders and Stroke.

What You Should Know About Stroke and Stroke Prevention. Bethesda, Md. : The Institute, 1979. 10 p. (NIH Publication No. 79-1909). Excellent description of stroke, its causes and symptoms. Describes the relationship of hardening of the arteries to stroke, how high blood pressure affects stroke, and the links between stress, exercise and environment to stroke. Outlines prevention, treatment and research.

AO 24

Hospital Council of Southern California.

The Facts About High Blood Pressure. Los Angeles, Calif. : The Council, 1979. Leaflet. (Teaching You Better Health). Hypertension is high blood pressure. Explains what hypertension is and what blood pressure readings mean. Describes symptoms to watch for and how to live with high blood pressure. Recommends an annual blood pressure check.

AO 25

Hospital Council of Southern California.

How You Can Protect Yourself From Today's #1 Killer. Los Angeles, Calif. : The Council, [no date]. Leaflet. (Teaching You Better Health). Lists six simple rules to help you avoid cardiovascular disease or to minimize its effect if you are stricken. Describes what the disease is and its danger signs. Immediate medical attention is important.

AO 26

American Heart Association.

Living With Your Pacemaker. Dallas, Tex. : The Association, 1979. Concise summary of the purpose and function of an artificial pacemaker. Explains how to take your pulse, the importance of taking your medicine as prescribed and following instructions concerning diet and exercise. Lists symptoms that should be reported to your doctor immediately. Emphasizes the importance of carrying your identification card and keeping all doctor's appointments. Includes glossary of medical terms.

AO 27

Fowler, Roy S.

Stroke : Why Do They Behave That Way? Dallas, Tex. : The American Heart Association, [no date]. 32 p. Provides help in understanding why the stroke victim behaves the way he does. Outline of how a stroke affects the brain and the intellectual, behavioral, and emotional changes which can occur. Offers suggestions for assisting stroke patients improve their level of functioning.

AO 28

American Heart Association.

A Safe Work Load For Farmers With Heart Disease. Dallas, Tex. : The Association, 1979. Pamphlet. Brief summary of how much energy some farm jobs demand, allows you to class farm jobs as light, moderate or heavy work. Provides a guide for you and your doctor to plan a safe work load for you.

AO 29

American Heart Association.

An Older Person's Guide To Cardiovascular Health. Dallas, Tex. : The Association, 1981. 17 p. Essential facts on cardiovascular health. Explains what high blood pressure is and how it can be controlled. Discusses arteriosclerosis, heart attack, angina, stroke and congestive heart failure. Describes what they are, your chances of having them, how you can recognize them and what you can do about them. Makes suggestions for living a lifestyle that is good for your heart and blood vessels. Large print.

AO 30

American Heart Association.

Innocent Heart Murmurs In Children. Dallas, Tex. : The Association, [no date]. Leaflet. Brief summary on heart murmurs in children. Describes heart murmurs, visits to your doctor and heart specialist and talking with your doctor.

AO 31

American Heart Association.

Soplos 'Inocentes' En el Carozón de los Niños. Dallas, Tex. The Association, [no date]. Leaflet. Spanish language version of 'Innocent Heart Murmurs in Children.' (AO30)

AO 32

American Heart Association.

Varicose Veins. Dallas, Tex. : The Association, [no date]. 10 p. A common complaint in both men and women, varicose veins primarily affect the legs. The condition varies a great deal from person to person. Describes how blood circulates in the veins and how varicose veins develop. Outlines early signs and symptoms and medical and surgical treatment. Provides advice on how you can help your circulation. If your veins seem to be getting worse, see your doctor.

AO 33

American Heart Association.

Anticoagulants, Your Physician and You. Dallas, Tex. : The Association, 1980. Leaflet. Essential information on anticoagulant drugs. Brief description of what they do, and why you need periodic blood tests. Take your medication only as your doctor has instructed. Warn other physicians and your dentist that you are taking an anticoagulant. Lists things you should consult your doctor about immediately. Recommends you always carry emergency anticoagulant identification.

AO 34

American Heart Association.

How You Can Help Your Doctor Treat Your High Blood Pressure. Dallas, Tex. : The Association, 1980. 8 p. Summarizes what high blood is, what causes it, how it develops and what you can do about it. Describes drug treatment and some of the side effects of drugs used. Lists some of the foods you can eat to keep your potassium level high and your salt or sodium intake level low. Provides hints on learning to live with hypertension.

AO 35

American Heart Association.

Usted y Su Corazón. Dallas, Tex. : The Association, [no date]. 12 p. Spanish language version of 'You and Your Heart.' Describes what the heart is and how it functions. Outlines different types of heart diseases. Discusses diet and exercises. Lists warning signs of heart attack.

AO 36

Dustan, Harriet P.

What Every Woman Should Know About High Blood Pressure. Dallas, Tex. : The Association, [no date]. Leaflet. Essential background information for women of all ages. Provides clues to help you deal with the disease. Lists factors that increase your chance of developing high blood pressure. Outlines treatment and diagnosis. Briefly describes how your blood pressure is taken and what it means.

AO 37

American Heart Association.

Add More Potassium To Your Diet. Dallas, Tex. : The Association, [no date]. Leaflet. Lists foods that are high in potassium. Some are very good sources; others are listed as good sources.

AO 38

American Heart Association.

Coronary Artery Bypass Graft Surgery. Dallas, Tex. : The Association, 1981. 28 p. Essential information for the patient who is considering coronary artery bypass surgery and for his family. Outlines coronary artery disease, coronary artery bypass graft surgery and what it will accomplish. Discusses preparing for the operation, hospital admission, what happens before, during and after the operation, rehabilitation, return home and return to work. Lists questions to ask the doctor and helpful Heart Association publications.

AO 39

American Heart Association.

After a Heart Attack. Dallas, Tex. : The Association, 1979. 20 p. Although they happen suddenly heart attacks are the result of slowly developing disease in the coronary arteries. Concise explanation of what causes a heart attack and its effect on the heart. Discusses emotional health of heart attack victims and their families, returning to work, depression, exercise and diet, smoking, alcohol, sexual activity and dealing with stress. Includes glossary of medical terms.

AO 40

American Heart Association.

Después de un Ataque Al Corazón. Dallas, Tex. : The Association, 1980. 20 p. Spanish language version of 'After a Heart Attack.' (AO39)

AO 41

American Heart Association.

High Blood Pressure : What It Is, What It Can Do To You, What You Can Do About It. Dallas, Tex. : The Association, 1980. 9 p. Without blood pressure the blood could not circulate in our bodies. Brief facts on normal and high blood pressure. Describes primary high blood pressure and how it can damage your body, how medication, diet and general health habits can help you. Emphasizes the importance of continuing medical care.

AO 42

American Heart Association.

Alta Presión Arterial. Dallas, Tex. : The Association, 1977. Leaflet. Spanish language version of 'High Blood Pressure.' (AO41)

AO 43

The New York Times.

New Therapy Appears Capable of Stopping Heart Attack's Progress. New York, N.Y. : The Times, 6/15/82, Sec. C, p. 1. Newspaper article. Outlines the development of streptokinase therapy for heart attack victims. Streptokinase is a clot-dissolving enzyme which can stop heart attacks caused by clots in a coronary artery. The chances of survival of heart attack victims depends largely on how much of the heart muscle is destroyed. Streptokinase therapy limits this destruction.

AO 44

The New York Times.

New Class of Drugs Revolutionizes Therapy for Heart Disease. New York, N.Y. : The Times, 2/2/82, Sec. C, p. 2. Newspaper article. Discusses the effects of the synthetic drugs called beta blockers on the treatment of many disorders—heart disease, high blood pressure, angina, glaucoma, and anxiety, among others. Notes excellent results in preventing death from heart attacks. Explains how beta blockers work, history of their development, side effects, and their potential in many types of medical treatment.

AO 45

The New York Times.

Despite Controversy, 100,000 Annually Opt for Heart Operation. New York, N.Y. : The Times, 11/18/80, Sec. 3, p. 2. Newspaper article. Describes in detail a coronary bypass surgery. Diagrams the procedure, showing a heart with coronary artery obstructions and a heart following vein grafts to bypass the obstructions. Lists risks and benefits, post-surgical complications, and prognosis for patients having the surgery.

AO 46

CBS, Inc.

The Balloon Catheter. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on CBS Morning News, July 5, 1982). Describes a new technique for treating coronary artery blockage in which an inflatable plastic balloon attached to a wire-thin catheter is guided to the heart through a blood vessel in the arm or leg. Inflation of the balloon at the site of the blockage removes the obstruction. Lists risks and benefits of the procedure.

AO 47

Merck, Sharp and Dohme.

Health Enemy No. 1 : High Blood Pressure. West Point, Pa. : Merck, Sharp and Dohme, [no date]. Pamphlet, 8 p. Short explanation of what high blood pressure is, who has it, what causes it, its dangers and what can be done about it. Provides guidelines for things you can do to prevent or lower high blood pressure.

AO 48

Merck, Sharp and Dohme.

High Blood Pressure : Your Doctor's Advice Could Save Your Life, If You Follow it. West Point, Pa. : Merck, Sharp and Dohme, [no date]. Leaflet. Concise explanation of why you should follow your doctor's advice. Recommends regular checkups for high blood pressure because it does not usually cause symptoms.

AO 49

Consumers' Research Magazine.

Varicose Veins : A Little-Recognized National Problem. Washington, N.J. : The Magazine, 1980. Magazine article. Discusses circulation and problems which can cause varicose veins, a condition which affects over 10 million Americans. Notes factors which can contribute to the condition—sedentary living, occupational factors, diet, and heredity. Lists symptoms and patterns of incidence.

AO 50

Metropolitan Life Insurance Company.

Early Signals of a Heart Attack. New York, N.Y. : The Company, 1977. Fact sheet. Pain in one form or another always accompanies a heart attack. Well-illustrated, concise description of the kind of pain and its possible location. Provides a checklist of other heart attack signs and ways to help a possible heart attack victim.

AO 51

Silverman, Mark E.

Update : Common Cardiac Drugs. Cleveland, Ohio : The Coronary Club, Inc., [no date]. Booklet, 14 p. Concise up-to-date information on cardiac drugs, includes a description of each drug, its usual purpose, dosage and possible side effects. Outlines instructions for taking cardiac medications. See AO52 (supplement).

AO 52

Silverman, Mark E.

1982 Supplement To Common Cardiac Drugs. Cleveland, Oh. : The Coronary Club, Inc., 1982. 6 p. Update to (AO51).

AO 53

American Heart Association.

The Heart and Blood Vessels. Dallas, Tex. : The Association, 1973. 18 p. The heart is a hollow, muscular organ that pumps blood through the body. Mostly strong muscle tissue, it is divided into four chambers. General background information on how the heart works, circulation, blood pressure, coronary heart disease, stroke, high blood pressure, peripheral vascular disease, rheumatic fever and rheumatic heart disease, congenital heart defects and other kinds of heart problems. Question and answer format.

AO 54

American Heart Association.

'E' is for Exercise. Dallas, Tex. : The Association, 1977. 6 p. Explains the benefits of regular exercise in heart care. Describes why isotonic or dynamic exercises promote 'cardiovascular fitness,' how to select an exercise program, and how to exercise properly. Provides an exercise checklist.

AO 55

American Heart Association.

Why Risk Heart Attack? Seven Ways to Guard Your Heart. Dallas, Tex. : The Association, 1981. 5 p. Concise explanation of seven things you can do to guard against heart attacks.

Blood & Blood Disorders

AP 1

National Heart, Lung and Blood Institute.

Adolescents With Sickle Cell Anemia and Sickle Cell Trait. [Rockville, Md.] : The Institute, [no date]. Pamphlet. Brief explanation of sickle cell anemia, an inherited condition in which there is an abnormality of the red blood cells. Summary discussion on the effect of this condition on your health, and the sickle cell trait.

AP 2

National Heart, Lung and Blood Institute.

Cooley's Anemia : Prevention Through Testing. Rockville, Md. : The Institute, 1980. Pamphlet. Brief discussion of the effects of Cooley's anemia, a fatal inherited blood disease that affects those of Mediterranean descent. Outlines the importance of having a blood test for the Cooley's anemia trait if you are of Mediterranean descent.

AP 3

Cooley's Anemia Foundation, Inc.

... With Hope! New York, N.Y. : The Foundation. Leaflet. A genetic blood disease which primarily affects children of parents of Mediterranean descent. Concise summary, in question and answer format, on what to expect if your child has Cooley's anemia. Outlines the history of Cooley's Anemia Foundation and briefly reports on research.

AP 4

Cooley's Anemia Foundation, Inc.

Cooley's Anemia : An Inherited Blood Disorder. New York, N.Y. : The Foundation [no date]. Leaflet. Defines Cooley's anemia, or Thalassemia, an inherited blood disorder which usually affects people of Mediterranean ancestry. Describes how it is inherited, who it affects, its symptoms, the treatment, how to tell if you carry the Cooley's anemia trait and who should be tested.

AP 5

National Institutes of Health.

Blood Transfusions : Benefits and Risks. [Bethesda, Md.] : The Institutes, 1981. 32 p. (NIH Publication No. 81-1949. Medicine for the Layman). Excellent description of the nature of blood and what it contains, the four major blood groups - O, A, B, and AB, blood transfusions, the Rh system, how much blood your body needs and what happens when you lose blood. Details how whole blood is divided into its components, the survival and use of these components. Examines the use of 'fresh blood' versus stored blood and the benefits and risks of transfusion. Provides a brief explanation of why erythroblastosis fetalis (hemolytic disease of the newborn) occurs and the two main forms of treatment for it.

AP 6

Health Services Administration.

Comprehensive Care of Hemophilia. Rockville, Md. : The Administration, 1979. 17 p. (DHEW Publication No. (HSA)79-5129). This publication, prepared for the use of health personnel who are a part of the delivery system that serves patients with hemophilia and their families, provides in-depth information on treatment and management of hemophilia. A technical description of the disease, how it is inherited and treated. Includes details of secondary disease, prognosis and references to the professional literature.

AP 7

The New York Times.

Bloodletting Is Revived for a Wide Variety of Modern Ills. New York, N.Y. : The Times, 4/27/82, Sec. C, p. 1. Newspaper article. Describes medical researchers' renewed interest in plasmapheresis, a modern equivalent of bloodletting, that removes fluid plasma from patient's blood and replaces it with other fluids. Notes the types of diseases for which this procedure holds promise, including Goodpasture's Syndrome, Guillain-Barré Syndrome, multiple sclerosis, lupus and myasthenia gravis.

AP 8

The New York Times.

Leeches Still Have Their Medical Uses. New York, N.Y. : The Times, 2/17/81, Sec. C, p. 2. Newspaper article. History of the wide spread use of leeches in the nineteenth century. Summarizes the medical uses of leeches today, including the prevention of clotting, and as an adjunct to microsurgery and plastic surgery.

AP 9

The National Hemophilia Foundation.

The Hemophilic Child In School. New York, N.Y. : The Foundation, [no date]. Pamphlet. Prepared especially for teachers, nurses and other school personnel, this booklet is designed to allay anxious feelings about the hemophilic child in school. Gives information about exercise, bumps and bruises, severe bleeding, identification discs, and emergency help.

AP 10

The National Hemophilia Foundation.

Understanding Von Willebrand's Disease. New York, N.Y. : The Foundation, [no date]. Pamphlet. Von Willebrand's disease is a hereditary bleeding disorder that affects both males and females, in contrast to hemophilia which only strikes males. Describes the disease, patterns of inheritance, symptoms, diagnosis and treatment.

AP 11

The National Hemophilia Foundation.

Psychological Factors In Hemophilia. New York, N.Y. : The Foundation, 1980. Booklet, 22 p. Hemophilia, aside from its physical effects, can be a serious emotional problem to those with the disease. Covers patient and family response to fear of bleeding, recurring separation for hospitalization, and restriction of activity. Excellent guide to living with hemophilia.

AP 12

Mississippi State Board of Health.

Food for Red Blood. Jackson, Miss. : The Board, 1981. Leaflet. Diet plan to prevent anemia in high risk groups—babies and children, pregnant women and the elderly. Lists foods from the four food groups that help build healthy blood cells and those that are low in food value but high in calories.

AP 13

Bittner, Enid F.

Self-Hypnosis in Hemophilia. New York, N.Y. : The Foundation, 1981. Booklet, 13 p. Describes the use of self-hypnosis in coping with the psychological problems resulting from hemophilia. Tells how hypnosis works, how it can affect pain control, and the benefits to the patient when hypnosis is used as a part of the comprehensive medical care program.

AP 14

The National Hemophilia Foundation.

The Employee With Hemophilia. New York, N.Y. : The Foundation, 1979. Pamphlet. Many workers with hemophilia are victims not of their disease, which is under control, but of the common myths and misconceptions which hinder their work opportunities. For employers and co-workers, this booklet explains what hemophilia is, how it is treated, common myths, effects on job performance and insurance rates.

AP 15

Voice of Prophecy Radio Broadcast.

Los Angeles, Ca. : Voice of Prophecy, [no date]. *Anemia—A Symptom or Disease?* Leaflet. (The Health File. Tape #22). Brief description of the causes of anemia—a condition of the blood caused by a lack of red blood cells or hemoglobin—and how it is treated. Simple, large print.

AP 16

Food and Drug Administration.

Blood Transfusions and Hepatitis. Rockville, Md. The Administration, [no date]. Leaflet. (HEW Publication No. (FDA)77-9002). Outline of FDA regulations and proposed regulations on the labeling of blood for transfusions to specify whether it is from a paid or volunteer donor. Summarizes the risk of contracting hepatitis after a blood transfusion.

Pain

AQ 1

The New York Times.

Pain : For Millions of Americans It Remains a Daily Reality. New York, N.Y. : The Times, 4/22/81, Sec. C, p. 1. Newspaper article. Discusses the nature of pain—how it happens in the body, its usefulness as a protective signal, and the differences in origin of pain, either physical or emotional. Defines acute pain and chronic pain, the pain threshold, and cultural and emotional factors which effect our perception of pain.

AQ 2

The New York Times.

Pain Is Yet To Be Overcome, But the Outlook for Relief Is Better. New York, N.Y. : The Times, 4/29/81, Sec. C, p. 12. Newspaper article. Outlines advances in the treatment and relief of life-disrupting pain. Covers the principle methods of relief now in use—anesthesia, nerve block, drugs, nerve surgery, acupuncture, hypnosis, biofeedback and behavior modification. Tells where to go for relief.

AQ 3

The New York Times.

For Tension Headache Victims, the Pain Is Not 'All In the Mind.' New York, N.Y. : The Times, 6/17/81, Sec. C, p. 12. Newspaper article. Describes the tension headache, which is caused by a contraction of muscles in the head, face, and neck in response to stress. Gives symptoms, causes, and methods of treatment—drugs, dietary changes, exercise, biofeedback, etc.

AQ 4

The New York Times.

Care and Treatment of Your Aching Back. New York, N.Y. : The Times, 1/13/82, Sec. C, p. 1. Newspaper article. Discusses how to prevent lower back pain through weight control, posture, exercise, and performing simple activities so as to put the least amount of stress on the lower back. Also covers diagnosis and treatment of common back ailments and contains chart showing exercises to strengthen the lower back.

AQ 5

The New York Times.

The Origins of Backache : Studies Begin to Explain the Crippling Pain of Millions. New York, N.Y. : The Times, 1/12/82, Sec. C, p. 1. Newspaper article. Four out of five Americans will suffer the often devastating effects of back pain at sometime during their lives. Covers the cost of back pain in the U.S., causes, treatment, the relationship of obesity to back pain, and research charts and illustrations show the anatomy of the back and spine.

AQ 6

National Pain Seminar.

Chronic Pain : The Endemic Disease of an Industrial Society. San Francisco, Ca. : The Seminar, 1980. Booklet, 21 p. Chronic pain—the persistence of pain for three months or longer after healing of an injury or disease—is one of the greatest problems affecting the American worker. Covers treatment, behavior modification, the behavior of those in chronic pain, working with chronic pain, the long-term effects, current research, and ways industry can help workers with chronic pain.

AQ 7

Voice of Prophecy Radio Broadcast.

Some Help for Headache. Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #80). Hints on what to do once you have a headache and how to prevent tension headaches. Basic facts on causes and treatment of migraine headaches. If your headache persists, see your physician. Simple, large print.

AQ 8

Voice of Prophecy Radio Broadcast.

Backache. Los Angeles, Ca. : The Voice of Prophecy, 1978. 1 p. (The Health File. Tape #4). Explanation of some of the common causes of backache and steps you can take to prevent many of the nagging aches you feel in your back. If your problems are prolonged or severe, consult your doctor. Simple, large print.

AQ 9

Voice of Prophecy Radio Broadcast.

Chest Pains—Heart Attack or Not? Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #75). Basic facts on causes of chest pain which can but may not mean a heart attack. Emphasizes the importance of seeking medical help if you have chest pains. Simple, large print.

AQ 10

American Chiropractic Association.

That Headache Has a Meaning! Des Moines, Iowa : The Association, [no date]. Leaflet. The pain of headache is a symptom that may need medical attention. Brief explanation of causes, types and treatment of headache. Includes short description of chiropractic medicine.

AQ 11

American Chiropractic Association.

Back Pain : Spinal Treatment Is a Chiropractic Specialty. Des Moines, Iowa : The Association, [no date]. Leaflet. Brief description of the causes of back problems, including overview of spinal disc injuries, and hints for spinal care.

AQ 12

National Institute of Neurological and Communicative Disorders and Stroke.

Headache : Hope Through Research. Bethesda, Md. : The Institute, 1975. 19 p. (DHEW Publication No. (NIH)76-158). Doctors say, 'Headache is not a disease by itself but a symptom.' Describes some of the headaches which are alarm signals for a prompt and thorough medical checkup. Examines treatment, causes of head pain, migraine and other headaches due to blood vessel changes, tension headaches, those associated with various structural changes or special problems, prevention and research into head pains.

Lungs and Respiratory System

AR 1

National Institute of Allergy and Infectious Diseases.

Common Cold. Bethesda, Md. : The Institute, 1978. Pamphlet, 4 p. (DHEW Publication No. (NIH)78-167). Symptoms, causes, cost, prevention and treatment of common colds. Describes current research in the development of immunoglobulins for prevention against rhinoviruses.

AR 2

National Institute of Allergy and Infectious Diseases.

Sarcoidosis. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-701). Sarcoidosis is a chronic disease characterized by persistent inflammation of involved tissue. Lungs, lymph nodes, eyes, skin, liver and spleen are often involved but any organ may be affected. Discusses symptoms, diagnosis and special tests and research on the causes of the disease.

AR 3

National Heart, Lung, and Blood Institute.

Do I Have A Chronic Cough? Bethesda, Md. : The Institute, 1977. Booklet, [24 p]. (DHEW Publication No. (NIH)77-559). Explains a normal cough and how normal coughing removes irritating and harmful substances from the lungs. Describes a chronic cough and how to tell if you have one. A chronic cough can be a sign of lung disease and needs the help of your doctor.

AR 4

National Institutes of Health.

Asthma. [sl], The Institutes, 1979. 14 p. (NIH Publication No. 79-525). Rather technical explanation of what happens during an asthma attack; what triggers an attack and the long-term treatment of the disease. Exercise, respiratory infections, environmental allergies, aspirin and emotion will all trigger attacks in susceptible individuals. Identification of causes and avoidance of them where possible combined with specific medications will relieve symptoms. Includes summary of on-going research.

AR 5

National Heart, Lung and Blood Institute.

?Tengo Una Tos Crónica? Bethesda, Md. : The Institute, [no date]. Booklet. (Publicacion DHEW No. (NIH)76-870). Spanish language edition of 'Do I Have A Chronic Cough?' (AR3) Explains a normal cough and how normal coughing removes irritating and harmful substances from the lungs. Describes a chronic cough and how to tell if you have one. A chronic cough can be a sign of lung disease and needs the help of your doctor.

AR 6

National Institute of Allergy and Infectious Diseases.

Tuberculosis. Bethesda, Md. : The Institute, 1981. Pamphlet. (NIH Publication No. 81-413). A short history of the disease is followed by a fairly technical description of how it is spread from infectious person to healthy individual. Describes the progression of the disease from its mildest to severest form, identifies high risk groups and discusses symptoms and diagnosis. Includes problems of detection, treatment, prevention, and BCG vaccination.

AR 7

American Lung Association.

Common Cold : The Facts About Your Lungs. [New York, N.Y.] : The Association, 1979. 8 p. (0191). Brief summary of what modern research has to say about treatment of the common cold. Refutes some folk wisdom. Describes the common cold, its causes, course, treatment and prevention. Lists things you can do for your cold.

AR 8

American Lung Association.

Emphysema : The Facts About Your Lungs. [New York, N.Y.] : The Association, 1979. Leaflet. (0301). Brief summary on the incidence, symptoms, effects, treatment and prevention of emphysema, a disease which damages your lungs and may damage your heart. Lists seven things you should know about emphysema.

AR 9

American Lung Association.

Asthma : Facts About Your Lungs. [New York, N.Y.] : The Association, 1979. 8 p. (0052). Essential facts on asthma, the most common chronic disease of children. Many adults also suffer from it. Describes the causes of asthma episodes, what, where and when an episode happens, avoiding irritants, treatment, links between allergies and asthma and prevention. Summarizes what to do if you or your child has asthma.

AR 10

American Lung Association.

Did You Know There Is A Lung Disease Which Affects Primarily Farmers? [New York, N.Y.] : The Association, 1977. Leaflet. (0016). Essential facts on this disease that people working with moldy hay can get from breathing the millions of tiny mold spores shaken out of a bale of moldy hay. Outlines symptoms, incidence, cause, treatment and preventive measures. If you have been short of breath and coughing a lot over a long period of time you should see a doctor immediately for these are signs of a chronic respiratory problem.

AR 11

American Lung Association.

Asbestos. [New York, N.Y.] : The Association, 1980. Leaflet. (Lung hazards on the job. #0206). Asbestos is the general term given to a group of fluffy, fibrous minerals that resist heat and acid. Inhaled or swallowed airborne asbestos fibers can penetrate body tissues and remain embedded for life. Outlines how these embedded fibers cause disease, including asbestosis, a chronic lung disease. Describes health warning signals and prevention. Lists risk occupations.

AR 12

American Lung Association.

Silicosis. [New York, N.Y.] : The Association, 1980. Leaflet. (Lung hazards on the job. #0204). Summary information on silicosis, a common and important dust disease, which develops from breathing silica dust on the job. Outlines the causes and progression of silicosis, the relationship of silicosis and other diseases, and preventive measures.

AR 13

American Lung Association.

Flu : The Facts About Your Lungs. [New York, N.Y.] : The Association, 1978. 6 p. (#0319). Essential facts about influenza, a contagious respiratory disease caused by a virus. Outlines what happens when you get the flu, possible complications, incidence, treatment and prevention. Describes the flu vaccine, its effects and who should be vaccinated.

AR 14

American Lung Association.

Pneumonia : The Facts About Your Lungs. [New York, N.Y.] The Association, 1978. 8 p. (#0029). Summary information on pneumonia, an inflammation or infection of the lungs. In greatest danger are infants, the aged and the ill. Summarizes incidence, the three main causes—bacteria, viruses and mycoplasmas, other kinds of pneumonia, treatment and prevention. If you have the symptoms of pneumonia, call your doctor immediately and follow his advice.

AR 15

American Lung Association.

Pleurisy : The Facts About Your Lungs. [New York, N.Y.] The Association, [no date]. 6 p. (#0901). An inflammation of the pleura, a two-ply membrane that both encloses the lungs and lines the chest cavity, pleurisy is chiefly a complication of other more dangerous chest conditions. Concise summary of the disease, its causes, how it happens, its effects, symptoms and treatment.

AR 16

American Lung Association.

Your Lungs : Take a Look at the Facts. [New York, N.Y.] : The Association, 1980. 6 p. (#1281). Concise summary how air pollution, including cigarette smoking, can affect your lungs. Summarizes chronic lung disease, other lung diseases and TB. Seeing a doctor when breathing problems first develop is a good first line of defense.

AR 17

American Lung Association.

Sarcoidosis : Take a Look at the Facts. [New York, N.Y.] : The Association, 1980. 5 p. (#0049). A persistent tuberculosis-like inflammation of the area involved. Lungs, lymph nodes, eyes, skin, liver and spleen are most often involved. Essential facts on cause, incidence, how it attacks, diagnosis, treatment and prevention.

AR 18

American Lung Association.

Byssinosis. [New York, N.Y.] : The Association, 1980. Leaflet. (Lung hazards on the job. #0207). Concise information on how cotton dust, flax and hemp breathed into the lungs over a long period of time may harm the lungs and cause byssinosis, or brown lung disease. Summarizes incidence, symptoms, effects, diagnosis, treatment, prevention, workers' compensation and Social Security benefits. Emphasizes why textile workers should not smoke.

AR 19

American Lung Association.

Pills To Prevent TB. [New York, N.Y.] : The Association, [no date]. Leaflet. (#0880). Concise explanation of the need to take your pills against TB as often and as long as the doctor says. Outlines reasons for your prescription, probably isoniazid (often called INH) and its adverse effects. Suggests ways to remember to take your pills.

AR 20

American Lung Association.

No Smoking, Lungs at Work. New York, N.Y. The Association, 1980. 15 p. Brief explanation of how the lungs work and the effect of cigarette smoking. Cartoons. Aimed at 5th and 6th graders.

AR 21

American Lung Association.

Solvents. [New York, N.Y.] : The Association, 1980. Leaflet. (Lung hazards on the job. #0203). Brief summary of the health hazards associated with industrial solvents. Outlines adverse health effects, the need for proper precautions and management and employee responsibility for health and safety measures when using organic industrial solvents.

AR 22

American Lung Association.

Irritant Gases. [New York, N.Y.] : The Association, 1980. Leaflet. (Lung hazards on the job. #0208). Concise summary of the health hazards of six irritant gases—sulfur dioxide, chlorine, phosgene, ozone, nitrogen, dioxide and ammonia. Outlines effects of exposure. Suggests protective measures you can take to minimize these risks.

AR 23

American Lung Association.

Welding. [New York, N.Y.] : The Association, 1980. Leaflet. (Lung hazards on the job). Describes the health hazards associated with some of the toxic substances welders are exposed to at work. Notes that smoking greatly increases the health hazard. Outlines measures you can take to protect yourself.

AR 24

American Lung Association.

Auto Repair. [New York, N.Y.] : The Association, 1980. Leaflet. (Lung hazards on the job. #0205). Outlines the wide variety of toxic substances to which auto mechanics are exposed. Briefly describes the health hazards associated with various chemicals used in auto repair work. Lists measures you can take to protect yourself.

AR 25

National Institute of Arthritis, Diabetes, Digestive and Kidney Diseases.

Cystic Fibrosis : The Puzzle and the Promise. [Bethesda, Md.] : The Institute, 1981. Pamphlet. (NIH Publication No. 81-223). Cystic fibrosis (CF) is an inherited disease of children, adolescents and young adults that affects the exocrine, or externally excreting glands of the body. Briefly outlines what CF is, who has it, how prevalent it is, what its symptoms are, how it is detected and treated, the outlook for CF patients and research.

AR 26

American Lung Association.

Shortness of Breath . The Facts About Your Lungs. [New York, N.Y.] : The Association, 1979. Leaflet. (#0958). When you become aware of your breathing, it's usually because you are short of breath. Recommends that when you are distinctly more short of breath than you used to be, see your doctor. Outlines natural breathlessness and unusual shortness of breath.

AR 27

American Lung Association.

Chronic Cough : The Facts About Your Lungs. [New York, N.Y.] : The Association, 1978. Leaflet. (#0151). Summary information on chronic cough. A cough that has been hanging around for a month or more is a chronic cough and you should see your doctor. Helps you decide if your cough is chronic.

AR 28

American Lung Association.

Chronic Bronchitis : The Facts About Your Lungs. [New York, N.Y.] : The Association, 1981. Leaflet. (#0139). Concise summary of chronic bronchitis. Outlines incidence, seriousness of the disease, how it attacks, its causes and treatment. Provides hints for a good health plan for anyone subject to bronchial infection.

AR 29

American Lung Association.

Bronchiectasis : The Facts About Your Lungs. [New York, N.Y.] : The Association, 1980. Leaflet. (#0091). Bronchiectasis brings trouble to the bronchial tubes (the passages that carry air into the lungs) of infants and older children more frequently than to adults. Outlines causes, symptoms, treatment and lists ways to prevent the disease.

AR 30

American Lung Association.

Dust Diseases : The Facts About Your Lungs. [New York, N.Y.] : The Association, 1979. 7 p. (#0281). General background information on the lung diseases caused by dusts. These diseases are called pneumoconiosis. The name of each comes from the dust that produces it. The best known and most prevalent pneumoconiosis is silicosis. Other dust diseases are asbestosis, berylliosis, bagassosis, farmer's lung, baritosis, siderosis, stannosis, and byssinosis. Outlines what happens to the lungs, incidence, symptoms, treatment and prevention.

AR 31

American Lung Association.

TB Outside the Lungs : Take A Look at the Facts. [New York, N.Y.] : The Association, 1979. 8 p. TB germs are breathed in with air and so go first to the lungs. However, they do not necessarily cause disease there, but move via the lymph nodes through the lymph distribution system to other parts of the body where they cause disease. Essential facts on TB outside the lungs, its prevention and treatment.

AR 32

American Lung Association.

Cocci (Coccidioidomycosis). New York, N.Y. : The Association, 1979. Leaflet. Cocci is a fungal disease, also known as valley fever, desert fever or San Joaquin Valley fever. The disease is caught by breathing spores, found in swirling dust, into the lungs. Describes symptoms, how spores affect the lungs and treatment. The disease is confined to the southwest part of the U.S.

AR 33

American Lung Association.

Histo (Histoplasmosis). New York, N.Y. : The Association, 1979. Leaflet. Incidence, causes, symptoms, diagnosis, treatment and prevention of histoplasmosis, a disease caused by a fungus (mold) carried by dust into the lungs. Histo spores often develop from accumulated droppings from chickens, pigeons and other birds.

AR 34

Lederle Laboratories.

Pneumococcal Pneumonia : Protection for High-Risk Populations. [Pearl River, N.Y.] : Lederle, 1978. 5 p. Information of the incidence, populations at risk, and treatment of pneumococcal disease. A bacterial micro-organism—the pneumococcus is responsible for a wide variety of so-called pneumococcal diseases. Outlines the development of vaccines to provide protection against these disorders.

AR 35

Lederle Laboratories.

The History of Tuberculosis. [Pearl River, N.Y.] : Lederle, 1978. 7 p. At one time called the 'great white plague' tuberculosis was ranked as the #1 killer disease. Today a simple skin test can detect this potential killer. Explains why you should be tested, how the disease is spread, the development of treatment and the need for treatment on a daily basis for at least one year. Includes a short look at man's perception and treatment of the disease over the years.

AR 36

La Asociación Pulmonar Americana (American Lung Association).

¿Se Preocupa Usted Porque Pudiera Tener Tuberculosis? ¡Hoy En Día Es Curable! [New York, N.Y.] : The Association, [no date]. Leaflet. Simple explanation of the causes, symptoms and treatment of TB. Tells how to find out if you have the disease. Emphasizes that it is curable.

AR 37

American Lung Association.

The Tuberculosis Test. How It Works... What It Shows. [New York, N.Y.] : The Association, 1978. Leaflet. Describes how the tuberculosis test can show whether you have any TB germs in your body. Tuberculosis can be easily cured.

AR 38

American Lung Association.

La Prueba de la Tuberculina. Como Funciona. Lo Que Demuestra. [New York, N.Y.] : The Association, 1981. Leaflet. Spanish language version of 'The Tuberculin Test. How It Works...and What It Shows.' (AR37)

AR 39

National Institutes of Health.

Medicine for the Layman : The Lungs. [s.l.] : The Institutes, 1979. 23 p. (NIH Publication No. 79-1802). Explains what occurs in the normal lung and when something goes wrong. Physicians can tell whether our lungs are healthy by physical examination, x-rays, pulmonary function test and bronchoscopy. Summarizes causes of lung disease and signs and symptoms that indicate our lungs are not healthy. Final section answers questions about protection in the work place, exercise, treatments and diagnostic procedures.

AR 40

Dooner Laboratories, Inc.

When the Doctor Says 'It's Asthma.' Fort Washington, Pa. : William H. Rover, Inc., [no date]. 21 p. A simple guide to the nature and management of asthma : what triggers an attack, diagnosis, treatment, taking medicine and talking with your doctor. Suggests ways of adjusting your life to cope with the demands of your condition. Includes suggestions for parents of children with asthma and for pregnant women who have asthma.

AR 41

Cystic Fibrosis Foundation.

Your Child and Cystic Fibrosis. Rockville, Md. : The Foundation, 1980. Booklet, 8 p. Good summary of what cystic fibrosis is, how it is inherited, symptoms and diagnosis. Describes effects of CF on the respiratory and digestive systems and methods of treatment. General advice to the family including sources of financial help and resource organizations.

AR 42

Cystic Fibrosis Foundation.

Cystic Fibrosis : Questions Frequently Asked by Parents. Rockville, Md. : The Foundation, [no date]. Booklet, 14 p. Short answers to many of the questions asked by parents of children with cystic fibrosis. Diagnostic tests, bronchial drainage, medications, routine immunizations and when to seek help are all covered.

AR 43

Cystic Fibrosis Foundation.

Cystic Fibrosis : A Summary of Symptoms, Diagnosis, and Treatment. Rockville, Md. : The Foundation, [no date]. Booklet, 37 p. A technical explanation of the difficulty of diagnosing cystic fibrosis. Hardly any organ system is spared and there is extreme variability in the degree of involvement of organs and glandular systems affected, sequence of involvement and the severity of symptoms. Describes incidence, pathogenesis, symptoms, diagnosis, diagnostic tests, treatment, research and prognosis. Includes checklist of signs and symptoms, CF Centers and a self-assessment questionnaire.

AR 44

Cystic Fibrosis Foundation.

Fact Sheet for Young Adults and Adults with CF : Reproduction Fact Sheet for CF Patients. Rockville, Md. : The Foundation, 1980. 4 p. General information about the special problems that face young people and adults with CF. Discusses sexual desire, levels of sex hormones and fertility. Reproductive capacity is impaired in about 95% of male CF patients. Female CF patients may have irregular menstrual cycles and may experience episodes of vaginitis and inflammation of the cervix. Possible complications of pregnancy are outlined. Help is provided in choosing a method of contraception. Attention is given to the special problems that face men and women with CF who have or adopt children.

AR 45

Cystic Fibrosis Foundation.

The Genetics of Cystic Fibrosis. Atlanta, Ga. : The Foundation, [no date]. Leaflet. Currently there is no medical procedure to identify carriers of CF genes or to detect CF in an unborn child. Describes how CF is inherited, the genetic possibilities for each pregnancy when both parents are carriers and risks that a child will inherit CF. Includes brief discussion on fertility of CF patients and some of the factors they should think about when deciding whether or not to have a baby.

AR 46

Cystic Fibrosis Foundation.

A Brief Look at Health and Nutrition Programs to Help You Meet the High Cost of Living with Cystic Fibrosis. Rockville, Md. : The Foundation, 1980. 9 p. (Consumer Facts, No. 2). This informational brochure provides help in meeting the high cost of living with CF. Treatments, medications, hospital stays, special equipment and physician visits can become a formidable cost. A variety of federally supported programs providing medical and nutritional services are outlined. A brief summary of each program, eligibility requirements, services offered and the location of administering agencies are presented.

AR 47

Cystic Fibrosis Foundation.

Living with Cystic Fibrosis : A Guide for Adolescents. Rockville, Md. : The Foundation, [no date]. Booklet, 13 p. Adjusting to adolescence is especially difficult for the teenager with CF. Covers how to move toward independence and responsibility for your own care, dating, choosing an occupation, and employment. Lists locations of Cystic Fibrosis Centers all over the country.

AR 48

National Jewish Hospital and Research Center.

Understanding Tuberculosis. Denver, Colo. : The Center, [no date]. Booklet. A short clear description of what tuberculosis is, who gets it and how it attacks. Explains diagnostic tests : the tuberculin test, chest x-ray and sputum. Periodic x-rays for anyone with a positive tuberculin test assures that the germs are being kept under control. Explains need for lengthy treatment program involving two or more drugs.

AR 49

National Jewish Hospital National Asthma Center.

Your Child and Asthma. Denver, Colo., : The Center, [no date]. 27 p. The functioning of the normal lung and the asthmatic lung are compared. Triggers of asthma—allergy, exercise, emotion, weather, infectious irritants—are described. Describes the action and effects of the four basic groups of drugs, 'allergy shots', nutrition and environmental changes. Provides help in choosing a doctor and coping with the effects on the family of this chronic condition.

AR 50

Merck, Sharp and Dohme.

Facts About Pneumococcal Pneumonia. West Point, Pa. : Merck, Sharp and Dohme, [no date]. 4 p. Essential facts on pneumococcal pneumonia—a disease caused by a bacteria called pneumococcus. Outlines incidence, victims, treatment and prevention. Recommends the old, the sick and the debilitated receive a vaccination against this potentially fatal disease.

AR 51

U.S. Department of Health and Human Services.

Chronic Obstructive Pulmonary Disease. Washington, D.C. : The Department, 1981. Booklet, 13 p. Chronic obstructive pulmonary disease includes two separate but closely related conditions, emphysema and chronic bronchitis. Covers the effects these conditions have on the lungs, how they develop, signs and symptoms, how the diseases are detected, and forms of treatment.

Neurological and Neuromuscular Diseases

AS 1

Muscular Dystrophy Association.

Medical Services for the Patient, the Family, the Community. New York, N.Y. : The Association, 1981. 23 p. Lists diseases included in MDA's program. Outlines diagnostic and follow-up care offered at the neuromuscular clinics maintained by MDA, services provided to patients, their families and communities, financial aid for authorized medical services and eligibility criteria for services. Lists MDA clinics throughout the U.S., Puerto Rico and Guam.

AS 2

Siegel, Irwin.

One Hundred and One Questions and Answers About Muscular Dystrophy. New York, N.Y. : Muscular Dystrophy Association, 1981. 21 p. Essential information about diagnosis, prognosis and treatment in question and answer format. Includes discussion of hereditary aspects of Duchenne muscular dystrophy. Emphasis on children with the disease.

AS 3

National Institute of Neurological and Communicative Disorders and Stroke.

ALS : Lou Gehrig's Disease : Hope Through Research. Bethesda, Md. : The Institute, 1977. 19 p. (DHEW Publication No. (NIH)77-196). Lou Gehrig's disease or amyotrophic lateral sclerosis (ALS) is a relentless disorder of adults which attacks motor neurons in the brain and spinal column. Provides understanding about the disease, those it affects, cause, symptoms, diagnosis, treatment and research.

AS 4

Muscular Dystrophy Association.

Periodic Paralysis. New York, N.Y. : The Association, 1979. Leaflet. Essential information on the three types of familial periodic paralysis—hypokalemic, hyperkalemic and normokalemic—the role of heredity, frequency of attacks, progression of the disease, pathology and research.

AS 5

Muscular Dystrophy Association.

Malignant Hyperthermia. New York, N.Y. : The Association, 1980. Leaflet. A hereditary disorder that may produce a life-threatening reaction to certain anesthetics and muscle relaxants used with anesthesia. Basic information on the disease, its symptoms, causes, inheritance, incidence, diagnosis, treatment and research into the disorder.

AS 6

Muscular Dystrophy Association.

Muscular Dystrophy. New York, N.Y. : The Association, 1980. Leaflet. Summary information on this group of chronic hereditary diseases characterized by the progressive degeneration and weakness of muscles. Outlines incidence, rates of progression, diagnosis, inheritance, causes, treatment and research. Summarizes major characteristics of the various types of muscular dystrophy.

AS 7

Muscular Dystrophy Association.

The CPK Test for the Detection of Female Carriers of Duchenne Muscular Dystrophy. New York, N.Y. : The Association, 1980. Leaflet. Describes Duchenne muscular dystrophy, how inheritance works and the mechanism of sex-linked inheritance. Outlines how CPK test can detect carriers, who should take the test, and how it is done.

AS 8

Muscular Dystrophy Association.

Charcot-Marie-Tooth Disease or Peroneal Muscular Atrophy : Fact Sheet. New York, N.Y. : The Association, [no date]. Leaflet. Concise summary of this progressive muscular disorder which affects both children and adults. Describes age of onset, symptoms, causes, patterns of inheritance, incidence, rate of progression, medical management and research.

AS 9

Muscular Dystrophy Association.

Myasthenia Gravis : Fact Sheet. New York, N.Y. : The Association, 1980. Leaflet. Myasthenia gravis, a chronic neuromuscular disease, apparently resulting from a defect in the transmission of nerve impulses to voluntary muscles, produces intermittent weakness of variable degree and duration in the affected muscle. Describes age of onset, symptoms, causes, role of the thymus gland, incidence, progression and treatment.

AS 10

Muscular Dystrophy Association.

Werdnig-Hoffmann Disease or Infantile Progressive Spinal Muscular Atrophy. New York, N.Y. : The Association. Leaflet. Essential facts about Werdnig-Hoffmann disease, a severe and usually rapid progressive neuromuscular disorder of infants. Outlines age of onset, early signs, causes, pattern of inheritance, incidence, rate of progression, medical management and research.

AS 11

Muscular Dystrophy Association.

Plasmapheresis in the Treatment of Myasthenia Gravis and Other Autoimmune Diseases. New York, N.Y. : The Association, 1980. Leaflet. Myasthenia gravis is a disorder involving a specific abnormality, of undetermined cause and extent, in the immune system. Brief explanation of the way plasmapheresis, in combination with certain drugs, counters the disease process. Plasmapheresis derives from the Greek. Its literal translation is plasma exchange, and that is exactly what takes place during the course of treatment.

AS 12

National Institute of Neurological and Communicative Disorders and Stroke.

Tourette Syndrome. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-2163). Brief summary of Tourette syndrome, a neurological disorder characterized by involuntary muscle movements, uncontrollable vocal sounds, and inappropriate words. Outlines symptoms, causes, treatment, psychological problems, research, prognosis and the best educational setting for students with Tourette syndrome.

AS 13

National Institute of Neurological and Communicative Disorders and Stroke.

Narcolepsy. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-1637). Narcolepsy is a sleep disorder. The principal symptoms are excessive daytime sleepiness (EDS), cataplexy (loss of muscle tone), hallucinations, sleep paralysis and disrupted nighttime sleep. Essential facts on this disorder, progress of symptoms, social complications, diagnosis, treatment, research and sources of help and information.

AS 14

National Institute of Neurological and Communicative Disorders and Stroke.

Essential (Benign) Tremor. Bethesda, Md. : The Institute, 1978. Essential tremor is a type of rhythmical shaking of the hands or arms, trunk, head, jaw or voice, which worsens with movement or when certain bodily postures are maintained. Brief summary of causes, incidence, age of onset, symptoms and rate of progression, treatment, diagnosis and research. (DHEW Publication No. (NIH)79-1678). Essential tremor is a type of rhythmical shaking of the hands or arms, trunk, head, jaw or voice, which worsens with movement or when certain bodily postures are maintained. Brief summary of causes, incidence, age of onset, symptoms and rate of progression, treatment, diagnosis and research.

AS 15

National Institute of Neurological and Communicative Disorders and Stroke.

Myasthenia Gravis : Hope Through Research. Bethesda, Md. : The Institute, 1978. 15 p. (DHEW Publication No. (NIH)75-768). Myasthenia gravis is a chronic neuromuscular disease characterized by weakness and abnormally rapid fatigue of the voluntary muscles, with improvement following rest. Brief summary of the disease, its prevalence, symptoms, incidence, prognosis, diagnosis, causes, therapeutic approaches, complications and research. Sources for further information included.

AS 16

Simmons, James Q., Jr.

Nutrition and MS. New York, N.Y. : National Multiple Sclerosis Society, 1980. 16 p. Overview of diet as a mode of treatment in multiple sclerosis. Outlines dietary recommendations made over the years. Notes that diet in multiple sclerosis has not been scientifically studied and to date there is no scientific basis for a dietary recommendation other than a well-balanced, varied diet. Provides information on the various food groups and the recommendations of scientific nutritionists on maintaining the best level of nutrition.

AS 17

National Institutes of Health.

Multiple Sclerosis. Bethesda, Md. : The Institutes, [no date]. 1 p. (Search for health. 831-HHS-1280). Multiple sclerosis (MS) is a mysterious disease of the nervous system. The patient can show signs of the disease for awhile, then improve, only to get worse again months or even years later. Essential facts about the disease, what is known about it and research into it.

AS 18

National Multiple Sclerosis Society.

Living With MS : A Practical Guide. New York, N.Y. : The Society, 1978. 16 p. MS is a neurological disease, the cause of which is as yet undetermined. Difficult to identify, the diagnosis often ends a long and bewildering period of wondering what the cause of your problems has been. Question and answer format describes incidence, age of onset, symptoms, degree of disability, medication, physical therapy, diet, pregnancy, emotional stress and practical tips on living with MS.

AS 19

National Multiple Sclerosis Society.

Emotional Aspects of MS (Multiple Sclerosis). New York, N.Y. : The Society, 1981. 12 p. A neurological disease whose cause is as yet undetermined, multiple sclerosis frequently attacks young adults between the ages of 20 and 40. Because symptoms can be confusing and difficult to assess, and the course of the disease is unpredictable, the emotional strain for MS patients is considerable. Practical and informative help is provided in learning to live with MS.

AS 20

National Institute of Neurological and Communicative Disorders and Stroke.

Huntington's Disease : Hope Through Research. Bethesda, Md. : The Institute, 1979. 28 p. (NIH Publication No. 80-49). A hereditary disorder of the central nervous system, Huntington's disease usually begins between the ages of 35 and 45 and affects both the mind and body to varying degrees. Summary of the symptoms and course of the disease, who inherits it, first appearance, incidence, diagnosis, treatment, genetic and psychological counseling, exercise, diet, speech therapy, community resources, care and research.

AS 21

National Huntington's Disease Association.

Huntington's Disease. New York, N.Y. : The Association, [no date]. 11 p. Basic information about Huntington's disease, an inherited neurological illness. Outlines symptoms, progression of the disease, inheritance, diagnosis, incidence and psychological stress. Summarizes the Association's programs—research, public and professional education and patient services.

AS 22

Paulson, George W.

A Neurologist Speaks With Huntington's Disease Families. New York, N.Y. : National Huntington's Disease Association, [no date]. 7 p. First described in 1872 by George Huntington, the disease which bears his name is an inherited and terminal neurological illness which usually begins in middle age. Brief summary of the prevalence, physical and psychological symptoms, genetics, predictive tests and treatment of this disease.

AS 23

The New York Times.

Anguish Is Described In Diary of Tourette Sufferer. New York, N.Y. : The Times, 1/6/81, Sec. 3, p. 1. Newspaper article. Describes the experiences of an actual sufferer of Tourette Syndrome, a neurological disorder affecting some 100,000 Americans. Notes that most Tourette victims are male, and outlines the side effects and benefits of some drugs used to treat the disorder.

AS 24

National Institute of Neurological and Communicative Disorders and Stroke.

Cerebral Palsy : Hope Through Research. Bethesda, Md. : The Institute, 1980. 24 p. (NIH Publication No. 81-159). Explains what cerebral palsy is, incidence, diagnosis and symptoms. Describes rehabilitation and education programs, treatments, including physical therapy, biofeedback, occupational therapy, drugs, surgery and electrical stimulation. Reports on research aimed at eliminating known risks and threats as well as into the nature of the condition. Lists voluntary agencies supporting research and providing services to patients.

AS 25

Parkinson's Disease Foundation.

Parkinson's Disease : Progress, Promise and Hope! New York, N.Y. : The Foundation, [no date]. 13 p. A disabling disorder of the central nervous system, Parkinson's disease is uncommon before the age of 40. Describes what Parkinson's disease is, treatment with levodopa and sinemet and research.

AS 26

Parkinson's Disease Foundation.

The Parkinson Patient At Home : For the Patient Who Is Not Responding Well To Levodopa Therapy. New York, N.Y. : The Foundation, 1981. 16 p. Provides help to the patient and his family in making adjustments to everyday tasks. Discusses measures to make the home safe, diet, clothing, exercise, sleep and medications.

AS 27

Parkinson's Disease Foundation.

Exercises for the Parkinson Patient. New York, N.Y. : The Foundation, [no date]. 8 p. Concise outline of exercises to maintain muscle power and tone and prevent deformities of the limbs and spine for patients with Parkinson's disease. No special equipment is needed.

AS 28

National Institute of Neurological and Communicative Disorders and Stroke.

Epilepsy : Hope Through Research. Bethesda, Md. : The Institute, 1972. 26 p. (DHEW Publication No. (NIH)77-156). Answers to questions about the nature, incidence and treatment of epilepsy. Describes grand mal, petit mal, focal seizures and psychomotor epilepsy. Lists organizations that will help with diagnosis and treatment, employment and identification.

AS 29

National Institute of Neurological and Communicative Disorders and Stroke.

Spinal Cord Injury : Hope Through Research. Bethesda, Md. : The Institute, 1981. 33 p. (NIH Publication No. 81-160). Clear description of what happens when the spinal cord is injured. Describes research into treatment for spinal cord injury, development of neural prostheses and rehabilitation programs. Outlines research into regeneration. Provides list of organizations concerned with the research, care and treatment of spinal cord injury and other paralyzing or disabling conditions.

AS 30

National Institutes of Health.

The Brain. [Bethesda, Md.] : The Institutes, 1979. 20 p. (NIH Publication No. 79-1813. Medicine for the Layman). Description of the control center of our bodies, the nervous system. Discusses the anatomy of the brain and the nervous system. Examines what it can do, how it works, what can go wrong with it and how problems can be diagnosed.

AS 31

Tourette Syndrome Association, Inc.

Tourette Syndrome : Questions and Answers. Bayside, N.Y. : The Association, [no date]. Leaflet. Concise description of the symptoms of Tourette Syndrome. Outlines what is known about the causes of this neurological disease, its treatment and the goals and purposes of the Tourette Syndrome Association.

AS 32

National ALS Foundation, Inc.

Home Care for the Patient With Amyotrophic Lateral Sclerosis. New York, N.Y. : The Foundation, 1979. 14 p. A general guide to be used in conjunction with professional medical care, this booklet provides the family with basic information about care of the ALS patient at home. Gives a brief summary of ALS. Provides hints on diet and nutrition, elimination, hygiene, physical therapy, equipment, activity, respiration, communication, psychological support, recreation and patient services of National ALS Foundation, Inc.

AS 33

United Cerebral Palsy Association.

What Is Cerebral Palsy? New York, N.Y. : The Association, [no date]. Leaflet. Cerebral palsy is a group of conditions—not a disease—characterized by nerve and muscle dysfunction. Brief outline of what cerebral palsy is, causes, prevention, detection, cure, management, sources of help, incidence and research. Describes the functions of the United Palsy Association.

AS 34

Amyotrophic Lateral Sclerosis Society of America.

Amyotrophic Lateral Sclerosis : Information for Patients and Their Families. Sherman Oaks, Calif. : The Society, 1980. 15 p. Amyotrophic lateral sclerosis (ALS) is a disease of the nervous system which results in muscle weakness. Outlines the symptoms, causes and incidence of amyotrophic lateral sclerosis (ALS). Describes effects, diagnosis, management of the disease and research. Suggests available resources.

AS 35

The New York Times.

New Tissue Will Be Implanted In Brain To Treat Parkinson's. New York, N.Y. : The Times, 11/24/81, Sec. C, p. 18. Newspaper article. Reviews a new treatment approach to Parkinson's disease that is being tested in Sweden. Sufferers of the disease will have cells taken from their adrenal glands transplanted into the brain. Doctors believe that this will alleviate tremors and other symptoms of the disease. Contains diagram of the surgery.

AS 36

Muscular Dystrophy Association.

Polymyositis/Dermatomyositis. New York, N.Y. : The Association, 1981. Leaflet. In polymyositis and dermatomyositis, voluntary muscle undergoes degenerative changes often accompanied by inflammation. Covers symptoms, age of onset, progression of the disease, treatment, and research.

AS 37

Muscular Dystrophy Association.

The Myotonias. New York, N.Y. : The Association, 1981. Leaflet. Myotonia is a condition in which voluntary muscles are slow to relax after contracting, stiffen, and become difficult to move. Covers types, symptoms, inheritance factors, and research. Also contains a section on the MDA's purpose and programs.

AS 38

Epilepsy Foundation of America.

Answers To Your Questions About Epilepsy. Landover, Md. : The Foundation, 1980. Booklet, 40 p. Written especially for teenagers, this booklet covers the questions that teenagers with epilepsy are most likely to be curious about but might be afraid to ask their doctor. Among topics covered are driving, can medication affect looks or actions, sports, drinking and drugs, and the use of birth control pills.

AS 39

Epilepsy Foundation of America.

Epilepsy : You and Your Child; A Guide for Parents. Washington, D.C. : The Foundation, 1979. Booklet, 47 p. An in-depth guide for children and their parents in coping with the problems presented by childhood epilepsy. Covers emotional aspects, how to handle seizures, visiting the doctor, medication and side effects, diet and exercise, and functioning in school. Also gives sources of help and bibliography.

AS 40

National Institutes of Health.

Lesiones A La Espina Dorsal. Programa de Rehabilitacion Ofrece Servicios y Ferapia. Bethesda, Md. : The Institutes, [no date]. Leaflet. Spanish language version of (AS53).

AS 41

National Institutes of Health.

Sindrome De Tourette. Nueva Investigacion Da Esperanzas A Miles De Pacientes. Bethesda, Md. : The Institutes, [no date]. Leaflet. Spanish language version of (AS54).

AS 42

Epilepsy Foundation of America.

Porque Tu Eres Mi Amigo. Washington, D.C. : The Foundation, 1975. Pamphlet. In Spanish, this comic-book format pamphlet is directed at epileptic children and their friends. Stresses that all kids are different, and that being epileptic is a difference that can be overcome. Explains what the disease is, how it is treated and how you can help. Lists famous people who are epileptic.

AS 43

Committee to Combat Huntington's Disease.

Caring for the HD Patient at Home. Albany, N.Y. : The Department, [no date]. Leaflet. Provides tips on making the home care of the patient with Huntington's disease as easy and as free from stress as possible for the patient and the family. Covers the process of coping with a diagnosis of HD, exercises, daily routines, communication, nutrition, recreation, and emergencies.

AS 44

Baird, William P.

Sleep Apnea : A Non-Technical Presentation. Stanford, Ca. : American Narcolepsy Association, Inc., 1977. Leaflet. Sleep apnea is a serious disorder in which the victim stops breathing many times during each night's sleep. Notes symptoms, health effects, diagnosis and treatment. Tells where to seek help if you feel you have a sleep disorder such as apnea or narcolepsy.

AS 45

The American Narcolepsy Association, Inc.

Narcolepsy : A Non-Medical Presentation. Stanford, Ca. : The Association, 1977. Booklet, 8 p. Summary of all information available on narcolepsy in simple, non-medical terms. Tells what narcolepsy is, what causes it, symptoms, sleep apnea, progression of the disorder, and treatment.

AS 46

Friedreich's Ataxia Group In America, Inc.

What Is Friedreich's Ataxia? Oakland, Ca. : The Group, [no date]. Pamphlet. Friedreich's Ataxia is a genetic disorder in which there is slow, progressive loss of function of the parts of the nervous system that control coordination. Covers incidence, cause, inheritance factors, life expectancy and treatment.

AS 47

Epilepsy Foundation of America.

A Patient's Guide To EEG, Electroencephalography. Washington, D.C. : The Foundation, [no date]. Leaflet. Describes the electroencephalogram (EEG) or brain wave test. Tells what it measures, how it works, and the things it can and cannot do. Takes the patient through an examination and EEG step-by-step, with considerations for special children.

AS 48

Epilepsy Foundation of America.

Employment Action on Epilepsy : A Guide for Employers and Employees. Washington, D.C. : The Foundation, [no date]. Leaflet. Covers the basic facts about epilepsy, refutes some common misconceptions about the epileptic worker, and tells the epileptic worker where to go to get job seeking assistance. Outlines how to help a person who is having a seizure. Bibliography.

AS 49

Epilepsy Foundation of America.

Respond to : Workers with Epilepsy. Washington, D.C. : The Foundation, [no date]. Leaflet. Basic information that every employer should know about workers with epilepsy. Covers statistics about epileptic workers, seizures, some common misconceptions about epilepsy, and factors to keep in mind when placing the epileptic worker in a certain type of job.

AS 50

Epilepsy Foundation of America.

Medications for Epilepsy. Washington, D.C. : The Foundation, 1979. 15 p. Treatment with one or more chemical substances called anticonvulsant or antiepileptic drugs has dramatically changed the kind of life people with epilepsy can expect to live. Explains how these drugs work, how they are prescribed, their side effects, drugs and pregnancy, anticonvulsants and children and anticonvulsants and drug abuse. Emphasizes personal responsibility for drug therapy. Includes colored photographs of drugs used in the treatment of epilepsy, the average daily dose, brand and generic name and side effects.

AS 51

Tourette Syndrome Association, Inc.

Coping with Tourette Syndrome : A Parent's Viewpoint. Bayside, N.Y. : The Association, 1979. 23 p. (Coping with Tourette Syndrome Number 1). Question and answer format presents information about Tourette syndrome, a neurological movement disorder which begins in early childhood or adolescence, usually afflicting patients throughout their lives. Explains what this disorder is and how it is controlled. Provides supportive advice on the impact of this disorder on the patient, his family and friends. Includes a brief glossary.

AS 52

National Multiple Sclerosis Society.

Multiple Sclerosis in Your Family : A Guide for Teenagers. New York, N.Y. : The Society, 1980. 3 p. Simple discussion of what it is like to have multiple sclerosis and the help offered by the Multiple Sclerosis Society.

AS 53

National Institutes of Health.

Spinal Cord Injury : Rehabilitation Program Offers Services and Therapy. Bethesda, Md. : The Institutes, [no date]. 11 p. (The Search for Health 913-NCDS-482). Emphasizes the need for follow-up treatment after spinal cord injury occurs. Outlines the types of therapy available. Stresses the importance of family and societal support for disabled persons.

AS 54

National Institutes of Health.

Tourette Syndrome : New Research Gives Hope to Thousands. Bethesda, Md. : The Institutes, [no date]. Leaflet. Describes the Tourette syndrome, a neurological disorder characterized by involuntary muscle movements, uncontrollable vocal sounds and inappropriate words. Covers medications, symptoms and current research.

AS 55

National Institute of Neurological and Communication Disorders and Stroke.

Fact Sheet : Torsion Dystonia. Bethesda, Md. : The Institute, 1982. 4 p. (NIH Publication No. 82-717). Basic facts about torsion dystonia (dystonia musculorum deformans, or DMD) an incapacitating neurologic disorder which causes patients to twist or writhe in repeated and uninterrupted involuntary movement. There is no known treatment, but mild cases can sometimes be controlled by Valium and Artane.

Gastrointestinal-Digest System**AT 1**

The New York Times.

Ostomies : No Longer 'The Secret Surgery.' New York, N.Y. : The Times, 5/3/82, Sec. B, p. 12. Newspaper article. Notes that more and more people are talking openly about their ostomy surgery. Reviews incidence of inflammatory bowel disease and cancer, the two main conditions which necessitate ostomy surgery, the true types of ostomies, complications of the surgery, effects on emotional and sexual functioning, and organizations formed to help ostomates. Gives several stories of people who are active and successful following ostomy surgery.

AT 2

National Institute of Arthritis, Metabolism and Digestive Diseases.

Ulcerative Colitis. Bethesda, Md. : The Institute, 1980. Leaflet. (NIAMDD Fact Sheet). Summary statement on the causes, symptoms, diagnosis and treatment of ulcerative colitis, a condition characterized by inflammation of the colon, or large bowel. Describes current research activity involving immunosuppressive drugs.

AT 3

Food and Drug Administration.

Hemorrhoid Treatment Reviewed. Washington, D.C. FDA, 1980. 4 p. (HHS Publication No. (FDA)81-3108). Reviewed by a panel of nongovernmental experts of over-the-counter drugs. Covers nine categories of ingredients—local anesthetics, vasoconstrictors, protectants, counterirritants, astringent wound-healing agents, antiseptics, keratolytics and anti-cholinergics. Ingredients in these categories are rated for their safety and effectiveness in use. Reprinted from FDA Consumer (Sept. 1980).

AT 4

National Institute of Arthritis, Metabolism and Digestive Diseases.

What Is Pancreatitis? Bethesda, Md. : The Institute, [no date]. Leaflet. (NIADDK Fact Sheet). Summary statement on the causes, symptoms, diagnosis and treatment of pancreatitis, inflammation of the pancreas which plays an important part in the body's metabolism of sugar. Acute pancreatitis may be caused by alcohol abuse, gallstones, cancer and abdominal surgery. Alcoholism is the most frequent cause of chronic pancreatitis.

AT 5

National Foundation for Ileitis and Colitis, Inc.

Some Frequently Asked Questions About Ileitis and Colitis. New York, N.Y. : The Foundation, 1981. Leaflet. Answers concisely and informatively basic questions : what are ileitis and colitis; how common are they; are they contagious; do ileitis and other forms of Crohn's disease have the same cause as ulcerative colitis; what are the preferred treatments; what are ileostomy and colostomy; does inflammatory bowel disease lead to cancer?

AT 6

National Institute of Arthritis, Metabolism and Digestive Diseases.

Peptic Ulcer. Bethesda, Md. : The Institute, 1978. Leaflet. (DHEW Publication No. (NIH)79-38). Basic answers to common questions about peptic ulcers, noncancerous, crater-like sores in the wall of the stomach or intestine : who has ulcers, causes, symptoms, diagnosis, treatment, including surgery, and complications.

AT 7

National Foundation for Ileitis and Colitis, Inc.

Some Frequently Asked Questions About Diet and Nutrition in Ileitis and Colitis. New York, N.Y. : The Foundation, 1981. Leaflet. Questions and answers point to the fact that dietary factors do not cause inflammatory bowel disease. Attention to dietary factors may, however, reduce symptoms, support the healing process and enhance the response to medications such as steroids.

AT 8

National Foundation for Ileitis and Colitis, Inc.

Some Frequently Asked Questions About Emotional Factors in Ileitis and Colitis. New York, N.Y. : The Foundation, 1981. Leaflet. Details in question-and-answer format the emotional aspects of inflammatory bowel disease (IBD). Although flare-ups can be triggered by nervous tension and emotional stress, the primary cause of IBD is not emotionally based.

AT 9

National Foundation for Ileitis and Colitis, Inc.

Some Frequently Asked Questions About the Complications of Ileitis and Colitis. New York, N.Y. : The Foundation, 1981. Leaflet. Informative answers to 22 specific questions relating to bleeding, perforation (rupture) of the bowel, obstruction (blockage) or failure of the patient to respond to treatment. Describes use of anti-inflammatory drugs, diet and positive outlook.

AT 10

The New York Times.

Big Drinkers Are Not the Only Sufferers of Liver Abnormalities. New York, N.Y. : The Times, 8/27/80, Sec. 3, p. 10. Newspaper article. Explores the myth that all liver disease is caused by alcohol. Notes that childhood liver disease is more common than many more widely publicized disorders and that liver disease is the seventh leading cause of death among all Americans. Describes the function of the liver and the disorders that effect it : hepatitis; fatty liver; cirrhosis; cancer; drug toxins; and congenital problems.

AT 11

The New York Times.

Formerly a Scourge of Infancy, Abdominal Ailment Is Controlled. New York, N.Y. : The Times, 8/19/80, Sec. 3, p. 2. Newspaper article. Pyloric stenosis is a birth defect which causes the pylorus, or end portion, of the stomach to thicken so that food is not allowed to pass from the stomach to the small intestine. Outlines history, incidence, symptoms, and surgical treatment.

AT 12

The New York Times.

Ulcer Cases and Surgery Decline... New York, N.Y. : The Times, 7/28/81, Sec. 3, p. 1. Newspaper article. Describes the decline of cases of peptic ulcers and in the number of operations on ulcer victims. Outlines the development and success of a drug called cimetidine, which treats the symptoms of peptic ulcer by suppressing the stomach's production of hydrochloric acid. Diagrams the two types of peptic ulcers, stomach (gastric) and small intestine (duodenal).

AT 13

The New York Times.

Intestinal Gas Is Often a Self-Created Problem... New York, N.Y. : The Times, 1/9/80, Sec. 3, p. 2. Newspaper article. The problems created by intestinal gas can range from mild inconvenience to severe personal embarrassment. Outlines the causes of gas : excessive swallowing of air, eating foods which have high carbohydrate content; gastrointestinal disorders such as celiac disease, or spasms of the intestinal tract. Notes that most cases of intestinal gas are self-created, and changes in diet and habits can usually control intestinal gas.

AT 14

The New York Times.

Enzyme Deficiency Is the Reason Many Can't Digest Milk. New York, N.Y. : The Times, 5/5/82, Sec. C, p. 1. Newspaper article. While milk is an ideal food for infants and children, many adults lose their ability to digest it properly because of the body's declining ability to produce the enzyme lactase. Discusses the problems caused by lactase deficiency, symptoms, sources of lactase and how to get around the problem.

AT 15

The New York Times.

Diarrhea Virus Study Promises New Vaccine. New York, N.Y. : The Times, 2/12/80, Sec. 3, p. 1. Newspaper article. Infant diarrhea, though seldom a fatal problem in the U.S., kills many millions of infants worldwide each year. Describes the rota virus which causes infant diarrhea, the relationship of sanitation and nutrition to prevention, and efforts to develop a vaccine.

AT 16

CBS, Inc.

Swallowing. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on CBS Morning News, Feb. 18, 1982). Discusses the act of swallowing and the nerve and muscle problems which can make swallowing difficult. Lists symptoms of a swallowing disorder and the relationship between swallowing and choking.

AT 17

Ashford Health Products.

Hemorrhoids : Helpful Advice About An Uncomfortable Problem. Washington, D.C. : Ashford Health Products, 1982. Pamphlet. Although hemorrhoids are a serious problem many people are reluctant to admit having the condition. This pamphlet is designed to help the hemorrhoid sufferer understand the problem, why it occurs and how to obtain relief. Covers what the individual can do to alleviate symptoms and methods of medical treatment, including surgery.

AT 18

The New York Times.

A 'Nervous Stomach' — Or Much More. New York, N.Y. : The Times, 1/19/83, Sec. C, p. 12. Newspaper article. Nervous stomach usually implies irritable bowel syndrome (also called spastic colon, mucas colitis and nervous diarrhea). Increasing the fiber content of the diet may help combat constipation and diarrhea by improving the colon's muscular action. In addition to food triggers, it is helpful to identify emotional circumstances that provoke the symptoms and then try either to avoid anxiety-provoking situations or to find better ways of dealing with the stress. A careful workup is needed since symptoms such as abdominal pain, bloating, and rectal bleeding can mimic other more serious diseases.

AT 19

National Digestive Diseases Education and Information Clearinghouse.

Glossary of DD Terms. Rosslyn, Va. : The Clearinghouse, 1982. Leaflet. Brief, easy-to-understand definitions of terms associated with digestive diseases.

AT 20

National Digestive Diseases Education and Information Clearinghouse.

Heartburn. Rosslyn, Va. : The Clearinghouse, [no date]. 2 p. Answers concisely and informatively basic questions : what is heartburn; how common is it; does it equal acid reflux; is it caused by hiatal hernia; what can you do about it; what if symptoms persist; what medical therapies are available; can heartburn lead to surgery; what are the complications of long-term heartburn?

AT 21

American College of Surgeons.

About Appendectomy (Surgical Removal of the Appendix). Chicago, Ill. : The College, [no date]. Leaflet. Simple explanation of exactly what is involved in the surgical removal of the appendix. Tells what the appendix is, the causes and symptoms of appendicitis, the risks of not receiving prompt treatment, and a description of the operation.

AT 22

National Digestive Diseases Education and Information Clearinghouse.

Gallstone Disease. Rosslyn, Va. : The Clearinghouse, [no date]. Pamphlet. A common and expensive illness that costs the public \$31.5 billion annually. Gallbladder disease affects an estimated 25 million Americans. Outlines who gets gallstones; why they form; what the complications are; and why surgery is often necessary. Includes a glossary of gallbladder disease terms.

AT 23

The New York Times.

A Variety of Foods and Beverages May Cause the Pain of Heartburn, Which Can Be Debilitating. New York, N.Y. : The Times, 12/1/82, Sec. C, p. 14. Newspaper article. Although a temporary annoyance for most, some people suffer heartburn frequently enough that it can be debilitating. Tells what heartburn is, causes, dietary factors, prevention and treatment.

AT 24

National Foundation for Ileitis and Colitis, Inc.

Questions and Answers About the Complications of Ileitis and Colitis. New York, N.Y. : The Foundation, 1981. Leaflet. Topics covered include complications of ulcerative colitis, complications and manifestations of inflammatory bowel disease, nature of Crohn's disease and fistulas, and importance of early recognition, proper treatment, good nutrition and a positive outlook.

AT 25

National Foundation for Ileitis and Colitis, Inc.

Questions and Answers About Diet and Nutrition in Ileitis and Colitis. New York, N.Y. : The Foundation, [no date]. Leaflet. There is no evidence that dietary factors in any way cause inflammatory bowel disease. Focuses attention on the importance of a low fiber diet, foods that should be favored, dietary supplements and vitamins, nutrition and fluid intake.

AT 26

National Foundation for Ileitis and Colitis, Inc.

Questions and Answers About Ileitis and Colitis Including a Glossary of IBD Terms. New York, N.Y. : The Foundation, [no date]. Booklet, 14 p. Answers 17 questions on the nature, causes, symptoms, complications and treatment of IBD (Inflammatory Bowel Disease). Glossary provides definitions for terms related to ulcerative colitis and Crohn's disease.

AT 27

National Institute on Aging.

Constipation. Bethesda, Md. : The Institute, 1982. Fact sheet. (Age Page). Defined as a decrease in the frequency of bowel movements, accompanied by prolonged or difficult passage of stools, constipation is a symptom not a disease. Basic facts concerning occurrence, causes, and treatments. Includes suggestions for maintaining 'regularity.' Large print.

AT 28

American College of Surgeons.

About Cholecystectomy (Surgical Removal of the Gallbladder). Chicago, Ill. : The College, [no date]. Leaflet. Describes the surgery for removal of the gallbladder, called cholecystectomy. Covers the function of the gallbladder in the body, gallbladder disease, symptoms of gallbladder trouble, non-surgical treatment, the operation for removal and recovery period.

Kidney and Urinary Tract

AU 1

National Kidney Foundation, Inc.

Your Kidneys : Master Chemists of the Body. New York, N.Y. : The Foundation, 1979. 23 p. Functioning kidneys - or their equivalent - are essential to survival. Non-technical explanation of the kidneys and how they function. Descriptions of the more common kidney diseases and types of treatment available.

AU 2

National Kidney Foundation, Inc.

How Urinary Tract Obstructions Affect You. New York, N.Y. : The Foundation, 1979. Leaflet. Urinary tract obstructions affect the flow of urine out of the kidney and along the urinary tract. The term includes a host of congenital or acquired abnormalities which block normal urine flow and thereby lead to kidney damage and failure. Brief summary of structure and function of urinary tract and kidneys, how obstructions affect your kidneys, congenital and acquired obstructions and diagnostic advances.

AU 3

National Kidney Foundation, Inc.

Your Kidneys and How To Detect Kidney Disease. New York, N.Y. : The Foundation, [no date]. Leaflet. Summary information on the structure and function of the kidneys.

AU 4

National Institute of Arthritis, Metabolism and Digestive Diseases.

Continuous Ambulatory Peritoneal Dialysis. Bethesda, Md. : The Institute, [no date]. Leaflet. Continuous ambulatory peritoneal dialysis (CAPD) is an innovative portable and potentially less expensive form of peritoneal dialysis, which frees the patient from frequent trips to a dialysis center for long, tiring treatment sessions. Describes CAPD therapy, its benefits and risks.

AU 5

National Kidney Foundation, Inc.

Questions Parents Ask About Nephrosis. New York, N.Y. : The Foundation, 1979. Pamphlet. A kidney disease that may appear suddenly, lipoid nephrosis, mostly affects young children between the ages of 1 and 6 years, and boys more frequently than girls. Technical explanation of incidence, causes, treatment, and its side effects, diet, daily living habits and prognosis.

AU 6

National Kidney Foundation, Inc.

The Artificial Kidney Machine. When You Need It. How It Works. New York, N.Y. : The Foundation, 1979. Leaflet. Summary information on the artificial kidney machine, who needs it, how it works, improvements in treatment for chronic renal failure and the cost of artificial kidney care.

AU 7

National Kidney Foundation, Inc.

Basic Information For Prospective Kidney Donors. New York, N.Y. : The Foundation, 1979. Leaflet. Summary information on normal kidney structure and function. Describes changes in the kidney with renal (kidney) failure. Explores certain issues related to both kidney disease and kidney failure.

AU 8

National Kidney Foundation, Inc.

High Blood Pressure and Your Kidneys. New York, N.Y. : The Foundation, [no date]. Leaflet. Outlines the close relationship between high blood pressure and your kidneys - a two way street. Describes high blood pressure, diagnosis, causes and its effect on the kidneys. Outlines how the kidneys work, what kidney problems cause high blood pressure and what you can do about high blood pressure.

AU 9

National Kidney Foundation, Inc.

Acute Glomerulonephritis. New York, N.Y. : The Foundation, [no date]. Leaflet. A kidney disease of sudden onset in which blood and protein are present in the urine, acute glomerulonephritis occurs most frequently in children and young adults. Brief summary of the course of this disease, its symptoms and treatment. Includes concise facts on chronic glomerulonephritis.

AU 10

National Kidney Foundation, Inc.

Polycystic Kidney Disease. New York, N.Y. : The Association, [no date]. Leaflet. Essential facts on polycystic kidney disease. A hereditary disease in which cysts, or fluid-filled bubbles, are formed in and on the kidneys. Outlines the course of the disease and its effect upon your life. A disease which progresses slowly, it can be treated for many years with diet, careful fluid intake and drugs.

AU 11

National Kidney Foundation, Inc.

About Kidney Stones. New York, N.Y. : The Foundation, 1978. Leaflet. Essential information on kidney stones. Outlines what they are, incidence, causes, symptoms, diagnosis, treatment and prevention.

AU 12

American Liver Foundation.

Viral Hepatitis : Everybody's Problem? Cedar Grove, N.J. : The Foundation, 1980. Leaflet. Viral hepatitis affects about one million Americans each year. At least three types of hepatitis have been identified - Hepatitis A, Hepatitis B and Non A-Non B Hepatitis. Outlines how the disease is spread, symptoms, prevalence, prognosis, prevention, identification of carriers, treatment, diet and exercise, possible complications, vaccines and research.

AU 13

American Liver Foundation.

Your Liver Lets You Live. Cedar Grove, N.J. : The Foundation, 1979. Leaflet. Describes how the liver plays a vital role in regulating life processes, the signs and symptoms of liver diseases and their prevention. Brief outlines of gallstones, viral hepatitis, alcohol-related liver disorders, cirrhosis, liver disorders in children and care of the liver.

AU 14

National Kidney Foundation, Inc.

If You Needed a Kidney or Other Vital Organ To Live—Would You Be Able To Get One? New York, N.Y. : The Foundation, [no date]. Leaflet. Concise summary of the present status of organ transplantation and how to become a donor. Includes brief discussion of legal, financial and moral issues, also Uniform Donor Card.

AU 15

American Liver Foundation.

Cirrhosis : Many Causes. Cedar Grove, N.J. : The Foundation, [no date]. Leaflet. Provides basic facts on the functioning of the healthy liver. Describes cirrhosis - a group of chronic diseases of the liver. Outlines causes, relationship to heavy drinking, links to hepatitis, signs and symptoms, treatment, complications, prevention and prognosis.

AU 16

American Liver Foundation.

Liver Disease : A Problem for the Child? Cedar Grove, N.J. : The Foundation, 1979. Leaflet. Concise summary on liver disease in children. Outlines the most common serious liver diseases in infants and children - biliary atresia, inherited metabolic liver diseases, alpha 1-antitrypsin deficiency, galactosemia, glycogen storage diseases, neonatal hepatitis, Wilson's disease, hepatitis and Reye's syndrome. Summarizes cirrhosis of the liver, the symptoms of liver disease in children, treatment and research.

AU 17

National Association of Patients on Hemodialysis and Transplantation, Inc.

Living With Renal Failure. New York, N.Y. The Association, [no date]. Leaflet. Brief description of the options open to those who have kidney failure—hemodialysis, peritoneal dialysis, and transplantation. Also covers cost, including Medicare coverage, and the life prospects of those with kidney failure.

AU 18

Eli Lilly and Company.

The Kidney In Action. Indianapolis, Ind. : The Company, [no date]. Leaflet. Fairly technical explanation of how the kidneys continuously adjust the amount and content of body fluids in health and disease.

AU 19

American Liver Foundation.

Chronic Hepatitis. Cedar Grove, N.J. : The Foundation, [no date]. Leaflet. Chronic hepatitis is a continuing inflammation of the liver which has the potential for progression to cirrhosis and liver failure. Basic facts about diagnosis, cause, symptoms, prognosis, treatment and treatment results. Fairly technical explanation.

AU 20

American Liver Foundation.

Chemical Hepatitis. Cedar Grove, N.J. : The Foundation, [no date]. Leaflet. Many chemicals which are intentionally or unintentionally inhaled or ingested can damage the liver. Fairly technical explanation of how this damage occurs, symptoms, treatment and prognosis.

AU 21

National Association of Patients on Hemodialysis and Transplantation, Inc.

NA-K (Sodium-Potassium) Counter : A Ready Dietetic Reference for the Dialysis Patient. New York, N.Y. : The Association, 1982. Booklet, 11 p. It is important that patients of dialysis carefully control their intake of sodium and potassium. In Spanish and English lists commonly eaten foods, both those prepared at home and the ones bought in 'fast food' restaurants, and gives portion size and sodium and potassium contents.

AU 22

American Liver Foundation.

Fatty Liver. Cedar Grove, N.J. : The Foundation, [no date]. Fact sheet. Description, causes, identification, links with other liver diseases, treatment and prevention of fatty liver (more appropriately fatty infiltration of the liver).

AU 23

American Liver Foundation.

Type 1 Glycogen Storage Disease. Cedar Grove, N.J. : The Foundation, [no date]. Fact sheet. Summary information on treatment of patients with glycogen storage disease. Outlines management techniques for maintaining blood glucose levels.

AU 24

American Liver Foundation.

Primary Sclerosing Cholangitis. Cedar Grove, N.J. : The Foundation, [no date]. Fact sheet. Primary sclerosing cholangitis is a disease in which the bile ducts inside and outside the liver decrease in size due to inflammation and scarring. Basic information on incidence, causes, symptoms, diagnosis and treatment.

AU 25

American Liver Foundation.

Galactosemia. Cedar Grove, N.J. : The Foundation, [no date]. Fact sheet. Galactosemia is due to the absence of the enzyme normally present in various organs of the body which are involved in the breakdown of galactose (a sugar). A rare disease, appearing in the first few days of life, that may have a fatal course. Describes cause, diagnosis, treatment and prognosis.

AU 26

American Liver Foundation.

Primary Biliary Cirrhosis. Cedar Grove, N.J. : The Foundation, [no date]. Fact Sheet. A liver disorder of unknown origin, primary biliary cirrhosis causes injury to the bile ducts and causes retention of products normally excreted in the bile. Basic facts on incidence, symptoms, treatment and prognosis.

AU 27

American Liver Foundation.

Biliary Atresia. Cedar Grove, N.J. : The Foundation, [no date]. Fact Sheet. Biliary atresia is a disease of unknown cause producing inflammation and obstruction of the bile ducts (the tubes going from the liver to the intestine), liver disease and cirrhosis in the young infant. Summary information on incidence, symptoms, diagnosis, treatment and prognosis.

AU 28

American Liver Foundation.

Neonatal Hepatitis. Cedar Grove, N.J. : The Foundation, [no date]. Fact Sheet. Many cases of neonatal hepatitis have none of the known viral or metabolic causes of hepatitis. Basic facts on this group of diseases about which very little is known. Summarizes symptoms, diagnosis, treatment and prognosis.

AU 29

American Liver Foundation.

Hemochromatosis. Cedar Grove, N.J. : The Foundation, [no date]. Fact Sheet. A hereditary disease caused by excessive stores of iron in the liver, pancreas and other organs in which iron is thought to be toxic. Hemochromatosis was first described by French physicians in 1871. Discusses links between this disease and increased alcohol consumption, identification of relatives at risk of developing liver disease and therapy.

AU 30

American Liver Foundation.

Cystic Disease of the Liver. Cedar Grove, N.J. : The Foundation, [no date]. Fact Sheet. The liver produces and excretes a yellow-green bitter tasting fluid which flows into the intestine via the bile ducts. The bile ducts in the liver are like the branches of a tree coming together just below the stomach. Describes rare forms of disease affecting the biliary 'tree' . choledochal cysts (cysts in the main trunk), Caroli's syndrome and congenital hepatic fibrosis (cysts in the small branches within the liver), and polycystic liver disease (cysts in the liver which do not communicate with the biliary tree).

Bone and Joint Diseases

AV 1

Hospital Council of Southern California.

Arthritis Can Put You in Hot Water. Los Angeles, Calif. : The Council, 1979. Leaflet. (Teaching You Better Health). One of the best things you can do to relieve your arthritis is to take a hot bath. Outlines warning symptoms of arthritis. Recommends seeing your doctor for proper treatment. Simple explanation of rheumatoid arthritis and osteoarthritis.

AV 2

Hecht, Annabel.

Hocus-pocus As Applied To Arthritis. Rockville, Md. Food and Drug Administration, 1980. [7 p]. (Reprinted from FDA Consumer, September 1980. HHS Publication No. (FDA)81-1080). Some \$950 million are spent each year on useless nostrums, unapproved devices, unnecessary food supplements and diet books by arthritis sufferers each year. Describes some of these useless and sometimes dangerous remedies. Explains the various forms of arthritis. Discusses the DMSO controversy. Summarizes current therapy for the major forms of arthritis.

AV 3

National Institute of Arthritis, Metabolism, and Digestive Diseases.

Scoliosis. [Bethesda, Md.] : The Institute, [no date]. 14 p. (DHEW Publication No. (NIH)79-1619). Scoliosis, or curvature of the spine, affects about 2 percent of the teenage population. Usually detected in childhood or early adolescence, it appears more frequently in girls than in boys. Essential information on the causes, signs, diagnosis, treatment, and research. Includes instructions for parents and shows a simple screening examination that can be done at home.

AV 4

Arthritis Foundation.

The Truth About Aspirin for Arthritis... Atlanta, Ga. : The Foundation, [no date]. Leaflet. Essential information on the best single medicine for arthritis - aspirin. Gives the true facts about this misunderstood, misused, misrepresented and downgraded medicine. Qualified medical advice and proper treatment can control the disease. Do not be lured by aspirin advertising into self-treatment.

AV 5

Arthritis Foundation.

The Truth About...Arthritis in Women. A Case of Discrimination. Atlanta, Ga. : The Foundation, [no date]. Leaflet. Advice for women, who get arthritis more often than men. Lists warning signs, what can be done and gives suggestions on living with arthritis.

AV 6

Arthritis Foundation.

Arthritis : The Basic Facts. Atlanta, Ga. : The Foundation, 1978. 27 p. Essential information on arthritis. Brief discussion of the human and economic toll it takes. Concise descriptions of the nature, cause, symptoms, diagnosis and treatment of rheumatoid arthritis and osteoarthritis. Summary information on other forms of arthritis. Refutes theory about diet and arthritis, emphasizes the importance of medical treatment if disability is to be prevented. Describes promising research findings and the programs of the Arthritis Foundation.

AV 7

Arthritis Foundation.

So You Have...Osteoarthritis. Atlanta, Ga. : The Foundation, [no date]. 20 p. Outlines occurrence, symptoms, types, causes, diagnosis and treatment of osteoarthritis. Describes what happens to joint tissue in osteoarthritis, how the symptoms of this disease can be alleviated and joint function improved, with drugs and physical therapy. Reviews research and the role of Arthritis Foundation. Provides hints on living with osteoarthritis.

AV 8

Arthritis Foundation.

When Your Student Has Arthritis...A Guide For Teachers. Atlanta, Ga. : The Foundation, [no date]. Leaflet. Concise summary on arthritis in children, aimed at teachers but helpful for others who come into contact with children with arthritis. Describes symptoms and treatment of juvenile rheumatoid arthritis - physical therapy, medication, splints and surgery. Suggest ways you can help a child with arthritis.

AV 9

Arthritis Foundation.

About Gout : A Form of Arthritis. Atlanta, Ga. : The Foundation, [no date]. Leaflet. Concise explanation of the process which causes attack of gout and the combination of drugs used to treat an attack. Gout is one of mankind's ancient problems. The advances made in controlling this disease is a true success story. The gout patient who follows his doctor's advice can be spared the agonizing pain of gout.

AV 10

Arthritis Foundation.

Gold Treatment In Rheumatoid Arthritis : Information For Patients. Atlanta, Ga. : The Foundation, 1977. Pamphlet, [8 p]. Concise explanation of how gold is used in the treatment of arthritis. Describes effectiveness, possible risks and difficulties and how gold treatments are given.

AV 11

Arthritis Foundation.

SLE : Systemic Lupus Erythematosus. Atlanta, Ga. : The Foundation, 1979. Leaflet. Concise explanation of the symptoms, incidence, cause, prognosis and treatment of SLE, a rheumatic disease which affects the connective tissues of the body. Provides information on living with this chronic disease.

AV 12

William H. Rorer, Inc.

Living With Your Arthritis. Fort Washington, Pa. : William H. Rorer, Inc., [no date]. 23 p. Arthritis is a disease that has been around for ages. An inflammation of the joints, it can strike anyone at any age. Describes two of the most common forms—rheumatoid arthritis and osteoarthritis. Outlines treatments and medications, especially aspirin. Special hints for women with arthritis and warning against 'sure-fire' remedies.

AV 13

The New York Times.

Arthritis : The Most Common Crippler. New York, N.Y. : The Times, 10/14/81, Sec. C, p. 1. Newspaper article. Describes in detail the symptoms and forms of arthritis, which now affects over 30 million Americans. Emphasizes the importance of exercise, weight control, proper posture, and good medical care in the prevention of arthritis. Lists warning signs of the disease. (First of a two-part series. Pt. II is AV14).

AV 14

The New York Times.

A Rheumatologist Can Best Provide the Comprehensive Care Needed to Ease Arthritis. New York, N.Y. : The Times, 10/21/81, Sec. C, p. 12. Newspaper article. Describes current arthritis therapy, most commonly aspirin or other drugs and exercise. New therapies, heat, diet and weight control, and mechanical aids are discussed. Contains bibliography. (Second of a two-part series. Part I is AV13).

AV 15

Consumers' Research Magazine.

Oraflex : Behind the Headlines. Washington, N.J. : The Magazine, 1982. Magazine article. Oraflex, the trade name for benoxaprofen, was hailed as a significant breakthrough in the treatment of arthritis. Since then, however, Oraflex has been linked to deaths from liver and kidney damage. Article examines the controversy, including fatality reports, benefits of the drug in arthritis treatment, side effects of other arthritis drugs, and the future.

AV 16

Eli Lilly and Company.

'Doctor, Do I Have Arthritis?' Indianapolis, Ind. : The Company, [no date]. Leaflet. Over 50 million people have arthritis to some degree. Simple description of this potentially serious disease. Outlines incidence, diagnosis, and treatment. Warns against quack 'cures' and recommends asking for qualified medical help at the first sign of trouble.

AV 17

Paget's Disease Foundation, Inc.

Who Cares About People With Paget's Disease? Booklyn N.Y. : The Foundation, 1982. Leaflet. Paget's disease is a chronic, progressive and crippling disorder in which the body processes involved in the formation of bone go awry. Outlines the disease, its diagnosis and treatment. Summarizes the purpose and programs of the Foundation.

AV 18

U.S. Department of Health and Human Services.

Understanding Paget's Disease. Washington, D.C. : The Department, 1982. Pamphlet, 13 p. Paget's disease affects as many as 3 million Americans over the age of forty. Covers prevalence of the disease throughout the world, bone cell activity in Paget's, course of the disease, symptoms, diagnosis, treatment, drugs, and outlook for patients with the disease.

AV 19

Arthritis Foundation.

So You Have...Rheumatoid Arthritis. Atlanta, Ga. : The Foundation, 1976. 20 p. (Patient Handbook Series). Describes rheumatoid arthritis as one of the most painful and potentially crippling diseases affecting mankind. Question and answer format presents information on symptoms, diagnosis, incidence, causes and treatment. The use of aspirin, anti-inflammatory drugs, cortisone, gold and penicillamine is summarized. Physical therapy and exercise, special baths and surgery are discussed. Outlines juvenile rheumatoid arthritis. Warns about arthritis quackery. Explains the role of the Arthritis Foundation.

AV 20

Arthritis Foundation.

Living With Arthritis and Where to Turn for Help. Atlanta, Ga. : The Foundation, 1976. 31 p. Describes how arthritis may affect you, your family and your job. Tells you what to expect from your disease and suggests how you can deal with the physical, social, financial and emotional problems. Lists agencies you can turn to for help.

AV 21

Merck, Sharp and Dohme.

Arthritis : A Common Chronic Disease. West Point, Pa. : Merck, Sharp and Dohme, [no date]. Pamphlet. Brief summary on osteoarthritis, rheumatoid arthritis and other forms of arthritis. Warns against 'instant' cures. Notes that proper medical care can help arthritis patients lead comfortable, productive lives.

AV 22

Arthritis Foundation.

Facts : Lupus; Systemic Lupus Erythematosus (SLE), a Form of Arthritis. Atlanta, Ga. : The Foundation, 1981. 13 p. Essential information on this particularly serious and puzzling member of the arthritis family of diseases. Explains how the name systemic lupus erythematosus came to be used, what the disease is, how it is diagnosed, its causes and treatment, who gets it, the pattern of 'ups and downs' and signs and symptoms. Discusses treatment programs and provides suggestions for prevention of disease flareups.

AV 23

National Institute of Arthritis, Diabetes, Digestive and Kidney Diseases.

How to Cope with Arthritis. Bethesda, Md. : The Institute, 1981. 19 p. (NIH Publication No. 82-1092). Concise information on the most common rheumatic diseases—rheumatoid arthritis; osteoarthritis; gout; juvenile arthritis; systemic lupus erythematosus; ankylosing spondylitis; Reiter's syndrome; bursitis; fibrositis; and polymyositis/rheumatica. Includes suggestions on how to cope with arthritis; diet and arthritis; rest, physical therapy and exercise; occupational therapy; and emotional health. Describes research in arthritis and lists the drugs used in treatment.

AV 24

National Institute on Aging.

Arthritis Advice. Bethesda, Md. : The Institute, 1982. Fact sheet. (Age Page). Brief descriptions of the two most common forms of arthritis in older people—rheumatoid arthritis and osteoarthritis. Drug and physical therapy, surgery and unproven and 'quack' cures are outlined. Resource organizations are listed. Large print.

AV 25

Arthritis Foundation.

Questions and Answers About Penicillamine (Cuprimine, Depen). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses Penicillamine, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 26

Arthritis Foundation.

Questions and Answers About Hydroxychloroquine (Plaquenil). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses Hydroxychloroquine, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 27

Arthritis Foundation.

Questions and Answers About Tolmetin (Tolectin). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses Tolmetin, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 28

Arthritis Foundation.

Questions and Answers About Sulindac (Clinoril). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses Sulindac, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 29

Arthritis Foundation.

Questions and Answers About Ibuprofen (Motrin, Rufen). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses Ibuprofen, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 30

Arthritis Foundation.

Questions and Answers About Indomethacin (Indocin). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses Indomethacin, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 31

Arthritis Foundation.

Questions and Answers About Phenylbutazone (Butazolidin). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses phenylbutazone, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 32

Arthritis Foundation.

Questions and Answers About Fenoprofen (Nalfon). Atlanta, Ga. : The Foundation, 1982. Leaflet. (Medication Brief). Discusses Fenoprofen, an arthritis medication. Covers what the drug does in the body, how it is given, relationship to other drugs, and side effects.

AV 33

Arthritis Foundation.

Arthritis Quackery : A \$485,000,000 Racket. Atlanta, Ga. : The Foundation, [no date]. Leaflet. Warns of the danger of believing in a 'cure for arthritis.' Points out that the very nature of arthritis lends itself to the quack's standard line of mumbo-jumbo. A temporary remission may occur just when you are starting something new or special. Lists clues to recognition of the species Common Quack. Notes that treatment by a qualified doctor can bring relief and prevent disability.

AV 34

Arthritis Foundation.

Arthritis in Children. Atlanta, Ga. : The Foundation, [no date]. Leaflet. The most common form of arthritis, juvenile rheumatoid arthritis in children, can strike infants in the cradle. Chiefly attacking the joints, it may involve many organs. Outlines symptoms of this chronic disease and treatment. Includes brief discussion of the emotional impact of arthritis on the child and the family, potential side effects of medication and other associated health problems.

AV 35

Arthritis Foundation.

The Truth About Diet and Arthritis. Atlanta, Ga. : The Foundation, [no date]. Leaflet. Refutes the idea that diet can cure or cause arthritis. There is NO special diet for arthritis. The only exceptions are in gout or an individual problem such as overweight. Emphasizes the need for a normal, well-balanced nourishing diet. Notes that arthritis pain can be controlled and crippling prevented by prompt and proper treatment. See a qualified physician.

Eyes and Vision

AW 1

National Institutes of Health.

Macular Degeneration. Bethesda, Md. : The Institute, [no date]. 1 p. (The Search for Health. 856-NEI-581). The macula is the area in the eye which provides for sharp central and color vision. Brief description of what happens to your vision when this tiny yellow-pigmented area becomes diseased. Outlines research into treating macular disease.

AW 2

National Institutes of Health.

Degeneración Macular. Bethesda, Md. : The Institutes, [no date]. [1 p]. (En Busca de Buena Salud 857-NEI-581-T). Spanish language version of 'Macular degeneration' (AW1).

AW 3

Food and Drug Administration.

Safe Use of Eye Cosmetics. Rockville, Md. : The Administration, 1980. Leaflet. (HHS Publication No. (FDA)80-5003). Many women suffer eye infections from cosmetics each year. Lists eleven things you can do to reduce your risk of eye infection.

AW 4

National Eye Institute.

Know Your Eyes. [Bethesda, Md.] : The Institute, [no date]. Leaflet. Names and descriptions of parts of the eyes, mechanics of sight, eye disorders and equipment of techniques used by the vision specialist to diagnose and treat certain eye disorders.

AW 5

National Eye Institute.

Retinitis Pigmentosa. [Bethesda, Md.] : The Institute, [no date]. Leaflet. The first symptom of retinitis pigmentosa is usually night blindness. Occurring first in childhood or adolescence, it gradually decreases a person's ability to see at night and cuts down on the amount of side vision. An inherited disease whose cause remains unknown, it has no known treatment. Outlines what happens to the eye and how these changes can be observed.

AW 6

National Eye Institute.

Corneal Diseases. [Bethesda, Md.] : The Institute, [no date]. Leaflet. Concise summary of what corneal disease is, what causes it and modes of treatment, including drug therapy and corneal transplantation.

AW 7

National Institutes of Health.

Cataract : NEI Focus on Research. [Bethesda, Md.] : The Institutes, 1979. 7 p. (DHEW Publication No. (NIH)79-201). Summary information on causes, symptoms and treatment of cataracts - a cloudiness in the lens of the eye which interferes with vision. Describes what happens during cataract surgery, adjustments you have to make after surgery and research. Notes from 90 to 95 per cent of patients undergoing this surgery enjoy a restoration of sight. Brief summary on use of intraocular lens and soft contact lens.

AW 8

National Eye Institute.

Retinal Detachment. [Bethesda, Md.] : The Institute, [no date]. Leaflet. A separation of the inner layer of the retina from its outer layers, retinal detachment can cause permanent impairment of vision. Brief explanation of when it occurs, symptoms, diagnosis and treatment.

AW 9

National Eye Institute.

Refractive Errors. [Bethesda, Md.] : The Institute, [no date]. Leaflet. Brief outlines on myopia, (nearsightedness), hyperopia (farsightedness) and astigmatism. Compares the healthy normal eye with the eye with refractive error. Short discussion on how aging affects the eye, correction of refractive errors with properly prescribed and fitted eye glasses or contact lenses and a surgical procedure to correct refractive errors—orthokeratology.

AW 10

Vision Conservation Institute.

Are Your Eyes Healthy? Sacramento, Calif. : The Institute, [no date]. Leaflet. ('On Sight' pamphlet series. VCI-Series S5-09). Brief description of what happens during any eye examination, and what the ophthalmoscope allows the optometrist to see. Emphasizes you should be aware of vision changes and seek help when such changes occur.

AW 11

Vision Conservation Institute.

Asthenopia. Sacramento, Calif. : The Institute, [no date]. Leaflet. (Fact and fantasy vision series. VCI-Series F-416 revised.). Defines asthenopia as fatigue of the visual mechanism which may be accompanied by pain, discomfort or headaches. Recommends optometric care for these symptoms.

AW 12

Vision Conservation Institute.

Nearsightedness. Sacramento, Calif. : The Institute, [no date]. Leaflet. (Fact and fantasy vision series. VCI-Series F-415. revised.). Known scientifically as myopia, nearsightedness is a visual condition in which objects far away appear blurred. Brief explanation of nearsightedness, its effects and correction.

AW 13

Vision Conservation Institute.

Presbyopia. Sacramento, Calif. : The Institute, [no date]. Leaflet. (Fact and fantasy vision series. VCI-Series F-408 revised). Defines presbyopia : a loss of ability to focus adequately on near objects begins at about age ten and progresses at a constant rate into the sixties. Describes how lenses can help this problem.

AW 14

Vision Conservation Institute.

Farsightedness. Sacramento, Calif. : The Institute, [no date]. Leaflet. (Fact and fantasy vision series. VCI-Series F-405 revised). Farsightedness, or hyperopia, is a condition in which the eye can see distant objects clearly but need corrective lenses to aid in viewing near objects clearly. Brief overview of this condition.

AW 15

Vision Conservation Institute.

Esophoria. Sacramento, Calif. : The Institute, [no date]. Leaflet. ('On Sight' pamphlet series. VCI-Series S-505). Very brief explanation of esophoria - a muscle imbalance of the eyes - the treatment and diagnosis.

AW 16

Vision Conservation Institute.

Three Minute Vision Test. Sacramento, Calif. : The Institute, [no date]. Leaflet. ('On Sight' pamphlet series. VCI-Series S-511). Answers the following questions : what is 20/20 vision, astigmatism, nearsightedness and farsightedness? Recommends when children and adults should have eye examinations. Discusses contact lenses, school vision screening procedures and optometry.

AW 17

Vision Conservation Institute.

Twenty/Twenty Vision. Sacramento, Calif. : The Institute, [no date]. Leaflet. (Fact and fantasy vision series. VCI-Series F-407 revised). Brief explanation of 20/20 vision, visual acuity rating and how properly fitted lenses help you achieve better vision.

AW 18

Vision Conservation Institute.

Amblyopia. Sacramento, Calif. : The Institute, [no date]. Leaflet. (Fact and fantasy vision series. VCI-Series F-401 revised). Brief summary on detection and treatment of amblyopia, or dim vision. If discovered at a very early age the chance is greater of eliminating the condition. However, treatment can be effective regardless of age.

AW 19

Vision Conservation Institute.

Visual Perception. Sacramento, Calif. : The Institute, [no date]. Leaflet. ('On Sight' pamphlet series. VCI-Series S-503). Vision is a learned skill, whose development starts at birth. Suggests experiences you can provide to help develop vision skills. With supervision of the family optometrist, a child with visual problems can be helped.

AW 20

Metropolitan Life Insurance Company.

Vision Care. New York, N.Y. : The Company, 1979. Leaflet. (Stay Well Series). Presents basic facts on glaucoma, when to take your baby for vision checkups, cataracts, 'cross-eyes', contact lenses, farsightedness, nearsightedness, astigmatism; and individuals involved in vision care : ophthalmologist, optometrist and optician.

AW 21

American Optometric Association.

Answers To Your Questions About Color Deficiency. St. Louis, Mo. : The Association, (no date). Leaflet. Color deficiency is a vision condition in which persons have difficulty distinguishing colors. Covers causes, symptoms, and treatment.

AW 22

American Foundation for the Blind, Inc.

Facts About Aging and Blindness. New York, N.Y. : The Foundation, [no date]. Pamphlet, 8 p. Notes that most of the leading causes of blindness—diabetic retinopathy, glaucoma, cataracts, and senile macular degeneration—most commonly strike elderly people. Lists organizations which provide help for the aged blind, including federal programs, private organizations, community services, and recreational programs. Also lists books, periodicals, pamphlets and films available on the subject of blindness.

AW 23

Department of Health Education and Welfare.

Ten Rules of Courtesy to the Blind. Washington, D.C. : The Department, 1979. Leaflet. (DHEW Publication No. (OHDS)79-25052). Lists ten rules that will allow you to offer assistance to a blind person in the most courteous, helpful way possible. Covers how to guide a blind person, give directions, serve food, make change, etc.

AW 24

Leader Dogs for the Blind.

For Whither Thou Goest. Rochester, Mich. : Leader Dogs, [no date]. Pamphlet, 16 p. Leader Dogs for the Blind was founded to train dogs to lead blind persons and provide facilities where the dog and owner teams can be trained. Summarizes the training process, the benefits of having a leader dog, and gives information on making contributions.

AW 25

National Eye Institute.

Vitrectomy—The New Eye Surgery for Diabetic Retinopathy. [Bethesda, Md.] : The Institute, [no date]. Leaflet. Concise outline of surgical removal of the diseased vitreous (vitrectomy), why the surgery is performed and results.

AW 26

National Eye Institute.

Low Vision. [Bethesda, Md.] : The Institute, [no date]. 6 p. An estimated 1.4 million Americans have a visual impairment that is both severe and irreversible yet many retain a degree of useful vision. This fact sheet will help these people with low vision, and their friends and relatives who wish to help them, find many aids and services available to help them make the most effective use of whatever vision is left.

AW 27

National Eye Institute.

Correction of Nearsightedness and Other Refractive Errors of the Eye. Bethesda, Md. : The Institute, [no date]. 2 p. Brief descriptions of new techniques now being used in an attempt to correct refractive errors permanently so that conventional eyeglasses or contact lenses no longer need be worn. Includes details about refractive keratoplasty and radial superficial keratotomy.

AW 28

National Eye Institute.

Keratoconus. Bethesda, Md. : The Institute, [no date]. Leaflet. A cone-shaped forward bulging of the central portion of the cornea, the protective outer layer of the eye, keratoconus usually begins at puberty. Short description of this condition, its symptoms, treatment and prognosis.

AW 29

National Eye Institute.

Vitreous Detachment. Bethesda, Md. : The Institute, 1979. Leaflet. Brief explanation of this common condition in which the vitreous body, a clear gel that fills the center of the eye, changes as we age and some of the complications that can occur.

AW 30

National Eye Institute.

Vitreous Floaters. Bethesda, Md. : The Institute, [no date]. Leaflet. Floaters are translucent specks of various shapes and sizes that float across the field of vision. Concise explanation of what floaters are and their causes. Usually no cause for concern, they can occasionally indicate a more serious problem. Describes when to seek help.

AW 31

National Eye Institute.

Uveitis. Bethesda, Md. : The Institute, [no date]. Leaflet. Concise explanation of uveitis, an inflammation of the middle layer of the eye. Outlines symptoms, causes and treatment very briefly.

AW 32

National Eye Institute.

Keratoconjunctivitis Sicca. Bethesda, Md. : The Institute, [no date]. Leaflet. Brief description of this condition, a chronic dryness of the eye caused by a deficiency of tears, the chief causes and treatment.

AW 33

National Eye Institute.

Iritis. Bethesda, Md. : The Institute, [no date]. Leaflet. Very brief outline of iritis, an inflammation of the iris, its symptoms, causes and treatment.

AW 34

Merck, Sharp and Dohme.

Saving Your Sight From Glaucoma. West Point, Pa. : Merck, Sharp and Dohme, [no date]. 7 p. Summary information on glaucoma. Outlines the four different types of glaucoma : chronic, acute, secondary and congenital. Emphasizes the importance of early detection.

AW 35

National Retinitis Pigmentosa Foundation.

Backgrounder—Usher's Syndrome. Baltimore, Md. : The Foundation, [no date]. 1 p. Brief outline of Usher's syndrome—an inherited disease causing a hearing loss and degeneration of the retina. Describes symptoms, incidence, associated health problems and prognosis.

AW 36

National Retinitis Pigmentosa Foundation.

Answers to Your Questions About Retinitis Pigmentosa and Other Retinal Degenerative Diseases. Baltimore, Md. : The Foundation, [no date]. Pamphlet. Question and answer format describes retinitis pigmentosa (RP), a group of diseases affecting the retina of the eye. Outlines causes, research, treatment, and prognosis. Defines legal blindness. Provides details on night blindness, its relationship with retinitis pigmentosa, aids for those with night blindness or low vision. Includes list of current screening centers for the ITT night vision aid, RP research centers and sources for further information.

AW 37

American Optometric Association.

The Family Guide to Vision. St. Louis, Mo. : The Association, [no date]. Booklet, 8 p. Answers to some commonly asked questions about eye examinations, glasses, contact lenses, vision therapy and regular professional vision care.

AW 38

American Optometric Association.

Schematic Section of the Human Eye. St. Louis, Mo. : The Association, [no date]. Fact sheet. Schematic diagram of the eye showing retina, optic nerve, cornea, etc. with definitions of each component part.

AW 39

American Foundation for the Blind, Inc.

How Does a Blind Person Get Around? New York, N.Y. : The Foundation, [no date]. 20 p. (5-80-5m). Describes how blind people can and do get around, how they learn to do it, the techniques they use as they go from place to place and the importance to many of them of being able to travel. Includes brief discussion of research aimed at increasing mobility for visually handicapped people.

AW 40

Vision Conservation Institute.

'Why Trifocals?' Sacramento, Ca. : The Institute, [no date]. Leaflet. ('On Sight' Pamphlet Series. VCI-Series S-508). Brief description of the differences between bifocal and trifocal lenses.

AW 41

Vision Conservation Institute.

Children's Vision. Sacramento, Ca. : The Institute, [no date]. Leaflet. (Fact and Fantasy Vision Series. VCI-Series F-412 Revised). Brief summary on vision problems in children, how to detect them and what can be done.

AW 42

Vision Conservation Institute.

Special Purpose Lenses. Sacramento, Ca. : The Institute, [no date]. Leaflet. ('On Sight' Pamphlet Series. VCI-Series S-504). Extremely brief overview of some of the specially designed lenses and frames that are available.

AW 43

Vision Conservation Institute.

Impact Resistant Lenses. Sacramento, Ca. : The Institute, [no date]. Leaflet. (Fact and Fantasy Vision Series. VCI-Series F-417 Revised). Brief overview on what is fact and fantasy concerning impact resistant lenses.

AW 44

National Eye Institute.

Senile Macular Degeneration (Macular Degeneration Associated With Aging). Bethesda, Md. : The Institute, [no date]. 6 p. Our ability to read and see fine detail depends on the health of the macula, a small region of the retina. Describes the retina, the light sensing tissue that lines the inside of the eyes, and the roles that its two main regions—the macula and the peripheral retina—play in vision. Outlines the disease process, easier photocoagulation (a treatment that can be of value), and ongoing research into senile macular degeneration.

AW 45

American Foundation for the Blind, Inc.

Facts About Blindness and Visual Impairment. New York, N.Y. : The Foundation, [no date]. 12 p. Brief definitions of 'legally blind', 'blind' and 'blindness.' Outlines the incidence of visual impairment, its causes in the U.S. and around the world, education and rehabilitation available in the U.S., organizations and agencies to contact for help and information and a listing by state of state agencies providing services to the visually impaired.

Genetic Diseases and Birth Defects

AX 1

Health Services Administration.

Learning Together : A Guide for Families With Genetic Disorders. Rockville, Md. : The Administration, 1980. 21 p. (DHEW Publication No. (HSA)80-5131). Primarily for parents of children with genetic disorders, this booklet may help all parents of handicapped children. Provides information on parent groups, to help you decide if you want to join one, or organize one. Part I contains information on parent groups and provides tips for organizing one. Part II suggests activities for the group. Part III lists organizations to help you.

AX 2

Willis, Judith.

Genetic Counseling : Learning What To Expect.

Rockville, Md. : Food and Drug Administration, 1980. [3 p]. (HHS Publication No. (FDA)81-9006. Reprinted from FDA Consumer, September 1980). Genetic counseling is a developing medical procedure that helps you make decisions about childbearing. It can tell you if an inheritable disease or disorder is likely to be carried to an offspring or if a high risk pregnancy may develop. Briefly outlines the three common inherited disorders—sickle cell anemia, Tay-Sachs disease and thalassemia—for which there are carrier tests. Describes other types of testing for genetically transmitted diseases including amniocentesis, ultrasound, alpha-fetoprotein (AFP), fetoscopy and placental aspiration. Includes discussion on the risks associated with these procedures.

AX 3

Osteogenesis Imperfecta Foundation, Inc.

Care of An Osteogenesis Imperfecta Baby and Child. Van Wert, Ohio : The Foundation, [no date]. Pamphlet. Outlines the two classes of osteogenesis imperfecta (OI)—congenita and tarda. Discusses the groupings of children with 'brittle bones' according to degree of physical involvement into three categories—severe, moderate, mild. Presents information on the problems of an OI baby. Provides practical advice on taking care of an OI baby and child. Lists equipment that may be helpful. Suggests toys for growth.

AX 4

Prader-Willi Syndrome Association.

Synopsis, Prader-Willi Syndrome and Association. Edina, Minn. : The Association, 1980. [2 p]. Summary information on Prader-Willi syndrome. Describes significant manifestations of the syndrome—abnormal growth, lack of muscle tone, size and strength, underdeveloped or small genitals, lack of complete sexual development, central nervous system performance dysfunction, plus other characteristics. At present there is no known cure or specific treatment but proper care and guidance can minimize the effects of the syndrome. Outlines the goals of the Association.

AX 5

National Institute of Neurological and Communicative Disorders and Stroke.

Tuberous Sclerosis : Fact Sheet. [Bethesda, Md.] : The Institute, 1978. Leaflet. (NIH Publication No. (NIH)79-1846). First identified in the late 1800's, tuberous sclerosis remains poorly understood and frequently misdiagnosed. Characterized by a number of conditions, although all may not be present, the disease may range from mild to extremely severe. TS occurs in 1 per 10,000 of the general population. Describes causes, inheritance, signs, research, treatment and prognosis. Lists sources of information.

AX 6

National Institute of Neurological and Communicative Disorders and Stroke.

Hydrocephalus : Fact Sheet. [Bethesda, Md.] : The Institute, 1979. Leaflet. (NIH Publication No. 79-385). Hydrocephalus is an abnormal accumulation of cerebrospinal fluid which presses on the brain. Brief description of incidence, signs, causes, treatment and research.

AX 7

National Institute of Neurological and Communicative Disorders and Stroke.

Neurofibromatosis : Fact Sheet. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-2126.). A genetic disorder of the nervous system, the symptoms of neurofibromatosis usually appear in childhood or adolescence, but can occur as late as age 50. Concise explanation of the disease, its incidence, symptoms, causes, how it is inherited, early signs, different forms, treatment and research. Lists sources for more information.

AX 8

National Institute of Neurological and Communicative Disorders and Stroke.

Spina Bifida and Neural Tubes Defects. Bethesda, Md. : The Institute, 1981. 5 p. (NIH Publication No. 81-2137). Concise explanation of what spina bifida is. Describes the forms of spina bifida, the incidence of the disease, its diagnosis and treatment. Outlines research into spina bifida.

AX 9

National Ataxia Foundation.

Ataxia Information. Minneapolis, Minn. : The Foundation, [no date]. 50 p. Ataxia—a failure of muscular coordination—is often hereditary but can be associated with other causes. Describes the two forms of hereditary ataxia : Friedreich's ataxia, which usually strikes the child or teenager, and Marie's ataxia, which begins most frequently in the twenties or thirties. Provides help and practical information on coping with ataxia, daily living, physical and occupational therapy, nutrition, respiratory care, speech and communication, vocational and financial planning, driving laws, and leisure and recreations. Supplies lists for further reading and names of resource organizations.

AX 10

Health Services Administration.

PKU and the Schools : Information for Teachers, Administrators and Other School Personnel. Rockville, Md. : The Administration, 1980. 9 p. (DHHS Publication No. (HSA)80-5233). An inherited condition, phenylketonuria (PKU) prevents the child from normally metabolizing or using phenylalanine, an essential amino acid found in all protein foods. Describes detection and dietary management, and screening of newborns. Explains how parents and school personnel can work together. Includes resource organizations and annotated bibliography to help you learn more about PKU and the needs of the child with PKU.

AX 11

Pueschel, S.M.

Down's Syndrome. Brownwood, Tex. : Down's Syndrome Congress, [no date]. Pamphlet. Sensitive and well written text describes the biological and developmental characteristics of a person with Down's syndrome. Explains the chromosomal abnormality that leads to Down's syndrome.

AX 12

National Institute of Allergy and Infectious Diseases.

Hereditary Angioedema (HAE). Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-430). Hereditary angioedema (HAE) is an uncommon but serious condition characterized by episodes of edema (swelling) of the hands, feet, face or airway passages. It often causes recurrent episodes of nausea, vomiting and abdominal pain. Describes HAE attacks, treatment, preventive therapy and research.

AX 13

The New York Times.

Simple Test Could Screen All Expectant Mothers. New York, N.Y. : The Times, 1/13/81, Sec. 3, p. 1. Newspaper article. Outlines the potential and limitations of a new prenatal test which screens for the presence of neural tube defects in the early stages of pregnancy. A simple blood test is used to screen for AFP (alpha-fetoprotein), an infantile protein whose presence in large amounts indicates the possibility of a neural tube defect in the fetus.

AX 14

Dysautonomia Foundation, Inc.

Dysautonomia. New York, N.Y. : The Foundation, [no date]. 11 p. Brief explanation of dysautonomia, written by school age child with this disease of the nervous system. For grades 3-4.

AX 15

National Tay-Sachs and Allied Diseases Association.

Prevent A Tragedy : Screen Now for Tay-Sachs. New York, N.Y. : The Association, [no date]. Leaflet. Tay-Sachs is an inherited disorder caused by the absence of a vital enzyme. Death is inevitable, usually by age five. Emphasizes the importance of testing to find out if you are a carrier.

AX 16

National Tay-Sachs and Allied Diseases Association.

Tay-Sachs Disease : What Every Family Should Know. New York, N.Y. : The Association, 1980. [8 p]. Historical overview of Tay-Sachs disease. Describes this fatal genetic disorder that causes progressive destruction of the central nervous system, and its symptoms. Explains how Tay-Sachs is inherited, populations with high risk and prevention, including genetic counseling. Presents information on the Association and a list of references for further readings.

AX 17

The New York Times.

The Growing Importance of the Family History. New York, N.Y. : The Times, 4/13/82, Sec. C, p. 3. Newspaper article. Discusses the importance of a detailed history of your family in the diagnosis and prevention of disease, especially in cancer and hereditary disorders. Lists the types of information that should be available in a family history and gives a sample history chart.

AX 18

CBS, Inc.

Spina Bifida. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on CBS Sunday Morning, August 29, 1982). Excellent study of the advancements in the treatment and long-term prognosis for children born with spina bifida, a birth defect. Explains the condition, what body systems are affected, the victims' chances for survival, treatment, and hope for the future.

AX 19

Down's Syndrome Congress.

Sindrome de Down. Chicago, Ill. : The Congress, [no date]. Booklet, 16 p. In Spanish, covers what Down's syndrome is, appearance of Down's syndrome children, developmental aspects, causes, treatment, and general advice for parents. Also covers the education of the Down's syndrome child and prospects for his or her future.

AX 20

The National Neurofibromatosis Foundation, Inc.

Questions and Answers About Neurofibromatosis. New York, N.Y. : The Foundation [no date]. Leaflet. John Merrick, the 'Elephant Man,' was a victim of neurofibromatosis, a disease which can cause the formation of tumors on or under the skin, deformation of bones or features, curvature of the spine, and other problems. Describes the disease, symptoms, incidence, treatment and effects on the body. Lists sources of help.

AX 21

National Institutes of Health.

Antenatal Diagnosis and Down's Syndrome. Bethesda, Md. : The Institutes, 1980. Booklet, 16 p. This booklet was developed mainly for the physician or other health professional who must deal with the significant risk found by women over 35 of bearing a child with Down's syndrome. Covers the relationship of Down's syndrome to maternal age, antenatal diagnostic tests, the risks of amniocentesis, and the child with Down's syndrome. Scientific study.

AX 22

Children's MM Service.

An Introduction To Spina Bifida. Chicago, Ill. : The Service, 1980. Booklet, 32 p. Designed for parents, family and non-medical people as an aid to understanding the problems faced by the child born with spina bifida. Explains what causes the birth defect, chances for survival and the prospects for life. Covers problems that can occur in the nervous system, orthopedic abnormalities, and other possible complications.

AX 23

Pieper, Betty.

The Teacher and the Child With Spina Bifida. Chicago, Ill. : Spina Bifida Association of America, 1979. Booklet, 32 p. Designed to help teachers meet the special needs of the child with spina bifida, this booklet tells teachers what they should know about spina bifida in general and what they should try to find out about each individual child. Excellent material on special problems like peer teasing, being left out, overprotection, and available instructional materials.

AX 24

Spina Bifida Association of America.

The Child With Spina Bifida. Chicago, Ill. : The Association, 1980. Booklet, 54 p. In-depth study of spina bifida and the child born with it. Designed for the parents of the spina bifida child to help them understand the difficulties they and their baby will face, the booklet contains a scientific explanation of the birth defect, problems and associated defects, management of the defect, and prenatal tests for spina bifida.

AX 25

Spina Bifida Association of America.

Shotzie's Spina Bifida Rules. Chicago, Ill. : The Association, [no date]. Comic book. In cartoon format, this leaflet gives children suffering from spina bifida rules that show them how to help their parents and doctors keep them well. Amusing illustrations will stimulate children's interest, while the text is simple enough for them to understand. Excellent.

AX 26

National Institutes of Health.

A Parent's Guide to Cystinosis. Bethesda, Md. : The Institutes, 1981. Booklet, 17 p. (NIH Publication No. 82-1160). Cystinosis is a rare inherited disorder caused by the buildup of cystine, an amino acid, in the body. Children with cystinosis suffer from growth problems, kidney damage, sensitivity to light, and are sometimes hypothyroid. Covers inheritance patterns, treatment, research and emotional aspects for both child and parent.

AX 27

American Liver Foundation.

Porphyria. Cedar Grove, N.J. : The Foundation, [no date]. Leaflet. A genetic disease, porphyria is a defect of blood pigment metabolism in which porphyrins are not converted in the proper manner but are excreted in the urine and stool in excessive amounts. Outlines symptoms, diagnosis, treatment, age of onset and occurrence of this disease.

AX 28

National Down Syndrome Society.

This Baby Needs You Even More. New York, N.Y. : The Society, [no date]. Booklet, 20 p. Written especially for the parents of the newborn who has Down's syndrome, this booklet deals with the new parents' questions, feelings and fears. Offers hope and encouragement. Excellent illustrations.

AX 29

National Down Syndrome Society.

Fact Sheet. New York, N.Y. : The Society, [no date]. Leaflet. Brief, simple explanation of Down's syndrome—rate of occurrence, characteristics of the Down's syndrome child, life-threatening health problems, and the degrees of mental retardation among those with Down's syndrome.

AX 30

National Institute of Neurological and Communicative Disorders and Stroke.

Fact Sheet : Friedreich's Ataxia. Bethesda, Md. : The Institute, 1982. Leaflet. (NIH Publication No. 82-87). Friedreich's ataxia, an inherited disease, is a progressive disorder of the central nervous system causing an inability to coordinate voluntary muscle movement. Summarizes age of onset, occurrence, causes, prognosis, treatment, research. Lists three sources for additional information.

AX 31

American Liver Foundation.

Wilson's Disease. Cedar Grove, N.J. : The Foundation, [no date]. Fact Sheet. Wilson's disease is an inherited disease in which excessive amounts of copper accumulate in the body. Summary information on this disease, its symptoms, diagnosis and treatment.

AX 32

American Liver Foundation.

Alpha 1 - Antitrypsin Deficiency. Cedar Grove, N.J. : The Foundation, [no date]. Fact Sheet. An inherited disease, alpha 1 - antitrypsin deficiency, occasionally leads to hepatitis and cirrhosis in infants, children and adolescents. Concise summary of incidence, symptoms, diagnosis, treatment and prognosis.

Infectious Diseases

AY 1

Hecht, Annabel.

The Common Cold : Relief But No Cure. Washington, D.C. : FDA, 1977. Pamphlet, 7 p. (HHS Publication No. (FDA)77-3029). Reports the findings of a review by a Food and Drug Administration advisory panel of cough, cold, allergy, bronchodilator and antiasthmatic non-prescription drug products. Analyzes the safety and effectiveness of 90 active ingredients. Useful for evaluating the claims made for cough-cold preparations. Reprinted from the FDA Consumer.

AY 2

Health Services Administration Public Health Service.

Rubella. Rockville, Md. : Health Services Administration, 1980. Pamphlet, 12 p. (DHHS Publication No. (HSA)80-5225). Symptoms, diagnosis and treatment of rubella ('three day measles'), an infectious disease caused by a virus. The importance of rubella lies in its damaging effect on the fetus when a pregnant woman contracts the disease early in pregnancy. Describes vaccination and precautionary measures.

AY 3

Centers for Disease Control.

Histoplasmosis. Atlanta, Ga. : CDC, 1979. Leaflet. (DHEW Publication No. (CDC)79-8345.). Sources of infection, incidence, diagnosis and treatment of histoplasmosis, a disease caused by a mold, a cottony fungus. The micro-organism enters the lungs where it sets up an infection. Contamination comes from inhaling contaminated dust.

AY 4

Centers for Disease Control.

Amoebiasis. Atlanta, Ga. : CDC, 1978. Leaflet. Occurrence, causes, symptoms, varying severity, diagnosis, treatment and prevention of amoebiasis, a parasitic infection of the bowel caused by a microscopic ameba. It is contracted by swallowing the cyst stage of the parasite in food or water or by the hand-to-mouth route.

AY 5

Centers for Disease Control.

Tetanus (Lockjaw). Atlanta, Ga. : CDC, 1981. Leaflet. (HHS Publication No. (CDC)81-8242). Definition, source of infection, symptoms, outcome, prevention and treatment of tetanus, which is caused by a nerve toxin (poison) produced when the tetanus bacillus grows in wounds away from air. Stresses importance of immunization in infancy.

AY 6

American Leprosy Missions.

Basic Knowledge About Leprosy : To Assist Leprosy Patients and Thus Helping the Control of This Disease. Bloomfield, N.Y. : American Leprosy Missions, [no date]. Pamphlet, 15 p. An international, illustrated guide to the nature of the disease, types of leprosy, transmission, treatment and care of leprosy patients. Clear explanation.

AY 7

Ross, W.F.

Questions People Ask About Leprosy. Bloomfield, N.J. American Leprosy Missions, [no date]. Pamphlet, 15 p. Pictorial presentation of the facts answering basic questions: what is the cause of leprosy; can leprosy be treated; do hands and feet 'drop off'; can paralysis be prevented and treated; do leprosy patients need to be isolated?

AY 8

Centers for Disease Control.

Hepatitis. Atlanta, Ga. : CDC, 1980. Leaflet. (DHEW Publication No. (CDC)80-8271). Causes, spread, symptoms, risks, diagnosis of hepatitis (inflammation of the liver) caused by viruses, either hepatitis A virus, hepatitis B virus, or others ('non-A, non-B').

AY 9

National Institute of Allergy and Infectious Diseases.

Viral Hepatitis. Bethesda, Md. : The Institute, 1979. Pamphlet, 8 p. (NIH Publication No. 79-143). Incidence, causes, symptoms, treatment of hepatitis A, hepatitis B and non-A, non-B hepatitis virus.

AY 10

National Institute of Allergy and Infectious Diseases.

Leprosy (Hansen's Disease). Bethesda, Md. : The Institute, 1979. Leaflet. (NIH Publication No. 80-326). Causes, diagnosis and treatment of leprosy. Describes the experimental use of DADDS, a chemical relative of DDS, in a repository form that releases the drug slowly in the body.

AY 11

National Institute of Allergy and Infectious Diseases.

Strep Infections. Bethesda, Md. : The Institute, 1979. Pamphlet, 12 p. (DHEW Publication No. (NIH)79-775). Causes, symptoms and treatment of streptococcal diseases including strep throat, scarlet fever, impetigo, infant meningitis and bacteremia. After-effects of strep infections sometimes are rheumatic and acute glomerulonephritis (AGN). Describes current research.

AY 12

National Institute of Allergy and Infectious Diseases.

Rabies. Bethesda, Md. : The Institute, 1979. Leaflet. (DHEW Publication No. (NIH)79-221). Incidence, cause, spread, diagnosis, treatment of rabies by vaccine and serum. Describes procedure to be followed after a bite.

AY 13

Centers for Disease Control.

Malaria. Atlanta, Ga. : CDC, 1977. Leaflet. (DHEW Publication No. (CDC)77-8243). The disease is spread from human to human by the bites of female Anopheles mosquitoes. Describes symptoms, treatment and precautions to be taken by those traveling to malarious areas.

AY 14

National Institute of Allergy and Infectious Diseases.

Mononucleosis. Bethesda, Md. : The Institute, 1981. Pamphlet, 6 p. (NIH Publication No. 81-142). Transmission, symptoms, diagnosis, treatment and recovery from infectious mononucleosis (the 'kissing disease', 'glandular fever', or 'mono'). Research indicates that mononucleosis may be the result of an overexuberant response in someone susceptible to Epstein-Barr virus infection.

AY 15

National Institute of Allergy and Infectious Diseases.

Hospital Associated Infections. Bethesda, Md. : The Institute, 1979. Pamphlet, 7 p. (DHEW Publication No. (NIH)79-912). Describes the origin, incidence and problem of hospital associated (nosocomial) infections. Hospital procedures that bypass the patient's normal physical barriers to infection include urinary catheterization, surgical operations, inhalation therapy and intravenous feeding. Indicates measures of infection control.

AY 16

National Institute of Allergy and Infectious Diseases.

Rocky Mountain Spotted Fever. Bethesda, Md. : The Institute, 1979. Pamphlet, 5 p. (NIH Publication No. 79-400). Symptoms, diagnosis, treatment and prevention of Rocky Mountain Spotted Fever, which is caused by the spotted fever agent, Rickettsia Rickettsii, transmitted by the bite of an infected tick. Describes the life cycle of the tick.

AY 17

National Institute of Allergy and Infectious Diseases.

Systemic Fungal Diseases. Bethesda, Md. : The Institute, 1980. Pamphlet, 10 p. (NIH Publication No. 81-601). Causes, symptoms, treatment of systemic fungal diseases (systemic mycoses) such as coccidioidomycosis, histoplasmosis, cryptococcosis, candidiasis, aspergillosis, blastomycosis, sporotrichosis, mucormycosis. It is believed that susceptibility is related to defects in the body's immune system.

AY 18

Centers for Disease Control.

Mumps. Atlanta, Ga. : CDC, 1978. Leaflet. (DHEW Publication No. (CDC)78-8246). Causes, incidence, symptoms, treatment and prevention of mumps, a highly contagious disease caused by a virus. This virus is found in the saliva of infected persons and is spread by personal contact.

AY 19

Centers for Disease Control.

Rabies. Atlanta, Ga. : CDC, 1978. Leaflet. (DHEW Publication No. (CDC)78-8251). Causes, occurrence, transmission of rabies, an infectious disease that affects the nervous system, including the brain and spinal cord, of animals and man. Once it develops, it is nearly always fatal. A physician should be consulted immediately if one receives a wound from a rabid or potentially rabid animal.

AY 20

Centers for Disease Control.

Meningococcal Meningitis. Atlanta, Ga. : CDC, 1980. Leaflet. (HHS Publication No. (CDC)80-8240). Causes, spread, symptoms, signs and treatment of meningitis, inflammation of the membranes covering the brain and spinal cord. Vaccines have been developed for meningococcus Group A and Group C but no vaccine exists that is effective against meningococcus Group B.

AY 21

Centers for Disease Control.

Typhoid Fever. Atlanta, Ga. : CDC, 1978. Leaflet. (DHEW Publication No. (CDC)78-8325). Symptoms, incidence and treatment of typhoid fever, an infectious disease caused by the typhoid bacillus. Typhoid patients or carriers discharge the organisms in feces and urine. If others consume water, milk or food contaminated with these discharges, they may contract the disease. Notes precautions to be taken in foreign travel.

AY 22

The New York Times.

Cases of Rabies Are Increasing in Both Pets and Wild Animals. New York, N.Y. : The Times, 10/8/80, Sec. 3, p. 8. Newspaper article. Because rabies has become so rare in humans we have begun to ignore the dangers of this nearly always fatal disease. Describes the behavior of animals infected with rabies, the way the disease is transmitted to humans, the cause of the disease in humans, and what to do if bitten by an animal of any kind, domestic or wild.

AY 23

The New York Times.

Legionnaire's Disease : 5 Years Later the Mystery Is All But Gone. New York, N.Y. : The Times, 1/19/82, Sec. 3, p. 1. Newspaper article. Traces research efforts to find the cause of legionnaire's disease, an outbreak of which led to twenty-nine deaths in 1976. Scientists have now identified the cause as a bacteria called *Legionella pneumophila*.

AY 24

The New York Times.

Tests of Vaccine Are a Milestone In Leprosy Battle. New York, N.Y. : The Times, 1/6/81, Sec. C, p. 2. Newspaper article. Story of the long medical search for a vaccine to prevent leprosy. Traces early history of research and treatment, modern advances, and new hope in an experimental vaccine developed from bacteria in armadillos.

AY 25

The New York Times.

Shingles : A Painful Legacy of Childhood Chicken Pox. New York, N.Y. : The Times, 2/24/82, Sec. C, p. 12. Newspaper article. Shingles is an extremely painful rash which is caused by the herpes zoster virus. The virus is left inactive in the body after a case of chicken pox, and may be aroused from this latent state at anytime later in life. Gives symptoms, effects on the victim, treatment and an overview of current research.

AY 26

The New York Times.

Bizarre Viruses Prove Deadly But Elusive. New York, N.Y. : The Times, 3/9/82, Sec. C, p. 1. Newspaper article. Current virus research is yielding results which may someday provide clues to the causes of many deadly diseases, including multiple sclerosis, subacute sclerosing panencephalitis, and Creutzfeldt-Jakob disease. Tells how viruses work, spread and react in the human body. Outlines current research.

AY 27

The New York Times.

Intense Search for Malaria Vaccine Advances. New York, N.Y. : The Times, 4/13/82, Sec. C, p. 1. Newspaper article. While rare in the U.S., malaria remains one of the world's most severe and persistent health problems. Outlines the extent and spread of the disease, its effect on victims, and current research at New York University into finding a vaccine. Chart shows life cycle of the carrier mosquito and the parasite transmitted by its bite.

AY 28

The New York Times.

Toxoplasmosis, A Parasitic Disease, Can Be A Dangerous Prenatal Infection. New York, N.Y. : The Times, 10/27/82, Sec. C, p. 1. Newspaper article. Describes toxoplasmosis, a potentially serious parasitic disease transmitted by the cat. Types of the disease (acquired and congenital), how it spreads, symptoms and treatment.

AY 29

Oregon State Health Division.

What Is Hepatitis? Portland, Ore. : The Division, [no date]. Leaflet. Brief explanation of hepatitis—the forms the illness can take, symptoms, how the illness spreads, and methods of prevention.

AY 30

The Center for Consumer Health Education.

Colds and Flu. Reston, Va. : The Center, [no date]. Leaflet. (Taking Care). A look at the common cold and the flu—is there a cure, what medications are useful, colds and smoking and how to care for the child with a cold or flu.

AY 31

Merck, Sharp and Dohme.

Because You Care... Make Sure Your Children Are Vaccinated for Both Measles and German Measles. West Point, Pa. : Merck, Sharp and Dohme, [no date]. Leaflet. Warns of the potential complications of measles and German measles and encourages the vaccination of all children from 15 months of age to puberty who haven't had measles or German measles and haven't been vaccinated against them. Discusses possible side effects from the vaccine.

AY 32

Merck, Sharp and Dohme.

Porque Usted los Quiere... Cerciórese de Que Sus Hijos Estén Vacunados Contra Ambas Enfermedades : Sarampión y Sarampión Alemán. West Point, Pa. : Merck, Sharp and Dohme, [no date]. Leaflet. Spanish language version of 'Because You Care... Make Sure Your Children Are Vaccinated for both Measles and German Measles.' (AY31)

AY 33

Indiana State Board of Health.

Facts for You About Hand-to-Mouth Disease (Shigellosis). Indianapolis, Ind. : The Board, [no date]. Fact Sheet. (Consumer Health Education Leaflets). Most common and severe among pre-school age children who have poor personal hygiene habits such as infrequent handwashing, shigellosis is a bacterial disease of the intestine which can strike people of all ages. Includes recommendations for prevention of 'hand-to-mouth disease'.

AY 34

National Institute of Allergy and Infectious Diseases.

Schistosomiasis (Bilharzia). Bethesda, Md. : The Institute, 1981. Leaflet. (NIH Publication No. 81-168). Schistosomiasis is a parasitic disease that affects an estimated 200 million persons throughout tropical regions of the world. Caused by several species of parasitic worms, none of them native to continental North America, the disease has been found in large numbers of persons from these regions now living in the United States. Fairly technical discussion of the parasites, schistosomiasis infections in man, diagnosis, treatment, control and research.

Diabetes**AZ 1**

National Heart, Lung and Blood Institute.

Fact Sheet : Diabetes and Cardiovascular Disease. Bethesda, Md. : The Institute, 1977. Pamphlet, 9 p. (DHW Publication No. (NIH)77-1212). Answers some basic questions for diabetics and their parents, relatives and friends : what is the diabetic's risk of developing cardiovascular disorders (diabetics are twice as prone to coronary heart disease, twice as prone to stroke and five times as prone to arterial disease of the limbs); what are the complications; and what can be done to prevent angiopathy (disease of the vessels)?

AZ 2

National Institute of Mental Health.

'Psychosomatic' Diabetic Children and Their Families. Rockville, Md. : The Institute, 1977. Pamphlet, 4 p. (DHEW Publication No. (ADM)78-477). Psychosomatic, acute diabetic attacks tend to resist all medical treatment. A study of the families of these 'psychosomatic' diabetic children has found evidence that the families are characterized by overprotectiveness and rigidity and that the normal bounds of privacy do not exist.

AZ 3

American Diabetes Association.

You Can Live With Diabetes : If You Learn How. New York, N.Y. : The Association, 1981. Leaflet. What you need to know about insulin, oral drugs, urine testing, diet, travel and survival.

AZ 4

National Institute of Arthritis, Metabolism and Digestive Diseases.

Facts About Insulin - Dependent Diabetes. Bethesda, Md. : The Institute, 1980. Pamphlet, 11 p. (NIH Publication No. 80-2098). Informative compilation of essential information concerning causes, treatment, complications (cardiovascular, diabetic nephropathy, diabetic neuropathy, diabetic retinopathy and problems of pregnancy), and diabetic emergencies.

AZ 5

National Institute of Neurological and Communicative Disorders and Stroke.

The Diabetic Neuropathies. Bethesda, Md. : The Institute, 1978. Pamphlet, 13 p. Nearly 70 percent of people with diabetes have some degree of peripheral nerve involvement (neuropathy). Describes causes, symptoms and treatment of the four types of diabetic neuropathy—distal symmetrical polyneuropathy, autonomic neuropathy, proximal motor neuropathy and cranial mononeuropathy.

AZ 6

American Diabetes Association.

Your Child Has Diabetes... What YOU Should Know. New York, N.Y. : The Association, 1981. Leaflet. Simple answers to basic questions : What is insulin-dependent diabetes; how is diabetes controlled; what is hypo- and hyperglycemia; how do you measure levels of sugar in the blood; can your child cope with self-care; what can parents do to help?

AZ 7

American Diabetes Association.

Anger : A Message to the Adolescent With Diabetes. New York, N.Y. : The Association, 1980. Leaflet. How to cope with the anger and resentment involved in having diabetes. Presents practical ideas for physical work, exercise and study.

AZ 8

National Institute of Arthritis, Metabolism and Digestive Diseases.

Diabetes : An Overview. Bethesda, Md. : The Institute, [no date]. Leaflet [2 p]. (NIADDK Fact Sheet). Reviews several promising advances in diabetes treatment such as artificial devices that automatically deliver insulin to the body at programmed intervals.

AZ 9

CBS, Inc.

Diabetes. New York, N.Y. : CBS, 1982. Television transcript. (Broadcast on CBS Morning News, March 4, 1982). Brief case history of one patient who is able to control his non-insulin-dependent diabetes through a program of strenuous exercise and appropriate diet. Shows how life-style can contribute to the severity of adult-onset diabetes.

AZ 10

American Diabetes Association.

What You Need To Know About Diabetes... New York, N.Y. : The Association, 1976. Pamphlet, 23 p. Excellent overview of diabetes—a major health problem which directly affects over 10 million Americans. Covers statistics about the disease, how it affects the body, insulin and other drugs, symptoms, those at risk, treatment and possible complications. Chart shows the warning signs for both types of reactions which can develop if the disease is not properly controlled.

AZ 11

American Diabetes Association.

A Word To...Police and Fire Personnel. New York, N.Y. : The Association, 1981. Leaflet. Written especially for police and fire personnel, this leaflet explains what they need to know in order to handle diabetic emergencies more effectively. Explains the signs of and treatment for low and high blood sugar and what can be done to help. Stresses that the signs of low blood sugar may resemble drunkenness.

AZ 12

American Diabetes Association.

What Is Diabetes? New York, N.Y. : The Association, 1981. Leaflet. Simple explanation of diabetes. Covers insulin-dependent and non-insulin diabetes, warning signs, incidence of the disease, who is at risk, and the role of the American Diabetes Association in helping victims.

AZ 13

American Foundation for the Blind, Inc.

Blindness and Diabetes. New York, N.Y. : The Foundation, [no date]. Booklet, 16 p. Excellent guide for patient and family to care and daily living for persons who are both blind and diabetic. Defines diabetes and describes the complications, both physical and emotional, which accompany the disease. Gives tips on home adjustment, daily living, travel, and bibliography.

AZ 14

Mississippi State Board of Health.

Foot Care. Jackson, Miss. : The Board, 1982. Booklet, 14 p. Foot care is especially important to the diabetic, because persons with diabetes have less blood supply and less feeling in their feet. Well-illustrated suggestions for foot care—preventing minor injuries, cleaning, proper shoes, nail care and corns and callous treatment.

AZ 15

National Association of Patients on Hemodialysis and Transplantation, Inc.

Renal Failure and Diabetes. New York, N.Y. : The Association, [no date]. Leaflet. Diabetes is often accompanied by progressive injury to the kidneys. Covers what a diabetic must do, immediately and long-term, when tests indicate that the kidneys are failing. Tells what kind of doctor is needed, what happens if the kidneys fail completely, and dialysis and transplantation.

AZ 16

Eli Lilly and Company.

Basic Facts About Diabetes. Indianapolis, Ind. : Eli Lilly, 1980. Pamphlet. Simple, well-illustrated description of diabetes, incidence of the disease, symptoms and treatment. Includes information resources.

AZ 17

Eli Lilly and Company.

Tony and Mark Score a Winning Run Over Diabetes. Indianapolis, Ind. : Eli Lilly, 1977. 19 p. Comic book presentation of a little leaguer who has diabetes. The doctor explains to Tony what diabetes is and how it can be controlled by insulin. After he gives himself the insulin injection, Tony makes a spectacular catch.

AZ 18

National Eye Institute.

Diabetes and Your Eyes. Bethesda, Md. : The Institute, 1981. 20 p. (NIH Publication No. 81-2171). Diabetic retinopathy is a progressive disease that occurs as a complication of diabetes. Because it usually causes no symptoms in its early stages people with diabetes should have a professional eye examination annually. Describes how diabetes affects the eyes and how the risk of visual loss from diabetic retinopathy can be reduced. Includes list of resource organizations, a glossary of terms and lists of centers conducting retinopathy studies.

AZ 19

Joslin Diabetes Foundation, Inc.

Glycoproteins and Diabetes. Boston, Mass. : The Foundation, 1980. Booklet. Glycoproteins, or sugar-containing proteins, are important to the body

processes that build cells into tissues. They appear to be involved in the initial development of diabetes and play a central role in the development of small blood vessel complications that affect the kidneys and eyes. Rather complicated study of current research on the relationship of glycoproteins and diabetes.

AZ 20

American Foundation for the Blind, Inc.

Devices for Visually Impaired Diabetics. New York, N.Y. : The Foundation, [no date]. Leaflet. Review with illustrations of the many devices that blind diabetics can use to safely give themselves insulin injections.

AZ 21

Joslin Diabetes Foundation, Inc.

Traveling with Diabetes. Boston, Mass. : The Foundation, 1972. Pamphlet, 10 p. Helpful suggestions and recommendations for caution in relation to diet, insulin and urine testing for diabetics who travel. Also contains information about traveling through time zones, restaurant eating, and proper identification for diabetics.

AZ 22

Joslin Diabetes Foundation, Inc.

Reactive Hypoglycemia. Boston, Mass. : The Foundation, [no date]. Leaflet. Reactive hypoglycemia (low blood sugar) may indicate the presence of early diabetes. Describes symptoms and treatment. Hypoglycemia involves blood glucose of 50 mg or less.

AZ 23

Joslin Diabetes Foundation, Inc.

Today's Topics in Diabetes : 1. Insulin Pump; 2. Artificial Pancreas; 3. New Insulins. Boston, Mass. : The Foundation, 1981. Pamphlet, 12 p. Describes research, progress and preliminary results of experiments with the insulin pump (for continuous injection of insulin under the skin), the implantable "artificial pancreas," and the new purified insulins.

AZ 24

American Diabetes Association.

A Word To Travel Industry Personnel. New York, N.Y. : The Association, 1981. Chart. Tells what can be done to make traveling safe for the diabetic. Covers the onset, signs, causes, and treatment of the two major types of diabetic emergencies.

AZ 25

Joslin Diabetes Center, Inc.

Insulin and Diabetes. Boston, Ma. : The Center, 1975. Booklet, 11 p. Overview of insulin use in the control of diabetes. Explains what insulin is, how it works, dose measurement, storage, administering insulin, equipment, and rotating injection sites.

Ear, Nose, Throat**BA 1**

National Hearing Aid Society.

What Did You Say? Pardon Me...But Your Hearing Loss Is Showing. Livonia, Mich. : The Society, [no date]. Leaflet. Lists signs of possible hearing loss. If you find yourself straining to hear conversations or need to have the TV turned up louder than others in the room, a consultation with your physician is necessary.

BA 2

National Bureau of Standards.

Facts About Hearing and Hearing Aids. Washington, D.C. : The Bureau, 1978. 31 p. (HEW Publication No. (FDA)79-4016). Describes how the ear functions, the causes and treatment of hearing impairment in all ages. Explains the different kinds of hearing aids available. Offers practical suggestions for their selection, use and maintenance. Discusses the hearing aid regulation established by the Food and Drug Administration. Provides hints on obtaining quality hearing aid health care.

BA 3

Food and Drug Administration.

Tuning In On Hearing Aids. Rockville, Md. : The Administration, 1980. [3 p.]. (HHS Publication No. (FDA)80-4024. Reprinted from FDA Consumer, May 1980). Brief outline of the variety of causes of hearing loss. Describes where and how to seek help, the role and responsibilities of the dispenser of hearing aids, (the dispenser may or may not be a medical doctor or an audiologist), types of hearing aids and what to do if you have problems with or complaints about hearing aids or dispensers. Includes advice to the prospective user on selection and purchase of a hearing aid.

BA 4

American Council of Otolaryngology.

Ears, Altitude and Airplane Travel. Washington, D.C. : The Council, 1978. Leaflet. Have you ever wondered why your ears 'pop' when you fly on an airplane? Brief explanation of how air travel can cause problems and what you can do about it. Describes the anatomy of the ear and what causes blocked ears and eustachian tubes.

BA 5

National Institute of Neurological and Communicative Disorders and Stroke.

Dizziness...Including Meniere's Disease : Hope Through Research. Bethesda, Md. : The Institute, 1971. 22 p. (DHEW Publication No. (NIH)75-76). Some 85 per cent of dizziness cases are related to inner ear problems. Describes the human balance system and how dizziness and the inner ear are related. Outlines tests of inner ear function and the dangers of middle ear infections. Describes Meniere's disease, head noises or tinnitus, and tumors which cause hearing loss. Summarizes research. Includes glossary of medical terms.

BA 6

Alexander Graham Bell Association for the Deaf, Inc.

Listen! Hear! For Parents of Hearing-Impaired Children. Washington, D.C. : The Association, [no date]. Leaflet. Provides suggestions of where to go for help if you suspect your child has a hearing loss. Describes what to expect during evaluation of your child and the fitting of hearing aids. Outlines what you can do to help your child develop his speech. Discusses psychological adjustments for both child and family.

BA 7

National Institute of Allergy and Infectious Diseases.

Sinusitis. Bethesda, Md. : The Institute, 1977. [11 p.]. (DHEW Publication No. (NIH)77-540.). When you say you are having a 'sinus attack' you are usually referring to an inflammation of one or more of four groups of cavities known as the paranasal sinuses, located within the bones of the head surrounding your nose. Describes the sinus pain signal, the effect of viral, bacterial and fungal infections, sinusitis in allergic patients, prevention, treatment and research.

BA 8

National Institute of Neurological and Communicative Disorders and Stroke.

Acoustic Neuroma : Hope Through Research. Bethesda, Md. : The Institute, 1976. Booklet, 18 p. Causes, symptoms, treatment, related research of acoustic neuroma, a tumor which involves the nerve of hearing and balance (eighth cranial nerve). Acoustic neuroma is benign and not a cancer. It must be immediately removed to preserve hearing and to prevent other complications.

BA 9

Deafness Research Foundation.

Middle Ear Infection : It Can Be Dangerous and Often Is. New York, N.Y. : The Foundation, [no date]. Leaflet. Untreated, middle ear infection can cause hearing loss, ruptured eardrums, or even life-threatening complications. Lists symptoms, how hearing works and how infection damages it, the role of the eustachian tube, and treatment of ear infections.

BA 10

Alexander Graham Bell Association for the Deaf, Inc.

Communicating With Hard-of-Hearing People. Washington, D.C. : The Association, 1982. Leaflet. Approximately 1 out of every 10 people has a significant hearing loss. Outlines the nature of hearing loss and suggests ways to communicate effectively with hard-of-hearing people. Notes methods of coping with hearing loss.

BA 11

American Speech-Language-Hearing Association.

Recognizing Communication Disorders. Rockville, Md. : The Association, [no date]. Pamphlet. One of every ten people has a speech, language or hearing problem. Provides summary information on the characteristics of common communication disorders, their signs and who can help someone with such a disorder.

BA 12

American Speech-Language-Hearing Association.

Hearing Impairment and the Audiologist. Rockville, Md. : The Association, [no date]. Leaflet. A hearing impairment is often more complex than simply an inability to hear speech and other sounds loudly enough and can be a serious problem. Concise explanation of what a hearing impairment is, its occurrence, diagnosis, causes and treatment. Describes who can help and how to locate help.

BA 13

American Academy of Otolaryngology—Head and Neck Surgery, Inc.

Doctor, What Causes the Noise in My Ears? Washington, D.C. : The Academy, 1981. Leaflet. Answer ten common questions on tinnitus—causes, treatment, use of biofeedback and tinnital maskers, and importance of contacting an otolaryngologist.

BA 14

American Tinnitus Association.

Information About Tinnitus. Portland, Ore. : The Association, [no date]. Leaflet. Describes tinnitus, its causes and treatment. Lists five things which make it worse—excessive use of alcohol, nicotine, caffeine, loud sounds, and marijuana. Outlines several forms of treatment, including masking.

BA 15

Deafness Research Foundation.

Information for the Temporal Bone Donor. New York, N.Y. : The Foundation, [no date]. Leaflet. The gift of the temporal bones after death allows research and education in the area of deafness to continue. Tells how to donate, what to do to increase the probability of your pledge being carried out, circumstances that prevent procurement of donated temporal bones, and how the bones will be used. Lists Temporal Bone Banks.

BA 16

American College of Surgeons.

When You Need An Operation...Tonsillectomy and Adenoidectomy. Chicago, Ill. : The College, [no date]. Leaflet. Concise information about tonsillectomy and adenoidectomy or 'T and A', the surgical removal of the tonsils and adenoids. Describes the operation, the conditions leading to it and why your doctor may recommend this procedure. Encourages you to ask your doctor questions.

BA 17

Deafness Research Foundation.

Two Million Americans Are Profoundly Deaf... New York, N.Y. : The Foundation, 1982. Booklet, 11 p. Examines the serious problems of deafness and hearing loss. Covers incidence, the economic and educational effects, and current research into implants, aging and deafness, ototoxic drugs (those injurious to hearing), Meniere's disease and tinnitus. Diagram shows how the human ear works.

BA 18

Voice of Prophecy Radio Broadcast.

Your Voice—Hoarseness, Laryngitis, Etc. Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #112). Describes the larynx or voice box and symptoms of trouble in it. Outlines causes, diagnosis and treatment of trouble in the larynx. Recommends seeking medical advice if hoarseness persists for more than two weeks.

BA 19

Alexander Graham Bell Association for the Deaf, Inc.

¿Sabe Usted Si Su Niño Puede Oír. Washington, D.C. : The Association, 1981, Leaflet. In Spanish, explains the importance of good hearing to normal child development. Lists the age at which normal children begin certain activities. If your child does not follow this pattern, he or she may need a hearing examination.

BA 20

Alexander Graham Bell Association for the Deaf, Inc.

Hearing Alert! Washington, D.C. : The Association, 1978. Leaflet. Introduces the subject of hearing loss to parents. Provides a checklist of the warning signs of hearing loss in babies from birth to 18 months and suggests where to go for help.

BA 21

Food and Drug Administration.

Hearing Aids. Rockville, Md. : The Administration, [no date]. 1 p. (HEW Publication No. (FDA)77-4007). Brief explanation of regulations on how hearing aids must be labeled and sold. Includes advice to consumers who are considering buying a hearing aid to look for seller who will rent an aid on a trial basis.

BA 22

Alexander Graham Bell Association for the Deaf, Inc.

Doctor, ¿Es Sordo Mi Hijo? Washington, D.C. : The Association, 1981. Leaflet. In Spanish, covers the danger signs of childhood hearing loss, how to look for these signs in your baby, and what to do if you suspect your child has a problem.

BA 23

National Hearing Aid Society.

The Hearing Impaired : Facts and Figures. Livonia, Mi. : The Society, 1981. Leaflet. Brief look at the statistics of hearing loss (an estimated 13 million Americans have untreated hearing problems), the nature of hearing loss as an 'invisible' handicap, and the role of the hearing aid specialist in the treatment of hearing loss.

BA 24

Voice of Prophecy Radio Broadcast.

Tonsils and Adenoids : In or Out. Los Angeles, Ca. : Voice of Prophecy, [no date]. Leaflet. (The Health File. Tape #188). Brief descriptions of the tonsils and adenoids, and their functions, in the healthy body. Summarizes what happens when they become infected.

Dental Care**BB 1**

National Institute of Dental Research.

Tetracycline Stained Teeth. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-1679). The sensitive period of tetracycline-induced staining of the permanent teeth occurs between the ages of 3 months and 8 years. Also, if tetracycline is given to a woman during the last trimester of pregnancy, or to the infant during the first three months of life, discoloration of the dentin of the baby teeth occurs. Suggests substitution of penicillin or erythromycin. Lists registered trade names for Tetracyclines.

BB 2

American Dental Association.

Toothbrushing Tips. Chicago, Ill. : The Association, 1978. Leaflet. How to choose and use your toothbrush to prevent and control dental disease.

BB 3

American Dental Association.

Basic Flossing. Chicago, Ill. : The Association, 1979. Leaflet. Flossing removes plaque and is a skill that can be learned with a little practice and the help of the description and illustrations in this informative leaflet.

BB 4

National Institute of Dental Research.

Rx for Sound Teeth. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-793). Diagrammatic explanation of how to detect and treat plaque and the use of floss or tape, water irrigation device and toothbrush. Explicit and simple.

BB 5

National Institute of Dental Research.

Tooth Implants, Transplants, and Replants. Bethesda, Md. : The Institute, 1977. Leaflet. (DHEW Publication No. (NIH)77-1143). Explanation of implants (replacement composed of artificial materials), transplants (replacement from the same person or someone else) and replants (replacement of teeth knocked out by accident and then replaced in the same socket).

BB 6

American Dental Association.

Space : Children Need Their Primary Teeth. Chicago, Ill. : The Association, 1980. Leaflet. Emphasizes the importance of 'baby teeth' which reserve space in the jaws for the permanent teeth. Outlines potential dental problems in late life if space is maintained when a primary (deciduous) tooth is lost.

BB 7

National Institute of Dental Research.

Fluoride To Protect Your Children's Teeth. Bethesda, Md. : The Institute, 1979. Leaflet. (NIH Publication No. 79-1141). Approximately one part fluoride per one million parts (1 ppm) of water prevents up to 60 percent of the tooth decay that would ordinarily occur. Describes use of community water fluoridation, school fluoridation, fluoride tablets and drops, fluoride-containing mouthrinses and dentifrices, and professional application of topical fluorides.

BB 8

National Institute of Dental Research.

Good Teeth for You and Your Baby. Bethesda, Md. : The Institute, 1979. Booklet, 16 p. (NIH Publication No. 79-1255). Very simple explanation of dental hygiene for mothers and babies emphasizing the importance of cleaning the teeth, regular visits to the dentist, adequate nutrition and prevention of baby bottle tooth decay.

BB 9

National Institute of Dental Research.

Una Buena Dentadura Para Usted y Su Bebe. Bethesda, Md. : The Institute, 1979. Booklet, 16 p. (NIH Publication No. 79-1465). Spanish language version of 'Good Teeth for You and Your Baby'. (BB8)

BB 10

National Institute of Dental Research.

Periodontal (Gum) Disease. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 81-1142). Incidence and causes of gum disease. Describes basic types—gingivitis, periodontitis (pyorrhea), periodontosis and acute necrotizing gingivitis (Vincent's Infection or trench mouth)—treatment and prevention.

BB 11

National Institute of Dental Research.

Malocclusion. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-1144). Malocclusion ('bad bite') refers both to abnormally situated teeth and abnormal jaw relationships. Summarizes causes, effects and methods of correction.

BB 12

National Institute of Dental Research.

Radiation, Chemotherapy and Dental Health. Bethesda, Md. : The Institute, 1981. Pamphlet, 6 p. (NIH Publication No. 81-2090). How to cope with problems in the teeth and gums which can result from radiation of the head and neck and from cancer chemotherapy. The major problem stems from the reduction in the saliva normally present in the mouth, which can produce severe tooth decay.

BB 13

National Institute of Dental Research.

Seal Out Dental Decay. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-1140). Describes use of plastic films applied by the dentist to chewing surfaces to seal vulnerable pits and grooves in which food and bacteria can be trapped.

BB 14

National Institute of Dental Research.

Tooth Decay. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-1146). Causes and what can be done to prevent tooth decay. Suggests use of fluoride and reduction of the intake of sugar.

BB 15

National Institute of Dental Research.

Canker Sores and Fever Blisters. Bethesda, Md. : The Institute, 1979. Pamphlet, 10 p. (NIH Publication No. 80-247). Causes, treatment and precautionary measures for canker sores (aphthous stomatitis or aphthous ulcers). Fever blisters or cold sores are caused by the herpes simplex virus. Although most viral infections cannot be cured by drugs, local anesthetics and antibiotics can control pain and secondary infection. Describes current research.

BB 16

American Dental Association.

Prophylaxis. Chicago, Ill. : The Association, 1978. Leaflet. Basic facts on why you need prophylaxis. Explains how calculus builds up on the teeth and why it should be removed.

BB 17

American Dental Association.

Smoking and Teeth? Chicago, Ill. : The Association, 1976. Leaflet. Concise summary of how smoking affects your whole mouth.

BB 18

American Dental Association.

Eight—8—Warning Signs of Gum Disease. Chicago, Ill. : The Association, 1980. Leaflet. Lists the eight warning signs of gum diseases. Outlines how gum disease causes tooth loss, and how it can be prevented.

BB 19

American Dental Association.

Nursing Bottle Mouth. Chicago, Ill. : The Association, 1979. Leaflet. Basic facts on how to protect your child's teeth and save them from tooth decay. Explains what happens when the nursing bottle filled with sweetened liquids is used as a pacifier for comforting the infant or controlling behavior.

BB 20

National Institutes of Health.

Your Wisdom Teeth. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 858-DR-581). Development, impaction, eruption, extraction and problems of wisdom teeth.

BB 21

National Institutes of Health. Sus Meulas del Juicio.

Sus Muelas del Juicio. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 859-DR-851-T). Spanish language version of 'Your Wisdom Teeth.' (BB20)

BB 22

National Institutes of Health.

Pregnancy Gingivitis. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 836-DR-181). Because of the hormonal changes that occur during pregnancy, many expectant mothers become prone to gum inflammation, commonly called 'pregnancy gingivitis.' Suggests periodic dental examination and reduction in consumption of sugar.

BB 23

National Institutes of Health.

Gingivitis Del Embarazo. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 832-DR-181). Spanish language version of 'Pregnancy Gingivitis.' (BB22)

BB 24

National Institutes of Health.

Care for Baby's Teeth. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 832-DR-181). Prevention of cavities and 'nursing bottle mouth' in order to preserve baby teeth (deciduous or primary teeth). Outlines good dental habits.

BB 25

National Institutes of Health.

Cuidado de los Dientes de Leche. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 833-DR-181-T). Spanish language of 'Care of Babies Teeth.' (BB24)

BB 26

National Institutes of Health.

Fluoride to Protect Your Teeth. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 834-DR-181). The most effective agent available to prevent tooth decay is fluoride, which incorporates itself into the tooth structure where it makes the enamel more resistant to demineralization from acid. Describes use of fluoride drops, tablets, mouthrinses, toothpastes and gels.

BB 27

National Institutes of Health.

El Fluor Para La Proteccion De Sus Dientes. Bethesda, Md. : The Institutes, 1981. Leaflet. (The Search for Health, 835-DR-181-T). Spanish language translation of 'Fluoride To Protect Your Teeth.' (BB26)

BB 28

American Dental Association.

Cómo Puede Afectar el Biberón la Salud Dental de Su Niño? El Síndrome de El Biberon Chicago, Ill. : The Association, 1979. Leaflet. Spanish language translation of 'Nursing Bottle Mouth.' (BB19)

BB 29

American Dental Association.

Your Teeth and What They Do. Chicago, Ill. : The Association, 1980. Leaflet. Excellent illustrations and concise text describes and illustrates the structure and function of teeth as well as names and dates of eruption of the permanent teeth.

BB 30

American Dental Association.

Disclose the Enemy! Chicago, Ill. : The Association, 1978. Leaflet. Summary information on how disclosing tablets or solutions work and how they are used in a plaque-control program.

BB 31

American Dental Association.

Your New Dentures. Chicago, Ill. : The Association, 1980. 9 p. A guide to the emotional and physical adjustment as you learn to live with and use your new dentures. Outlines temporary problems with speaking, eating and everyday wear. Describes cleaning. Recommends having your dentist make necessary adjustments. Notes the effects of long-term denture wear.

BB 32

American Dental Association.

What Is Plaque? Chicago, Ill. : The Association, 1978. Leaflet. Concise description of plaque, how it is formed, its role in tooth decay and how you can prevent dental disease.

BB 33

American Dental Association.

You Can Prevent Tooth Decay. Chicago, Ill. : The Association, 1980. 10 p. The decay process explained, and what you can do to keep your teeth for a lifetime. Explains how to brush and floss your teeth. Outlines the link between sugar and tooth decay. Recommends regular dental check ups.

BB 34

American Dental Association.

Why Gold? Chicago, Ill. : The Association, 1979. Leaflet. An ideal restorative material, gold is used to reform the shape and function of a tooth and prevent recurrence of dental decay. Describes how gold is used in inlays, onlays, crowns and direct filling.

BB 35

American Dental Association.

They're Your Teeth... You Can Keep Them. Chicago, Ill. : The Association, 1981. 11 p. Simple, well-illustrated description on how periodontal (gum) disease can cause you to lose your teeth. Outlines type of gum disease, prevention, contributing factors and treatment.

BB 36

American Dental Association.

Removable Partial Dentures. Chicago, Ill. : The Association, 1980. 9 p. Essential information for anyone who is about to get a removable partial denture. Discusses the advantages of a partial denture, possible minor discomforts, inserting, removing and cleaning your partial. Outlines adjustments to eating and speaking patterns. Covers cleaning your natural teeth.

BB 37

American Dental Association.

Dentures : What You Don't Know Can Hurt You. Chicago, Ill. : The Association, 1979. Leaflet. Brief explanation of why your dentist is the only person qualified to provide denture services. Explains the role of dental laboratory technicians.

BB 38

American Dental Association.

Fluoride Helps Prevent Tooth Decay. Chicago, Ill. : The Association, 1979. Leaflet. Concise explanation of the benefits of fluoride in the water. Describes professional as well as home and school applications of topical fluorides (those that are applied directly to the teeth).

BB 39

American Dental Association.

Your Teeth Can Be Saved By Endodontic (Root Canal) Therapy. Chicago, Ill. : The Association, 1980. Leaflet. Concise, well-illustrated explanation helps you understand what endodontic (root canal) treatment is, why it is needed and how your teeth can be saved.

BB 40

American Dental Association.

Diet and Dental Health. Chicago, Ill. : The Association, 1980. 10 p. Discusses the importance of diet in maintaining good oral health. Describes the role of sugar in dental disease, and how plaque is formed. Provides suggestions for balanced meals and healthy snacks. Suggests keeping a food diary.

BB 41

American Dental Association.

Do Your Gums Bleed When You Brush Your Teeth? Chicago, Ill. : The Association, 1980; 6 p. Periodontal disease affects the gums, bone and other supporting structures of the teeth, and is the greatest single cause of tooth loss in adults. Describes symptoms, causes and prevention.

BB 42

American Dental Association.

Have Missing Teeth Replaced. Chicago, Ill. : The Association, 1978. Leaflet. Cartoon illustrations emphasize mechanical and biological damage that can occur if you do not have missing teeth replaced.

BB 43

American Dental Association.

Orthodontics : Questions and Answers. Chicago, Ill. : The Association, 1979. 10 p. General facts about who can benefit from orthodontics, the cost of treatment, at what age treatment should start and the patient's role. Describes the causes of malocclusion, how teeth are straightened using braces and removable appliances and importance of plaque control during treatment.

BB 44

National Dairy Council.

How Teeth Grow. Rosemont, Ill. : The Council, 1978. Leaflet. Normal development of teeth which start to grow about six months before birth. Describes the growth of pulp cavity, dentin and enamel. Stresses the importance of dental care and nutrition, and provides a guide to good eating.

BB 45

The New York Times.

Some Guidelines for Evaluating Dentists and the Care They Give. New York, N.Y. : The Times, 11/18/81, Sec. C, p. 14. Newspaper article. The results of poor dental practice are usually not apparent to the patient for years, so it is important that consumers know how to find and recognize a good dentist. Lists the things a good dentist should do in an examination, cost factors, and treatment—with emphasis on the fact that good dental care is a time consuming process. Also notes things to look for in dental insurance plans.

BB 46

Metropolitan Life Insurance Company.

Dental Care : Questions and Answers. New York, N.Y. : Metropolitan Life Insurance. Pamphlet, 13 p. Simple answers to basic questions such as is fluoride harmful; how do cavities form; what is plaque; what is root canal therapy; is it harmful to have my teeth x-rayed?

BB 47

National Dairy Council.

For Good Dental Health, Start Early. Rosemont, Ill. : The Council, 1980. Pamphlet, 10 p. Importance of promoting good dental health practices in children. Describes growth of deciduous and permanent teeth and stresses the need for visits to the dentist and adequate, well-balanced meals.

BB 48

U.S. Department of Health and Human Services.

Get the Picture on...Dental X-rays. Rockville, Md. : The Department, [no date]. Pamphlet. (FDA) 80-8111). Concise explanation of the common dental x-ray exams - 'bitewing', used to see the tops, or crowns of the teeth, to detect decay between teeth, and to check the condition of the supporting bone; 'panoramic' shows all the teeth and the supporting bone on one large film; and 'cephalometric', a side view of the head which shows the relationship between the teeth and the skull. Discusses the 'safety' of x-rays, the use of lead shields during x-ray examination of teeth; frequency of x-rays and safety checks of equipment. Includes checklist to help you avoid unnecessary x-ray risks and costs.

BB 49

Epilepsy Foundation of America.

Phenytoin (Dilantin) and Dental Care. Washington, D.C. : The Foundation, [no date]. Leaflet. Phenytoin (Dilantin) is a commonly prescribed drug to control epileptic seizures. Because some of the drug's side effects can include swelling, overgrowth and irritation of the gums, proper care by the dentist is essential. Notes ways to avoid dental problems associated with phenytoin use, describes proper brushing and cleaning methods, and tells where to get further information.

BB 50

Voice of Prophecy Radio Broadcast.

Tooth Pain—Hypersensitivity or Trauma. Los Angeles, Ca. : Voice of Prophecy, [no date]. Leaflet. (The Health File. Tape #173). Brief description of three sources of tooth pain—decay, injury and 'referred pain.' Outlines causes and treatment. Simple, large print.

Handicapped

BC 1

U.S. Department of Education.

Pocket Guide To Federal Help for the Disabled Person... Washington, D.C. : The Department, 1980. 23 p. Descriptions of services and benefits to blind, deaf and developmentally disabled persons. Outlines general scope of federal support for services to the handicapped.

BC 2

National Institute of Mental Health.

'Plain Talk' About Children With Learning Disabilities. Rockville, Md. : The Institute, 1979. 6 p. (DHHS Publication No. (ADM)80-825. Plain Talk Series). Outlines the usual, frequent and occasional difficulties that a learning disabled child will experience. Describes behavior patterns at home and at school. Lists some of the possible causes of learning disabilities. Provides help in understanding the gamut of emotions faced by parents, brothers, sisters and other family members, as well as the feelings of the learning disabled child. Lists specific everyday skills such a child needs to learn. Includes resource organizations.

BC 3

President's Committee on Mental Retardation.

The Problem of Mental Retardation. Washington, D.C. : The Committee, [no date]. Booklet. (DHEW Publication No. (OHDS)79-21021). Overview of the problem of mental retardation. Describes incidence, tests to determine degree of mental retardation, community services, residential care, special education, rehabilitation and preventive measures. Discusses the deprived child and manpower. Notes that mental illness and mental retardation are separate and distinct conditions. Lists the developmental characteristics of the mentally retarded.

BC 4

Association for Retarded Citizens.

Take Care of Yourself. Arlington, Tex. : The Association, [no date]. Leaflet. At least 50 per cent of the cases of mental retardation are preventable say medical experts. A simple outline of steps you can take to help your child be born healthy.

BC 5

Association for Retarded Citizens.

It Can Happen To Anyone. Arlington, Tex. : The Association, [no date]. 12 p. Describes things you can do for yourself today that may protect your family in the future. Emphasizes the importance of nutritious meals and limiting the use of drugs, alcohol and tobacco. Immunization against rubella (German measles), knowing your blood type, early consultation with your doctor if you think you are pregnant and genetic counseling are recommended if you are to reduce the risk of mental retardation in your baby.

BC 6

United States Department of Housing and Urban Development.

Changing Environments for People With Disabilities. Washington, D.C. : The Department, 1980. Booklet, 20 p. (HUD-600-H). The federal government has adopted some existing programs and initiated new ones to provide aid for the design and construction of facilities that meet the needs of the handicapped. Summarizes programs, tells how to apply and lists regional and area offices of the Department of Housing and Urban Development where help can be found. Covers private homes, mobile homes, public housing and development grants for state and local governments.

BC 7

American Council of the Blind.

Respond To : Workers with Blindness. Washington, D.C. : The Council, [no date]. Leaflet. Answers the fears that many employers may have about hiring a blind person. Notes that technological advances have helped many blind people become more independent.

BC 8

President's Committee on Employment of the Handicapped.

So You're Going to Hire A Mentally Retarded Person. Washington, D.C. : The Committee, [no date]. Leaflet. Mentally retarded persons can become loyal, hard-working employees if employers follow guidelines in this leaflet. Notes that mentally retarded workers have motivation, good attendance records and strong sense of loyalty.

BC 9

Cystic Fibrosis Foundation.

Equal Employment Opportunity for People with Cystic Fibrosis. Rockville, Md. : The Foundation, 1980. 11 p. (Consumer Facts, No. 3). This booklet is intended to make adults with CF aware of their rights. It does not provide advice on what kind of career to pursue. Includes a brief summary of existing laws to protect the rights of the handicapped, recent court decisions affecting the rights of the handicapped, information on helping yourself and protecting your interests, specific problems you could face in competing for a job or job promotion and action that can be taken if you believe you have been a victim of employment discrimination because of your health.

BC 10

U.S. Department of Health and Human Services.

SSI for Disabled or Blind Children. Washington, D.C. : The Department, 1981. Leaflet. Supplemental Security Income (SSI) can provide financial help for disabled or blind children. Tells how to apply, who is eligible, payments, what information will be needed, and how to evaluate whether a person's condition is severe enough to be considered disabled.

Skin and Hair

BD 1

Centers For Disease Control.

Ringworm, Including Athlete's Foot. Atlanta, Ga. : CDC, 1980. Leaflet. (DHEW Publication No. (CDC)80-8239). Four communicable diseases caused by fungus growth on the body's surface are : ringworm of the feet (Athlete's Foot), ringworm of the nails, ringworm of the body and ringworm of the scalp. Describes symptoms and treatment.

BD 2

Centers For Disease Control.

Head Lice. Atlanta, Ga. : CDC, 1980. Leaflet. (DHHS Publication No. (CDC)80-8313). Head lice are bloodsucking insects that feed on human blood by stabbing an opening through the skin. Summarizes symptoms, such as itching, and treatment.

BD 3

National Institute of Arthritis, Diabetes, Digestive and Kidney Diseases.

What You Should Know About Vitiligo. Washington, D.C. : The Institute, 1980. 7 p. (NIH No. 80-2088). Vitiligo is a pigmentation disorder in which the destruction of color-producing cells (melanocytes) results in irregular, smooth white patches on the skin. Discusses causes, treatment and outlook.

BD 4

National Institutes of Allergy and Infectious Diseases.

Acne. Bethesda, Md. : The Institute, 1980. Leaflet. (NIH Publication No. 80-188). Causes of acne; symptoms such as the eruption of comedones (blackheads and whiteheads), and the formation of nodules and cysts; and treatments which degrease, peel and degerm the skin. Describes new, experimental methods of treatment.

BD 5

De Vore, Robert T.

Sunbathing and Skin Cancer. Washington, D.C. : FDA, 1977. 2 p. (DHEW Publication No. (FDA)77-7021). The essential facts : ultraviolet radiation from the sun is the leading cause of skin cancer, responsible for an estimated 6,500 to 7,500 deaths every year. Suggests precautions to be taken in sunbathing. Reprint from the FDA Consumer.

BD 6

Hopkins, Harold.

All About Cooties and Such Critters. Washington, D.C. : FDA, 1981. 4 p. (DHHS Publication No. (FDA)81-3118). An informative description of the history, characteristics and spread of body, head and pubic lice and scabies. Treatment includes use of lindane (by prescription), pyrethrins (over-the-counter), or sulfur compounds. Reprint from the FDA Consumer.

BD 7

Thompson, Richard C.

Balding Is Forever, Experts Say. Washington, D.C. : FDA, 1981. 2 p. (DHHS Publication No. (FDA)81-1083). A review panel of the Food and Drug Administration has concluded that 'all claimed hair-growth and hair-loss-prevention ingredients reviewed are not effective for OTC external use.' Clear discussion of the balding process. Reprint from the FDA Consumer.

BD 8

FDA Consumer.

Stubborn and Vexing : That's Acne. Washington, D.C. : FDA, 1980. 3 p. (DHHS Publication No. (FDA)80-3107). Informative statement as to the mechanism, causes, treatment and control of acne. Reprinted from the FDA Consumer.

BD 9

Morrison, Margaret.

Cosmetics. Washington, D.C. : FDA, 1978. 7 p. (DHEW Publication No. (FDA)78-5007). Composition, ingredients, labeling and precautions to be taken in the use of lipsticks, creams, lotions, eye makeup, antiperspirants and deodorants. Describes FDA regulations controlling cosmetics.

BD 10

Reed and Carnrick.

Scabies : Anyone Can Get It. Kenilworth, N.J. : Reed and Carnrick, [no date]. Pamphlet. Short description of scabies, a skin disease caused by mites which burrow under the skin. Outlines how you get scabies, what happens when you get it, symptoms and treatment.

BD 11

Hospital Council of Southern California.

How California Sun Lovers Can Cut the Risks of Skin Cancer. Los Angeles, Calif. : The Council, 1979. Leaflet. Simple explanation of skin cancer : who gets it, early warning signs, simple precautions. 95% of skin cancers can be cured if treated in time. Sun lovers are the most frequent target.

BD 12

The New York Times.

Ten-Year Old Boy Dies After a Lifelong Fight Against a Rare Disease. New York, N.Y. : The Times, 2/16/82, Sec. B, p. 5. Newspaper article. Describes the case of a Florida boy fighting against epidermolysis bullosa, a rare skin disease which causes blisters and sores to erupt all over the body. Gives the incidence, symptoms and treatment for the disorder.

BD 13

The New York Times.

Treating Baldness : FDA Steps In. New York, N.Y. : The Times, 2/21/81, p. 13. Newspaper article. Describes the F.D.A.'s efforts to control the sale of baldness-prevention and hair growth products. Notes that no product on the market has been able to demonstrate any real value in promoting hair growth.

BD 14

The New York Times.

New Method To Detect a Deadly Skin Cancer Reported by Scientists. New York, N.Y. : The Times, 4/30/81, Sec. A, p. 24. Newspaper article. Describes new method for early detection of cutaneous T-cell lymphoma, a skin cancer that is often fatal.

BD 15

Voice of Prophecy Radio Broadcast.

Pinworms. Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #104). Summary information on pinworms, what they are, how they are spread, symptoms of an infection and treatment.

BD 16

National Psoriasis Foundation.

Psoriasis In Infancy and Childhood. Portland, Ore. : The Foundation, [no date]. Pamphlet, 12 p. Describes the special problems faced by infants and children who have psoriasis. Covers symptoms, onset, treatment, medication, and different types of psoriasis. Provides tips for patient and family for living with psoriasis and a bibliography.

BD 17

National Institutes of Health.

Shingles : Hope Through Research. Bethesda, Md. : The Institutes, 1981. Pamphlet, 16 p. (NIH Publication No. 82-307). Shingles results from the eruption of a virus which lies dormant in the body after a childhood case of chicken pox. Describes this painful condition, symptoms, some rare but severe complications, treatment, and research. Also discusses the dangers of pregnant women contracting chicken pox and the resulting risk that the baby may develop shingles.

BD 18

National Psoriasis Foundation.

The Patient Guide : Answers to Commonly Asked Questions About Psoriasis. Portland, Ore. : The Foundation, [no date]. Pamphlet, 22 p. A guide for patients who have psoriasis, this question-answer format provides information about the disease, treatment, the many forms and body parts affected, diet and medications. Also provides information about special spas for the treatment of psoriasis.

BD 19

Oregon State Health Division.

Control of Fleas in the Home. Salem, Ore. : The Division, 1977. Leaflet. Fleas usually come into the home on pets or rodents. Gives description of the flea and its life cycle, methods of control, cautions on the use of pesticides, and a chart of the flea life cycle.

BD 20

Mississippi State Board of Health.

Lice. Jackson, Miss. : The Board, 1982. Leaflet. Well-illustrated look at lice—bloodsucking insects which can live and breed in the clothing and hair of man. Covers life cycle, spreading, and treatment.

BD 21

National Institute of Arthritis, Diabetes, Digestive and Kidney Diseases.

Treatment of Psoriasis : An Update. Bethesda, Md. : The Institute, 1982. 9 p. A disorder characterized by thickened, red patches of skin that are covered with silvery scales, psoriasis affects about 2 out of every 100 Americans. Explains what is known about the disease and details three categories of therapy : topical treatment involving medications used only on the skin surface, systemic treatment using oral or injected drugs and photochemotherapy utilizing special oral drugs plus light exposure.

BD 22

Indiana State Board of Health.

Facts for You About Impetigo. Indianapolis, Ind. : The Board, [no date]. Fact sheet. Short statement of the causes, symptoms, and treatment of impetigo, an infection in which the skin is covered with pus-filled eruptions.

BD 23

Indiana State Board of Health.

Facts for You About Ringworm. Indianapolis, Ind. : The Board, [no date]. Fact sheet. Short statement of the causes, symptoms and treatment of ringworm, a superficial fungus infection of the scalp that is contagious and may become epidemic.

BD 24

Food and Drug Administration.

A Word of Caution on Tanning Booths. Rockville, Md. : The Administration, [1980]. Leaflet. (FDA) 80-8118). Tanning booths may give you a suntan but the ultraviolet radiation they give off can also burn you or injure your eyes, increase the risk of skin cancer in later life and wrinkle your skin prematurely. Some drugs can increase the reaction to ultraviolet radiation.

BD 25

National Cancer Institute.

Kaposi's Sarcoma. Bethesda, Md. : The Institute, 1982. 6 p. (Fact Sheet). Since January 1980, the incidence of a rare skin cancer—Kaposi's sarcoma—has risen swiftly among young American homosexual men. Describes occurrence, symptoms and treatment. Summarizes what is known about the causes and the possible links between behavioral factors such as nitrite inhalant use and Kaposi's sarcoma.

BD 26

Hopkins, Harold.

Tan Now, Pay Later? Rockville, Md. : The Administration, 1982. 2 p. (FDA Consumer, April 1982. HHS Publication No. (FDA)82-1095). The sun damages the skin. Ultraviolet radiation causes sunburns, tans the skin and can leave permanent damage. Premature aging of the skin can occur while the most dreaded long-term effect is the accelerated potential to develop skin cancer. Advises use of sunscreen products with a high SPF (Sun Protection Factor).

Allergies

BE 1

National Institutes of Health.

Insect Allergy. Bethesda, Md. : The Institutes, 1978. Booklet. (DHEW Publication No. (NIH)78-1046.). More people are killed in this country each year by bees, wasps, hornets, yellow jackets and live ants than by any other venomous creatures, even rattlesnakes. Explanation of how insects cause allergic reactions, symptoms, diagnosis, treatment of stings and insect sting allergy. Discusses allergy 'shots', prevention of insect allergy and how research can help.

BE 2

National Institute of Allergy and Infectious Diseases.

Dust Allergy. Bethesda, Md. : The Institute, [no date]. Pamphlet. (DHEW Publication No. (NIH)75-490). House dust allergy is an abnormal sensitivity to house dust, and causes sneezing, runny nose and/or wheezing and shortness of breath every time the house is dusted. Concise description of symptoms, causes, diagnosis, treatment, prevention, allergy 'shots', other dusts and research into this troublesome condition.

BE 3

National Institutes of Health.

Food Allergy. Bethesda, Md. : The Institutes, [no date]. Pamphlet. (DHEW Publication No. (NIH)74-533). Sensitivity to a food can manifest itself within minutes of eating the culprit food or may be delayed for several hours. Symptoms may involve the skin, respiratory or gastrointestinal tracts, or rarely, the body's vital organs resulting in a serious state of shock. Describes what a food allergy is, the causes and symptoms of food reactions, incidence of, tests for, treatment of and research into food allergies.

BE 4

National Institute of Allergy and Infectious Diseases.

Mold Allergy. Bethesda, Md. : The Institute, [no date]. Booklet. (DHEW Publication No. (NIH)77-797). Outline of mold allergy and the mold spores that are important inhaled allergens. Discusses mold counts, skin tests for allergy, how allergy is treated, allergy 'shots', related disorders and research.

BE 5

National Institute of Allergy and Infectious Diseases.

Poison Ivy Allergy. Bethesda, Md. : The Institute, [no date]. Booklet. (DHEW Publication No. (NIH)77-897). Allergic reactions to poison ivy, poison oak and poison sumac are a source of misery to many. Information on what happens in the body during immediate and delayed hypersensitivity reactions. Describes how exposure occurs, symptoms, tests and treatment for poison ivy allergy. Provides descriptions and illustrations of the three plants. Also brief summaries on allergy 'shots' and research.

BE 6

National Institute of Allergy and Infectious Diseases.

Pollen Allergy. Bethesda, Md. : The Institute, [no date]. Booklet. (DHEW Publication No. (NIH)76-493). Brief outline of what happens in the body of someone with a pollen allergy. Describes those pollens which are known to cause allergies and where they are found, what tests are available, how allergy is treated, allergy 'shots', possible complications, pollen counts and research.

BE 7

National Institute of Allergy and Infectious Diseases.

Allergies : Questions and Answers. Bethesda, Md. : The Institute, 1981. Pamphlet. (NIH Publication No. 81-189). Question and answer format provides information on the causes, symptoms, treatment and prevention of allergies. Briefly describes the allergic diseases : allergic rhinitis, asthma, eczema, contact dermatitis, hives and food allergy.

BE 8

Lederle Laboratories.

Poison Ivy—The Summer Itch. Pearl River, N.Y. : Lederle, [no date]. 5 p. Informative summary of the problem of poison ivy. Describes earliest mention of this plant, where it can be found, what happens when you touch it and what you can do to relieve the itch. Outlines research into control of the disease. Provides excellent illustrations of poison ivy, poison oak and poison sumac. Warns you not to touch plants with 'leaflets three'.

BE 9

American Lung Association.

Hay Fever : The Facts About Your Lungs. New York, N.Y. : The Association, 1979. 7 p. Describes how hay fever occurs, its effects and the seasons for hay fever. Sensitivity is established when the tissues that form antibodies are stimulated to make specialized allergic antibodies to otherwise harmless pollens, spores, etc. Avoidance of each substance is the best means of control. Desensitization can also prevent hay fever.

BE 10

The New York Times.

Allergies of Spring To Get Shots or Not. New York, N.Y. : The Times, 4/1/81, Sec. C, p. 1. Newspaper article. Notes that allergy shots, while relieving the symptoms of allergy, rarely cure the allergy itself or relieve symptoms for an extended period of time. Defines allergy, how allergy shots work, when they should be used, and some possible harmful effects.

BE 11

Pharmacia Diagnostics.

About Allergic Reactions To Insect Stings...The Newest and Best Ways To Avoid Them. Piscataway, N.J. : Pharmacia Diagnostics, [no date]. Pamphlet. Describes the causes of allergic reactions to insect stings; diagnostic testing for allergies; treatment procedures and precautions you can take. Presents important characteristics of honeybees, wasps, hornets and yellow jackets. Provides a self-help checklist.

BE 12

American Lung Association.

What You Should Know About Allergy. New York, N.Y. : The Association, 1980. Pamphlet. Describes incidence, causes, occurrence and treatment of allergies. If your body reacts excessively to something in the world around you, you are called allergic. Describes how a substance causes an allergic reaction and what happens to the body. Food, feather particles, small animal hairs, plants, fabrics, animal bites, physical and emotional factors can all cause allergic reactions.

BE 13

Lederle Laboratories.

Itching for Answers About Poison Ivy? Wayne, N.J. : American Cynamid Company, [no date]. Leaflet. Essential information on cause, immunity, prevention, symptoms and treatment of poison ivy. Warns that exposure to poison ivy may cause you to become allergic to it, sooner or later.

BE 14

Pharmacia Diagnostics.

Stinging Insect Allergy. Piscataway, N.J. : Diagnostics, [no date]. Pamphlet. Unlike hay fever, stinging insect allergy causes life-threatening reactions in thousands of people each year. About 50 to 100 die. Describes those insects responsible for the majority of allergic reactions—bees, wasps, hornets, yellow jackets and fire ants, types of reactions, what causes the reaction, diagnosis, prevention and treatment.

BE 15

National Institute of Allergy and Infectious Diseases.

Allergies. Bethesda, Md. : The Institute, 1981. 25 p. (Medicine for the Layman. NIH Publication No. 81-1948). Technical explanation of what allergies are, the mechanisms involved in an allergic reaction, incidence and treatment. Includes information on asthma and research efforts. Question and answer section includes information on whole-body stinging insect shots, diagnosis of allergy, its causes, use of antihistamines and papase, why you develop wheals with mosquito bites, and allergies to shrimp.

Safety

BF 1

Food and Drug Administration.

Preventing Childhood Poisonings. Rockville, Md. : The Administration, 1979. Leaflet. (HHS Publication No. (FDA)75-7001). Practical advice on how to protect your child from accidental poisonings. If your child does swallow a medicine or household chemical, contact your doctor or poison control center immediately.

BF 2

National Cancer Institute.

Did You As A Child Or A Young Adult Have X-ray Treatments Involving Your Head Or Neck? Bethesda, Md. : The Institute, [no date]. Leaflet. (DHEW Publication No. (NIH)77-1206). Concise summary on why those who received radiation therapy as a child or young adult should have a throat and neck examination. A link has recently been recognized between tumors of the thyroid gland and X-ray treatments administered years before for various noncancerous conditions of the head, neck and upper chest.

BF 3

Food and Drug Administration. Bureau of Radiological Health.

X-rays : Get the Picture on Protection. Rockville, Md. : The Bureau, [no date]. Leaflet. (HHS Publication (FDA)80-8088). Brief description of what you can do to avoid unnecessary X-rays. Provides an X-ray record card to help you reduce X-ray risks and costs.

BF 4

Food and Drug Administration.

We Want You To Know About Cosmetics. Rockville, Md. : The Administration, 1978. Leaflet. (HEW Publication No. (FDA)79-5011). Outlines FDA role in the regulation of cosmetics, including adequate warning labels on potential hazards of products and requirements regarding the listing of ingredients in cosmetics. Briefly discusses 'hypoallergenic' cosmetics. Provides hints on safe use of cosmetics.

BF 5

National Cancer Institute.

Asbestos Exposure . What It Means, What To Do. Bethesda, Md. The Institute, [no date]. 12 p. (DHEW Publication No. (NIH)78-1594). 'Asbestos' is the name for a family of minerals which occur naturally as masses of fibers. These fibers have a natural tendency to break apart into dust or tiny particles and may be easily inhaled or swallowed. Brief outline of the uses of asbestos, the health hazards of asbestos exposure and lung cancer. Describes who needs to be examined, treatment and protective measures. Lists Cancer Information Services (CIS) offices around the nation.

BF 6

American Chiropractic Association.

Industrial Back Injuries : Prevention and Care of A Serious Problem. Des Moines, Iowa : The Association, [no date]. Leaflet. Brief overview of chiropractic health care. Outlines how you can protect your back at work, at home and at play. Summarizes incidence of back injuries. Reports on comparative cost study of chiropractic and medical treatment of industrial injuries.

BF 7

U.S. Consumer Product Safety Commission.

Poison Prevention Packaging : Alternatives for Older Consumers and the Handicapped. Washington, D.C. : The Commission, 1979. Leaflet. Brief summary of the Poison Prevention Packaging Act of 1970 and the exception to this act which allows traditional easy-to-open packaging for those who may find it impossible to open child-resistant containers.

BF 8

Food and Drug Administration.

VDT's Pass Medical Tests. Rockville, Md. : The Administration, 1981. 3 p. (HHS Publication (FDA)81-8165. Reprinted from FDA Consumer, April 1981). It is estimated that more than 7 million Americans now work at video display terminals (VDT's). Describes tests done at FDA's Winchester Engineering and Analytical Center to check for X-ray leakage and radiation. Makes several recommendations to reduce health problems among VDT users.

BF 9

Food and Drug Administration.

Microwave Oven Radiation. Rockville, Md. : The Administration, [no date]. Leaflet. (HHS Publication No. (FDA)80-8120). Brief explanation of microwave radiation, and cooking with microwaves. Describes microwave oven safety standard, microwave ovens and health, allegations of radiation injury from microwave ovens, ovens and pacemakers, checking ovens for leakage. Provides tips for safe microwave oven operation.

BF 10

Food and Drug Administration.

Foodborne Illness. Rockville, Md. : The Administration, 1979. Leaflet. (HEW Publication No. (FDA)80-2044). Concise explanation of how foods cause illness, how heat and cold keep down contamination, safe food-keeping through refrigeration and freezing, care of your refrigerator and safe food-keeping through cooking. Lists food poisonings that proper cooking can prevent.

BF 11

Hecht, Annabel.

Keeping Poisons and Children Apart. Rockville, Md. : Food and Drug Administration, 1979. 2 p. (HEW Publication No. (FDA)79-7023. Reprinted from FDA Consumer, February 1979). The variety of potentially harmful substances that children can swallow ranges from corrosive acids to children's modeling clay. Outlines the things parents and other adults can do to prevent accidental poisonings.

BF 12

Food and Drug Administration.

Cooking Utensils...Some Facts About Their Safety. Rockville, Md. : The Administration, 1979. Leaflet. (HHS Publication No. (FDA)80-2123). Concise summary on the safety of commonly used cooking utensils; includes microwave ovens and slow cookers.

BF 13

U.S. Consumer Product Safety Commission.

Buyer's Guide : It Hurts When They Cry. A Booklet To Help You Avoid Nursery Furniture and Equipment Injuries. Washington, D.C. : The Commission, 1980. 10 p. Basic information on hazards, safety features and proper use of nursery furniture and equipment. Provides safety tips and safety checklists for baby walkers, standard-size and nonstandard-size cribs, high chairs, strollers and carriages, play pens, baby carriers and back carriers.

BF 14

U.S. Consumer Product Safety Commission.

A Toy and Sports Equipment Safety Guide. Washington, D.C. : The Commission, 1980. Booklet. Describes safety problems that can arise when children use electrically operated toys, bicycles, tricycles, minibikes and mini-cycles, roller skates, ice skates, skate boards, sleds, toboggans and snow disks. Lists safety regulations enforced by Consumer Products Safety Commission. Gives advice on what to look for when buying toys and sport equipment for your child.

BF 15

Rados, Bill.

Primer On Radiation. Rockville, Md. : Food and Drug Administration, 1979. 5 p. (HHS Publication No. (FDA)79-8099. Reprinted from FDA Consumer, July-August 1979). Overview of the risks and benefits of radiation. Points out that radiation has permeated the universe since time began. Discusses medical uses of radiation therapy, the complex problem of weighing individual risk against social benefit and difficulty of calculating health risks from radiation. Includes explanation of radiation.

BF 16

Hospital Council of Southern California.

Emergency : A Consumer Guide On How To Prepare. Los Angeles, Calif. : The Council, [no date]. Leaflet. Essential information on how to prepare for a medical emergency. Describes how to locate an emergency center and what to expect at the emergency room. Lists medical problems that threaten life. Suggests listing important emergency phone numbers and 'consent for emergency medical treatment' with the babysitter.

BF 17

U.S. Consumer Product Safety Commission.

Lead Paint Poisoning. Washington, D.C. : The Commission, 1980. 3 p. (Product Safety Fact Sheet). Concise summary of the dangers of lead poisoning in young children, especially those in older homes with peeling and chipped paint. Offers suggestions to lessen the danger of lead paint poisoning. Lists symptoms that may indicate lead poisoning. Bibliography included.

BF 18

Centers for Disease Control.

Parents : Are Your Walls Poisoning Your Children? Atlanta, Ga. : The Centers, 1979. Pamphlet. (HEW Publication No. (CDC)79-8285 formerly CDC 74-10009). Concise summary on lead poisoning. Old paint contains lead. Because small children often put things in their mouths you must be especially watchful if you live in an old building with peeling paint. Lists signs of lead poisoning, emphasizes the importance of having your child tested for lead poisoning and tells you how to prevent lead poisoning in your home.

BF 19

Hospital Council of Southern California.

Someone's Choking! Do You Know What To Do? Los Angeles, Calif. : The Council, 1979. Leaflet. (Teaching you better health). Essential information on the prevention of choking. Lists preventive measures to reduce your risk of choking. Describes symptoms and what to do if someone nearby starts to choke.

BF 20

U.S. Consumer Product Safety Commission.

Poison Prevention Packaging. Washington, D.C. : The Commission, 1980. 4 p. (Product safety fact sheet). Brief overview of efforts leading to enactment of the Poison Prevention Act of 1970. Describes regulations concerning safety closures, the criteria for safety packaging, how standards are established, and some products which are required to be packaged in child-resistant containers. Reports on effectiveness of such containers. Bibliography included.

BF 21

Gudas, Mary Ann.

Poisonous Plants : A Guide for Parents and Adventurous Eaters. Phoenix, Az. : Do It Now Foundation, 1977. 34 p. (D.I.N. 218). The blossoms in your back garden, even your potted house plants, can cause serious illness if eaten by a child. Describes some thirty potentially toxic plants. Details which parts of the plant are toxic, the toxic substance they contain and its effects. Notes medicinal uses of some of these plants—castor bean, opium, rhubarb. Includes general poisoning and overdose emergency information, a quick reference list of common and uncommon poisonous plants and a bibliography.

BF 22

Metropolitan Life Insurance Company.

First Aid for the Family. New York, N.Y. : The Company, 1981. Leaflet. (Stay Well Series). Brief outlines of measures to take for asphyxiation, animal bites, bleeding, burns, choking, convulsions, electric shock, chemicals or foreign bodies in the eye, fainting, falls, poisoning, insect stings and unconsciousness.

BF 23

The New York Times.

Avoiding Hazards of Unnecessary or Excessive X-ray Examinations. New York, N.Y. : The Times, 7/1/81, Sec. C, p. 18. Newspaper article. Medical and dental X-rays account for more than 90% of the public's exposure to manmade radiation. Reviews types of X-rays, how they can affect the patient, how to make sure your X-rays are necessary, how to minimize risks, and how to keep an X-ray record.

BF 24

Alabama Department of Public Health.

A Safe Ride : Tips on Buying a Child Restraint. Montgomery, Ala. : The Department, 1981. Leaflet. While most parents realize that their infants' safety while riding in an automobile depends on proper child restraint devices, many know nothing about choosing them. Lists types of restraints, what to look for when you buy, problems that can be encountered, and how to use the restraint so that it provides the greatest protection in case of a sudden stop or crash.

BF 25

Duke University Poison Control Center.

In Every House, There's Poison at Work. Durham, N.C.

The Center, 1982. Leaflet. Alerts parents to the potential poison dangers in and around the home. Gives statistics on home poisonings in the U.S., lists plants, drugs, household products, cosmetics, and petroleum products that can poison. Lists signs of poisoning and what to do in case of emergency.

BF 26

Consumers' Research Magazine.

Does Your Medicine Chest Need First Aid? Washington, N.J. : The Magazine, 1982. Magazine article. Warns against the hazards that can be encountered from an overstocked and cluttered medicine chest. Gives tips for storing medications (the bathroom is not the proper place), basic needs for families for medical supplies, what to keep in your chest, and how to check for drugs that have gone bad or become outdated.

BF 27

The Upjohn Company.

First Things First : Your First Book About First Aid. New York, N.Y. : The Company, 1981. Booklet, 16 p. This beautifully illustrated booklet for children is designed to provide an introduction to first aid. Simply written in large print, it contains information on cuts and bruises, nosebleeds, insect bites, strains and sprains, poison, burns and choking. Emphasizes the first rule of first aid for children—try to get a grown up to help and then try to use first aid.

BF 28

Voice of Prophecy Radio Broadcast.

Burns Caused By Heat. Los Angeles, Calif. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #84). Defines first, second and third degree burns. Outlines treatment of burns.

BF 29

Voice of Prophecy Radio Broadcast.

Animal Bites. Los Angeles, Calif. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #66). Warns animal bites are serious because of the possibility of infection. The worst danger is rabies. Outlines steps to take to treat an animal bite and the importance of seeking medical help.

BF 30

Voice of Prophecy Radio Broadcast.

Nosebleed. Los Angeles, Calif. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #42). What to do if your child has a nosebleed. Brief summary of causes and treatment.

BF 31

Voice of Prophecy Radio Broadcast.

Mouth-to-Mouth Resuscitation. Los Angeles, Ca. : Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #2). Concise description of how to give mouth-to-mouth resuscitation.

BF 32

Voice of Prophecy Radio Broadcast.

Hemorrhage—or Severe Bleeding. Los Angeles, Calif. Voice of Prophecy, 1978. Leaflet. (The Health File. Tape #86). Describes internal and external bleeding. Outlines actions you can take. Emphasizes the importance of calling for medical help.

BF 33

Food and Drug Administration.

We Want You to Know About Television Radiation.

Rockville, Md. : The Administration, 1976. Leaflet. (HEW Publication No. (FDA)76-8041). X-rays may be produced when electrons, accelerated by high voltage, strike an obstacle while traveling in a vacuum, as in a TV tube. X-radiation emissions from properly operated and serviced home television receivers manufactured since 1968 are generally at levels too low to present a public health hazard.

BF 34

Food and Drug Administration.

We Want You To Know About Diagnostic X-rays.

Rockville, Md. : The Administration, [no date]. Leaflet. (DHEW Publication No. (FDA)73-8048). Summarizes the benefits and hazards of x-ray examinations. Lists things you can do to protect yourself and your family from unnecessary exposure to x-radiation.

BF 35

Food and Drug Administration.

Glazes and Decals on Dinnerware. Rockville, Md. : The

Administration, 1979. Leaflet. (HEW Publication No. (FDA)80-2124). Brief facts on how dinnerware is decorated and glazed, the possible hazards and FDA's role in regulation. Recommends you use decorated dinnerware for immediate serving of food only.

BF 36

American Society of Internal Medicine.

A Message To My Patients. Washington, D.C. : The Society, 1979. Leaflet. Motor vehicle crashes are the leading cause of death among those under 35. Covers factors that contribute to accidents—speed, use of safety belts and drinking while driving. Refutes some common myths about drinking and driving and contains chart to illustrate the level of blood alcohol concentration after drinking one to twelve drinks.

Death and Dying

BG 1

Concern for Dying.

A Living Will. New York, N.Y. : Concern for Dying, 1978. Leaflet. A copy of the Living Will.

BG 2

National Institute of Mental Health.

Talking to Children About Death. Rockville, Md. : The Institute, 1979. 17 p. (DHEW Publication No. (ADM)79-838. Caring about kids). Essential information of talking to children about death. Provides suggestions for dealing with this inescapable fact of life. Encourages communication with your child. Includes a reading list and sources of help and information.

BG 3

Concern for Dying.

Questions and Answers About the Living Will. New York, N.Y. : Concern for Dying, [no date]. Leaflet.

Background information on the development of the Living Will. Discusses legal status of this document, enforcement of the measures requested in a Living Will. Describes where a copy should be kept.

BG 4

Merck Sharp and Dohme.

Suicide In Young People. West Point, Pa. : MSD, [no date]. Pamphlet, 9 p. Concise information on the problem of suicide in youth. Describes some of the characteristics of suicidal youth, and what you can do to try to prevent a young person from taking his or her life. Includes selected bibliography.

BG 5

Parents Experiencing Perinatal Death.

Listening, Caring Parents. Germantown, Tenn. : PEPD, [no date]. Leaflet. Explains the work of the volunteer organization, Parents Experiencing Perinatal Death, organized to help parents make it through the devastating experience of stillborn or newborn death. The group provides emotional support during grief and information about the stages and symptoms of grief.

BG 6

Parents Experiencing Perinatal Death.

A Guide for Families Whose Baby Dies. Germantown, Tenn. : PEPD, [no date]. Leaflet. Parents of stillborn infants or infants who die shortly after birth are faced with many serious problems. Provides answers for commonly asked questions—should you see your infant, do you wish to name the child or have a religious ceremony, what can be done to determine the cause of death, how can you cope with grief, etc.

BG 7

Concern for Dying.

Concern for Dying : An Educational Council. New York, N.Y. : Concern for Dying, [no date]. Leaflet. Brief overview of the growing awareness that medical technology can prolong the mechanical functions of the human body and the questions this technology poses. Describes the goals, programs and publications of Concern for Dying.

BG 8

Concern for Dying.

A Living Will Toward Securing the Rights of the Terminally Ill. New York, N.Y. : Concern for Dying, [no date]. Leaflet. The living will is a document which allows an individual to decide what methods of treatment should be used during his or her terminal illness. Explains the programs offered by Concern for Dying, a nonprofit organization whose aim is to protect the rights of the terminally ill.

BG 9

The New York Times.

Hospices Can Ease the Pain and Agony of Dying for Both Patient and Family New York, N.Y. : The Times, 11/24/82, Sec. C, p. 9. Newspaper article. The hospice movement, designed to provide dying patients with the opportunity to spend their last days at home, has been steadily growing in the U.S. Covers the aims of the hospice, how they work, the emotional impact on patient and family, and information about where to find appropriate care in your area.

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AMERICAN Academy of Pediatrics. AA 34
AMERICAN Association of Orthodontists. BB 43
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