Physical Health

Complete list of titles with short descriptions

Bold titles form part of the popular collection located in more Libraries, but all titles can be requested from all libraries.

**Aphasia & language**

616.81  **The Stroke and Aphasia Handbook** – Parr

Information resource covering the spectrum of stroke and aphasia.

*Talking About Aphasia: Living with loss of language after stroke* – Parr et al

explores the experience of aphasia from the onset of loss of language to the gradual revelation of its long term consequences

*Better Conversations- a guide for relatives of people with communication disability* – Knight

ideas, inspiration and examples based on what people with aphasia and their families have developed working with Connect

*Caring and Coping - a guide for people with aphasia, their family and friends* – Knight

issues faced by others in caring for someone who has aphasia, focusing on specific issues.

**Arthritis**

616.722  **The Arthritis Foundation’s Guide to Good Living with Rheumatoid Arthritis** – Arthritis Foundation

Information on drugs, surgery, exercise and alternative therapies.

**Asthma**

616.238  **Breathing Works for Asthma** – Bradley & Clifton-Smith

Breathing re-training programme to help improve symptoms.

**Back Pain**


Education regarding back anatomy with exercise and pain relief advice.

**Cancer**

616.994  **The Cancer Directory** – Daniel

Complete guide to orthodox and alternative treatments.

**Carers - General**

362.14  **Carer's handbook - essential information and support for all those in a caring role. 2nd rev ed.** – Matthews

Advice & guidance on day-to-day practicalities; Also help carers care for themselves; Extensive list of resources.

**Diabetes**

616.462  **Living with Diabetes. British Diabetic Association Guide for those treated with insulin** – Day

Advice regarding healthy eating, exercise and medical treatments to help maximise lifestyle.

**Head Injury**

617.51  **Head Injury: A Practical Guide** – Powell

Information and advice for individuals and families.
Heart Disease
616.12  **Healthy Heart: Keep Your Heart Happy** – Chambers
52 ideas to change lifestyle and reduce risk.

High Blood Pressure
616.132  **Control Your Blood Pressure: Keeping a Lid on Hypertension** – Hicks
52 ways to recognise symptoms & tackle them to reduce risk.

*Blood pressure book 3rd ed* – Fortmann
Information to develop a custom-made blood pressure control programme, step-by-step.

*High Blood Pressure at Your Fingertips 3rd rev ed* – Fahey
Positive, practical advice; explains & answers questions; gives resources and contacts.

*High Blood Pressure for Dummies 2nd ed* – Rubin
Helps decide if at risk and develops a programme to keep blood pressure at healthy levels.

*High Blood Pressure Solution - a natural programme for preventing strokes and heart disease* – Moore
A natural approach to controlling hypertension that focuses on nutrition, weight loss, and exercise.

Obesity
616.398  **Your Questions Answered, Obesity** – Campbell & Haslam
Information from a public health and individual viewpoint.

Pain Management
616.047  **Overcoming Chronic Pain** – Cole, Macdonald, etc.
Self help methods for regaining your life.

Smoking
613.85  **Overcoming Your Smoking Habit: A Self Help Guide Using Cognitive Behavioural Therapy** – Marks
CBT programme including advice on exercise, weight management and resisting marketing.

*Easy Way to Stop Smoking* – Carr
*Caution* – Hard-hitting points on helping to stop smoking.

Stroke
616.81  **Stroke At Your Fingertips** – Rudd, Irwin etc.
Honest, practical advice to aid the recovery and adjustment process.

*Having a stroke, being a parent* - a guide for parents with stroke and aphasia and their families – Connect
Ideas, inspirations and examples shared. Includes DVD of stories of parents and children talking about family life, stroke and aphasia.

*Stroke care: A practical manual* – Harwood
Handbook providing guidance on acute care as well as more detailed practical guidance for those working on specialist stroke units. Written in a ‘how to’ style making practical guidance easily accessible. Small pocket handbook with very small print

*Accidental Carer* -100 tips for meeting the challenges when caring for a stroke survivor – Banerji
Hints and tips, covers ten commonly encountered challenges; practical, realistic advice to help overcome or avoid frustrations.
Stronger after stroke (Your roadmap to maximising your recovery) – Levine
Uses the philosophy that stroke survivors recover using the same learning techniques that
anyone uses to master anything. Simple to follow instructions for basic concepts.

Stroke for dummies – Marler
Information from what a stroke feels like to proven treatments and therapies. A plan for
preventing stroke, treating effects and maximise home carer effectiveness whilst minimising
fatigue.

Diary of a Stroke – Stephen
Deeply moving, frequently hilarious and overwhelmingly frank story of Martin Stephen’s
recovery from a stroke. It describes how he was forced to relearn the basics of life – to walk,
write, read and feed himself.

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from all libraries

Further titles for other long-term conditions to be added
See also the Mental Health booklist

For more information contact:

♦ The Library:
  Tel: 0345 045 5225  (customer service open 8am-6pm, Monday-Friday, 9am-1pm
Saturday, closed Sunday) 24hour automated renewals.
  Minicom: 01480 376743
  Web: www.cambridgeshire.gov.uk/library
  Email: your.library@cambridgeshire.gov.uk

♦ Improving Access to Psychological Therapy services
  ➢ 01223 533322 – Cambridge, East Cambs and South Cambs
  ➢ 01354 654225 – Fenland
  ➢ 01480 415209 – Huntingdon area
  ➢ 01733 882144 – Peterborough

♦ Your GP or health advisor

A collaboration between: Cambridgeshire Libraries, the Cambridgeshire & Peterborough
Foundation Trust, NHS Cambridgeshire and local Medical Practices.

If you would like a copy of the text in this leaflet in large print,
Braille, audio tape or in another language, please call the Library
Contact Centre: 0345 045 5225 Minicom: 01480 376743