

# Health Resources For Your Thirties

This subject guide contains age-group specific resources available to you in Meriter's Community Health Resource Library. These items are suggestions of where to start when looking for information on a health-related topic. The italicized words under each title refer to that title's call number (location) in the library. Many more books and videos are available on each topic and can be found in the library's catalog (<http://204.50.92.71/search.asp?mode=search>) or you can browse the collection in person! Please see below for more information about the library.

## General Wellness/Prevention (Men and Women)

### **Heart Health (Blood Pressure/Cholesterol)**

- The Total Guide to a Healthy Heart : Integrative Strategies for Preventing and Reversing Heart Disease  
*Heart Disease & Stroke*
- The blood pressure book : how to get it down and keep it down  
*Heart Disease & Stroke*
- The heart of the matter : the African American's guide to heart disease, heart treatment, and heart wellness  
*Heart Disease & Stroke*
- Stroke-free for life : the complete guide to stroke prevention and treatment  
*Heart Disease & Stroke*

### **Parenting**

- Pregnancy and Parenting after Thirty-Five : Mid Life, New Life  
*Pregnancy & Childbirth*
- So Glad We Waited! : A Hand-Holding Guide for Over-35 Parents  
*Parenting*
- The Working Mother's Guide To Life  
*Work and Finances*
- The joy of fatherhood : the first twelve months  
*Pregnancy & Childbirth*

### **Fertility**

- The Complete Adoption & Fertility Legal Guide  
*Parenting-Adoption*
- The American Society for Reproductive Medicine complete guide to fertility, or complete guide to fertility  
*Fertility*
- The infertility survival guide  
*Fertility*

### **Caring for Aging Parents**

- Caring For Yourself While Caring For Your Aging Parents : How To Help, How To Survive  
*Geriatrics*
- Are Your Parents Driving You Crazy? : How To Resolve The Most Common Dilemmas With Aging Parents  
*Geriatrics*
- The caregiver's essential handbook : more than 1,200 tips to help you care for and comfort the seniors in your life  
*Geriatrics*

## Health Topics Specific To Men

### **Prostate/Men's Cancers**

- Men's Cancers : How to Prevent Them, How to Treat Them, How to Beat Them  
*Cancer*

- Breast Cancer Husband : How to Help Your Wife (and Yourself) Through Diagnosis, Treatment, and Beyond  
*Cancer-Breast*
- American Cancer Society's Complete Guide to Prostate Cancer  
*Cancer-Prostate*
- The Prostate Cancer Protection Plan : The Powerful Foods, Supplements and Drug that Could Save Your Life  
*Cancer-Prostate*

## **Health Topics Specific To Women**

### **General Wellness/Prevention**

- Beat Your Risk Factors: A Woman's Guide to Reducing Her Risk for Cancer, Heart Disease, Stroke, Diabetes, and Osteoporosis.  
*Women's Health*
- The Women's Heart Book : The Complete Guide To Keeping Your Heart Healthy  
*Heart Disease & Stroke*

### **Pregnancy/Prenatal/Breastfeeding**

- Nursing Mother, Working Mother : The Essential Guide for Breastfeeding and Staying Close to Your Baby After you Return to Work  
*Pregnancy & Childbirth-Breast*
- Pregnancy and Parenting after Thirty-Five : Mid Life, New Life  
*Pregnancy & Childbirth*
- Ultimate guide to pregnancy for lesbians : tips and techniques from conception through ...  
*Pregnancy & Childbirth*

### **Breast Cancer (Prevention/Treatment)**

- Dr. Susan Love's Break Book  
*Women's Health*
- Breast Cancer Basics and Beyond : Treatments, Resources, Self-Help, Good News, Updates  
*Breast-Cancer*

### **Ovarian Cancer**

- 100 Questions & Answers About Ovarian Cancer  
*Cancer*
- A Guide to Survivorship for Women With Ovarian Cancer  
*Cancer*

### **Sexuality**

- The Mother's Guide to Sex : Enjoying Your Sexuality Through All Stages of Motherhood  
*Sexuality/STD*
- Sexy Mamas : Keeping Your Sex Life Alive While Raising Kids  
*Sexuality/STD*

### **Brought to you by the Meriter Community Health Resource Library**

Meriter Hospital  
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Library Hours:  
Monday 10:00am – 6:00pm  
Tuesday-Thursday 10:00am-7:00pm  
Friday 10:00am – 3:00pm  
Saturday-Sunday Closed

### **Access and Borrowing Policy:**

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