

# **Health Resources For Your Forties**

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 (or 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*

### **Diabetes**

- The Joslin Guide To Diabetes : A Program For Managing Your Treatment  
*Diabetes*

### **Caring For Aging Parents**

- Caring For Yourself While Caring For Your Aging Parents : How To Help, How To Survive  
*Geriatrics*

### **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*

## **Health Topics Specific To Men**

### **Cancer**

- 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 Prevention**

- Beat Your Risk Factors: A Woman's Guide to Reducing Her Risk for Cancer, Heart Disease, Stroke, Diabetes, and Osteoporosis.

## ***Women's Health***

### **Diabetes**

- Women & Diabetes : Staying Healthy in Body, Mind, and Spirit  
*Diabetes*

### **Heart Health**

- Strong Women, Strong Hearts : Proven Strategies to Prevent and Reverse Heart Disease  
*Heart Disease & Stroke*
- The Women's Heart Book : The Complete Guide To Keeping Your Heart Healthy  
*Heart Disease & Stroke*

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

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

### **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*

### **Menopause**

- A Woman's Guide to Menopause & Perimenopause  
*Women's Health-Menopause*
- The Menopause Self Help Book : A Woman's Guide to Feeling Wonderful for the Second Half of Her Life  
*Women's Health-Menopause*
- Dr. Susan Love's Menopause and Hormone Book : Making Informed Choices  
*Women's Health-Menopause*

## **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 – 7:00p  
Friday 10:00am – 3:00pm  
Saturday-Sunday Closed

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

The resource library is free and open to all residents of South Central Wisconsin. There is not charge for printing, downloading, or copying of information. Once you have registered, you can check out any consumer health materials from the collection. Materials can be checked out for three weeks and may be renewed, once only, unless a hold has been placed by another patron. You can either renew in person, by phone, or through email at [library@meriter.com](mailto:library@meriter.com)