

Health Resources For Your Sixties And Beyond

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 location (or call number) 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)

Overall Prevention/Aging

- The Healthy Boomer : A No-Nonsense Midlife Guide For Women and Men
Medical Guides
- Grow Younger, Live Longer : 10 Steps to Reverse Aging
Geriatrics
- Aging Well : Surprising Guideposts to a Happier Life From the Landmark Harvard Study of Adult Development
Geriatrics
- Sixty things to do when you turn sixty : 60 experts on the subject of turning 60
Geriatrics
- Skinning the Cat : A Baby Boomer's Guide to the New Retiree Lifestyles
Geriatrics

Preventing Falls

- How to Avoid Falling : A Guide For Active Aging and Independence
Geriatrics

Medicare/Legal Issues

- Elder Rights & Benefits for Wisconsin Seniors
Geriatrics
- Medicare & You, 2004
Medical Consumerism
- Medicare Part D
Medical Consumerism

Long Term Care

- Long-Term Care : Your Financial Planning Guide
Work and Finances

Alzheimer's

- Mayo Clinic on Alzheimer's Disease
Alzheimer's Disease
- Alzheimer's Early Stages : First Steps for Families, Friends and Caregivers
Alzheimer's Disease

Arthritis

- Strong Women and Men Beat Arthritis : The Scientifically Proven Program That Allows People With Arthritis to Take Charge of Their Disease
Arthritis
- The Arthritis Bible : A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases
Arthritis

Cataract

- Cataract's : A Patient's Guide to Treatment

Eye Disease

Colorectal Cancer/Health

- Colorectal Cancer : A Thorough and Compassionate Resource for Patients and Their Families
Cancer

Joint Health

- A Patient's Guide to Knee and Hip Replacements : Everything You Need to Know
Other Health Concerns

Diabetes

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

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

- Stroke Free For Life : The Complete Guide to Stroke Prevention and Treatment
Heart Disease & Stroke
- Stroke : What Every Person Needs to Know
Heart Disease & Stroke

Sexuality

- The New Love and Sex After 60
Sexuality/STD

Grandparenting

- My Grandbaby & Me : A Learn & Play Program - video
Pregnancy & Childbirth

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

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

Ovarian Cancer

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

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

Osteoporosis

- Be Bone Wise with Exercise – Video
Women's Health-Osteoporosis
- Mayo Clinic on Osteoporosis
Women's Health-Osteoporosis
- Exercises for Osteoporosis : A Safe and Effective Way to Build Bone Density and Muscle Strength
Women's Health-Osteoporosis

Brought to you by the Meriter Community Health Resource Library

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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.

