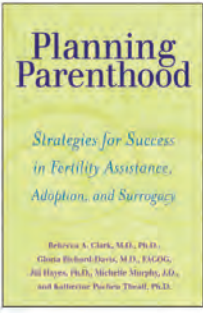
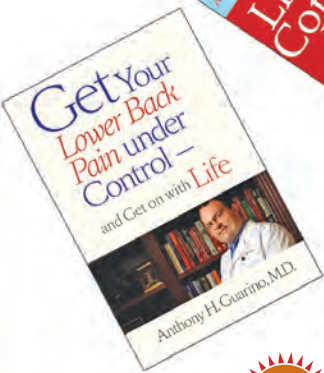
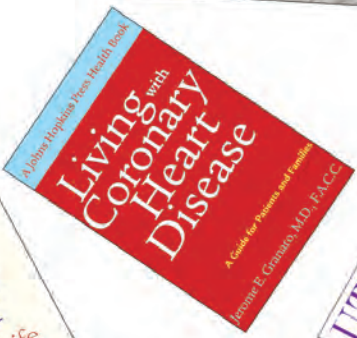
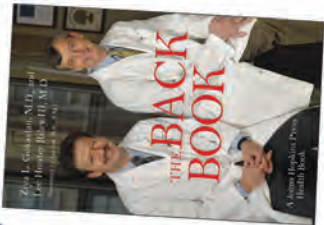


HEALTHY STAY

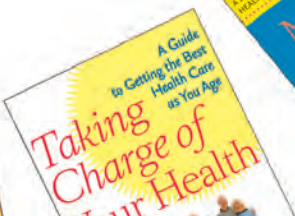
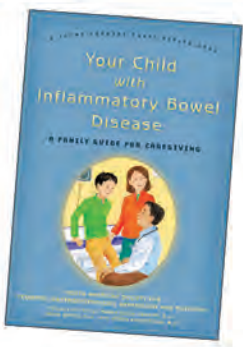
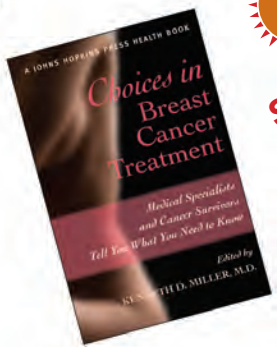


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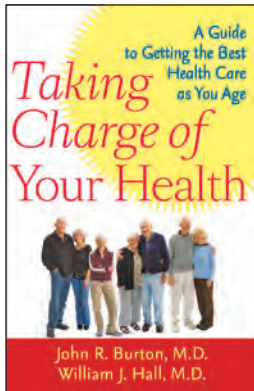
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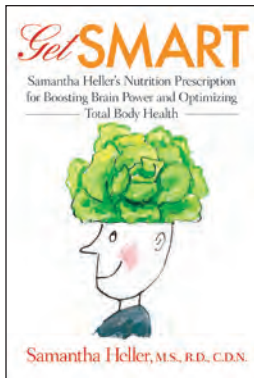
Taking Charge of Your Health

A Guide to Getting the Best Health Care as You Age

John R. Burton, M.D., and William J. Hall, M.D.

Frustrated with doctor's visits that last less than fifteen minutes? Confused by our complicated health care system? Experienced geriatricians Burton and Hall can help you take charge of your own health and get the best care available.

2010 176 pp.
978-0-8018-9552-4 **\$15.95** paperback



Get Smart

Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health

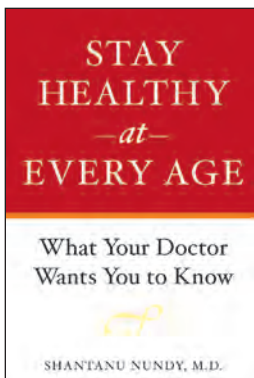
Samantha Heller, M.S., R.D., C.D.N.

A healthy body makes for a healthy brain, and this fun, creative guide is designed to help readers have both.

“The way Heller turns science and the biology of our bodies into easy-to-understand, well organized and usable information, could not [be improved].”

—*Huffington Post*

2010 264 pp.
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Stay Healthy at Every Age

What Your Doctor Wants You to Know

Shantanu Nundy, M.D.

Dr. Nundy provides at-a-glance schedules for screening, preventive medicine, and counseling as recommended by the U.S. Preventive Services Task Force and the Centers for Disease Control and Prevention. His simple preventive health guidelines will keep your motor running longer and stronger.

2010 392 pp., 17 line drawings
978-0-8018-9394-0 **\$18.95** paperback



A Gift of Time

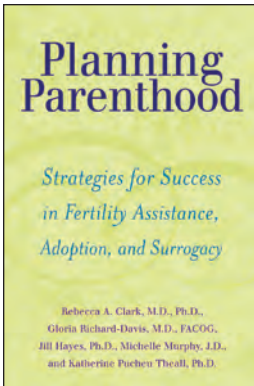
Continuing Your Pregnancy When Your Baby's Life Is Expected to Be Brief

*Amy Kuebelbeck
and Deborah L. Davis, Ph.D.*

A Gift of Time is a gentle and practical guide for parents who decide to continue their pregnancy knowing that their baby's life will be brief. Full of practical suggestions for parents and for caregivers, *A Gift of Time* features the innovative concept of perinatal hospice and palliative care. Caring and thoughtful, the book helps parents embrace the extraordinary time they will have with their child.

2010 416 pp.

978-0-8018-9762-7 **\$18.95** paperback



Planning Parenthood

Strategies for Success in Fertility Assistance, Adoption, and Surrogacy

*Rebecca A. Clark, M.D., Ph.D.,
Gloria Richard-Davis, M.D., FACOG,
Jill Hayes, Ph.D., Michelle Murphy, J.D.,
and Katherine Pucheu Theall, Ph.D.*

Planning to become a parent is a profound experience. When the journey to parenthood proves challenging, *Planning Parenthood* will guide prospective parents through the complicated mazes of assisted reproduction and adoption.

“An informative guide . . . this panoramic view of the many routes to parenthood is both practical and encouraging.”
—*Publishers Weekly*

2009 256 pp., 8 line drawings

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Raise Winning Kids without a Fight

The Power of Personal Choice

William H. Hughes, M.D.

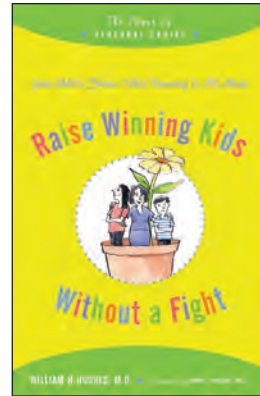
foreword by John T. Walkup, M.D.

This guide offers parents fresh perspectives and simple skills to encourage good behavior in children and reduce stress for the entire family.

“The book is filled with real-life examples and leavened with a sense of humor, all from a distinguished and knowledgeable expert in the field.”

—Robert L. Hendren, D.O., President, American Academy of Child and Adolescent Psychiatry

2009 184 pp., 6 line drawings
978-0-8018-9340-7 **\$15.95** paperback



Love and Limits In and Out of Child Care

What Your Child Care Provider and Your Pediatrician Want You to Know

*Margaret Thomas, Richard Thomas,
and Lisa Dobbertein, M.D.*

illustrated by Susanna Natti

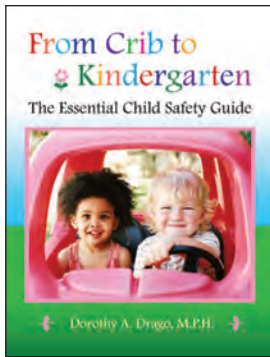
Love and Limits In and Out of Child Care is a roadmap for parenting happy, healthy children.

“Brings a no-nonsense, loving grandmother and a sensitive pediatrician right into your own home!”

—Marlene Booth and Avi Soifer, Honolulu, Hawaii

2008 224 pp., 73 illustrations
978-0-8018-8798-7 **\$16.95** paperback





**Named One of the
Best Consumer Health Books
of 2007 by *Library Journal***

From Crib to Kindergarten

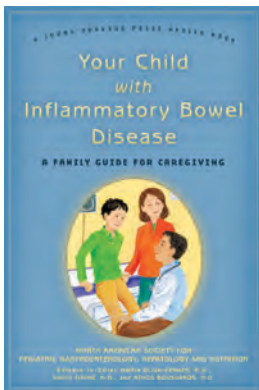
The Essential Child Safety Guide

Dorothy A. Drago, M.P.H.

“Literally, a lifesaver, *From Crib to Kindergarten* is a must-read not only for parents, teachers, and child care professionals, but should be an absolutely mandatory study text for first time baby-sitters.”

—*Midwest Book Review*

2007 208 pp., 3 halftones, 61 line drawings
978-0-8018-8570-9 **\$16.00** paperback



Your Child with Inflammatory Bowel Disease

A Family Guide for Caregiving

*North American Society for Pediatric
Gastroenterology, Hepatology and Nutrition*

*Editors-in-Chief Maria Oliva-Hemker, M.D.,
David Ziring, M.D.,
and Athos Bousvaros, M.D.*

An expert team of pediatric gastroenterologists explains the symptoms, diagnoses, and treatments associated with Crohn disease, ulcerative colitis, and indeterminate colitis to help parents and children cope with the challenges of IBD.

“This is an invaluable resource for any family living with inflammatory bowel disease.”

—Kimberly Frederick, LCSW, MSW, The Crohn’s
& Colitis Foundation of America
A Johns Hopkins Press Health Book

2010 304 pp., 30 line drawings
978-0-8018-9556-2 **\$19.95** paperback

Take Your Pediatrician with You

Keeping Your Child Healthy at Home and on the Road

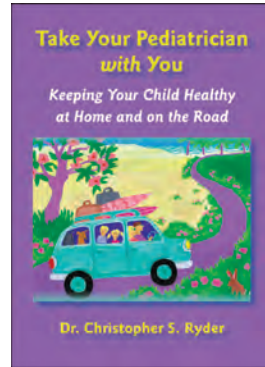
Dr. Christopher S. Ryder

An experienced physician and world traveler, Dr. Christopher Ryder offers expert advice on keeping children safe and healthy at home and while traveling.

A Johns Hopkins Press Health Book

2007 648 pp.

978-0-8018-8601-0 **\$16.00** paperback



**Named One of the
Best Consumer Health Books
of 2007 by *Library Journal***

Understanding and Managing Your Child's Food Allergies

Scott H. Sicherer, M.D.

Informative, compassionate, and practical, this guide will be indispensable for parents, physicians, school nurses, teachers, and everyone else who cares for children with food allergies.

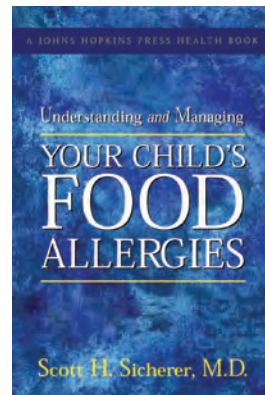
“It is the only resource I know of that provides timely, accurate, and accessible information on every medical aspect of food allergy.”

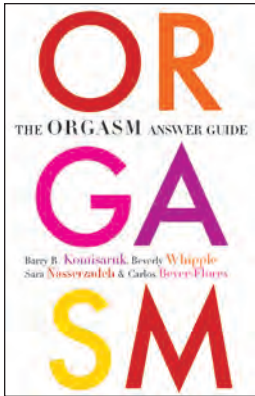
—from the Introduction by Hugh A. Sampson, M.D.,
Director, The Jaffe Food Allergy Institute

A Johns Hopkins Press Health Book

2006 336 pp., 1 line illustration

978-0-8018-8492-4 **\$19.95** paperback





The Orgasm Answer Guide

*Barry R. Komisaruk, Beverly Whipple,
Sara Nasserzadeh, and Carlos Beyer-Flores*

The Orgasm Answer Guide answers common questions many people have about one of life's most fascinating experiences.

“The authors hit this one out of the park! Their book answers key questions with a unique combination of science, credibility, and caring.”

—Judith Steinhart, co-creator of the popular website, *Go Ask Alice!*

2009 176 pp., 11 b&w illustrations
978-0-8018-9396-4 **\$18.95** paperback



Seductive Delusions

How Everyday People Catch STDs

Jill Grimes, M.D.

2009 Book of the Year, *USA Book News*

“Every young person who is having sex or thinking about having sex should read this book.”

—Diane F. Clark, R.N., Family Life Educator,
Chesterfield County, Virginia

2008 280 pp.
978-0-8018-9067-3 **\$16.95** paperback

Choices in Breast Cancer Treatment

Medical Specialists and Cancer Survivors Tell You What You Need to Know

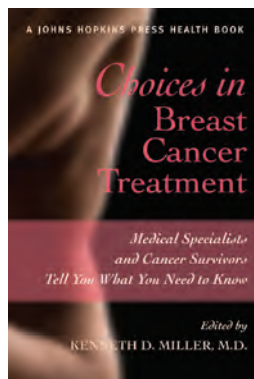
edited by *Kenneth D. Miller, M.D.*

“Miller’s approach provides the reader with the sense that she’s had a private and unhurried consultation with each specialist: medical oncologists, radiation oncologists, and surgeons . . . This collection will help to fortify women making tough choices, offering invaluable information along with hope.”

—*Publishers Weekly*

A Johns Hopkins Press Health Book

2008 416 pp., 20 halftones, 27 line drawings
978-0-8018-8685-0 **\$18.95** paperback



After Cancer Treatment

Heal Faster, Better, Stronger

Julie K. Silver, M.D.

No matter where they are in their own journey with cancer, readers will find *After Cancer Treatment* a personal, practical, and powerful guide to recovery.

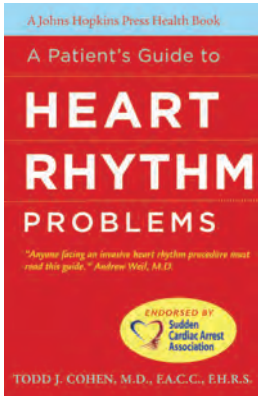
“A hands-on guide to survival issues: exercise, diet, fatigue, mental health, spirituality, and how to seek assistance from both Western and alternative medicine . . . Highly recommended.”

—*Library Journal*

A Johns Hopkins Press Health Book

2006 288 pp.
978-0-8018-8438-2 **\$17.95** paperback





A Patient's Guide to Heart Rhythm Problems

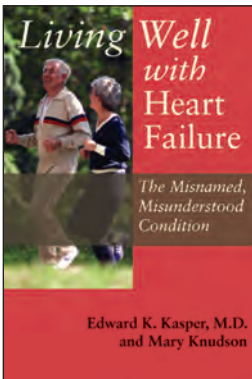
Todd J. Cohen, M.D., F.A.C.C., F.H.R.S.

In this easy-to-read guide, Dr. Todd Cohen provides comprehensive information to help people with heart rhythm problems (arrhythmias) get an accurate diagnosis and appropriate treatment.

“Anyone facing an invasive heart rhythm procedure must read this guide.” —Andrew Weil, M.D.

A Johns Hopkins Press Health Book

2010 232 pp., 6 color illustrations, 29 b&w illustrations
978-0-8018-9775-7 **\$16.95** paperback



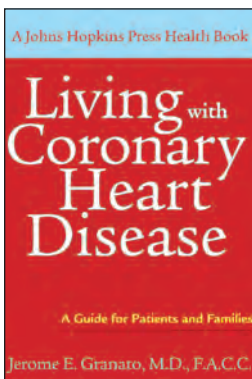
Living Well with Heart Failure, the Misnamed, Misunderstood Condition

Edward K. Kasper, M.D.,
and Mary Knudson

“A must-read for anyone who’s been diagnosed with the condition or who will contribute to the care of someone with it. Throughout, the book takes a calm, careful, and responsible approach to explaining what’s happening to your body in heart failure, and what you can do to live better with it.”

—Ivan Oransky, M.D., Executive Editor,
Reuters Health

2010 280 pp., 20 line drawings
978-0-8018-9423-7 **\$19.95** paperback



Living with Coronary Heart Disease

A Guide for Patients and Families

Jerome E. Granato, M.D., F.A.C.C.

“This book is excellent at explaining the causes of heart disease and the science behind diagnosis and treatment.” —*Library Journal*

A Johns Hopkins Press Health Book

2008 218 pp., 14 b&w illustrations, 9 color plates
978-0-8018-9025-3 **\$16.95** paperback

Menopause Matters

Your Guide to a Long and Healthy Life

Julia Schlam Edelman, M.D., F.A.C.O.G.

Menopause Matters is a complete guide for improving a woman's physical and mental health from age 35 and on.

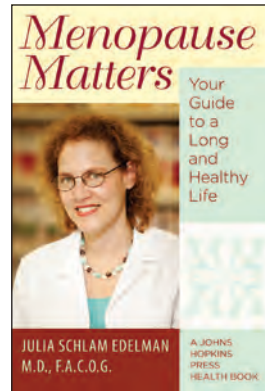
"With clarity and confidence, Edelman addresses a wide range of essential and timely topics in this information-packed primer for women entering perimenopause and beyond."

—*Publishers Weekly*

A Johns Hopkins Press Health Book

2009 408 pp.

978-0-8018-9383-4 **\$18.95** paperback



When the Diagnosis Is Multiple Sclerosis

Help, Hope, and Insights from an Affected Physician

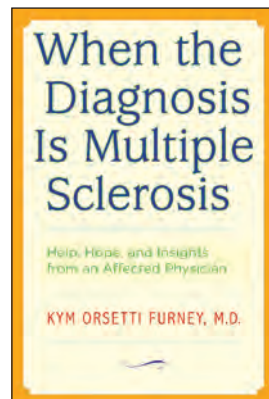
Kym Orsetti Furney, M.D.

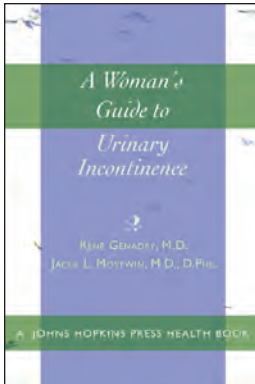
"Dr. Furney draws on her own experience and medical expertise to show that life can be lived to the fullest with MS . . . all in a readable-over-a-cup-of-coffee kind of way."

—*Momentum Magazine*

2009 144 pp., 1 line drawing

978-0-8018-9392-6 **\$17.95** paperback





A Woman's Guide to Urinary Incontinence

*Rene Genadry, M.D.,
and Jacek L. Mostwin, M.D., D.Phil.*

“An excellent resource for women with urinary incontinence and their caretakers. Wide in scope and thorough in coverage.” —*Library Journal*

A Johns Hopkins Press Health Book

2007 200 pp., 30 b&w illustrations
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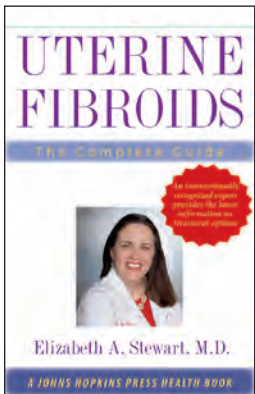
Uterine Fibroids

The Complete Guide

Elizabeth A. Stewart, M.D.

Providing the most reliable and up-to-date information on this very common and difficult disorder, Dr. Stewart helps women understand uterine fibroids and make the best possible choices about their care.

A Johns Hopkins Press Health Book



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5 halftones, 18 line drawings, 7 color plates
978-0-8018-8701-7 **\$15.95** paperback

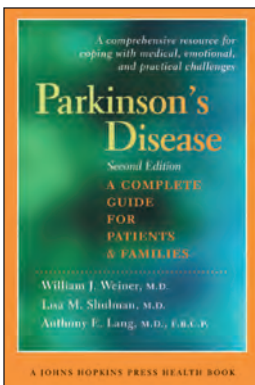
Parkinson's Disease

A Complete Guide for Patients and Families
second edition

*William J. Weiner, M.D.,
Lisa M. Shulman, M.D.,
and Anthony E. Lang, M.D., F.R.C.P.*

“Patients and their loved ones will find this practical guide the perfect complement to a physician's care.” —*Publishers Weekly*

A Johns Hopkins Press Health Book



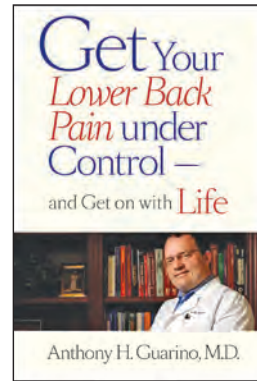
2006 296 pp., 9 halftones, 11 line drawings
978-0-8018-8546-4 **\$18.95** paperback

Get Your Lower Back Pain under Control —and Get on with Life

Anthony H. Guarino, M.D.

With detailed information about medications, exercise, injections, surgery, psychological interventions, and alternative treatments, *Get Your Lower Back Pain under Control—*and *Get on with Life* is an invaluable resource for anyone who suffers from chronic back pain. As Dr. Guarino encourages his own patients, “Master your pain. Reclaim your life!”

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My Neck Hurts!

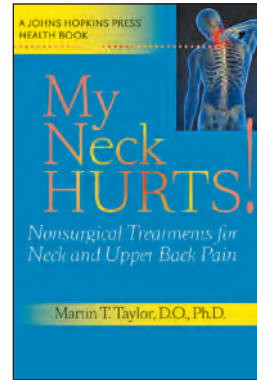
Nonsurgical Treatments for Neck and Upper Back Pain

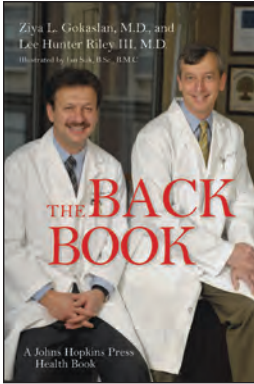
Martin T. Taylor, D.O., Ph.D.

If you have neck pain and you are like most people, you want to know how to relieve the pain *without* having surgery. Dr. Martin Taylor’s comprehensive, user-friendly guide to treating neck pain will help you become a partner with your health care team in charting an effective nonsurgical plan for treatment.

A Johns Hopkins Press Health Book

2010 192 pp., 83 color photos, 11 line drawings
978-0-8018-9666-8 **\$19.95** paperback





The Back Book

*Ziya L. Gokaslan, M.D.,
and Lee Hunter Riley III, M.D.*

illustrated by Ian Suk, B.Sc., B.M.C.

Informative and reassuring, *The Back Book* provides readers with the knowledge they need to understand their back pain and get started on the route to relief.

“A must for any who are facing back pain and are evaluating their options fully.”

—*Midwest Book Review*

A Johns Hopkins Press Health Book

2008 168 pp., 7 color illustrations
978-0-8018-9043-7 **\$16.95** paperback



Spinal Cord Injury

A Guide for Living
second edition

*Sara Palmer, Ph.D., Kay Harris Kriegsman,
Ph.D., and Jeffrey B. Palmer, M.D.*

with contributions by
John W. McDonald, M.D., Ph.D.,
and Cristina L. Sadowsky, M.D.

Fully updated and revised, the second edition of *Spinal Cord Injury* is the definitive guide for people with SCI and their families.

“A comprehensive overview of the challenges faced by both the newly injured and those who have longer experience in coping with the multitude of changes that occur following a spinal cord injury.”

—*Rehabilitation Nursing*

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2008 376 pp., 13 line drawings
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Forget Memory

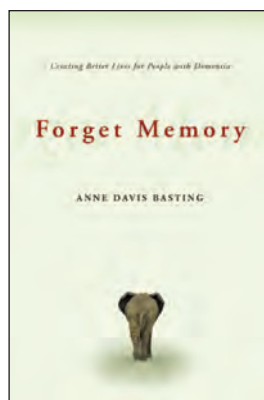
Creating Better Lives for People with Dementia

Anne Davis Basting

“An essential guide to all families, caregivers, and patients seeking a humane response to the diagnosis of dementia.”

—Elinor Fuchs, author of *Making an Exit: A Mother-Daughter Drama with Alzheimer’s, Machine Tools, and Laughter*

2009 224 pp., 19 halftones
978-0-8018-9250-9 **\$19.95** paperback



Through the Seasons

An Activity Book for Memory-Challenged Adults and Caregivers

Cynthia R. Green, Ph.D.,
and Joan Beloff, ACC, ALA

“Written by a specialist in gerontology and a psychologist with expertise in memory and brain health, this book offers a variety of creative activities meant to stimulate communication with loved ones who have a memory disorder.”

—*Family Caregiver Alliance*

2008 64 pp., 16 color photos
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The 36-Hour Day

A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life

fourth edition

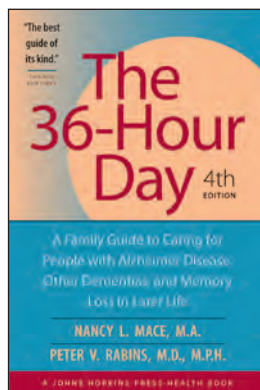
Nancy L. Mace, M.A.,
and Peter V. Rabins, M.D., M.P.H.

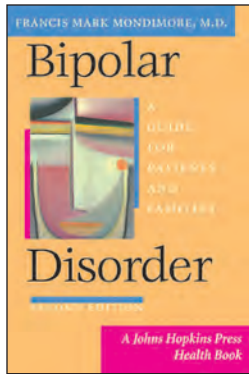
“Both a guide and a legend.” —*Chicago Tribune*

“An excellent book for families who are caring for persons with dementia . . . A book that physicians can confidently recommend to the families of their patients.” —*JAMA*

A Johns Hopkins Press Health Book

2006 352 pp.
978-0-8018-8509-9 **\$17.95** paperback





Bipolar Disorder

A Guide for Patients and Families
second edition

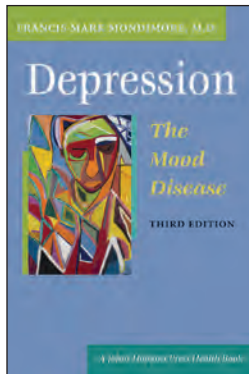
Francis Mark Mondimore, M.D.

“An excellent guide to a painful and difficult yet treatable illness. Dr. Mondimore’s outstanding abilities as clinician and teacher are put to good use in this indispensable book.”

—Kay Redfield Jamison, author of
An Unquiet Mind

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Depression, the Mood Disease

third edition

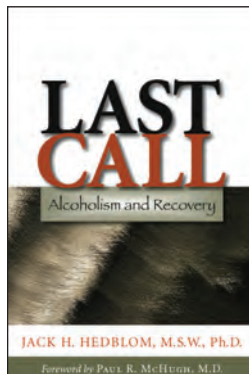
Francis Mark Mondimore, M.D.

“If it seems a gloomy thought to explore the workings of mental doldrums, psychiatrist Mondimore makes this a safe trip, explaining in simple language how depression and manic-depression take effect and what victims can do about it.”

—*Publishers Weekly*

A Johns Hopkins Press Health Book

2006 224 pp., 4 line drawings
978-0-8018-8451-1 **\$19.95** paperback



Last Call

Alcoholism and Recovery

Jack H. Hedblom, M.S.W., Ph.D.

foreword by Paul R. McHugh, M.D.

Through the stories of people who have escaped the tyranny of alcoholism with the help of AA, Hedblom shows that the road to recovery is a journey of self-discovery, change, and hope.

“This book is a valuable guide to anyone who treats someone suffering from alcohol addiction and is not familiar with the depth of the role that AA plays in treatment.”
—*Psychiatric Services*

2007 224 pp.
978-0-8018-8678-2 **\$18.95** paperback

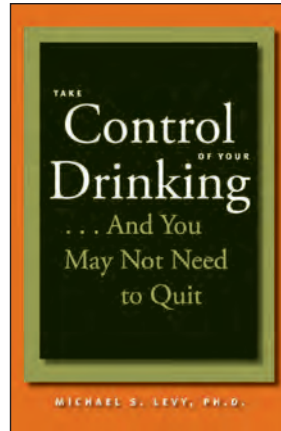
Take Control of Your Drinking ... And You May Not Need to Quit

Michael S. Levy, Ph.D.

This book empowers people to tackle their drinking problems and gives them the freedom to do so in a way that fits with their own lifestyles and values.

“Taking a self-help approach, Levy ... has produced a fine resource for those willing to take a look at their relationship with the bottle.” —*New England Psychologist*

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Nursing Homes and Assisted Living

The Family's Guide to Making Decisions
and Getting Good Care

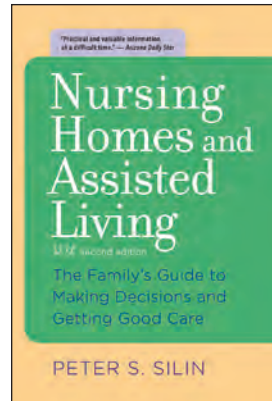
second edition

Peter S. Silin

This book focuses on the psychological, emotional, and practical aspects of helping family members and seniors make a difficult transition.

“A thorough, excellent, and humane book that helps families navigate a difficult, traumatic life change in the most successful way possible.” —*Inside GCM*

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Planning for Uncertainty

Living Wills and Other Advance Directives
for You and Your Family
second edition

David John Doukas, M.D.,
and William Reichel, M.D.

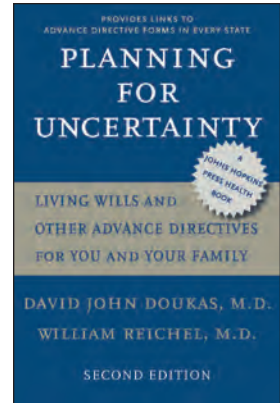
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