HEALTHY LIVING THROUGH HEALTHY READING

Health Books from The Johns Hopkins University Press
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, at times agonizing, hopeful, stressful, and joyous. Not everyone is able to become pregnant, however. When the journey to parenthood proves challenging, Planning Parenthood will guide prospective parents through the complicated mazes of assisted reproduction and adoption.

Armed with professional knowledge and inspired by the experiences of others who have gone before them, prospective parents will be informed and reassured by this unique resource.

2009 192 pp., 8 line drawings
978-0-8018-9112-0  $18.95 paperback

Pregnancy and Parenting after Thirty-Five
Mid Life, New Life
Michele C. Moore, M.D.,
and Caroline M. de Costa, M.D.

Incorporating the stories of real women who have gone through mid-life pregnancy, Moore and de Costa have created a valuable resource that will help other women do so realistically and with confidence.

“A highly accessible and comprehensive resource for women thirty-five and over who are pregnant or contemplating pregnancy. The many real-life stories of motherhood give the feeling of talking to a group of friends.”

—Esther Eisenberg, M.D., Vanderbilt University Medical Center

A Johns Hopkins Press Health Book

2006 296 pp.
978-0-8018-8321-7  $18.00 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 Dobberteen, M.D.
illustrated by Susanna Natti

Love and Limits In and Out of Child Care is a roadmap for parenting happy, healthy children. Coauthored by day care provider Margaret (Peggy) Thomas, her husband, Richard, and Lisa Dobberteen, a pediatrician who entrusted her own children to Peggy’s care, this is an enjoyable and educational guide to everything from TV watching to toilet training.

“Peggy’s down-to-earth wisdom helped us raise our children. Love and Limits 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

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
From Crib to Kindergarten
The Essential Child Safety Guide
Dorothy A. Drago, M.P.H.

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

“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

“Packed with indispensable advice and is an essential resource and reference guide for parents and caregivers.” —Library Journal

2007 208 pp., 3 halftones, 61 line drawings  $15.00 paperback

Take Your Pediatrician with You
Keeping Your Child Healthy at Home and on the Road
Dr. Christopher S. Ryder

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

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

“If you have children, you need this book! Comprehensive and easy to use, it will inform, empower, and encourage you.” —Boris Skurkovich, M.D., Brown School of Medicine

A Johns Hopkins Press Health Book

2007 648 pp.  $16.00 paperback
Seductive Delusions
How Everyday People Catch STDs
Jill Grimes, M.D.

“Dr. Jill Grimes has found an innovative way to connect with young people. By telling the stories of everyday people, she speaks to a sizeable population who assumes that because they don’t fall into a traditionally defined ‘risk’ group, they are not at risk for STDs.” —Ellen Friedrichs, sexedvice.com

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

Sexually Transmitted Diseases
A Physician Tells You What You Need to Know
second edition
Lisa Marr, M.D.

In this comprehensive guide, Dr. Lisa Marr tells readers everything they need to know about avoiding, preventing, and treating sexually transmitted diseases. Forthright, compassionate, and practical, this guide is a trusted source of advice for anyone who is sexually active.

“An excellent book that offers practical information on the prevention, diagnosis, and treatment of these infections.” —Library Journal

A Johns Hopkins Press Health Book

2007 392 pp., 3 line drawings 978-0-8018-8659-1 $18.95 paperback

The Guide to Living with HIV Infection
Developed at the Johns Hopkins AIDS Clinic
sixth edition
John G. Bartlett, M.D., and Ann K. Finkbeiner

The most complete source of medical, emotional, social, and practical advice available for those infected with HIV and their loved ones. Developed at the Johns Hopkins AIDS Clinic, the guide provides essential information for making decisions about treatment and testing in a world transformed by new research and pharmacotherapy.


A Johns Hopkins Press Health Book

2006 408 pp. 978-0-8018-8486-3 $19.95 paperback
Choices in Breast Cancer Treatment
Medical Specialists and Cancer Survivors Tell You What You Need to Know

*Choices in Breast Cancer Treatment* is a rare blend of medical expertise and compelling personal accounts that empowers those with breast cancer to meet the disease with confidence, knowledge, and hope.

“Finally—one-stop reading for any woman facing breast cancer.”

—*Health for Women*

“More than a standard reference guide . . . this book arms readers with knowledge, confidence, and hope as they begin their journey from sickness to health.”

—*American Journal for Nurse Practitioners*

*Choices in Breast Cancer Treatment* is a John Hopkins Press Health Book

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

Understanding Cancer
A Patient’s Guide to Diagnosis, Prognosis, and Treatment

*Understanding Cancer* will increase the reader’s knowledge of medical concepts and terms so the person with cancer, the family, and the health care team can work together efficiently—and effectively.

“This book is of tremendous value to any cancer patient and their family. It provides the knowledge they need to take an active role in their treatment.”

—OncoLink

*Understanding Cancer* is a John Hopkins Press Health Book

2006  232 pp., 15 line drawings  
978-0-8018-8418-4  $18.95 paperback
After Cancer Treatment
Heal Faster, Better, Stronger
Julie K. Silver, M.D.

“Very helpful, meaningful, and insightful for those who are journeying through cancer, and those who have recovered. Dr. Silver’s book encompasses not just emotional and physical healing but spiritual as well. Her credentials as a young mother and cancer survivor, in addition to being a physiatrist with a specialization in rehab medicine, make her work both authoritative and compassionate.”

—Paula J. Anastasia, R.N., M.N., O.C.N., Outpatient Gynecology–Oncology Clinical Nurse Specialist, Cedars-Sinai Medical Center, Los Angeles

A Johns Hopkins Press Health Book

2006 288 pp. 978-0-8018-8438-2 $16.95 paperback

Living with Lymphoma
A Patient’s Guide
Elizabeth M. Adler, Ph.D.

introduction by Michael R. Bishop, M.D.

Winner, 2006 American Medical Writers Association Medical Book Award, Trade Category

“Well-researched guide for lymphoma patients . . . Adler’s personal experiences are integrated into the medical material.”

—Library Journal

“It is the most complete explanation of what goes on I’ve found and is excellent . . . I highly recommend it for patients, loved ones, and anyone who would like to understand what is lymphoma.”

—Lymphoma Information Network

2005 424 pp., 18 line drawings 978-0-8018-8180-0 $19.95 paperback
**A Guide to Survivorship for Women with Ovarian Cancer**

F. J. Montz, M.D., K.M., FACOG, FACS, and Robert E. Bristow, M.D., FACOG
with assistance from Paula J. Anastasia, R.N., M.N., O.C.N.

This comprehensive guide to ovarian cancer offers a wealth of information to ease the physical, emotional, and psychic suffering of women with the disease.

“The latest developments in diagnosis and treatment are discussed—but even more so, is the quality of living itself: it’s this which sets *A Guide to Survivorship for Women with Ovarian Cancer* apart.”

—Bookwatch

*A Johns Hopkins Press Health Book*

2005 224 pp., 1 line drawing  $17.00 paperback

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**A Woman's Guide to Urinary Incontinence**

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

Friendly, accessible, and packed with valuable information, this guide is an essential resource for women who are troubled by urinary incontinence.

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

—Library Journal

“This in-depth, reader-friendly guide explains the different kinds of incontinence, methods of diagnosis, and what to expect in the examining room.”

—American Journal for Nurse Practitioners

*A Johns Hopkins Press Health Book*

2007 200 pp., 30 b&w illustrations  $15.95 paperback
Uterine Fibroids
The Complete Guide

Elizabeth A. Stewart, M.D.

Dr. Stewart encourages women with fibroids to learn as much as they can before choosing a treatment plan. Providing the most reliable and up-to-date information on this very common and difficult disorder, she helps women understand uterine fibroids and make the best possible choices about their care.

“This exceptionally well-written book is easy to read . . . and helpful to women wishing to understand fibroids and make health decisions.”

—Consumer Connection

2007  240 pp., 5 halftones, 18 line drawings, 7 color plates
978-0-8018-8701-7  $15.95 paperback

Living with Coronary Heart Disease
A Guide for Patients and Families

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

Coronary heart disease kills more people in the United States than any other heart disorder, and it is the leading cause of death among American women. Jerome E. Granato, a distinguished cardiologist with more than twenty-five years of experience, has created an authoritative and accessible guide to this common condition, providing patients and their families with insight and advice.

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

—Library Journal

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

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www.press.jhu.edu
Making Sense of IBS
A Physician Answers Your Questions about Irritable Bowel Syndrome

Brian E. Lacy, Ph.D., M.D.

A complete guide for people with IBS and their families, this is an essential tool for understanding and living with this common and sometimes debilitating disorder.

“This book is very well written, clear, and certainly reaches its goal of clearing up the many misconceptions and misinterpretations that surround IBS.”

—Digestive and Liver Disease

A Johns Hopkins Press Health Book

2006 320 pp., 21 b&w illustrations  $19.95 paperback

Cerebral Palsy
A Complete Guide for Caregiving
second edition

Freeman Miller, M.D.,
and Steven J. Bachrach, M.D.

with Marilyn L. Boos, R.N.C., M.S.,
Kirk Dabney, M.D., Linda Duffy, B.S., P.A.-C.,
Robin C. Meyers, M.P.H., R.D.,
Douglas T. Pearson, Ph.D., Kathleen Trzcinski,
R.N., M.S.N., C.R.N.P., Rhonda S. Walter, M.D.,
and Joan Lenett Whinston

“Addresses the many complexities and uncertainties related to this diagnosis. At the same time, it provides the information parents, grandparents, caregivers, and health professionals need—everything from medical, educational, and psychosocial implications to wheelchair maintenance and dental care.”

—Exceptional Parent

“A ‘must’ for any family struggling with CP care . . . The wealth of details are organized logically and parents will find it easy to navigate, making it an item of choice above others.”

—Bookwatch

A Johns Hopkins Press Health Book

2006 512 pp., 67 line drawings, 14 halftones  $18.95 paperback
Life After Stroke
The Guide to Recovering Your Health and Preventing Another Stroke

Joel Stein, M.D., Julie Silver, M.D., and Elizabeth Pegg Frates, M.D.
foreword by Robert J. Wityk, M.D.

In this compassionate guide, three expert physicians who treat people with stroke describe how to navigate the path to recovery. Their practical advice on treatment, rehabilitation, and lifestyle changes is also designed to help prevent another stroke.

“A book about strokes might seem tiresome, but Life After Stroke has a heart and soul of its own . . . an excellent tool for nurses who work with stroke patients.”

—Nursing Spectrum

A Johns Hopkins Press Health Book

2006  360 pp., 8 halftones, 11 line drawings  $19.95 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.

The second edition of this accessible and comprehensive guide provides crucial information for managing this complex condition, including details on the use of medications, diet, exercise, complementary therapies, and surgery.

“The best comprehensive guide on Parkinson’s disease I have ever read. If I were suggesting a book for my primary care physician to read on Parkinson’s disease, this would be the one.”

—APDA Young Parkinson’s Newsletter

A Johns Hopkins Press Health Book

2006  296 pp., 9 halftones, 11 line drawings  $17.95 paperback

large print paperback

2006  414 pp., 9 halftones, 11 line drawings  $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.

Explains the causes and complexities of back pain and the various paths to diagnosis and treatment. Stressing the importance of individualized treatment, the authors discuss the process of establishing a treatment plan that is acceptable to the person with pain as well as to the attending physician.

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 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.

“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

“This book does a very good job of taking someone from the moment of injury, to hospital and rehabilitation, and into adjusting to life and relationships with a disability . . .Anyone who has a friend, colleague, or family member confronted by this trauma might find this a useful gift in difficult circumstances.”

—Disability Studies Quarterly

A Johns Hopkins Press Health Book

2008 376 pp., 13 line drawings  
978-0-8018-8778-9  $19.95 paperback
Forget Memory
Creating Better Lives for People with Dementia

Anne Davis Basting

“Anne Basting’s Forget Memory brings a lighthearted spirit of hope, love, creativity, and even fun to the culture of fear surrounding memory loss. It should be 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  208 pp., 19 halftones  
978-0-8018-9250-9  $19.95 paperback

Improving Your Memory
How to Remember What You’re Starting to Forget

third edition

Janet Fogler and Lynn Stern

This accessible handbook discusses how memory works, how it changes with age, and—most importantly—how it can be improved. The authors provide helpful tools for understanding and improving memory, including sixteen techniques and exercises.

2005  144 pp., 3 line drawings  
978-0-8018-8116-9  $18.00 paperback

Through the Seasons
An Activity Book for Memory-Challenged Adults and Caregivers

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

Helps family members and caregivers engage memory-challenged adults in simple, enjoyable activities that provide stimulation and enhance communication.

“This book provides a great way to interrupt the daily routines of caregiving with activities that are easy and fun for both the caregiver and the person with dementia. The ideas offered are realistic yet adult in tone, rely on life-long experiences, and are simple to put together.”

—Nancy L. Mace, co-author of The 36-Hour Day

2008  64 pp., 16 color photographs  
978-0-8018-8844-1  $19.95 hardcover
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.

Revised in 2006 for its twenty-fifth anniversary, this best-selling book is the “bible” for families caring for people with Alzheimer disease, offering comfort and support to millions worldwide.

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

“A 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.   $16.95 paperback
large print paperback
2006   600 pp.   $20.95 paperback

When Your Loved One Has Dementia
A Simple Guide for Caregivers

Joy A. Glenner, Jean M. Stehman,
Judith Davagnino, Margaret J. Galante,
and Martha L. Green

Developed from a training program for professionals and family caregivers, this book teaches the basics of dementia care while emphasizing communication, understanding and acceptance, and personal growth through the caregiving experience.

“A succinct, original tool for caregivers of people with Alzheimer disease and other dementias. Highly recommended.”

—Peter V. Rabins, Johns Hopkins Medical Institutions, co-author of The 36-Hour Day

2005   152 pp., 4 line drawings   $18.00 paperback
Bipolar Disorder
A Guide for Patients and Families
second edition

Francis Mark Mondimore, M.D.

“Exhaustive, scientific, yet compassionate . . . An absolute gold mine for those with the disorder and their families: thorough, candid, and up-to-date advice, full of new possibilities for help.”

—Kirkus Reviews

“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, Ph.D., author of An Unquiet Mind

A Johns Hopkins Press Health Book

2006  304 pp., 22 line drawings  978-0-8018-8314-9  $18.95 paperback

Depression, the Mood Disease
third edition

Francis Mark Mondimore, M.D.

A comprehensive approach to depression treatment that includes psychotherapy, family and community support, and lifestyle changes. Full of information compassionately presented, this guide provides hope and help to patients and their families.

“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.

The journey from alcoholic insanity to sobriety—and the pivotal role of Alcoholics Anonymous (AA) in navigating that transition—is the focus of this book. Through powerful first-person narratives, psychotherapist Jack H. Hedblom provides compelling insights into the minds and hearts of addicted drinkers, and reveals the road to recovery as a journey of self-discovery, change, and hope.

“If you really wish to understand Alcoholics Anonymous and work with its members, read this book.”

—Alcohol & Alcoholism

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.

“A tremendous resource for individuals who drink too much . . . Levy does an excellent job of helping readers determine if they have an alcohol problem and sets up very clear and simple steps to moderate drinking for those who are not better recommended to an abstinence lifestyle.”

—Andrew F. Angelino, M.D., Johns Hopkins Medical Institutions

978-0-8018-8668-3  $18.95 paperback
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.

This practical guide helps people navigate the important but often intimidating process of thinking about, and planning for, an uncertain future.

“A practical guide to help individuals make end-of-life decisions and communicate them to healthcare providers, family members, and other loved ones.” —UUWorld

“This practical guide helps people navigate the important but often intimidating process of thinking about, and planning for, an uncertain future.” —Exceptional Parent

A Johns Hopkins Press Health Book

2007  168 pp.  $18.95 paperback

Jeff May’s Healthy Home Tips
A Workbook for Detecting, Diagnosing, and Eliminating Pesky Pests, Stinky Stenches, Musty Mold, and Other Aggravating Home Problems

Jeffrey C. May and Connie L. May

Designed for people concerned about the air quality in their home, this step-by-step guide covers the nooks and crannies of indoor air pollution—from what to look for to how to fix it.

“If your nose gets congested, you develop a sinus headache, or your asthma often gets worse after an hour or two at home or at work, buy one of Jeff’s books to find the cause and a way to fix it (and he didn’t pay me to say this).” —Paul Enright, MD, WebMD

2008  200 pp., 11 halftones, 13 line drawings  $16.95 paperback