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Health Resources for Older Adults at the Civic Center Library



Reference Sources

[America's Top Doctors](#). Castle Connolly Medical (2007/08)

This guide profiles “the top 1% of medical specialists in America and practice in 64 specialties and subspecialties.” The doctors have been “nominated [for inclusion] by their peers based on surveys of tens of thousands of physicians across the United States.” The guide also includes recommended medical centers and specialty hospitals.

R 610.6952 America's 2007/08 7th ed.

[American Medical Association Family Medical Guide](#). 4th edition.

John Wiley & Sons (2004)

This book offers “authoritative guidance on hundreds of diseases as well as the latest tests, treatments, procedures, and drugs,” and information on topics such as preventive health, first aid, and health issues at various stages of life. It also features case histories, and hundreds of illustrations. *R 616 American 2004*

[Current Medical Diagnosis & Treatment](#). 47th edition (2008)

Designed as a quick reference guide for physicians and health professionals, this resource provides information on “the latest medical advances, prevention strategies, cost-effective treatments,” and more. “Patients and their family members who seek information about the nature of specific diseases and their diagnosis and treatment may also find this book to be a valuable resource.” *R 616.07 Current 2008 47th ed.*

Encyclopedia of Aging. David J. Ekerdt, editor. Macmillan Reference USA (2002)

This encyclopedia is devoted to providing information on "age, aging, and the aged." Health related topics include diseases and conditions, health care and treatment, mental health, and insurance.

R 305.26 Encyclopedia

Mayo Clinic Family Health Book. Scott C. Litin, M.D., editor. 3rd edition. Harper Resource (2003)

This resource contains "information on more than 1,000 diseases and disorders, along with important advice on preventative care for maintaining good health." Most of the information in the book comes from "physicians, research scientists and other health care professionals" of the Mayo Clinic, a nonprofit medical education and research center.

R 613 Mayo 2003

The Merck Manual of Health and Aging. Mark H. Beers, editor. Merck Research Laboratories (2004)

This book uses non-technical language to explain "what can be done to optimize how people age, prevent disease, and improve health." The "primary focus in on the health care system for older adults and the disorders they are most likely to experience. The book also contains essays written by older adults who share their insights on the changes and challenges of aging."

R 613.0438 Merck 2004

The Official ABMS Directory of Board Certified Medical Specialists. Elsevier Inc. (2008)

Published in cooperation with the American Board of Medical Specialists (ABMS), this guide provides professional and biographical information on hundreds of thousands of medical specialists. Profiles include medical school attended and year of degree, place and date of internship and residencies, academic and hospital appointments, types of medical practice, contact information, and more.

R 610.257 ABMS 2008 40th ed.

Stedman's Medical Dictionary. 28th edition. Lippincott Williams & Williams (2006)

This dictionary, "thoroughly reviewed and updated by consultants from all the major medical and health science specialties," contains over a hundred thousand medical terms and definitions, and includes illustrations.

R 610.3 Stedmans 2006 28th ed.



Selected Materials for Check Out

- Cheney, Walter J. [The Second 50 Years: A Reference Manual for Senior Citizens](#). Paragon House Publishers (1992) Q 305.26 Cheney
- [Dancin' Grannies Workout Program: Beginners](#). [VHS] Maier Communications (1989) Video 613.71 Dancin'
- Dass, Ram. [Still Here: Embracing Aging, Changing, and Dying](#). Riverhead Books (2000) 305.26 Ram Dass
- Francina, Suza. [The New Yoga for People Over 50: A Comprehensive Guide for Midlife and Older Beginners](#). Health Communications (1997) 613.7 Francina
- Schachter-Shalomi, Zalman. [From Age-ing to Sage-ing: A Profound New Vision of Growing Older](#). Warner Books (1995) 305.26 Schachter
- Nuland, Sherwin B. [The Art of Aging: A Doctor's Prescription for Well-Being](#). Random House (2007) 305.26 Nuland
- Rabin, Peter V. [Getting Old Without Getting Anxious: Conquering Late-Life Anxiety](#). Avery (2005) 618.97 Rabins
- [Sit and Be Fit: Pre-Aerobic Exercise Program](#). [VHS] Sit and Be Fit (1989) Video 613.7 Sit
- [Tai Chi for Older Adults](#). [DVD] Wellspring Media (1998) DVD 613.71 Tai

- [**Watch Your Step! Preventing Falls in a Slippery World.**](#)
[VHS] City of Novato Independent Elders Program (2003)
Video 362.6 Watch
- Weil, Andrew. [**Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being.**](#) Alfred A. Knopf (2005)
612.6 Weil

For more materials, search the MARINet library catalog (<http://marinet.lib.ca.us/>) under the following subjects:

- [**Older People**](#)
- [**Exercise For Older People**](#)
- [**Older People Health And Hygiene**](#)
- [**Older People Conduct Of Life**](#)
- [**Older People Psychology**](#)

Also search a specific topic or condition, such as:

- [**Alzheimers Disease**](#)
- [**Nutrition**](#)

Reference Databases at the Library and from Home

- [**EBSCO Consumer Health Complete**](#) is designed to support patients' information needs and foster an overall understanding of health-related topics. The database covers all areas of health and wellness from mainstream medicine to alternative, holistic and integrated medicine.
- [**EBSCO Magazines and Newspapers**](#) features full-text articles from popular magazines such as *Time* and *Newsweek*, and dozens of health related journals, including *Harvard Women's Health Watch*, *Journal of Environmental Health*, and *JAMA (The Journal of the American Medical Association)*.
- [**ProQuest**](#) offers full-text articles from *The New York Times*, the *San Francisco Chronicle*, *The Wall Street Journal*, and hundreds of other national and international newspapers.

Home access to these databases is available to all MARINet library card holders. More information on home access is available at <http://www.co.marin.ca.us/depts/LB/main/authentication.cfm>.



Websites

AARP: Health

<http://www.aarp.org/health/>

The website of this nonprofit organization contains articles on topics such as medical insurance, prescription drugs, specific conditions, brain health, tips for staying healthy, and nutrition.

National Institutes of Health: Senior Health

<http://nihseniorhealth.gov/>

This site provides information on dozens of topics related to senior health, including Alzheimer's Disease, depression, exercise, low vision, lung cancer, talking with your doctor, problems with smell and taste, and more.

Medline Plus: Seniors' Health

<http://www.nlm.nih.gov/medlineplus/seniorshealth.html>

"MedlinePlus brings together authoritative information from the National Library of Medicine (NLM), the National Institutes of Health (NIH), and other government agencies and health-related organizations." The section on seniors' health features articles on specific health topics, quizzes and interactive tools for assessing health, and links to local health care providers.

Resources for Older Adults in Marin County

<http://www.co.marin.ca.us/depts/HH/main/ag/agingmarin.cfm>

The Marin County Department of Health and Human Services, Division of Aging website provides this "listing of services for older and disabled adults and their families in Marin County."

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