

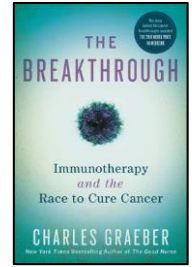
The Breakthrough: Immunotherapy and the Race to Cure Cancer

By: Graeber, Charles
RC271.I45 G73 2018

Review from: *Publishers Weekly*

September 24, 2018

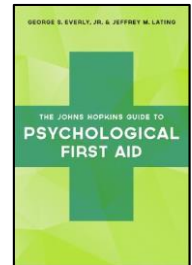
"Hype can be dangerous, just as false hope can be cruel," journalist Graeber (*The Good Nurse*) writes in this lucid and informed report on how doctors and medical researchers, advancing beyond a "cut, burn, and poison" approach to fighting cancer, discovered how to use the human immune response to attack mutant cells. Graeber recalls the "crushing failure" cancer immunotherapy suffered in the 1970s, and the giddy over-optimism seen in the 1980s before cancer breakthroughs such as interferon drugs went bust and immunotherapy research was left to a "handful of true believers." His narrative moves from the grueling stories of research experiments and drug trials-through which pharmaceutical companies "spread their bets" over a variety of potential drugs-to the even more grueling experiences of cancer patients. Graeber focuses on the scientific developments and the "mind-blowing possibilities," such as cellular therapy, in which living cells are used to fight cancer...

***The Johns Hopkins Guide to Psychological First Aid***

By: Everly, George S., Jr.
RC480.6 .E91145 2017

Review from: *Choice*

This book specifically explains and provides direction for the Johns Hopkins RAPID PFA (psychological first aid) model, the first of its kind to be rooted in specific theory and whose core competencies were developed based on empirical evidence. Everly (Johns Hopkins School of Medicine) and Lating (Loyola Univ. Maryland) provide the historical background of PFA, and then describe the various scenarios a provider may encounter, with specific examples from natural disasters and war, and general approaches to acute depressive and substance use episodes...

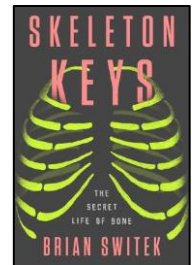
***Skeleton Keys: The Secret Life of Bone***

By: Switek, Brian
QM101 .S96 2019

Review from: *Booklist*

March 01, 2019

While the human skeleton stripped of flesh can be a chilling sight during Halloween season, no one doubts its indispensable value in caging organs or helping bodies navigate the world. As an avowed paleontology buff, Switek (*My Beloved Brontosaurus*, 2013) admits it took him a while to switch his focus from dinosaur skeletons to human ones, but the result here is a rich exploration of everything our bare bones can teach us about life...Switek, however, makes plain that his biggest passion a carryover from studying dinosaur bones is forensics, and he does revel in explaining what skeletal breaks, cuts, and chips say about the living person who endured them...

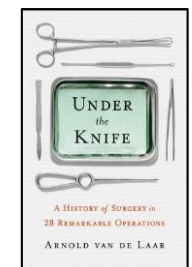
***Under the Knife: A History of Surgery in 28 Remarkable Operations***

By: van de Laar, Arnold
RD19 .L33 2018

Review from: *Booklist*

October 01, 2018

Once upon a time, bloodletting reigned as the most widespread surgical remedy for a variety of ailments. But as basic surgical treatments (managing wounds, draining abscesses, setting fractures) progressed, science eventually overtook superstition, and surgeons increasingly turned their attention to a variety of newer, bolder operations. These collected essays by van de Laar originally appeared in a Dutch journal of surgery. Most chapters connect a famous person, the operative procedure performed on them, the surgeon doing it, and the development of that operation...

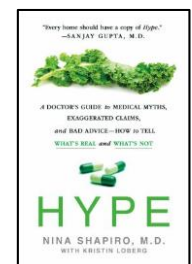
***Hype: A Doctor's Guide to Medical Myths, Exaggerated Claims and Bad Advice – How to Tell What's Real and What's Not***

By: Shapiro, Nina with Kristin Loberg
R729.9 .S55 2018

Review from: *Booklist*

April 01, 2018

In this common-sense guide, UCLA surgeon Shapiro and coauthor Loberg answer such health questions as whether vaccines cause autism (no) and why gluten-free diets can lead to higher levels of arsenic in the body (rice flour naturally contains the chemical). Shapiro wants patients to do the right thing by getting inoculations (as she and her family have) to ward off diseases like HPV and chicken pox, but she also reassures parents that they can lighten up when it comes to panicking about a little sugar. Each chapter ends with a helpful hype alert box that summarizes key points...Money-saving tips include passing on the bottled water, which costs 2,000 times as much as tap (chemicals in the plastic may leach into the beverage, too). Complete with an index, this is an extremely useful, easy-to-read handbook.

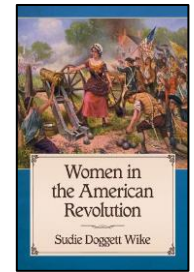


Women in the American Revolution

By: Wike, Sadie Doggett
E276 .W54 2018

Review from: *Choice*

This historical overview of the roles of women in the American Revolution is authored by a medical doctor who is also a member of the Daughters of the American Revolution. Part 1 discusses women's involvement from Canada to Pennsylvania; part 2 continues the narrative southward to Georgia. In 19 densely scribed vignettes, 13 of which (chapters 7-19) pertain to the southern theater, Wike marshals an effective, albeit celebratory, narrative that enriches the breadth of scholarship published on this topic over the past quarter century...the book's strength lies in its focus on the "colossal number of ordinary women without whom the symbolic Statue of Liberty would not exist." Wike's multicultural net captures the multifaceted roles of women--free and enslaved, Patriot and Loyalist, and Native American...



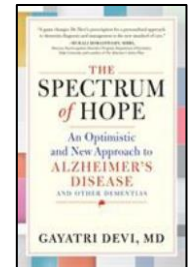
The Spectrum of Hope: An Optimistic and New Approach to Alzheimer's Disease and Other Dementias

By: Devi, Gayatri
RC523.2 .D48 2017

Review from: *Library Journal*

November 01, 2017

With most baby boomers already in their 70s-and their surviving parents in their 90s-there is a rise in age-related Alzheimer's disease (AD) and other dementias. Most people have a family member or friend who has a form of dementia, and many aging adults are concerned about their own cognitive health. Lenox Hill Hospital neurologist Devi (director, New York Memory and Healthy Aging Svcs.) views the disease as a spectrum disorder that presents and progresses differently in people. Early diagnosis is key: taking into account memory loss, language and life skills, and rate of progression, all of which may vary widely. People in early or preclinical stages can benefit from diet and lifestyle modifications and physical and cognitive exercises; those further along may experience improvement from medications as well as magnetic brain stimulation (not yet FDA-approved for AD)...



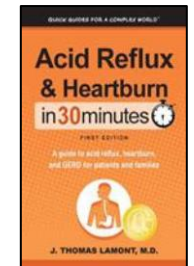
Acid Reflux & Heartburn in 30 Minutes: A Guide to Acid Reflux, Heartburn, and GERD for Patients and Families

By: LaMont, Thomas J.
RC815.7 .L36 2018

Review from: *Kirkus Reviews*

June 15, 2018

This health guide offers an introduction to two conditions that affect tens of millions of Americans. Gastroenterologist Lamont (C. Diff in 30 Minutes, 2013) does an admirable job of presenting a plain English, authoritative overview of acid reflux (also known as GERD) and heartburn, which together he estimates may strike more than 60 million people in the United States. The author begins with patient cases that show the effects of either GERD or heartburn on four people of different genders and ages. Using these stories at the very beginning of the book enables readers to immediately identify with the patients and understand that these conditions are universal. Each case ends with helpful "takeaways" that extract key lessons...



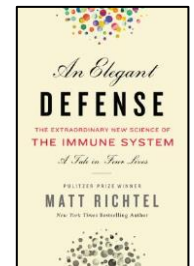
An Elegant Defense: The Extraordinary New Science of the Immune System: A Tale in Four Lives

By: Richtel, Matt
QR181.7 .R53 2019

Review from: *Booklist*

February 15, 2019

Pulitzer Prize-winning reporter, nonfiction writer, and crime novelist Richtel adroitly mingles cellular biology, scientific history, medical research, and patients' experiences as he explains how the immune system primarily protects our health but is also implicated in cancer, AIDS, and autoimmune disorders (e.g., rheumatoid arthritis, lupus). He explores how the immune system recognizes self and other and how it distinguishes biological partner from biological foe... Four individuals are cast as the faces of either hyperfunctioning or less than optimal immune systems...Ancient and intricate, highly effective and ever vigilant, your immune system is engaged in a perpetual biological balancing act, making trade-offs to keep the peace, to maintain homeostasis, to let the individual live as long as is practical...



Managing Your Mind: The Mental Fitness Guide

By: Butler, Gillian, et. al.
RA790 .B83 2018

Review from: *Booklist*

Self-help and personal betterment tomes are often so earnest and so zealous to help everybody have a perfect life that they are off-putting to readers who merely want some advice. Butler and Hope's low-key compendium of mental self-help is refreshingly free of such obsessiveness. Bright, readable, and insightful, it offers modest goals that are bracingly achievable by means of "skills, understanding, and strategies to suit your circumstances and inclinations." This may sound foggy or indefinite, but it is positively precise and reasonable for works in this genre...

