

Hindon Surgery's recommended books & Websites for patients

Many of our patients find that written information about health matters can be very useful.

However, there are so many books and websites plus articles in newspapers and magazines it can be difficult to know what to read.

We have a number of leaflets in the surgery. We can also print out information sheets from the computer.

If you would like written information please ask and we will try to provide a suitable leaflet for you.

Sometimes this information is not enough and this leaflet gives a few books and websites that we would recommend as being useful with good clear advice.

Your local library can be a good source of information and will order books for you to borrow.

The surgery is participating in the Wiltshire book prescription scheme. This is run by LIFT (formerly known as the Primary Care Psychological Service) and Wiltshire Libraries.

The GP can prescribe a book you to borrow from a local library.

The books are all to help with psychological problems like anxiety and depression.

If you know of a good book or website please let us know and we can add it to this leaflet.

Backache and neck pain

Treat Your Own Back &

Treat Your Own Neck

Both by Robin McKenzie (Publisher, Orthopaedic Physical Therapy Product). The neck book is useful for advice on treatment of headache without using drugs.

Childhood & Teenage Weight and feeding

Weight Matters for Children

Weight Matters for Young People

Both by Dr Rachel Pryke (Radcliffe Publishing) parenting guide to establishing healthy eating structures for children. Teenage guide to eating disorders.

Child Behaviour

Toddler Taming (up to 4 years)

Beyond Toddlerdom (ages 5 - 12)

Understanding ADHD

All by Dr Christopher Green (publisher, Vermillion). All give very good common sense advice on most common behaviour issues.

Dermatology

Your Guide to eczema

Sarah Wakelin (Royal Society of Medicine). Answers most eczema questions including allergy testing.

Mental Health

The mental health charity **MIND** has a good website at www.mind.org.uk/shopping Lots of good books covering a wide range of subjects including trauma and abuse, bereavement, how to cope as a carer and understanding benefits.

Osteoporosis

Osteoporosis, The Silent Epidemic.

Marilyn Glanville. Excellent advice on what you can do to protect your bones.

Relationships

Men are from Mars, Women are from Venus.

John Gray (Harper paperbacks). Classic book to improve communication within relationships.

Smoking Cessation

The Easy Way to Stop Smoking

The Little Book of Quitting

And others by Adam Carr (Arcturus Foulsham). A bit repetitive but many have found this their key to successful quitting.

How to stop smoking and stay stopped

Gillian Riley. A different approach to Carr.

Paul McKenna has good books and CDs as well.

Some other useful Websites

www.labtestsonline.org.uk

Explains what blood test results mean and lots more

www.besttreatments.co.uk

Details about 100 common conditions and operations

www.nhsdirect.nhs.uk

Lots of good health related information

www.dh.gov.uk/selfcare

Advice on self care for long-term conditions

www.radcliffe-oxford.com/youngpeople

Interactive food diary that can be downloaded

www.arthritisresearch.org.uk

Arthritis Research Council - lots of very good patient information

www.givingupsmoking.co.uk

NHS Smoke cessation site

www.bhf.org.uk

British Heart Foundation with good patient leaflets

www.nhschoices.nhs.uk

Comprehensive site on all health related matters

www.prostate-cancer.org.uk

Good information about PSA tests and prostate cancer