

CHEST HEART & STROKE SUGGESTED BOOK LIST

F8

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The following books are suggested further reading about chest, heart and stroke conditions. Prices are approximate and titles listed are available at time of printing. If you have any comments or suggestions please contact the Health Information Manager Lorna McTernan on 0131 225 6963.

ISBN

An ISBN number (International Standard Book Numbering) is a 10 or 13 digit number which identifies every book published. If you have this you can have access to almost any book either from the library or a good bookshop or check if it is still in print and so available or not.

Suggestions on how to buy and where to look

- Libraries and bookshops.
- If you have Internet access the website www.amazon.co.uk is an excellent source of books either to buy on line or to browse for other titles and resources. Another very helpful website is www.bookfinder.com a free service which searches independent booksellers for new and used copies of millions of titles.
- Many organisations have their own literature which is available from their publications departments or on their websites.
- Contact the CHSS Adviceline for further information to assist studies.

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Useful series

The first section contains information about four ‘Series’ of titles that are useful and easy to read. As there are often several titles that might be of interest in each series they have all been put together rather than under the separate headings of chest, heart and stroke.

Useful Series

‘At your fingertips’ Series

Asthma	£17.99
COPD	£14.99
Blood pressure	£14.99
Heart Health	£17.99
Stroke	£17.99
Diabetes Type 1	£14.99
Diabetes Type 2	£20.99

Published by CLASS Publishing

Available from CLASS Publishing, Priority Service, FREEPOST London W6 7BR

Order Hotline: 01256 302 699

Website: www.class.co.uk

This series offers straightforward and positive answers to all your questions.

Many other titles available.

Understanding Family Doctor Series

Angina and heart attacks	£4.75
Asthma	£4.75
Blood pressure	£4.75
Cholesterol	£4.75
COPD	£4.75
Heart failure	£4.75
Heart surgery	£3.50
Stroke	£4.75

Published by Family Doctor Publications Ltd.

Order on line from www.familydoctor.co.uk

Available from pharmacies nationwide.

Series For Carers –
(Carers being people who are involved in looking after someone else)

Carer’s Handbook Series

Caring for someone with a heart problem	
By Toni Battison	£6.99
Caring for someone who has had a stroke	
By Philip Coyne & Penny Mares	£6.99
What to do and who to turn to	
By Marina Lewycka	£6.99
Published by AGE CONCERN	
Available by phone: 0870 44 22 120 Website: www.ageconcern.org.uk	
<i>Many other publications available.</i>	

Speech and Language

The Stroke and Aphasia Handbook	£20.00+P&P
By Suzie Parr, Carole Pound, Sally Bing & Becky Moss (2004)	
ISBN 0953604217	
Published by Connect	
Tel: 020736 70840	
Website: www.ukconnect.org.uk	
<i>This is designed to be used by the person with communication problems. It is easy to read with highlighted words and clear layout. The information provided is in response to what aphasic people requested and covers all aspects of life.</i>	
Less Words, More respect: My experience with dysphasia	£3.50
By Monica Clarke (1997)	
ISBN 0951513125	
Published by Speakability	
Tel: 020 7262 9572	
Website: www.speakability.org.uk	
<i>In 1995 Monica’s husband suffered a severe stroke. This highly personal and honest account describes her emotions as she battled for him in hospital when he could not explain that he was in pain, and fought for his right to be consulted about medical procedures. On his return home, she looked after his physical needs and searched for a new system by which they could communicate and express their love for each other.</i>	
The Man Who Lost His Language	£6.99
By Sheila Hale	
ISBN 0140284958	
Published by Penguin	
<i>When Sheila’s husband John suffered a stroke that left him unable to walk write or speak normally she embarked on a battle to restore him to normal life. This acute and compassionate book makes the unknown country seem a little less desolate.</i>	

Life experiences after stroke

My Stroke of Luck

£12.99

By Kirk Douglas (2002)

ISBN 0316859982

Published by Little, Brown and Co Ltd

The actor's personal and inspiring account of his experience of having a stroke.

My Year Off – Rediscovering life after a stroke

£7.00

By Robert McCrum (1999)

ISBN 0330352407

Published by Picador

The author was the literary editor of the Observer when at the age of 42 suffered a stroke. He has written this book about his year of recovery. It has recently been made into a film.

The Diving Bell and the Butterfly – A memoir of life in death

£6.99

By Jean Dominique Baubly (2002)

ISBN 0007139845

Published by Fourth Estate

The author was the editor-in-chief of French 'Elle' magazine before he had a stroke. He tells of his own experience by dictating his words with only the use of his left eyelid. It is a remarkable insight to the experience of locked-in syndrome and a tender testament to the power of language and love.

A Stroke of Genius

£9.99

By Mick Sutton (2003)

ISBN 0595278558

Published by iUniverse

A collection of letters and postcards written by the author to his speech and language therapist while on a world cruise. It is a saga of recovery and an inspiration for others who have to overcome the challenges of a stroke or similar unexpected changes or hurdles in their lives.

Diary of a Stroke

£12.99

By Martin Stephen (2008)

Psychology News

Press ISBN 978-0-90763-310-5

Martin Stephen was at the pinnacle of his career when he suffered a stroke. In this diary, the head of St Paul's – one of Britain's top private boys' schools – and author of the hugely popular Henry Gresham crime thrillers describes how it felt to have his body thrown terrifyingly out of control, and how he refused to let it beat him.

Stroke survivor-a personal guide to recovery £12.99
 By Andy McCann (2006) Jessica Kingsley
 ISBN 978-1-84310-410-0
At the age of 37 Andy McCann was physically fit, strong and in good health. Then, mid-way through instructing his weekly martial arts class, he experienced a stroke and was rushed to hospital. Until then, the word 'stroke' had meant little to Andy, and in this book he recounts the many difficulties in learning to live with his new situation.

Surviving a stroke £7.99
 By Mike Ripley (2006) White Ladder Press
 ISBN 978-0-95482-198-2
In January 2003, at the age of 50, Mike Ripley had a stroke. This is his story of the stroke itself and the next year in the recovery process, together with a mass of practical tips and advice for anyone else recovering from stroke. As a comic crime thriller writer, Mike Ripley looks for the humour in any situation, and finds it even in this one.

Cookbooks

The I can't chew Cookbook £14.99
 By J. Randy Wilson (2004)
 ISBN 0897934008
 Published by Hunter House Inc

Easy to Swallow, Easy to Chew Cookbook £9.99
 By Donna L. Weihofen (2002)
 ISBN 0471200743
 Published by John Wiley & Sons Inc

The Dysphagia Cookbook £9.95
 By Elayne Achilles (2004)
 ISBN 1581823487
 Published by Cumberland House Publishing US

Mobility

Walking on Wheels

£10.99

By Eva McCracken 2006

Published by Cualann Press

ISBN 0 9544416 8 0

Walking on Wheels is a map book with a difference. It is the first book of its kind – a guide for wheelchair and electric scooter users who wish to enjoy the Scottish countryside.

A former Occupational Therapist, Eva McCracken was a keen walker before multiple sclerosis resulted in occasional and then more frequent use of a wheelchair.

In 2000 she discovered the joys of exploring the outdoors using her electric wheelchair and electric scooter. Eva began rambling in the Scottish countryside on her wheels and she kept the information on accessible trails which formed the basis of the book.



If you would like to speak to one of our nurses in confidence,
please call the Chest, Heart and Stroke Scotland Advice Line

Monday - Friday 9.30am - 12.30 and 1.30pm - 4.00pm

0845 077 6000