

Creating Consumer Health Information Partnerships

by Christine Sato

Getting started:

The Consumer Health Information Service (CHIS) officially opened on October 10, 1997 as a five year community service project of the Hawaii Medical Library (HML). CHIS offers the public free access to and services from the largest medical library in Hawaii.

The Hawaii Medical Library, established in 1913, is located in downtown Honolulu on the grounds of the Queen's Medical Center and is a Queen's Health Systems company. The Library supports the information needs of its statewide membership, which includes practicing health

professionals, the John A. Burns School of Medicine at the University of Hawaii, nursing programs and hospitals throughout the State, organizations in the business community, and individuals. HML is a Resource Library of the National Network of Libraries of Medicine.



Though member supported, the Hawaii Medical Library has for years served the public with phone and walk-in reference assistance. The time was right for John Breinich, Executive Director of Hawaii Medical Library, to submit and obtain grant

funding to expand services. The funding process involved a review of existing consumer health information models and obtaining the consultative services of Susan Murray¹. Given the uniqueness of HML's position in the community, the model decided upon was a "library within a library with outreach throughout Hawaii".

HML was renovated to create a section within the Library for CHIS. CHIS services are provided by

two full-time librarians who provide reference and also oversee the collection of consumer health books, periodicals, display charts and models, pamphlet files and take-home brochures.

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CAPHIS MLA Meeting Info



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Consumer Connections

Is indexed in the *Cumulative Index to Nursing and Allied Health Literature™* and the *CINAHL® database*.

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Special thanks for editorial
assistance from Nancy Crossfield.

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Consumer Connections is
produced three times a year in the
Summer, Winter and Spring.



Consumer Health and Patient Information Listserv

Sponsored by CAPHIS!

The **CAPHIS Listserv** is an unmoderated discussion list created for people interested in consumer and patient information. To subscribe, send a message to:

listserv@hslc.org (leave the subject line blank)

Your message should read:

subscribe CAPHIS <your first name your last name>

To post a message to the list

While in listserv, type the command *post*, then your subject line and message text. From outside the listserv, send your message to:

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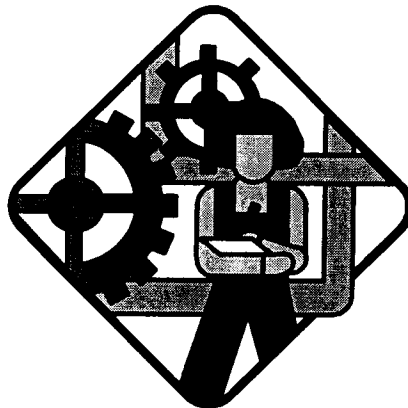
From the CAPHIS Listserv

From: **Julia Edson**
jedson@CYBERNAUTICS.COM

Subject: Useful Medical Websites

I'm new to this list, but I'd like to share two medical websites that I work with.

The first one, *Better Health*, is good because it has general medical information on a variety of medical conditions. From Asthma to Parkinson's to Senior and Women's Health. They have chats, bulletin boards as well as medical articles.



<http://www.betterhealth.com>

The second one, Sapient Health Network, has indepth medical information. You start by inputting your own medical history and then it makes a profile of your condition, sending you useful medical articles. It's got a library and a place to store your personal articles.

<http://www.shn.net>

Welcome to the Summer issue of **Consumer Connections**. Your comments are welcome. **Consumer Connections** is published three (3) times a year in the Spring, Summer and Winter, and is the official publication of the **Consumer and Patient Health Information Section (CAPHIS)** of the Medical Library Association.

Deadlines for submitting articles:

Summer issue Jul. 15, 1998
Winter issue Oct. 15, 1998
Spring issue Feb 15, 1999

How to submit articles to the Newsletter:

Send your articles about patient and consumer health programs and successes, interesting experiences, news items, book reviews, exciting tidbits of information, etc., to me:

Kay Deeney, Editor

See page 2 for address details.

I prefer receiving materials emailed to me or sent on IBM compatible floppy diskettes. With floppies—ASCII, WordPerfect and Word for Windows formats are acceptable. Otherwise, please contact me. Help make this an interesting, relevant and useful newsletter! Participate!

Kay Deeney
Editor



NCHL Directory is at: <http://www.njc.org/CAPHIS/Directory/>



Creating Partnerships. . .

(Continued from page 1)

CHIS targets all Hawaii residents by creating partnerships with organizations who have a health presence on every island. HealthFax, a service that results in a customized packet of articles from books and journals to answer a health question, has become a CHIS cornerstone.

New partnerships:

Hawaii State Public Library System (HSPLS):

CHIS established a service relationship with the Hawaii State Public Library System making all 49 branches referral points. Collection resources at each branch vary. Especially on islands other than Oahu (i.e., Maui, Hawaii, Kauai, Molokai, and Lanai) where consumer access to the medical literature is limited, this service relationship is a win-win solution for both CHIS and HSPLS. Information sessions, introducing CHIS and HealthFax, were given to HSPLS branch managers from all the islands. Public libraries currently refer a patron to CHIS when sources at their branch have been exhausted.

The Consumer Health Librarian will plan future workshops for public librarians on medical resources used at HML, key publications in complementary therapies, and evaluating health sites on the Internet.

Patient Care / Hospital: The Consumer Health Librarian is an active member of Queen's Medical Center's IPEC (Interdisciplinary Patient Education Committee). IPEC's activities include establishing

an inventory of patient education materials throughout the patient care continuum at the medical center. CHIS contributes to this inventory by identifying patient education materials available at HML which are suitable for either patients or for patient educators.

The concept of a centralized database with hospital wide access to this catalog was reinforced with MLA 1997 (Seattle) conference information² provided by the Consumer Health Librarian.



The medical center has since added the development of such a centralized database to its project list.

Through IPEC, CHIS brochures were distributed for placement on each patient care unit: inpatient, outpatient, home care, and support systems. IPEC members represent all major patient care disciplines, and members have gone back to their departments to promote CHIS. For example, the Cancer Institute at the medical center now identifies CHIS as a community contact for obtaining health information.

The medical center's public relations department markets CHIS at local community health fairs and health seminars.

Outreach to other hospitals is done through CHIS' contacts with physicians and health educators at these sites.

Physicians: The Executive Director of HML attends the Medical Executive Committee meetings at the medical center to share and receive input regarding collection development and library services. Specific to CHIS collection development, the focus is on exploring resources on the scientific basis of complementary therapies.

A brochure explaining CHIS will be sent to physicians, using available distribution lists from the Queen's Medical Center and the Hawaii Medical Association.

Community organizations: CHIS and the Cancer Information Service of Hawaii mutually benefit from each other's services. The Cancer Information Service of Hawaii assists in keeping CHIS' cancer literature current (pamphlet files and take-home brochures) and by distributing CHIS brochures into the community. CHIS includes a referral to the Cancer Information Service of Hawaii when answering questions about cancer.

Future partnerships:

CHIS looks forward to creating future partnerships:

- Developing partnerships with health agencies and health care organizations. One goal is to develop a statewide health calendar of community health events.

(Continued on page 5)



Creating Partnerships. . .

(Continued from page 4)

- Promoting our services to support groups.
- Establishing outreach to school libraries and health teachers.

Forming partners has given CHIS immediate visibility and marketing opportunities. Just as CHIS seeks to partner with those who can promote CHIS, organizations and health care providers seek to partner with CHIS to promote their service. Immediate mutual benefits are derived from these partnerships. Most important is that partnerships help to broaden public access to CHIS.

Christine Sato is the Consumer Health Librarian of the Consumer Health Information Service (CHIS), Hawaii Medical Library.

1 Susan Murray is the Coordinator, Consumer Health Information Service of the Metropolitan Toronto Reference Library.

2 Dalia Kleinmuntz, MLS, Linda Feinberg, MSLS, and Debra Conley, RN. "A Cost Effective Multi-Disciplinary Cooperative Approach to a Patient Education Resources Database." (paper presented at the annual meeting of the Medical Library Association, Seattle, Washington, May 1997).

MLA Directory Information

Published annually by the Medical Library Association (MLA), the **Directory** provides quick and easy access to expert health sciences librarians in the health information profession, covering topics such as consumer health and patient information, medical informatics, and cancer research. On page S2 of the 1997/98 **Directory** the CAPHIS Section members are listed. Although limited by being a snapshot in time, the list of CAPHIS members is useful for checking to see if some of your colleagues are members of our Section.

by Kay Deeney

CONSUMER HEALTH DATABASE

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Great programs for MLA Meeting

by Joanne Marshall
CAPHIS Program Chair
University of Toronto

Caphis is sponsoring three different paper sessions at the MLA'98 Annual Meeting in Philadelphia.

On **Sunday, May 24**, from **4:00 p.m. to 5:30 p.m.**, CAPHIS is partnering with the Cancer and Veterinary Medical Librarians Sections to present, "Facing an Uncertain Future: Responses to Diagnosis". The speakers include health professionals who are actively involved in innovative forms of animal-assisted therapy that can be helpful to patients. These are:

- The premise and promise of animal-assisted therapy. **Phil Arkow**, Stratford, NJ.
- Healing connections: Animal-assisted therapy in an acute rehab unit and skilled nursing facility. **Vanessa Shiavi**, Lansdowne, PA.

On **Tuesday, May 26** from **10:30 a.m. to noon**, we are partnering with the Research Section and the topic will be "Consumer Health Information Services: Do They Make a Difference?" The research papers include:

- Serving the young and the restless: Development of a youth collection in a consumer health library. **Cheryl Warren**, Valley Care Health Library and Ryan Corner Cancer Resource Center, Pleasanton, CA
- Making a difference: Determining the impact of a consumer health information service on participants' attitudes, health care decision-

making and physician-patient communication. **Martha Earl**, et al. University of Tennessee Medical Center, Knoxville, TN

- VT chip: Health care information consumers define need. **Nancy Bianchi**, et al. University of Vermont.



- Just an appetizer or the complete menu: Evolution of specialized consumer health web resources training. **Linda Draper**, et al. Detroit Community AIDS Library.

We will also have a discussant for the papers: **Lynda Baker**, Library and Information Sciences, Wayne State University.

On **Tuesday, May 26**, from **2:00 to 3:30**, CAPHIS is partnering with the Medical Library Education Section to present "The Librarians' Role in Providing Consumer Health Information." The session will be moderated by **Naomi**

Broering, Director, Houston Academy of Medicine, Texas Medical Center Library, Houston, TX and the great line up of papers includes:

- Perseverance — or what it takes to plan a consumer health information service. **Michaelynn McKnight**, Health Sciences Library, Norman Regional Hospital, Norman, OK
- Raising the profile of the hospital librarian through consumer health information. **Kathleen A. Moeller**, Health Sciences Library, Overlook Hospital, Summit, NJ
- Consumer health information: sustaining the effort. **Valerie J. Lawrence**, Director, Planetree Health Library, Highline Community Hospital, Burien, WA
- Consumer health information on the Internet. **Elaine Russo Martin**, Assistant University Librarian for the Health Sciences, University of Illinois at Chicago, Chicago, IL
- The role of the librarian in consumer health information: the patient's perspective. **Robin Overmeir, PhD**, Associate Professor, School of Library and Information Studies, Norman, OK

Please join us!





CAPHIS Bylaws Update



At the Annual Meeting of the Consumer and Patient Health Information Section, during the Medical Library Association conference in 1996, the revised bylaws of the Section were passed by the membership with one change, the addition of a Newsletter Committee as a Standing Committee. A description of each Standing Committee was in the newly approved bylaws, except the Newsletter Committee.

The Bylaws Committee, with the help of Kay Deeny, Newsletter Editor, wrote up a description for the Newsletter Committee as a Standing Committee to add to the Section's bylaws. This addition was approved by the MLA Bylaws Committee and by the Executive Board of the Section; it is now being published so that the membership can approve this addition at the annual meeting of the Consumer and Patient Health Information Section during the MLA Conference.

ARTICLE VII. Committees Section 1. Standing Committees ADD:

F. The Newsletter Committee shall consist of sufficient members to support the activities of the Committee. The Chair is appointed by the Section Chair on the recommendation of the Chair-Elect. The members of the committee are appointed by the Chair of the Newsletter Committee. The Chair shall serve as the Editor of the Section's newsletter. The committee shall be responsible for creation and dissemination of the Section's newsletter.

We look forward to any discussion on this addition to the bylaws during our Section's Annual Meeting.

*By David Duggar,
CAPHIS Section Bylaws
Committee Chair*



MLA Grants and Scholarships Booth

Planning on attending MLA in Philadelphia in May? Want to contribute to a good cause, meet people, and have some fun all at the same time? Volunteer to work one or more shifts at the Grants and Scholarships booth. Volunteers will be selling products related to MLA, such as mugs, pins, and notepads. All profits go to support the MLA grants and scholarships program. Last year we increased profits significantly over the previous year. We need *you* to help us make this an even more profitable year.

Booth hours are as follows:

Saturday, May 23, Noon-6:00

Sunday, May 24, Noon-6:00

Monday, May 25, 8-5, closed 9-10 for plenary; close 12-2 for awards lunch

Tuesday, May 26, 8-5, close 9-10 for plenary session

Wednesday, May 27, 8-5, close 9-10 for plenary

Please indicate your willingness to volunteer for this worthy cause by sending an email message to Mr. Pat Craig at jcraig@lsumc.edu.

MLA press release



CHI Directory Information

Please remember to fill in the **National Consumer Health Library Directory** on the Web! Go to <http://www.njc.org/caphis/> for more information.



PHILADELPHIA '98

VISIONS OF THE FUTURE

REFLECTIONS ON THE PAST



*Librarians:
Your Health
Information
Connection*

MEDICAL LIBRARY ASSOCIATION
MLA CENTENNIAL
1898-1998



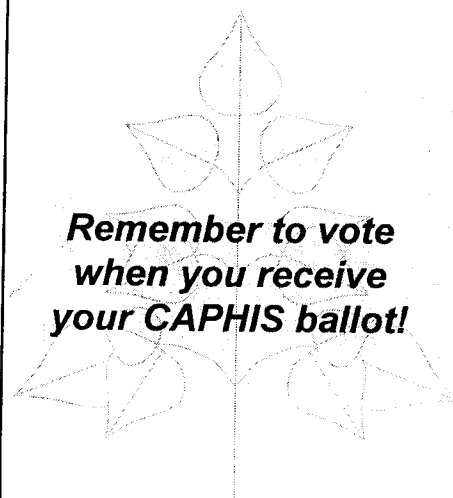
Articles from the Literature

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10. Longo DR, Land G, Schramm W, Fraas J, Hoskins B, Howell V. Consumer reports in health care. Do they make a difference in patient care? *JAMA*. 1997; 278(19):1579-84.
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14. Miller HI. Still hazardous to your health. *Consumers' Research Magazine* 1998;81:10-24.
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16. Podolsky DK. Patients, gastroenterologists, and the World Wide Web. *Gastroenterology*. 1998;114(1):5-5.
17. Porter OGT. Consumer ownership of health. *Advances in Practical Nursing Quarterly*. 1995;1(3):87-8.
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19. Swinker M. Occupational infections in health care workers: prevention and intervention. *American Family Physician*. 1997;56(9):2291(14).

"Louis Pasteur's theory of germs is ridiculous fiction."

--Pierre Pachet, Professor of Physiology at Toulouse, 1872

Remember to vote when you receive your CAPHIS ballot!





Try the HealthLink Solution!

by Moira Bryant

HealthLink Directories are a pioneering initiative of Westmead Hospital and Community Health Services in Australia. Since August 1996, a growing number of service providers throughout Australia have been turning to HealthLink Directories to answer some of their information needs relating to consumer health information.

Since 1985, Health Link, at Westmead Hospital in western Sydney, has been at the forefront of collecting and distributing consumer health information in Australia. Recently this has resulted in the creation, maintenance and distribution of several electronic resources — "HealthLink Western Sydney," "The Australian Guide to Consumer Health Information," and "HealthLink ACT."

These three directories operate on a common principle but contain different data sets.

What is HealthLink Western Sydney?

- An electronic directory, released in August 1996, which runs on a PC
- Efficient location of information about an extensive range of support services and medical practitioners
- Assistance for residents and service providers in the pop-

ulation-dense, local geographic area serviced by Westmead Hospital

The directory addresses the need to develop professional information management systems which can underpin high quality service provision both within the health service and the wider community.

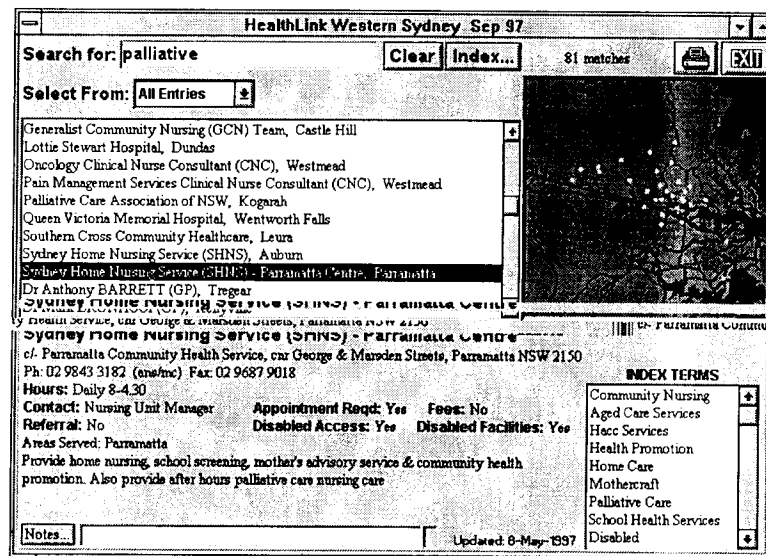
Regular updates

Accuracy and currency is ensured by direct contact with the relevant organizations.

Minimal requirement for user training

The directory interface and the way the directory has been programmed mean that the query tools and the system are very intuitive and rewarding to use from the start.

Searching is possible by text word and partial word (truncation) queries across Name, Suburb, Postal Code and Index Terms. The text data is also integrated with a relevant map which enables the searcher to locate appropriate services within a defined geographic radius.



HealthLink... putting Australian consumer health information on the map

HealthLink provides 'one-stop' access to information about over 1600 health-related services and support groups and information about the special skills and interests of 800 specialists and general practitioners

- Details of selected books and booklets written for the general public

Are there plans to extend the coverage of these directories?

The model which has been developed for HealthLink Western Sydney has received positive reactions at local and national levels. As a result, work is currently underway to develop additional directories and to incorporate new software features. The base

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data set has been structured so that a single record can be incorporated in any appropriate directory, thus speeding up the process of compiling of further resources.

Maira Bryant will be attending the MLA meeting in Philadelphia. The HealthLink directories will be available for your inspection during the afternoon of Monday, May 25th between 3-5pm in the Exhibit Hall. Please contact Maira then or at another time during the meeting to find out more about these resources.



Subscriptions

Subscriptions to **Consumer Connections** are available to non-MLA members for \$10.00 for three issues per year. For US orders, please send a check or money order made out to CAPHIS to the newsletter editor. For international orders, please contact the editor.

Back issues are available. Please contact the editor. See page 2 for address or email information.



Books on the Web in India

by Dr. Aniruddha Malpani, MD



The Health Education Library for People has started publishing

full-text consumer health journals and books on the Internet. The homepage for our Web site is:

<http://www.healthlibrary.com>

This Web site enables us to extend our outreach services by providing health information to Internet users from all over the world! It also makes our library a prototype for the digital library of the future—open around the clock, for all readers!

We have some unique journal and monograph titles in our collection. The journal titles include **Issues in Medical Ethics**, **Health for the Millions** from the VHAI, **The Christian Medical Journal of India** from the CMAI, and **Your own Doctor**. The monograph titles include **Real Fitness** by Dr. Nadkarni, **Words of Wisdom** by Dr. Hegde; **Living Dying** by Dr. Kothari, and **Cancer—The Other Face** by Drs. Kothari and Mehta.

Our library staff regards the availability of full-text publications on the Internet as the future of non-fiction publishing. We feel that all libraries should be at the forefront of this publishing revolution. Full-text on the Internet has a number of advantages:

- it helps authors to disseminate the information, which they have collated and analyzed, to interested readers from all over the world
- it allows us to "rescue" gray-literature which would otherwise be confined to a dusty bookshelf
- it helps publishers to increase their print book sales, as they are likely to attract more orders from overseas
- it helps the end-user, as they can retrieve information when they need it
- it is environmentally friendly as it helps us to save our trees
- it is in digital format, so it is instantly indexed and easy to search

Our library of full-text journals and books will increase as we continue to add links from our homepage. Our reading room is going to become more extensive as time goes by!





BOOK REVIEWS

Living Beyond Breast Cancer: A Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins.

By Weiss, Marisa C., and Ellen Weiss. New York Times Books, 1997. 461 p. Indexed. ISBN: 0-8129-2689-7. \$27.50 Hardbound.

Written by a radiation oncologist and her mother, this book is hopeful, practical, occasionally humorous, and full of useful information and advice for breast cancer survivors.

Dr. Weiss's stated purpose for the book is to help women who have established their treatment regimen and want to know what they will face beyond treatment. The Weisses devote the first third of the book to the needs of patients in or immediately after treatment. They devote chapters to problems such as hair loss, arm lymphedema and fatigue. Tamoxifen, the pros and cons of breast reconstruction, the benefits of getting into support groups, and how to talk and work with health professionals are also discussed.

The second part of the book deals with intimacy, diet, pregnancy, and menopause. With the sense and humor of good friends, the authors spend considerable time outlining the options for young breast cancer survivors who are still thinking about having children. They do not shy away from discussing experimental fertility treatments. The bottom line:

"Remember, if you spend \$20,000 for in vitro and it doesn't work, you have nothing, but if you spend it for adoption, you have a baby." Similarly, they spend time considering estrogen replacement therapy. **Dr. Susan Love's Hormone Book** and a number of research studies are cited. Dr. Weiss's bottom line: "I do not feel comfortable prescribing MHT [menopausal hormone therapy] for women who have had breast

job issues and health insurance, metastatic disease, pain therapy and hospice. Finally there is the admonition not to let cancer define the person, but rather to live fully each day. Appendices include an organizations list and selected reading list.

For the woman who is thinking, "What do I do now that my treatment is over," this book is an excellent source of information and comfort.

*by: Kay McCall
Nicholas Davies Community
Health Library*



cancer, because I do not know that it is safe and because I believe that there are effective alternatives to pharmaceutical estrogen." There is a chapter on alternative and complementary therapies in which the authors repeatedly remind the reader to consult with her physician before trying any alternative therapy, to try them one at a time, and to be careful how they obtain them.

The final major section of the book deals with recurrence of cancer. In very practical terms, they discuss managing

Your Personal Guide To Living Well With Fibromyalgia by the Arthritis Foundation. Longstreet Press, 1997. 221 p. ISBN 1-56352-382-5. \$14.95

Reliable consumer health books can be hard to find, especially when the disorder is as new and mysterious as fibromyalgia. Well organized and easy to read, **Your Personal Guide to Living Well with Fibromyalgia** makes an excellent addition to consumer health collections.

This book is based on the participant manual of the Arthritis Foundation's Fibromyalgia Self-Help course which was developed in the late 1980's by the Norma Borie Fibromyalgia Research and Education Program. In 1995, the Arthritis Foundation began offering this program nationally through its local chapters.

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Fibromyalgia. . .

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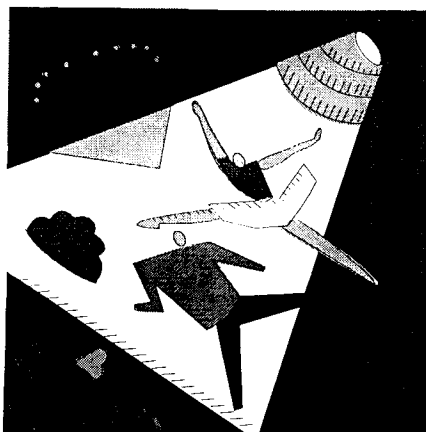
Separated into four sections, *Fibromyalgia: A Primer*, *Taking Charge*, *Helping Yourself*, and *Living Well With Fibromyalgia*, ***Your Personal Guide*** instructs the reader in how to manage their own symptoms while still maintaining a rewarding life. Throughout the entire book are small vignettes offered by various fibromyalgia patients who discuss their own experience with the disease, and offer personal tips and success stories. These small essays give the book a personal touch, and offer an atmosphere similar to that of a support group.

Part One, *Fibromyalgia: A Primer*, begins with a discussion of the history and symptoms of fibromyalgia including a short discussion of how the disease can affect children. Following this is a chapter on treatment options including short descriptions of common options including: prescription drugs, exercise, relaxation techniques, self-education and developing healthy habits.

Part Two, *Taking Charge*, provides several worksheets to help patients monitor their moods, activity levels, and symptom triggers. These worksheets will prove valuable to patients who wish to become more active in understanding their role in symptom control. Following this section is a discussion of how to deal with physicians, and become a more pro-active patient. Choosing physicians who support their patients with kindness and understanding, as well as developing a good doctor-patient relationship, will help

fibromyalgia patients to deal successfully with their disease.

Part Three, *Helping Yourself*, offers lengthy discussions of how the fibromyalgia patient can manage particular symptoms, such as pain, fatigue, insomnia, and depression. Again, worksheets are provided



to help the patient track sleep patterns, and periods of high stress and negative thinking. Disturbances in these areas can exacerbate symptoms, and self-management is key to controlling how much a patient suffers.

Part Four, *Living Well With Fibromyalgia*, discusses how patients can best live normal lives with their disease. By incorporating basic healthy habits of regular exercise, a healthy diet, and stress management techniques, patients learn how to live in spite of fibromyalgia. More worksheets help to support positive thinking and healthy habits. The book's final chapter is devoted to those experiencing

self-esteem and marital difficulties due to their disease.

A detailed glossary, bibliography, and resource list provide the finishing touch to an excellent text. All these sections are in depth, giving many sources available to the reader who wishes to explore further.

As a self-help manual, *Your Personal Guide* concentrates on day-to-day management of fibromyalgia, without focusing too much attention upon the history and etiology of the disease. For those looking for detailed information about new therapies and etiology, a better choice would be ***Fibromyalgia and Chronic Myofascial Pain Syndrome*** by Devin Starlanyl and Mary Ellen Copeland (reviewed in ***Consumer Connections***, Summer 1997). Both books are excellent, but each offers its own special focus.

By Emily Saderholm
Health Dimensions



BOOK REVIEWS

It's Never Too Late to . . . Look and Feel Younger Through Exercise. By Olivier Heuts. Greenport, NY: Pilot Books, 1997. 82p. ISBN:0-87576-207-7 \$8.95 Today's Older Adult Series.

Senior fitness specialist Olivier Heuts has written a book which gives concise, clear, step-by-step instructions for the older adult individual fitness program. Heuts contends that "no matter how old you are, your body can be improved through exercise," and that it is never too late. "Research tells us the aging process is mainly the body's deterioration due to lack of use, but the good news is that many of these symptoms are reversible through exercise."

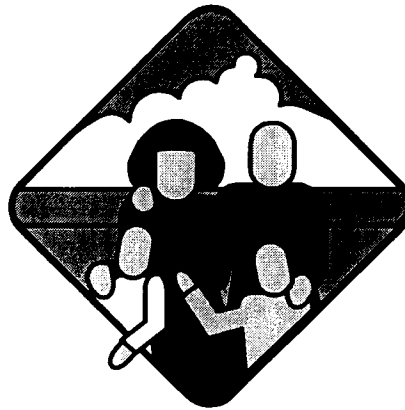
Three detailed instructional chapters cover the beginner chair exercises, the intermediate standing exercises, and the advanced floor exercises. It is not essential that all readers progress from basic exercises to advanced ones. Instead, everyone should work at his/her own pace, trying to maintain a schedule (same time each day, same number of days each week). Each chapter ends with sections on cooling down, tensing and relaxing, and meditation, but each is complete on its own; one need not page back and forth from one chapter to another to complete a particular skill level.

The remaining chapters of this conveniently-sized book deal with the importance of rounding out the exercise program with regular walking.

There is also basic nutritional information on carbohydrates, proteins, fats, vitamins and minerals, and their importance in looking and feeling better. A final chapter lists addresses of organizations of interest to senior adults, and titles of books and magazines on fitness, nutrition, and healthy aging.

The book has many illustrations and is printed in large, easy-to-read type. There is even a section in the back to record personal progress. Audience: the individual senior adult, public libraries, patient/consumer libraries, community senior centers, and retirement community collections.

*by Janet C. Clinton
Mercy Fitzgerald Hospital*



Your Baby & Child from Birth to Age Five. The Essential Guide Fully Revised for Today's Family. 3rd ed. Revised. Penelope Leach. Alfred Knopf, New York, 1997. 559 p. Ill. \$35.00.

Dr. Leach is a psychologist with a special interest in child development. She is the author of several books on child development and parental advice on child care. Previous editions of this title have been translated into 29 languages.

This book is organized into sections that correspond with a child's age and development. Previous editions included a section on medical advice which is missing from this book. The author states that she removed the medical advice section because there are enough books published on childhood illness and first aid. 350 color photographs enhance the book. Some of the pictures are simply warm color photographs of children and families; however, most are placed to illustrate the topic being presented by the text. The line drawings that were part of the previous edition have been replaced by photographs. The book is written in a conversational tone that makes it easy to read and understand. This new edition also includes pages of comments or questions from parents about stages of development, baby products and child safety. The parents views and comments do not always agree with the author's statements, but this continues the conversational tone. I think it reassures parents that others are asking the same types of questions and have the same concerns about their baby and child.

We have the previous edition of this book in our consumer health collection. The

(Continued on page 14)



Your Baby . . .

(Continued from page 13)

book has circulated often and has been used by staff frequently to answer calls we receive about parenting issues. This book would be a welcome addition to any consumer health collection.

by Marge Kars
Bronson Methodist Hospital

Gay Widowers: Life After the Death of a Partner.

Ed. by Michael Shernoff.
New York: Harrington Park Press, 1997. 161 p.
\$29.95 hard. ISBN: 0-7890-0355-4. \$14.95 soft.
ISBN: 1-56023-105-X.

A dearth of literature exists for men, particularly gay men, who suddenly find themselves without their partners. To address this gap in the literature on coping with the death of a loved one, the editor compiled eleven essays written by gay widowers, each of whom was in a different stage of the grieving process. Each essay is poignant in its description of life with the partner before illness, the death of the partner, and life after the partner's death.

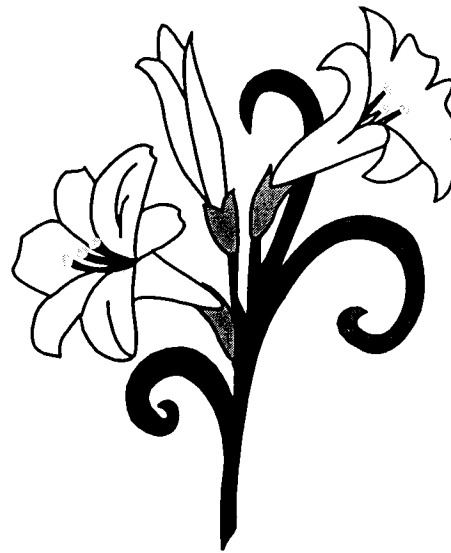
The primary audience for this book is gay widowers. Given the importance of this resource, however, it would be a shame not to alert both homosexuals and heterosexuals to it. What is noteworthy about this book are the honest discussions by the various contributors about (1) the range of emotions felt after the death of a loved one; (2) the uncertainty about who one is and how one can continue through life without the loved

one; (3) the usefulness/uselessness of bereavement groups; (4) the desertion by friends after a certain time period; (5) the need to learn how to be a single person again; and (6) the age-old question of when it is "proper" to begin dating.

The one drawback of the book is its packaging. The essays were co-published as **Journal of Gay & Lesbian Social Services.**

Instead of packaging this collection of essays as a book, Harrington Park Press slapped a different cover on the journal and left in all the advertising for and co-indexing notes of Haworth Press. Some people who could really benefit from the information contained in the essays might opt not to purchase the book because it looks too "academic" or "scholarly." The book is not scholarly; it is very readable and highly recommended for anyone who has lost a partner, especially gays or lesbians.

by Lynda Baker





BOOK REVIEWS

Cancer Resources on the Internet. Edited by M. Sandra Wood and Eric P. Delozier. New York: Haworth Press, 1997. 110 pp. \$29.95 hard. ISBN: 0-7890-0344-9. \$14.95 soft. ISBN: 0-7890-0345-7.

Skeptical as I am regarding books written about Internet resources because they often promise so much and deliver so little, this book is a welcome surprise. The editors selected the topic of cancer for many reasons: there is overwhelming demand for information from both health professionals and consumers; there is an incredible amount and variety of material available; and, the discipline serves as an example of the promise and problems of health information on the Internet. As expected, many of the contributors are librarians; however, the authors from other professions were obviously selected with care and their insights are valuable.

The book opens with an overview of consumer resources for cancer, giving a brief introduction to the major comprehensive sites — sites for specific types of cancer, related useful sites (including clinical trials), guides to finding cancer info, and collections that include cancer among their subtopics. The next chapters cover in more detail two sites critical to the topic. The National Cancer Institute's CancerNet is presented by the Director of the International Cancer Information Center and the Acting Chief of the

International Cancer Research Databank while OncoLink is described by its current editors and production staff at the University of Pennsylvania. In a separate chapter, E. Loren Buhle, the original creator of OncoLink, offers a fascinating view of cancer information on the Internet, which he sees as "providing clinical, research, and educational information for the entire health care team, including the patient and his or



her caregivers." He probes the distinction between the "read-only" world of the Web and the interactive potential of the Internet with its mailing lists, newsgroups, and real-time communication. Finally, Buhle includes a description of what constitutes a "good" web site that is both brief and clear. This is followed by a review of the 26 web sites provided by NCI-designated comprehensive cancer centers. Separate chapters are devoted to breast cancer and alternative cancer therapies while "real" patient experience is detailed in

"Touring with Mr. H: Hodgkin's Disease Information and the Internet." A discussion of cancer support groups is provided by a technical writer and Web page author who also volunteers for the Touchstone Support Network. This chapter covers the types of self-help available with emphasis on Internet Relay Chat (IRC) that allows for spontaneous communication.

Unlike many reference books, this book would be a pleasure to read cover to cover. By the time I finished reading my review copy, it was peppered with post-it notes for my own future reference! This book is so reasonably priced, that no library should be without a copy.

by Nancy Calabretta
Reuben L. Sharp Health Science
Library



Beyond Glasses!: The Consumer's Guide to Laser Vision Correction.

by Franette Armstrong. UC Books. 1997 386 p index illus. bibliog. ISBN 0-9656505-0-2 pap \$19.95.

Written by a former myope, *Beyond Glasses* reads as a testimonial to laser vision correction, and as a comprehensive guide for those considering photorefractive keratotomy (PKR). PKR is the procedure that cures nearsightedness and astigmatism by altering the shape of the cornea via the excimer laser. Personal experiences of the procedure are sprinkled throughout the book. Eighteen case studies include the details and outcome of the procedure, and encompass a wide array of patients, from the author to Barry Manilow. Although the narratives do have a distinct advertising tone, many consumers will appreciate their inclusion.

The book's strength is that it is well researched, highly readable, and very informative. Armstrong covers the cost, preparation, equipment and techniques, recovery, side effects, risks, complications, and ideal candidacy for PKR. Explanations are clear, and helpful illustrations are provided. A section on "Finding the Right Doctor" contains names and contact information for the United States and Canada, as well as a discussion on choosing a treatment center versus a doctor. A list of treatment centers in the United States and Canada is also provided.

(Continued on page 17)

Current Book Reviews

- Coggan J.M. *Second Act: Life after colostomy and other adventures*, by B. Barrie. **Library Journal**, 1997, 122(16):110.
- Clewis Crim B. *Back Talk: How to diagnose and cure low back pain and sciatica*, by L. Fishman. **Library Journal** 1997, 122(16):110.
- Hathaway S. *The Intelligent Patient's Guide to the Doctor-Patient Relationship: Learning how to talk so your doctor will listen*, by B.M. Korsch & C. Harding. **Library Journal**, 1997, 122(16):110.
- Tomlin A.C. *The Parent's Guide to Reflexology: Helping your child overcome injury and illness through touch*, by K. & B. Kunz. **Library Journal**, 1997, 122(16):112.
- Bibel B.M. *Taking Our Pulse: The health of America's women*, by I.F. Litt. **Library Journal**, 1997, 122(16):112.
- Hogan K. *Heart Fitness for Life: The essential guide to preventing and reversing heart disease*, by M.P. McGowan. **Library Journal**, 1997, 122(16):112.
- Coggan J. *Winning the War Against Asthma & Allergies: A drug-free cure for asthma and allergy sufferers*, by E.W. Cutler. **Library Journal** 1997, 122(17):82.
- Weaver C. *The American Dietetic Association Guide to Women's Nutrition for Healthy Living*, by S.C. Finn. **Library Journal** 1997, 122(17):82.
- Kupferberg N. *Honey, Mud, Maggots and Other Medical Marvels: The science behind folk remedies and old wives' tales*, by R. & M. Root-Bernstein. **Library Journal**, 1997, 122(17):83.
- Houtz Griffin K. *Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection*, by W.B. Salt. **Library Journal** 1997, 122(17):83.
- Health Care Choices for Today's Consumer, rev. ed., ed. by M.S. Miller. **Library Journal**, 1997, 122(18):52.
- Hathaway S. *Twins!: Expert advice from two practicing physicians on pregnancy, birth, and the first year of life with twins*, by C.L. Agnew & A.H. Klein. **Library Journal**, 1997, 122(18):108.
- Tomlin A.C. *Soothing Your Child's Pain: From teething and tummy aches to acute illness and injuries-how to understand the causes and ease the hurt*, by K.Gorfinkle. **Library Journal**, 1997, 122(18):108.
- Coggan J. *A Woman Doctor's Guide to Hormone Therapy: How to choose what's right for you*, by N. Francette. **Library Journal**, 1997, 122(19):70.
- Swanton J. *Living with Hepatitis C: A survivor's guide*, by G.T. Everson. **Library Journal**, 1997, 122(19):70.
- Swanton J. *The Diabetic Male's Essential Guide to Living Well*, by J. Juliano. **Library Journal**, 1997, 122(19):70-71.
- Hollander S. *Coping with Glaucoma: Meaningful, compassionate, and sound advice to those who must deal with glaucoma every day*, by E. Marks. **Library Journal**, 1997, 122(19):71.
- Williams L. *Your Baby & Child: From birth to age five*, by P. Leach. **Library Journal** 1997, 122(19):71.
- Schneider J.M. *Caring for the Diabetic Soul: Restoring emotional balance for yourself and your family, from the American Diabetes Assn.* **Library Journal**, 1997, 122(20):136.
- Chitty M. *The New Healers: The promise and problems of molecular medicine in the twenty-first century*, by W.R. Clark. **Library Journal**, 1997, 122(20):136.
- Weaver E. *The Lesbian Health Book: Caring for ourselves*, ed. by J. White & M.C. Martinez. **Library Journal**, 1997, 122(20):136.
- Bibel B. *The McNally Method for Managing Your Health Care*, by W.F. McNally. **Library Journal**, 1997, 122(20):138.

(Continued on page 17)



Book Reviews. . .

(Continued from page 16)

Information on the physiology of the eye, how to read a vision prescription, treatments for farsightedness, and other surgical and laser treatments are covered. References for further reading are included. The one cautionary note is that the list of "Laser Cures for Eye Diseases" will almost certainly lead the layman to believe that the argon laser can cure macular degeneration and ocular histoplasmosis. This needs to be amended.

Beyond Glasses is a highly useful, consumer-oriented guide that will facilitate the decision-making process. Recommended for all consumer health collections.

by Gail Hendler

New York Academy of Medicine

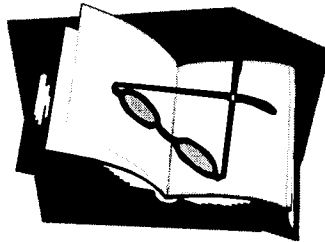
The Merck Manual of Medical Information

Home Edition. Merck 1997 1536p Robert Berkow, Ed. illus. index ISBN 0-911910-87-5 \$29.95.

The patient's edition of the **Merck** is a compact treasure of intelligently written, but easy to understand medical information. The organization is by organ system/disorder with additional coverage of men's, children's, and women's health; accidents and injuries, and drugs. The first section, "Fundamentals," discusses genetics; anatomy; death and dying, and the aging body. Appendixes review legal issues, common medical tests, some trade names of generic drugs, weights and measures, and

resources for help and information. A list of "understanding medical terms" provides meanings for common medical prefixes.

Ten of the sections begin with an overview of the biology of an organ, followed by indepth information on signs and symptoms, diagnosis and treatment. The text is further enhanced by clear drawings, diagrams, charts, and see references that enable the reader to gain a better understanding of how disease affects the body. Additional topics covered are mental



health disorders, mouth and dental disorders and disorders of nutrition and metabolism.

Contributors span 200 specialists in their field who spent five years compiling the book. The strength of this book is its wide array of medical information encapsulated for the sophisticated health care consumer. Easy access to the information is provided through a table of contents and index. Future editions might and should consider references for further reading. Overall, this will make a much-valued companion to the **Mayo Clinic Family Health Book** and **The Columbia University College of Physicians and Surgeons Complete Home Medical Guide**. Very highly recommended for all consumer health collections.

by Gail Hendler

New York Academy of Medicine

Current . . .

(Continued from page 16)

Jones D. The Repetitive Strain Injury Sourcebook, by S. Peddie. **Library Journal** 1997, 122(20):138.

Hagloch S.B. Firm for Life: A lifelong plan for fitness, energy, and overall good health, by A. & C. Benson. **Library Journal**, 1998, 123(1): 126.

Hagloch, S.B. Energy Up!: Shed pounds, get fit, gain stamina, and turn on your power..., by High Voltage. **Library Journal**, 1998, 123(1):126.

Swanton J. Dr. D's Handbook for Men over 40: A guide to fitness, health, living, and loving in the prime of life, by P. Dorsen. **Library Journal**, 1998, 123(1):126.

Coggan J.M. Cancer Combat: Cancer survivors share their guerrilla tactics to help you win the fight of your life, by D. King. **Library Journal** 1998, 123(1):126.

Jarvis M.J. The VBAC Companion: The expectant mother's guide to vaginal birth after cesarean, by D. Korte. **Library Journal**, 1998, 123(1):126.

Hathaway S. Lupus: Everything you need to know, by R.G. Lahita & R.H. Phillips. **Library Journal**, 1998, 123(1):126,128.

Norden M. Surgery and Recovery: How to reduce anxiety and promote healthy healing, by K.Olson. **Library Journal**, 1998, 123(1):128.

Hagloch S. The 5 Vital Secrets for a Healthy Life, by A. Puhn. **Library Journal**, 1998, 123(1):128.

Houtz Griffen K. The Gastrointestinal Sourcebook, by M.S. Rosenthal. **Library Journal**, 1998, 123(1):128,130.

Swanton J. Prostate Cancer: Overcoming denial with action; a guide to screening, treatment, and healing, by A.E. Salowe. **Library Journal**, 1998, 123(1):130.



BOOK REVIEWS

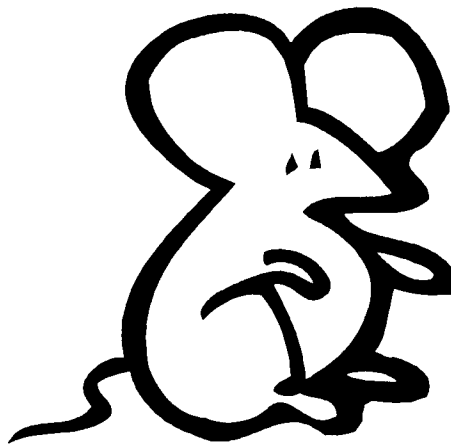
Rabies, Lyme Disease, Hanta Virus and Other Animal-Borne Human Diseases in the United States & Canada: What Every Parent, Householder, Camper, Hiker, Teacher, Wildlife Rehabilitator, Hunter and Fisherman Needs to Know By E. Lendell Cockrum. Tucson, AZ: Fisher Books, c1997. xiv, 146p. ISBN:1-55561-138-9. \$14.95 (pbk)

I've been looking for a good book on Lyme disease, hanta virus, and other animal-transmitted diseases, but this isn't it. Although the author served short stints with the US Public Health Service, this book reflects his PhD in Zoology and interests in mammals (especially bats) rather than expertise in diseases.

The first few pages include a table of animal-borne diseases, indicating sources of exposure and precautions for avoiding infections. The simple safety discussions would be useful for elementary teachers preparing children for a field trip. The next 35 pages provide overviews of "the more common bat-, rodent- and rabbit-borne diseases" in North America. Examples included viral diseases such as Colorado tick fever and encephalitis, rickettsia (Rocky Mt. spotted fever, typhus, etc.), bacterial diseases (Lyme disease and relapsing fevers, plague, tularemia), parasitic diseases such as giardiasis, and two fungal diseases (histoplasmosis

and coccidioidomycosis, spelled "coccidiomycosis" throughout). Each disease is summarized, giving the infecting organism, symptoms, and probable animal vectors.

So what is disappointing? The sections described above comprise only 30% of the book. Rabies is covered nicely in nine pages, but hanta virus is given just four, and Lyme disease only one page (in spite of the title). Initial symptoms are described, but rarely is



any specific diagnostic test, drug therapy, or other remedy mentioned. Questions on disease process, secondary effects, or choice of treatments remain unanswered. Specific "References about Diseases" at the end of the book only covers rabies-- nothing else. No web sites are given.

The remaining 70% of text includes a short chapter on animal classification and biology, followed by a 70-page field guide. This field guide identifies bats (20 pages),

rodents (45 pages), and rabbits, with black and white photos, line drawings, and distribution maps. Text describes physical appearance, habitat, and occasionally the human diseases carried by each group. This section would be useful for identifying common bats, squirrels, and mice in the wild. The combination of topics (light on medicine, heavy on zoology) makes it more appropriate as a purchase for individuals or public or middle school libraries than for hospital or consumer health collections. Nevertheless, it may be useful in areas where tick- or rodent-borne infections are common.

*By Nancy Crossfield
St. Agnes Medical Center*



Library Journal Resources

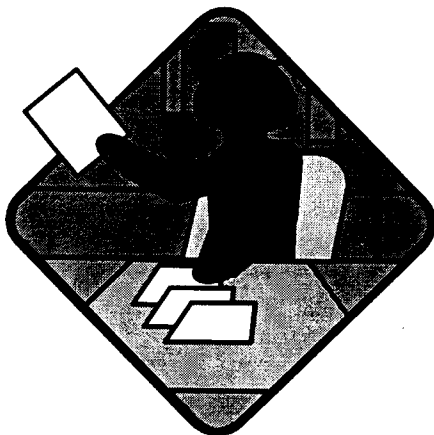
by Nancy Crossfield

Special collection development sections of **Library Journal** included the following:

"LJ Resource: Breast Cancer." **Library Journal**, 1997, 122(16 Suppl.). This excellent 32-page supplement includes an annotated list of 100 books, 46 videos, and some journals, CDROMs and web sites. It covers general breast health and breast disease, cancer therapies, nutrition therapy, alternative healing, breast reconstruction, pain management, personal narratives, breast exams and cancer prevention, and titles for the patient's family and children. A three-page list of societies and associations includes sources of genetic counseling services, financial planning and aid for patients, transportation services, family support, hospice and home care, as well as the usual cancer resources.

"Nursing Your Children's Health Collection," by A.C. Tomlin. **Library Journal**, 1998, 123(1):57-60. Tips on developing (and weeding) a children's health collection are included in this list, which is "intended as a starting point." Books, web sites, a few videos, and some societies are annotated, covering general reference materials, alternative medicine, birth defects, medications, nutrition, and specific conditions (arthritis, asthma, cancer, diabetes, infectious diseases, etc.). Eight titles are starred as being "essential titles for a core collection."

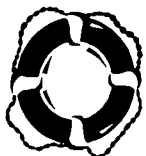
"Sex Texts Come Out of the Closet," by M. Cornog & T. Perper. **Library Journal**, 1997, 122(16):53-56. Providing solid background for selecting books in a sensitive area, this listing includes reference books, "basic sources" and sex manuals (straight and gay), titles on family sex education and sexuality and aging, a few web sites, and useful selection tools and sources of reviews for librarians.



Book Reviewers Needed

Nancy Crossfield and **Mary Prottzman** are the co-book review editors for **Consumer Connections**. Nancy Crossfield is currently looking for book reviewers to help review books obtained or sent to us. Please contact Nancy if you are interested in taking on this role. Mary Prottzman is looking for materials to review from publishers, or from suggestions from members. Please contact her. Email and phone number information is located on page 2 of this newsletter.

Other opportunities are available to anyone who is interested in doing consumer health/patient education related book reviews. Contact **Janet Coggan**, book review editor for the **MLA Bulletin** or Kellie Kaneshiro at **Medical Reference Services Quarterly**, 317-274-1612, phone or 317-274-4056, fax.



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