

Arthritis ACT - Library List by Primary Subject

Aged Care

Title

Smart Health Choices
 Staying on Your Feet B114
 Stay on Your Feet

Author

Irwig, Judy, et al.
 Central Sydney Health Service
 North Coast Public Health Unit

Subject

How to make informed health decisions
 Falls prevention
 Falls prevention

Ankylosing Spondylitis

Title

Ankylosing Spondylitis – The Facts

Author

Khan, Muhammad Asim

Subject

Diagnosis, treatment & management of ankylosing spondylitis

Back Pain

Title

Say Goodbye to Back Pain
 Bad Backs – A Self-help Guide

Author

Stuckey, Richard
 Henderson, Leila

Subject

"Nesfield's Treatment" for chronic back pain
 Causes, prevention and treatment of back pain

Chronic pain & chronic fatigue Syndrome

Title

No More Chronic Fatigue
 Sick and Tired of Feeling Sick and Tired
 The Ways We Manage Our Pain
 Managing the Basics with RSI
 Living a Healthy Life with Chronic Conditions
 The Australian Guide to Managing Chronic Pain
 Lost Voices
 Pain, Illness, Self-Esteem, Survival
 We Are Not Alone
 Manage Your Pain
 When Muscle Pain Won't Go Away
 Living with Chronic Pain
 Back On Deck

Author

Giles, Bill
 Donaghue, P & Sieger, M
 Evermore, Catherine (Ed)
 Williams, Monique et al
 Lorig, Kate, et al.
 Craig, Jean
 Radomsky, Nellie A
 Peak, Howard
 Pitzele, Sefra Kobrin
 Nicholas, Michael, et al.
 Backstrom, Gayle & Rubin, Dr Bernard
 Ragg, Mark
 Tickner,. Wayne

Subject

Improving immune strength and efficiency
 Living with Invisible Chronic Illness
 Management of chronic pain
 Managing everyday tasks for sufferers of RSI
 Self-management of chronic conditions
 Ways to alleviate chronic pain
 Chronic pain, its meaning, & the process of healing
 For those who suffer and their relatives
 Learning to Live with Chronic Illness
 Practical & positive ways of adapting to chronic pain
 Relief handbook for fibromyalgia & chronic muscle pain
 Treatments and self-help techniques
 Coping With Chronic Pain

Complementary therapies

Title

The Arthritis Foundation's Guide to Alternative Therapies
Women – Twelve steps to life after the death of a partner
Relax
Strategies for Stress

Author

Horstman, Judith
Tansley, Tangea
Henderson, Leila
Lake, Dr D

Subject

Alternative therapies
Grief counselling
Stress management
Stress management

Fibromyalgia & Fibrositis

Title

The Fibromyalgia Relief Book
Fibromyalgia & Chronic Myofascial Pain Syndrome
Silent Pain
Understanding Fibromyalgia
Fibromyalgia Helpbook
Treating Fibromyalgia
Fibromyalgia and Muscle Pain
Coping with Fibromyalgia
Fighting back
What You Can Do About Chronic Pain and Fatigue

Author

Williamson, Miryam Ehrlich
Starlanyl, Devin & Copeland, Mary Ellen
Snopek, Bernadette
Dotterer, Betty & Davidson, Dr Paul
Fransen, Jenny & Russell, I. Jon
Ediger, Beth
Chaiton, Leon
Ediger, Beth
Spencer, Bev
Williamson, Miryam Ehrlich

Subject

213 pointers to help those with FM
A comprehensive patient guide
A personal view of Fibromyalgia Syndrome
Practical advice for family and friends
Practical tools for effectively managing fibromyalgia
Rest, medication, exercise and alternative therapies
Self-help measures to enhance medical treatment
Symptoms and treatment of fibromyalgia
Techniques to reduce the symptoms of Fibromyalgia
The causes, symptoms and treatment of fibromyalgia

Food & Health – Nutrition

Title

Food Secrets
Strong Women Eat Well
Eat Well ACT
Building Stronger Bones Naturally
The Omega Plan: The medically proven diet

Author

Fisher, George & Walker, Judy
Nelson, Miriam E & Knipe, Judy
ACT Health
Williams, Xandria
Simopoulos, Artemis P & Robinson, Jo

Subject

Healthy eating
Nutrition for healthy minds and bodies
Nutrition plan (Reference)
Osteoporosis diet and exercise plan
Omega 3 – an essential fatty acid

Food Preparation – invalids and aged, incl. Arthritis

Title

Arthritis – Diet Against It
Pain-free Living : A Cookbook for Arthritis Sufferers

Author

Scala, James
Rennie, Anne

Subject

Diet management of prostaglandins & benefits of fish oils
Diet followed by the author for osteoarthritis

Gout

Title

Getting Rid Of Gout

Author

Emmerson,. Bryan T

Subject

A Guide To Management And Prevention

Health – rest & exercise

Title

Strong Women Stay Young
Exercise Danger
Strong Women Stay Slim
Live Stronger, Live Longer

Author

Nelson, Miriam E & Wernick,. Sarah
Donovan, G., McNamara, J & Gianoli, P.
Nelson, Miriam E & Wernick, Sarah
Awerbuch, Dr Mark

Subject

A strength training program
Harmful exercises and safer alternatives
A strength training program
An exercise and lifestyle program

Hip Replacement

Title

All You Need To Know About Joint Replacement
Patient Information on Total Hip Replacement
Patient Information on Total Knee Replacement
So You're Having a Hip Replacement
Hip Replacement : A consumer's guide

Author

Maguire, W B
Australian Medical Enterprises
Australian Medical Enterprises
Ragg, Mark
Star, Leonie

Subject

Preparation and post-operative care
Preparation and post-operative care
Preparation for surgery, recuperation and rehabilitation
Preparation for, and recovery from, hip replacement
Preparation and post-operative care

Juvenile Arthritis

Title

The Tale of Susie J Mouse
We Can: A Guide for Parents of Children With Arthritis
The Child With Arthritis
Juvenile Arthritis : A Handbook for Parents
Managing Juvenile Idiopathic Arthritis in the School-aged Child
I'm Worried
Keeping a Secret
But Children Don't Get Arthritis
Jodie's Journey (Juvenile fiction)

Author

Andryasevich, Julie
Arthritis Foundation – Atlanta Georgia
Manners, Prudence J
McKenzie, Sue
Montrose Access
Moses, Brian
Murphy-Melas, Elizabeth
Scarvell, Jennie & Tymms, Kathie
Thiele, Colin

Subject

A delightful story for young children with arthritis
Practical ways to help make life with arthritis easier
A book for parents of children with arthritis
Diagnosis and treatment of JA
Treatment and management of JIA – support at school
Reassurance for children suffering from juvenile arthritis
A story about juvenile rheumatoid arthritis
A guide for children with JA and their families
The story of a victim of juvenile arthritis

Lupus, SLE, Scleroderma

Title

Lupus Erythematosus
Lupus and You –
Lupus – Everything You Need to Know
Lupus: A Guide for Patients
Lupus – A Wolf in Sheep's Clothing
Understanding and Managing Scleroderma
Living Well With Lupus

Author

Carr, Ronald I
Schned, Eric S
Lahita, Robert & Phillips, Robert
Hughes, Graham R V
Hardy, Keren
Scleroderma Foundation
Arthritis Victoria

Subject

A Handbook for Physicians, Patients and Their Families
A practical guide to managing & living with Lupus
Causes, symptoms, and treatment of Lupus
Clinical features and treatment of Lupus
Diagnosis, symptoms and treatment of Lupus
Symptoms and treatment of scleroderma
Understanding and managing lupus

Medications

Title

The Australian Drug Guide
Put Your Whole Self In

Author

Upfal, Jonathan
McDonald, Meme

Subject

Guide to medicines, drugs, etc
Hydrotherapy group – personal stories

Mental health

Title

Our Feelings, Our Emotions - a Guide for People With Arthritis
Depression : Lifting the Cloud

Author

Rastrick, Sarah
Read, Christine

Subject

Common emotions
Types of depression, treatment and self-help options

Musculoskeletal conditions arthritis

Title

Living with Arthritis –The Complete Self-care Guide
Paget's Disease of Bone
Arthritis and Musculoskeletal Conditions in Australia 2005
Don't Fall For It – Falls can be prevented
Avoiding Osteoporosis
Osteoporosis – Your Questions Answered
Essays in Bone Quality
Prevent the Next Fracture
Everybody's Bones
Osteoporosis : The Silent Epidemic
Osteoporosis – Fast Facts
The Osteoporosis Prevention and Self Management Course
Stand Tall – A Woman's Guide to Preventing Osteoporosis
Osteoporosis – An Exercise Guide
Strong Women, Strong Bones
Osteoporosis: Contributions to Modern Management
What men and women of all ages need to know about osteoporosis
Juggling Sore Joints and Babies
Arthritis and Rheumatism
A New Way Of Life
Arthritis – Your Complete Exercise Guide
Arthritis Relief At Your Fingertips
Living With Arthritis
Exercise Beats Arthritis
The Arthritis Helpbook
Arthritis – The Essential Guide
Arthritis, The Good News
Arthritis
The Arthritis Handbook (2nd ed)
The Arthritis Cure
Arthritis – Take Care of Yourself Health Guide
Mayo Clinic on Arthritis
The Arthritis Breakthrough
Arthritis and Rheumatism
Strong Women and Men Beat Arthritis
The A Guide To Understanding And Living With Arthritis
Arthritis
Get a Grip
Potamus : Arthritis & Me

Author

Hunter, David
Hooper, Michael & Lang, Fay
Dept of Health & Ageing
State Government of South Australia
Dixon, Dr Allan & Woolf, Dr Anthony
Fordham, John
Lieberman, I & Phillips, F (Eds)
Osteoporosis Australia
Diamond, Terry, at al.
Rose, Leonard & Melinda
Compston, Juliet E & Rosen, Clifford J
Arthritis Victoria
Notelovitz, Morris & Ware, Marsha
Bissinger, Margie
Nelson, Miriam E & Wernick,. Sarah
Nordin, BEC (ed)
Thompson, Sue & Kelly, Paul

Gibbs, Lisa
Rodwell, Lee
Condon, Loraine
Gordon, Neil F.
Gach, Michael Reed
West, Karen
Sayce, Valerie & Fraser, Ian
Lorig, Kate & Fries, James F
Rutter, Wayne
Cook, Kerry
Healthworks (Princeton)
Arthritis Foundation of Australia (NSW)
Theodosakis, Jason et al.
Fries, James
Hunder, Gene G
Scammell, Henry
Walji, H & Kingston, A
Nelson, Miriam E
Gore, Margaret
Sobel, Dava & Klein, Arthur C
Leong, Amye & Layden, Joe
Pollard, Edna

Subject

Arthritis symptoms, treatments and self-management
Comprehensive information on Paget's disease
REFERENCE ONLY
A guide to preventing falls for older people
Causes, symptoms, prevention and treatment
Diagnosis, treatment & management of osteoporosis
Factors affecting bone strength and fracture risk
Optimal management of osteoporosis for GPs
Prevention and management of osteoporosis
Prevention, early recognition & treatment
Recent advances in diagnosis and treatment
REFERENCE ONLY
Risk assessment, diet and treatment of osteoporosis
Weight-bearing, resistance, postural & balance exercises
How to prevent, treat and beat osteoporosis
REFERENCE

Risk factors and prevention of osteoporosis
A guide for parents and grandparents with arthritis
A practical guide to living with arthritis
A Practical Guide To Managing Arthritis And Chronic Pain
A program to reduce the effects of arthritis
A program to relieve pain and restore flexibility
A therapeutic aid for sufferers of rheumatoid arthritis
An easy-to-follow program of exercises
Coping with Arthritis and fibromyalgia
Description and treatment of different forms of arthritis
Description, diagnosis and treatment of arthritis
Description, diagnosis and treatment of arthritis
Diagnosis, symptoms & management of arthritis
Glucosamine and chondroitin sulphate for OA
How to relieve pain; When to see a doctor
Managing osteo- and rheumatoid arthritis
MIRA therapy for rheumatoid arthritis
Orthodox and complementary approaches to health
Strategies to defeat the symptoms and improve life
Symptoms, diagnosis and treatment of arthritis
The Complete Guide to Relief Using Methods that Work
Trials with, and triumph over, JIA – rheumatoid arthritis
Using humour and determination to defeat a prognosis

Overcoming Arthritis
Taking Control – A new approach to living with arthritis
Living with Arthritis –The Complete Self-care Guide

Lam, Paul & Horstman, Judith
Gore, Margaret
Hunter, David

Relieve pain, improve strength and promote mobility
Diet, exercise, medication and complementary therapies
Arthritis symptoms, treatments and self-management

Neck Pain

Title

Get Rid Of That Pain In The Neck

Author

Henderson, Leila & Furey, Judy

Subject

Causes, treatment, exercise and pain management

Orthopaedic Surgery

Title

Patient Guide to Postoperative Management of the Foot

Author

De Boer, Mary & Swanson, Alfred S.

Subject

Rehab. program following reconstructive foot surgery

Rheumatism, Rheumatology

Title

Practical Problems in Rheumatology
Primer on the Rheumatic Diseases – 11th Edition
Rheumatology
Rheumatism : A Consumer's Guide

Author

Hart, Frank Dudley
Klippel, John H (ed)
Brooks, Peter M (ed)
Littlejohn,. Geoffrey

Subject

REFERENCE ONLY
REFERENCE ONLY
The diagnosis and management of rheumatic disorders
Treating aches and pains in muscles and joints

Rheumatoid Arthritis

Title

Out of Joint
Rheumatoid Arthritis – Decrease or Reverse Symptoms
One Day at a Time with Rheumatoid Arthritis
Good Living With Rheumatoid Arthritis

Author

Feltstiner, Mary
Rona, Zoltan
Condon, Loraine
Arthritis Foundation – Atlanta Georgia

Subject

A personal story of living with rheumatoid arthritis
Diet, supplements and alternative therapies for RA
Learning to cope successfully with rheumatoid arthritis
Tools for living a healthy life with rheumatoid arthritis

RSI

Title

Overuse Injuries – The Repetitive Strain Injury Phenomenon

Author

McIvor, David

Subject

Causes and prevention of RSI

Self Management

Title

Inspiring, not Retiring
Chronic Diseases and Associated Risk Factors in Australia
Getting a Grip – Self-help for Arthritis and Rheumatism
The Forever Garden
Wheels Within Wheels – A Guide to Safe Vehicle Travel
Gardening Without Stress and Strain
Duty of Care : Who's Responsible?

Author

Sayer-Jones, Moya (Ed)
Australian Institute of Health & Welfare
Pollard, Jim
Rosehope, Cara
Gagalowicz, Andrew
Kramer, Jack
Parsons, Ian

Subject

Contributions of older Australians
REFERENCE ONLY
Self-management of arthritic diseases
Easy-care gardening
Safe vehicle travel for wheelchair users
Short cuts for less active gardeners
A guide for carers supporting people with disabilities

Sjogren's Syndrome

Title

Understanding Sjogren's Syndrome

Author

Dauphin, Sue

Subject

Symptoms, diagnosis of Sjogren's syndrome

Sports Injuries

Title

Sports Injuries : Play It Safe

Author

Alexander, Rosemary

Subject

Prevention, treatment and self-help for all kinds of injury

Swimming – Therapeutic

Title

Swim for Fun and Health

Author

Eastlake, Jean

Subject

The joys and benefits of swimming