

Reading Well for long term conditions: overview of the titles

General

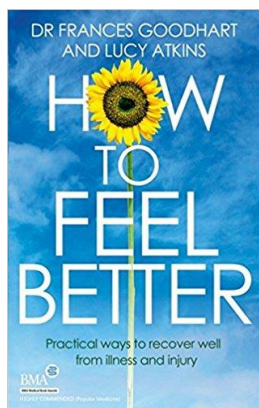
The general section covers titles on living well with a wide range of long term conditions. It covers symptoms, and practical suggestions around relationships, finances and working life.

The titles below cover a lot of key information about living with a long term condition, but visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.

***How to Feel Better: Practical Ways to Recover Well from Illness and Injury* by Frances Goodhart and Lucy Atkins, published by Piatkus**

ISBN: 9780749958206 **Format:** Paperback **Publication date:** August 2015 **Extent:** 288 pages

Other format: E-book (ISBN: 9781405515764)



Tackling the crucial question of how to get well, this book offers simple, research-based psychological strategies for recovery in a modern-day convalescent's toolkit. When your body takes a serious knock, so can your thoughts and feelings. Often people feel worried, confused, lonely, depressed, unsupported or overwhelmed. They can be grappling with ongoing physical challenges: disability, pain, treatment side effects, sleep problems and fatigue. They may have practical concerns over finances or work - or may simply be trying to adjust. The book offers simple, practical ways to find a path through the space between illness and health in understandable sections and is suitable for all reading levels.

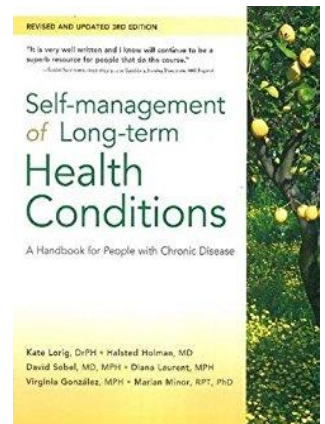
About the author: Dr Frances Goodhart is a Consultant Clinical Health Psychologist with over 20 years' experience working in the NHS. She specialises in working with people coping with life-threatening or life-limiting illnesses. Lucy Atkins is a well-known health journalist, writing for papers such as The Guardian, The Times and The Telegraph as well as for magazines and online sites. She is the author of three health-related titles.

***Self-Management of Long-Term Health Conditions* by Kate Lorig (ed.), published by Bull Publishing**

ISBN: 9781936693627 **Format:** Paperback **Publication date:** March 2014 **Extent:** 331 pages

Filled with hundreds of tips, helpful suggestions, and concrete strategies to deal with chronic illness, this book can help to increase your productivity. You'll find suggestions for setting goals, making decisions, and finding resources and support. It offers sound information about exercise, healthy eating, intimacy and sex, and communication with friends, family, and caregivers. Filled with useful images and printed with a large font, this accessible book is suitable for all reading levels.

About the author: Kate Lorig is the Director and Senior Research Scientist at the Stanford University School of Medicine's Patient Education Research Centre. She is a member of the Network of Innovators of the World Health Organization's Observatory on Health Care for Chronic Conditions, and received the Molly Mettler Award from the National Council on Aging's Health Promotion Institute in 2003.



Common Symptoms

The common symptoms section covers titles on symptoms that are common to a wide range of long term conditions. It covers fatigue (including a title on Chronic Fatigue Syndrome), pain and pain management, mental health and wellbeing support for living with a long term condition, and sleep problems associated with long term conditions.

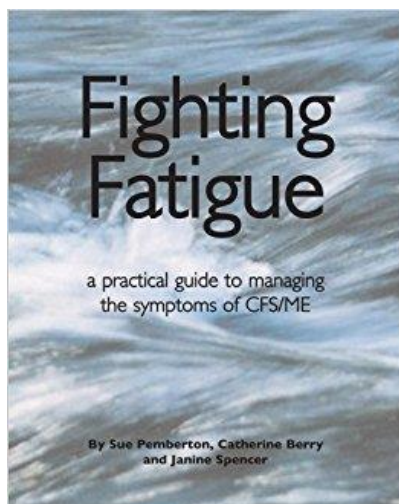
The titles below cover common symptom, but visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.

Fatigue

***Fighting Fatigue: A Practical Guide to Managing the Symptoms of CFS/ME* by Sue Pemberton and Catherine Berry, published by Hammersmith Books**

ISBN: 9781905140282 **Format:** Paperback **Publication date:** March 2013 **Extent:** 200 pages

Other format: E-book (ISBN: 978-1781610220)



This book focuses on strategies to improve health, and unlike other books available it does not cover causes or controversies about Chronic Fatigue Syndrome or ME. In addition to persistent and abnormal tiredness, common symptoms of the condition are muscle pain, headaches, sleep disturbance and loss of concentration, as well as a host of other problems. With energy levels fluctuating wildly – the ‘boom and bust’ pattern typical of Chronic Fatigue Syndrome and ME – you may feel stuck in a downward spiral of setbacks and relapse. This is the cycle that *Fighting Fatigue* aims to not only break, but also use to support recovery. Containing diagrams, summaries and printed in a large font, this book is suitable for all reading levels.

Sue Pemberton is a qualified occupational therapist involved in setting up the Leeds Chronic Fatigue Syndrome and ME service, one of the first NHS clinics specifically for the condition. *Fighting Fatigue* is for patients and

their carers, but is also highly relevant to health professionals wanting to provide their patients with evidence based self-help strategies.

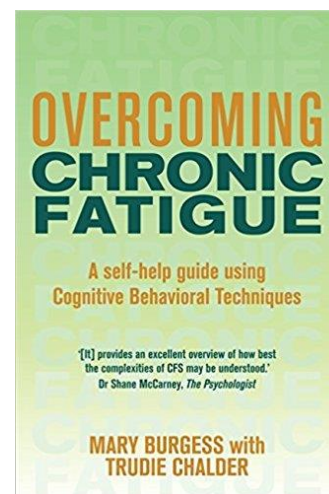
***Overcoming Chronic Fatigue* by Mary Burgess and Trudie Chalder, published by Robinson**

ISBN: 9781849011327 **Format:** Paperback **Publication date:** November 2009 **Extent:** 272 pages

Other format: E-book (ISBN: 9781849014199)

Using recognised CBT (Cognitive Behavioural Therapy) techniques that change attitudes and coping strategies, this book successfully breaks the cycle of fatigue by offering practical strategies for balancing activity and rest. A valuable self-help guide explaining the role of worry and stress and how best to cope, as well as offering advice for relatives and friends, the result is a proven reduction in symptoms and disability in up to two thirds of sufferers. Using diagrams and case studies to guide you through the techniques, this accessible book is suitable for all reading levels.

About the authors: Mary Burgess and Trudie Chalder are both CBT psychotherapists at the Chronic Fatigue Syndrome Research and Treatment Unit, Guy's, King's and St Thomas' School of Medicine, London.

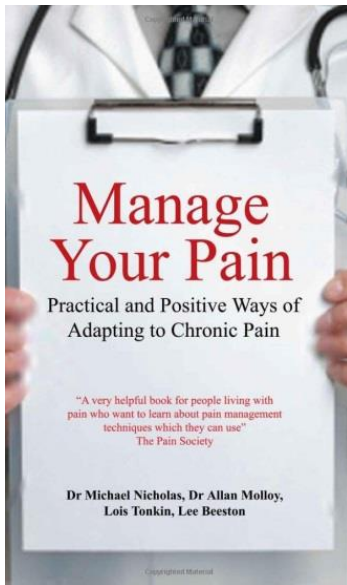


Pain

***Manage Your Pain* by Michael Nicholas, Allan Molloy, Lois Tonkin and Lee Beeston, published by Souvenir Press**

ISBN: 9780285640481 **Format:** Paperback **Publication date:** October 2011 **Extent:** 240 pages

Other format: E-book (ISBN: 9780285641358)

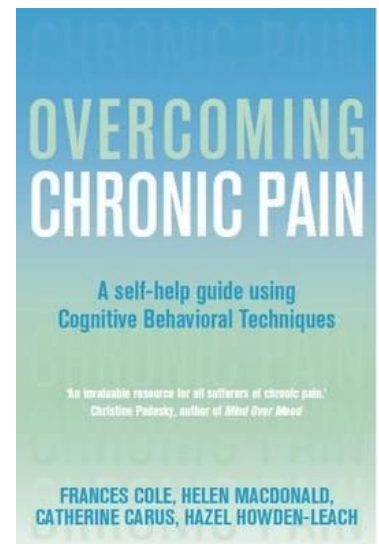


Manage Your Pain explains the positive and practical ways in which you can adapt to chronic pain and minimise the impact it has on your life. It offers a way forward by helping you to understand that there is a pattern to the pain you suffer and that practical steps can be taken to minimise the impact of persistent pain on a person's life, work and leisure. *Manage Your Pain* is recommended by IAPT (Improving Access to Psychological Therapies) and the British Pain Society. The book is written for patients and uses straightforward language to explain pain management tips in a clear way that is suitable for all reading levels.

About the authors: Michael Nicolas and Allan Molloy teach at the University of Sydney, Lois Tonkin is a senior physiotherapist while Lee Beeston is a senior nurse specialising in pain management programmes. They have all worked on the internationally acclaimed ADAPT programme at the Royal North Shore Hospital in Sydney, Australia.

***Overcoming Chronic Pain* by Frances Cole, Hazel Howden-Leach, Helen Macdonald and Catherine Carus, published by Robinson ISBN: 9781841199702 Format: Publication date: August 2010 Extent: 320 pages Other format: E-book (ISBN: 9781472105738)** Chronic pain can be extremely debilitating; however it does not need to dominate your life. This self-help book is based on highly effective methods developed by specialists and used in community and hospital pain-management programs. CBT is internationally established as a key method of helping to overcome both psychological and physical longstanding conditions. Your experience of pain can be greatly reduced by pacing daily activities, reducing stress, learning relaxation techniques and effective ways to cope with depression, anxiety, worry, anger and frustration. With clear aims set out in each chapter and easy to follow diagrams, this book is suitable for all reading levels.

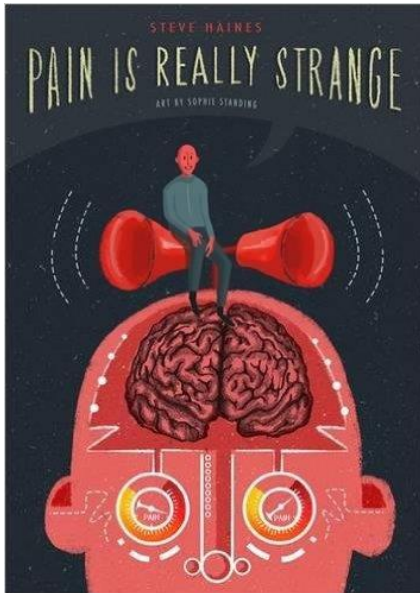
About the authors: Dr Frances Cole is a GP and Hospital Practitioner specialising in Pain and Psychology Services at Bradford Hospitals Trust. Helen Macdonald is a cognitive behavioural psychotherapist who has specialised in pain management. Catherine Carus is a Senior Physiotherapist at the University of Bradford and Hazel Howden-Leach is an IT educationalist from the University of Huddersfield.



***Pain is Really Strange* by Steve Haines, illustrated by Sophie Standing, published by Singing Dragon**

ISBN: 9781848192645 **Format:** Hardback **Publication date:** June 2017 **Extent:** 40 pages

Other format: E-book (ISBN: 9780857012128)



Answering questions like 'how can I change my pain experience?', 'what is pain?', and 'how do nerves work?', this scientifically-based, detailed, and gently humorous graphic book reveals just how strange pain is and explains how understanding it is often the key to relieving its effects. Original and gently humorous, it explains pain in an easy to understand, engaging format that is suitable for all reading levels and reveals how to change the mind's habits to transform pain.

About the author: Steve Haines has been working in healthcare for over 25 years and has also written *Trauma Is Really Strange* and co-authored *Cranial Intelligence*. He is a UK registered Chiropractor and teaches Trauma Releasing Exercises (TRE) and Cranial work all over the world. This book will appeal to anyone experiencing pain, healthcare professionals of Western, as well as complementary, medicine and their patients, as well as the general reader.

Sleep problems

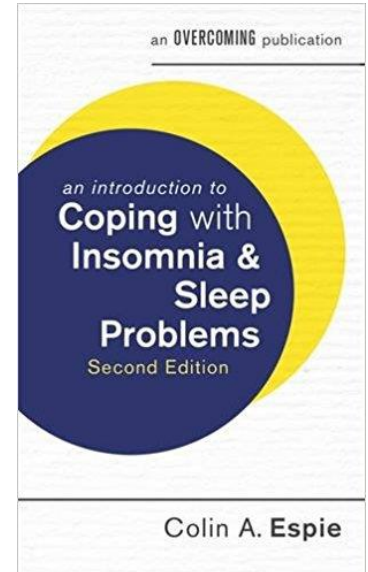
Having difficulties sleeping is a common symptom for people who are living with a long term condition. Visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.

***An Introduction to Coping with Insomnia and Sleep Problems* by Colin A. Espie, published by Robinson**

ISBN: 9781472138545 **Format:** Paperback **Publication date:** April 2017
Extent: 96 pages

Other format: E-book (ISBN: 9781472138927)

An invaluable source of information on the causes of sleep problems from a leading expert, this book explains why it can be so difficult to break bad sleeping habits and describes the most effective ways of establishing permanently improved sleeping patterns. Poor sleep can have a huge impact on our health and wellbeing, leaving us feeling rundown, exhausted and stressed out. This self-help guide explains the causes of insomnia and why it is so difficult to break bad habits. This updated edition gives you clinically proven CBT techniques for improving the quality of your sleep. The series is popular among both the medical profession and members of the public but uses straightforward language that is suitable for all reading levels.



About the author: Colin A. Espie is Professor of Clinical Psychology and Director of the University of Glasgow Sleep Centre and co-founder of Sleepio, an organization dedicated to increasing awareness about the importance of sleep. He is a leading member of the American Academy of Sleep Medicine and the European Sleep Research Society.

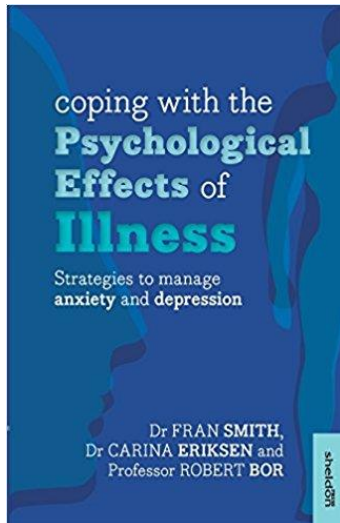
Mental health and wellbeing

Mental health conditions, especially anxiety and depression, are another challenge often faced by people living with long term conditions. As well as the titles below which directly discuss mental health and wellbeing in the context of living with a long term condition, you can also access the existing Reading Well book lists (www.reading-well.org.uk) for further support and information on mental health conditions. There is also signposting in the user leaflet.

Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression by Fran Smith, Robert Bor and Karina Eriksen published by Sheldon Press

ISBN: 9781847093431 **Format:** Paperback **Publication date:** January 2015 **Extent:** 128 pages

Other format: E-book (ISBN: 9781847093448)



Whether it concerns cancer, heart disease, diabetes, or a mental health condition, sudden illness comes as a shock and challenges confidence. Suddenly people can be afraid to exercise, have sex or even go to the shops. Their entire self-image can take a battering, and this roller-coaster of uncertainty often leads to anxiety and depression. This book examines the learning curve involved in sudden and chronic illness, and explores key ways to build resilience during this time of challenge. Drawing on CBT techniques, it offers practical self-help strategies to help deal with changed expectations and lifestyles. This patient-centred guide is suitable for all reading levels.

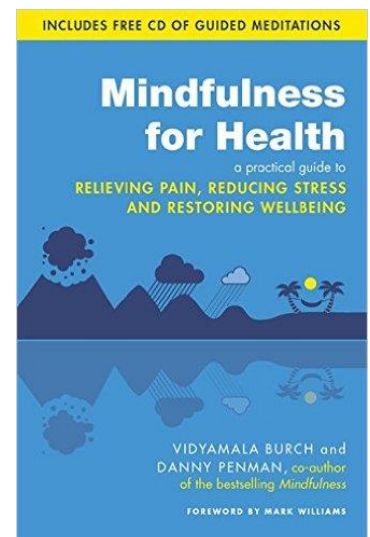
About the authors: Fran Smith is a counselling psychologist and director of cardiac psychology at the Royal Free Hospital, London. Carina Eriksen is a clinical psychologist with an extensive London practice. Robert Bor is Lead Consultant Clinical Psychologist at the Royal Free Hospital, London.

***Mindfulness for Health: A Practical Guide to Reliving Pain, Reducing Stress and Restoring Wellbeing* by Vidyamala Burch and Danny Penman, published by Piatkus**

ISBN: 9780749959241 **Format:** Paperback **Publication date:** September 2013
Extent: 268 pages

Other format: E-book (ISBN: 9781405522519), audiobook (ISBN: 1633798143), online guided meditations

A book and CD/audio download package offering a practical eight week mindfulness programme to relieve pain, manage illness and boost wellbeing in just 10-20 minutes per day. Based on the unique programme developed by Vidyamala Burch to help her cope with the severe pain of a spinal injury, this guide reveals a series of simple practices that you can incorporate into your daily life. This book won first prize in the 2014 BMA book awards in the 'popular medicine' category. Using helpful diagrams and a large font, this book is accessible for all reading levels.



About the authors: Vidyamala Burch is also the author of *Mindfulness for Women* and *Living Well with Pain and Illness*. She co-founded mindfulness organisation Breathworks in 2004. Danny Penman is a qualified mediation teacher and the co-author of the bestselling *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*.

Selected long term conditions

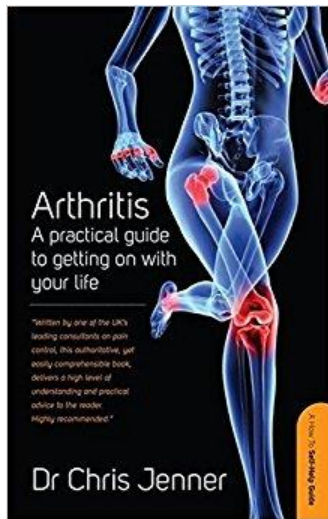
Arthritis

Arthritis is a common condition that causes pain and inflammation in a joint. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis, but there is a wide range of different types of arthritis and related conditions.

The titles below cover a lot of key information about arthritis, but visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.

Arthritis: A Practical Guide to Getting On with Your Life by Chris Jenner, published by Robinson

ISBN: 9781845284718 **Format:** Paperback **Publication date:** August 2011 **Extent:** 270 pages



Arthritis is one of the most common causes of disability and Chris Jenner's easy to read and highly informative book explains how to manage the condition by becoming an expert patient. Starting with a no nonsense look at the condition itself, it focuses on the many ways in which arthritis can affect daily life and leads the reader through the variety of options available to explain how the effects of this potentially debilitating disease can be minimised to restore quality of life. With accompanying diagrams to illustrate and explain the condition, this book is suitable for all reading levels.

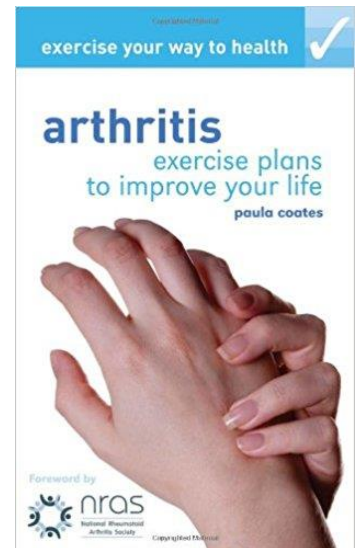
About the author: Chris Jenner has studied for many years in the field of pain medicine and works with arthritis sufferers and other chronic pain conditions in his role as consultant in Pain Medicine and Anaesthesia at St Mary's Hospital, London, and as Director of the London Pain Clinic.

Arthritis: Exercise Your Way to Health by Paula Coates, published by Bloomsbury

ISBN: 9781408107027 **Format:** Paperback **Publication date:** January 2010
Extent: 128 pages

More than 10 million adults consult their GP each year with arthritis and related conditions. Including a forward written by the National Rheumatoid Arthritis Society, this book explains how to include a simple fitness programme in everyday life that considers the specific challenges raised by arthritis. This simple to follow guide helps to manage arthritis with a detailed understanding of the diagnosis and how it impacts on the body and health. Arthritis can be painful but with the right lifestyle choices and exercise pain can be reduced. Using clear, simple language and step-by-step advice, this book is suitable for all reading levels.

About the author: Paula Coates is a chartered physiotherapist, pain specialist and clinical lecturer for the MSc in neuromusculoskeletal physiotherapy at Kings College London. She writes for a number of fitness magazines and is a regular on the lecture circuit.



Bowel Conditions

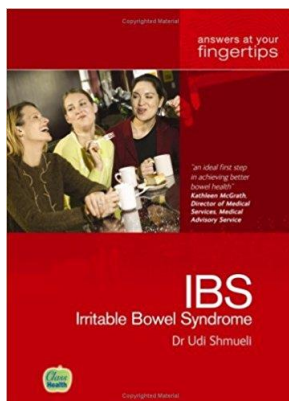
The term Bowel conditions covers both Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD). Irritable bowel syndrome (IBS) is a common, long term condition of the digestive system. It can cause bouts of stomach cramps, bloating, diarrhoea and/or constipation. The two non-fiction titles including on the list cover IBS. Inflammatory Bowel Disease includes ulcerative colitis and Crohn's disease which are both long term conditions that involve inflammation of the gut. Ulcerative colitis only affects the colon (large intestine), while Crohn's disease can affect all of the digestive system, from the mouth to the anus. The title Go Your Crohn Way included on the list is a memoir about living with Crohn's disease.

The Reading Well website contains further signposting to support for people living with a range of Bowel Conditions, including IBS and IBD. There is also signposting in the user leaflet.

Irritable Bowel Syndrome: Answers at Your Fingertips by Udi Shmueli, published by Class Health

ISBN: 9781859593288 **Format:** Paperback **Publication date:** May 2017 **Extent:** 330 pages

Other format: E-book (ISBN: 9781859596456)



Irritable bowel syndrome (IBS) is often dismissed by those unfamiliar with the condition, but it is an extremely common and often distressing problem affecting up to 20% of the population at any one time. This book will answer the questions that you were too embarrassed to ask about IBS. Based on the author's experience as a consultant gastroenterologist he provides detailed guidance on all aspects of the condition, answering over 430 questions from people with IBS. All the information contained is written in simple, easy to understand words and a glossary of medical terms is provided.

About the author: Udi Shmueli is a Consultant Physician and Gastroenterologist at Northampton General Hospital. He personally sees about 2000 patients with gastroenterological problems in his outpatients each year.

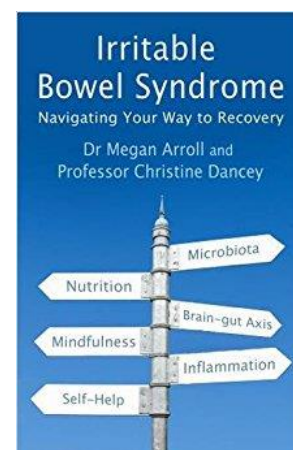
***Irritable Bowel Syndrome: Navigating Your Way to Recovery* by Megan Arroll and Christine Dancey, published by Hammersmith Books**

ISBN: 9781781610695 **Format:** Paperback **Publication date:** January 2016 **Extent:** 160 pages

Other format: E-book (ISBN: 9781781610701)

With symptoms that can range from annoying to completely debilitating, Irritable Bowel Syndrome (IBS) affects the lives of the many thousands of people who suffer in silence. The authors bring together all aspects of current understanding of the condition in this comprehensive but accessible account, including the latest on medical, nutritional and psychological approaches to treatment and a chapter to share with family and friends so that they can better understand what they can do to support people with IBS. As former IBS sufferers themselves, as well as researchers in this field, this is a book written with insider's insight and backed up by the latest research. Using clear language and quotes from people living with IBS, this book is suitable for all reading levels.

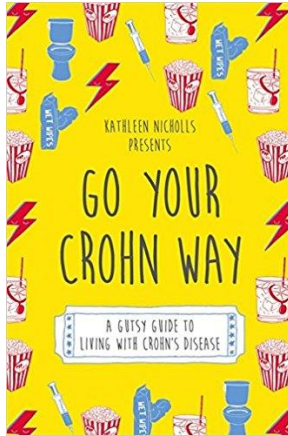
About the authors: Megan Arroll is a Senior Lecturer in Health Psychology at BPP University and is a member of the Health and Illness Research Team (HIRT). Christine Dancey is Professor Emeritus of Chronic Illness Research at the University of East London (UEL) and was the joint founder of the IBS Network and its publication *Gut Reaction*.



***Go Your Crohn Way: A Gutsy Guide to Living with Crohn's Disease* by Kathleen Nicholls, published by Singing Dragon**

ISBN: 9781848193161 **Format:** Paperback **Publication date:** May 2016 **Extent:** 208 pages

Other format: E-book (ISBN: 9780857012685)



For Kathleen Nicholls, life with Crohn's disease has been a constant battle against her bowels. But life has also been about David Bowie, dancing, and laughter. *Go Your Crohn Way* follows the highs and lows of Kathleen's experiences, and is full of useful advice for maintaining self-confidence and positivity while navigating the world of work, relationships, and *those* conversations. Full of fun and humour, Kathleen's journey through life with Crohn's disease will leave you - like her - in stitches. Her friendly, down to earth tone and direct language means this book is suitable for all reading levels.

About the author: Kathleen Nicholls has been living with Crohn's Disease since her youth but was officially diagnosed in 2010. Since then she has undergone every treatment in the NHS book and so far one surgery, she blogs about chronic illness at [Crohnological Order](http://CrohnologicalOrder.com).

Breathing Difficulties

The term Breathing Difficulties covers both Asthma and Chronic Obstructive Pulmonary Disorder (COPD) and the titles below cover both of these conditions. Chronic obstructive pulmonary disease (COPD) is the name for a group of lung conditions that cause breathing difficulties, this includes emphysema and chronic bronchitis. Asthma is a common lung condition that causes occasional breathing difficulties. Asthma affects people of all ages and often starts in childhood, although it can also appear for the first time in adults.

The titles below cover a lot of key information about breathing difficulties, but visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.

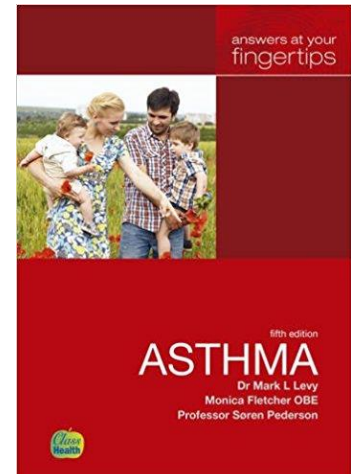
Asthma: Answers at Your Fingertips by Mark Levy, Monica Fletcher & Soren Pederson, published by Class Health

ISBN: 9781859593721 **Format:** Paperback **Publication date:** May 2013 **Extent:** 212 pages

Other format: E-book (ISBN: 9781859593738)

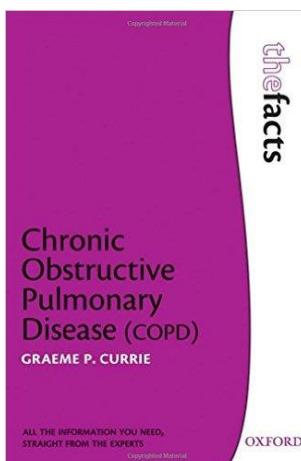
Experts in the practical treatment of asthma answer 100 real questions asked by people with asthma and their families in a guide to help people take control and live a normal, active life, free of symptoms. Asthma is a very common condition, affecting people of all ages from infant to adult. Many people are not aware that it can be very dangerous, even fatal, if not taken seriously and properly treated, as it can flare up without warning. Asthma needs regular preventative treatment and the authors explain why this is so important. In an easy to follow question and answer format with a glossary of medical terms, this book is suitable for all reading levels.

About the authors: Mark Levy is a GP with a lifetime of experience treating asthma, and was the Clinical Lead of the 2014 UK National Review of Asthma Deaths. Monica Fletcher is Chief Executive of Education for Health and Chair of the European Lung Foundation. Soren Pederson is a specialist paediatrician and Professor of Paediatric Respiratory Medicine and Consulting Paediatric Chest Physician and Allergist.



***Chronic Obstructive Pulmonary Disease (COPD): The Facts* by Graeme P. Currie, published by Oxford University Press**

ISBN: 9780199563685 **Format:** Paperback **Publication date:** March 2009 **Extent:** 122 pages



Written for patients with Chronic Obstructive Pulmonary Disease (COPD) and their families, but also relevant for health professionals, this comprehensive, patient-centred guide describes in detail how a diagnosis is made and what treatments patients are likely to receive. Including clear diagrams and images to help explain the biology behind COPD, numerous case histories and patient perspectives, it provides practical and realistic help. This book discusses modern approaches to managing COPD (both with and without drugs) and contains answers to the most frequently asked questions, and advice on how to give up smoking. Using simple tips, diagrams and a glossary of medications, this book is suitable for all reading levels.

About the authors: Graeme P. Currie is a Consultant Respiratory Physician at Aberdeen Royal Infirmary and is also the author of *ABC of COPD*, *Asthma* and *Asthma Explained*. He has published over 100 peer reviewed articles, is also an author on around 35 scientific abstracts and has presented his work at numerous national and international postgraduate conferences.

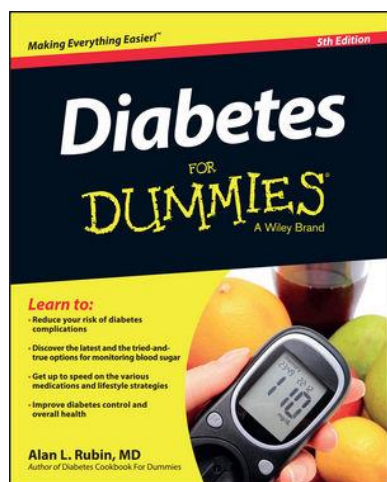
Diabetes

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are two main types of diabetes: type 1 diabetes is where the body's immune system attacks and destroys the cells that produce insulin. Type 2 diabetes is where the body doesn't produce enough insulin, or the body's cells don't react to insulin. During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as gestational diabetes.

The titles below cover a lot of key information about diabetes, but visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.

Diabetes for Dummies by Alan L. Rubin, published by Wiley

ISBN: 9780470977118 **Format:** Paperback **Publication date:** February 2011 **Extent:** 432 pages



Other format: E-book (ISBN: 9781119090762)

It's estimated that 387 million people worldwide are living with diabetes, and that number is expected to increase by an additional 205 million by 2035. This guide includes the latest information on diabetes medications and monitoring equipment, new findings about treating diabetes in the young and elderly, new ways to diagnose and treat long- and short-term complications, updated nutritional guidelines, new tools for measuring blood sugar and delivering insulin to the body, and much more. The book is easy to follow and suitable for all reading levels.

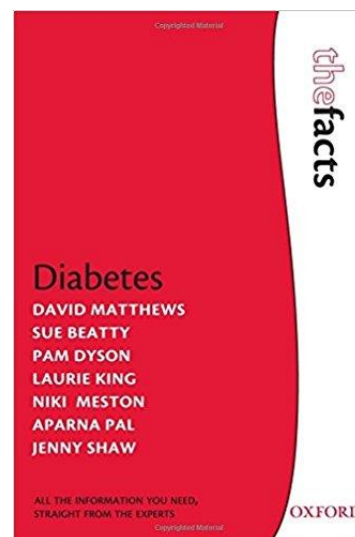
About the author: Alan L. Rubin, MD, is one of the nation's foremost authorities on diabetes. He is the author of *Type 1 Diabetes For Dummies*, *Diabetes Cookbook For Dummies*, and *Thyroid For Dummies*.

Diabetes: the Facts by David Matthews et al. published by Oxford University Press

ISBN: 9780199232666 **Format:** Paperback **Publication date:** June 2008 **Extent:** 216 pages

Offering an overall introduction to diabetes including a short history, causes, symptoms, possible complications, management (both of diabetes and the associated risk factors), psychological factors and what care to expect, this book emphasises self-management with invaluable advice on how to achieve it. Diabetes is likely to present one of this century's greatest medical challenges. However, the impact of diabetes on the individual and their carers is equally important. This book is packed with useful information presented in manageable sections as well as diagrams and tips. The medical information contained is presented as manageably as possible so less confident readers can still navigate the book.

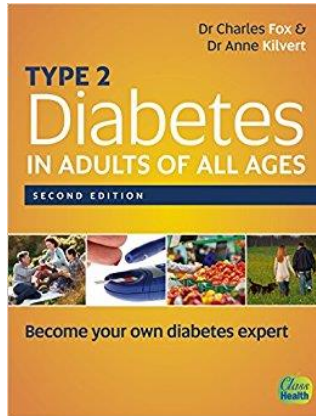
About the authors: David Matthews is the Professor of Diabetic Medicine at the University of Oxford. Sue Beatty is a clinical research nurse. Pam Dyson is a community dietician, focused on the nutritional management of diabetes and obesity. Laurie King is the Clinical Lead for the Diabetic Foot for Oxford Health NHS Foundation Trust. Niki Meston is a Chemical Pathologist. Aparna Pal is a Specialist Registrar in Diabetes, Endocrinology and GIM. Jenny Shaw is a diabetes research nurse.



***Type 2 Diabetes in Adults of All Ages (Second Edition)* by Charles Fox and Anne Kilvert, published by Class Health**

ISBN: 9781859593745 **Format:** Paperback **Publication date:** June 2013 **Extent:** 320 pages

Other format: E-book (ISBN: 9781859593752)



This practical handbook gives people with diabetes the tools to take control of their health. Covering the changes needed at diagnosis, the wide range of treatments available and how to incorporate care for your diabetes into daily life, it focuses on all age groups from young people to those in later life. Specific chapters are devoted to everyday issues such as travel, coping with illness, stress and work. Full of helpful diagrams and printed in a large font, this book is suitable for all reading levels.

About the authors: Charles Fox is a Consultant Physician with Special Interest in Diabetes at Northampton General Hospital Trust, with over 30 years of experience in diabetes care. Anne Kilvert is a Consultant Physician with Special Interest in Diabetes at Northampton General Hospital Trust.

Heart disease

Coronary heart disease (CHD) is a major cause death both in the UK and worldwide. It is sometimes called ischaemic heart disease. Coronary heart disease is the term that describes what happens when your heart's blood supply is blocked or interrupted by a build-up of fatty substances in the coronary arteries.

The titles below cover a lot of key information about diabetes, but visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.

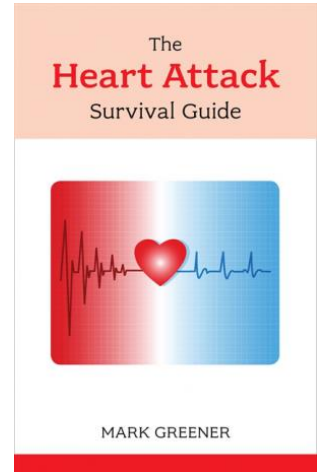
***Heart Attack Survival Guide* by Mark Greener, published by Sheldon Press**

ISBN: 9781847092021 **Format:** Paperback **Publication date:** April 2012 **Extent:** 160 pages

Other format: E-book (ISBN: 9781847092038)

Coronary heart disease remains the leading cause of death in the UK, proving fatal to around 88,000 people a year. Rates are especially high in economically deprived communities, some ethnic groups and at certain ages; but everyone's at risk. This book aims to help people at high risk prevent their first or subsequent heart attack, as well as helping those who experience a heart attack get back to a normal life as soon as possible. Combining medication and lifestyle changes can help you survive - and prevent - heart attacks. This book uses medical terminology that it explains in a clear way that's accessible to all reading levels.

About the authors: Mark Greener is an award-winning medical and bioscience writer and journalist. A former research and development pharmacologist, he is clinical editor for Pharmacy Magazine, editorial director of Rock Medical Communications, and author of several health books.



***Living with Angina* by Tom Smith, published by Sheldon Press**

ISBN: 9781847090508 **Format:** Paperback **Publication date:** May 2017 **Extent:** 128 pages



Chest pain can be terrifying. Many people hope that if they ignore it, it will go away. But angina must be taken seriously, and it is very important to find out what you can do about it. The prevalence of angina is increasing due to the aging population of the UK, with 2 million people affected and 96,000 new cases each year. This book answers the key questions: What should I do when I have chest pain? Does it mean I'm going to have a heart attack? How do I tell if it's serious? Doctors are now taking angina-related depression more seriously, and the book includes up to date information on this as well. With a glossary, helpful diagrams and straightforward language, this book is suitable for all reading levels.

About the author: Tom Smith is a GP based in Scotland; he contributes health columns to a number of newspapers, and broadcasts regularly on radio. Two of his books have received awards from the Association of Medical Journalists.

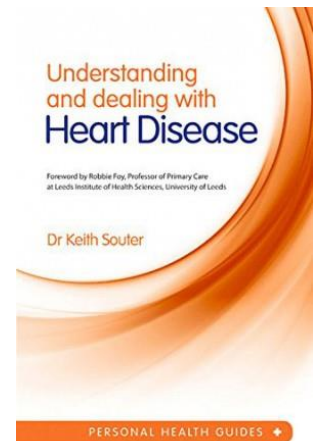
***Understanding and Dealing with Heart Disease* by Keith Souter, published by Summersdale**

ISBN: 9781849535571 **Format:** Paperback **Publication date:** April 2014 **Extent:** 192 pages

Other format: E-book (ISBN: 978-1783720903)

Heart disease has a serious effect on the lives of not only its sufferers, but also those who care for them, and their family and friends. This book gives the basic information needed to understand coronary artery disease and, most essentially, how to deal with it. It includes details on how the heart works, problems caused by coronary heart disease, recovering from a heart attack and dealing with angina or heart failure, and lifestyle changes you can make to improve your health. This book contains helpful diagrams, a glossary of terms and simple, easy to follow language that is suitable for all reading levels.

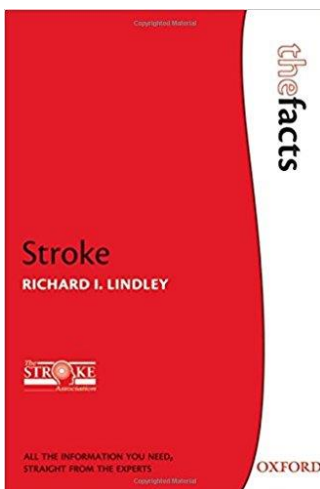
About the author: Dr Keith Souter is an established medical writer and Fellow of the Royal College of General Practitioners. He is also the author of *50 Things You Can Do Today to Manage Back Pain*, *Understanding and Dealing with Stroke* and *Understanding and Dealing with Depression*.



Stroke

A stroke is a serious life-threatening medical condition that occurs when the blood supply to part of the brain is cut off. Strokes are a medical emergency and urgent treatment is essential.

The titles below cover a lot of key information about Stroke, but visit the Reading Well website (www.reading-well.org.uk) for further signposting and support. There is also signposting in the user leaflet.



Stroke: the Facts by Richard I. Lindley, published by Oxford University Press

ISBN: 9780198778189 **Format:** Paperback **Publication date:** March 2017 **Extent:** 144 pages

Other format: E-book (ISBN: 9780191607424)

Stroke: The Facts provides clear information and practical advice as to why strokes occur and how they can be prevented in the future. It contains a large amount of reliable research data has been summarised to provide an authoritative evidence based medicine guide to stroke definition, incidence, management and prevention. Students and healthcare professionals will find it a useful introduction to stroke medicine. Essential reading for those who have had a stroke or Transient Ischaemic Attack and their families, and will also be of interest to medical professionals working within stroke care. Less confident readers might feel hesitant about the volume of text, but there are accompanying diagrams and a glossary for added support.

About the authors: Professor Richard I. Lindley is a world-renowned geriatrician and stroke physician, a Board Member of the National Stroke Foundation between 2006 and 2015. His career has focused on stroke research and management, and he has published widely on stroke, clinical trials, and medicine for the elderly.

***Rebuilding Your Life After Stroke* by Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox, Sam Fisher-Hicks, published by Jessica Kingsley**

ISBN: 9781785923562 **Format:** Paperback **Publication date:** June 2017 **Extent:** 224 pages

The physical effects of a stroke are often the most obvious, and hospitals can offer medication and therapy to help alleviate them. However, the psychological consequences of having a stroke, such as memory problems or depression are often ignored. This book provides learning tools and practical guidance to aid in recovery from the psychological effects of a stroke. With insight from many people who have experienced a stroke, this book focuses on what stroke survivors can do, rather than what they cannot. Using exercises to help move towards an acceptance of the long term side effects, it delivers a positive message to help survivors of strokes live a better and happier life. Presenting expert advice in an accessible way, this book is suitable for readers of all levels.

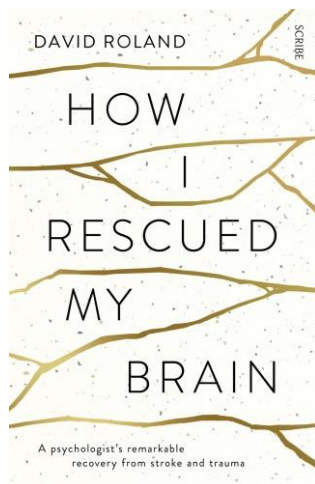
About the authors: Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox and Sam Fisher-Hicks are a team of psychologists, combining their wealth of experience of working with people who have had a stroke and their carers.



***How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma* by David Rowland, published by Scribe**

ISBN: 9781922247421 **Format:** Paperback **Publication date:** February 2015 **Extent:** 304 pages

Other format: E-book (ISBN: 9781925113044)



When psychologist David Roland suffered a stroke and resulting brain injury, he faced two choices: give up or get his brain working again. Drawing on the principles of neuroplasticity, he set about re-wiring his brain. Embarking on a search that brought him into contact with doctors, neuroscientists, yoga teachers, musicians, and a Buddhist nun, he found the tools to restore his sense of self: psychotherapy, exercise, music, mindfulness, and meditation. Rowland's memoir about his experiences will especially appeal to people who enjoy reading narrative books.

About the author: David Roland has a PhD in clinical psychology. He is an Honorary Associate with the School of Medicine, University of Sydney. David is a member of the Australian Psychological Society and a founder of the Australian branch of the Compassionate Mind Australia. His first book *The Confident Performer* (1998) is a guide to the mental preparation for performance.

Support for carers and relatives

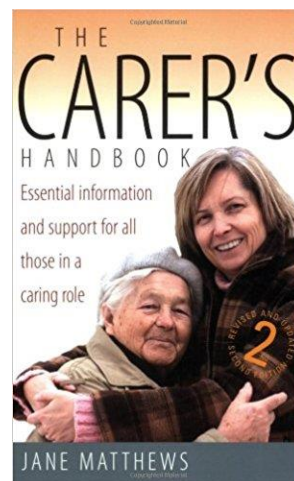
This section covers titles that support relatives and carers of people living with long term conditions. Further support and signposting can be found on the Reading Well website (www.reading-well.org.uk) and in the print leaflet.

The Carer's Handbook by Jane Matthews, published by Robinson

ISBN: 9781845281946 **Format:** Paperback **Publication date:** May 2007 **Extent:** 182 pages

Becoming a carer can be physically and emotionally exhausting and although there is help available, many carers do not have the time to look for it or know who to contact. This indispensable guide aims to be a one stop shop for the huge percentage of the population who find themselves in a caring role. It looks at the difficult feelings that go hand in hand with caring, including how relationships are affected. There's guidance on what to do when a carer stops coping, and how to prepare emotionally and practically for the time when caring comes to an end. This book is suitable for all reading levels.

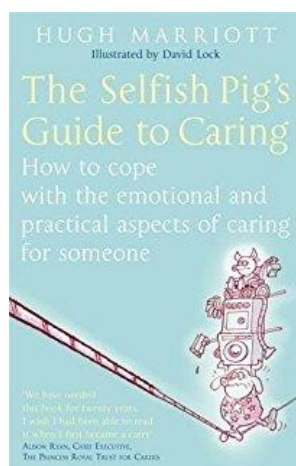
About the author: Jane Matthews is a former carer and Chair of Milton Keynes Relate. Jane became a carer herself when her uncle was diagnosed with cancer. The lack of resources, support and guidance she experienced, together with her feelings of isolation, led her to write this book to help others who find themselves in a caring role.



The Selfish Pig's Guide to Caring: How to Cope with the Emotional and Practical Aspects of Caring for Someone by Hugh Marriott, published by Piatkus

ISBN: 9780749929862 **Format:** Paperback **Publication date:** June 2009 **Extent:** 400 pages

Other format: E-book (ISBN: 9781405520072)



Being a carer can sometimes be long, lonely and hard, yet there is limited support and no formal training. As a result, carers can suffer frequent damage to physical and mental health. Though carers by definition are anything but selfish pigs, they are liable to feelings of guilt. This book brings into the open everything the author wishes he'd been told when he first became a carer including sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand. The book's frank, down to earth style makes it an accessible read, suitable for all reading levels.

About the author: Hugh Marriott became a carer for his wife Cathie when she was diagnosed with Huntington's Disease.