

# LibraryNews

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Dr. William C. Herrick Community Health Care Library

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## What's New at the Herrick Library

-- Kathy Quinn, Library Director

Our big news is that we are going to replace all ten of the public computers over the next few months. In addition to being faster and having widescreen monitors, they will have the newest software, including the Windows 7 operating system, Internet Explorer 8, and Microsoft Word, Excel, and PowerPoint 2010. The 2010 Microsoft programs look significantly different than the 2003 version you are familiar with on our computers. We will be offering new training lessons on the basics of the 2010 software. Of course, we will continue to provide you with personalized service and will do our best to answer any questions that come up as you are working on the computers.

As always, we look forward to seeing you in the library and helping you with your health information needs.



Lake Murray Morning 2 ©

## New Art Exhibit Features East County Artist Hazel Ross ("Noisette")

The Library is happy to exhibit 22 paintings by East County artist Hazel Ross. Originally from the island of Arran off the west coast of Scotland, Hazel has been a resident of San Diego County since 1999. An active member of the Foothills Art Association, she teaches a drawing class for seniors and also serves as the group's webmaster. Hazel is well known for her miniature watercolors and portraits, and she is also showing oil and water landscapes. Come see the show through the end of May!

## Celiac Disease: More Common than You Think!

-- Suzanne Petrofsky, Library Assistant

Celiac disease is a chronic sensitivity to gluten, a food protein. Gluten is found in all forms of wheat, as well as rye, barley, and triticale, a hybrid of wheat and rye. Celiac disease, also called gluten intolerance, is the most common genetic disorder in Europe and North America; approximately one of every 133 people of European descent has it, and most are undiagnosed. It is estimated that over 3 million Americans have celiac disease.

Onset of the disease can happen from infancy to old age. Diagnosis is often delayed because the symptoms resemble other illnesses. Symptoms can include skin rash, stomach pain, gas, diarrhea, feeling tired, mood swings, and even difficulty breathing.

Celiac disease is classified as an autoimmune disease, meaning that the body attacks itself in an inappropriate reaction. It is frequently associated with other autoimmune conditions such as thyroid disease, lupus, liver diseases, joint diseases, and Type 1 diabetes. Left untreated, people have a greater risk of osteoporosis and intestinal cancers.

The "celiac reaction" takes place in the small intestine. The lining of the small intestine has projections of tissue called *villi* that absorb valuable nutrients from the food we eat. When celiac disease is present, the villi become flattened, and the body is not able to get the nutrients it needs.

Diagnosis for celiac disease begins with blood tests to look for the presence of two particular antibodies. It is important not to

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## NEW BOOKS



### CHILDREN'S HEALTH

Alphabet Kids: From ADD to Zellweger Syndrome: A Guide to Developmental, Neurobiological and Psychological Disorders for Parents and Professionals

Caring for Your Baby and Young Child: Birth to Age 5

**Children with Tourette Syndrome: A Parent's Guide**

**The Everything Parent's Guide to Children with Depression: An Authoritative Handbook on Identifying Symptoms, Choosing Treatments, and Raising a Happy and Healthy Child**

Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight, Humor, and a Bottle of Ketchup

Grandparenting a Child with Special Needs

Heading Home with Your Newborn: From Birth to Reality

Learning Disabilities, A to Z: A Complete Guide to Learning Disabilities from Preschool to Adulthood

**The Misunderstood Child: Understanding and Coping with Your Child's Learning Disabilities**

Parenting Children with Health Issues: Essential Tools, Tips, and Tactics for Raising Kids with Chronic Illness, Medical Conditions & Special Healthcare Needs

**The Portable Pediatrician: Everything You Need to Know About Your Child's Health**

**The Sound of Hope: Recognizing, Coping with, and Treating Your Child's Auditory Processing Disorder**

Straight Talk About Psychiatric Medications for Kids

Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders: A Guide for Parents and Professionals

What Your Explosive Child Is Trying to Tell You: Discovering the Pathways from Symptoms to Solutions

Why Did You Die?: Activities to Help Children Cope with Grief & Loss

**Your Child's Health: The Parents' One-Stop Reference Guide to Symptoms, Emergencies, Common Illnesses, Behavior Problems, and Healthy Development, revised edition**

### Cancer

100 Questions and Answers About Pancreatic Cancer, 2nd edition

**Dr. Susan Love's Breast Book, 5th edition**

The Emperor of All Maladies: A Biography of Cancer

Reduce Your Cancer Risk: Twelve Steps to a Healthier Life

### Diet, Nutrition, and Exercise

American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss

The Everything Low Cholesterol Book: All You Need to Control Your Cholesterol and Live a Longer, Healthier Life

The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problem

### Memoirs

Nothing Was the Same: A Memoir (by Kay Redfield Jamison)

Unbearable Lightness: A Story of Loss and Gain (by Portia De Rossi)

### Check Out Our Latest Documentary DVDs!

#### **Babies**

***A Mother's Courage: Talking Back to Autism***

***See What I'm Saying: The Deaf Entertainers Documentary***





## Senior Discussion Group and Movie Matinee

### Wednesday April 27

**Topic:** Feeling Fit Club

**Speaker:** Vickie Velasco, Instructor,  
Feeling Fit Club

**Movie:** *Secretariat*

### Wednesday May 25

**Topic:** Take Care of Your Liver

**Speaker:** Kathy Quinn, Library  
Director, Herrick Library

**Movie:** *It's Kind of a Funny Story*

### Wednesday June 22

**Topic:** Whole Raw Foods

**Speaker:** Cindy Douglas, Certified  
Raw Food Educator

**Movie:** *The King's Speech*

The Senior Discussion Group meetings  
are held from 10:00 a.m. to 11:00 a.m.

Movie matinees start at 12:00 noon.

Light refreshments are served.

RSVP is not required.

Questions? Call (619) 825-5010.

## New DVDs

The Answer Man

Baby Mama

Days of Wine and Roses

**Ferris Bueller's Day Off**

Hoosiers

Just Wright

The Kids Are All Right

Ondine

Rudy

Scent of a Woman

Secretariat

**You Don't Know Jack**

The Whole Nine Yards

**Winter's Bone**

## Health Topic: Celiac ... continued from page 1

stop eating gluten prior to the blood test, or the results will not be accurate. If the result is positive, follow-up with an endoscopy is recommended to biopsy and identify the extent of damage in the small intestine.

The only treatment for celiac disease is to follow a gluten-free diet for the rest of your life. Eliminating gluten from your diet allows your small intestine to heal. Eating items that contain gluten will harm your small intestine. You can work with a dietitian to learn how to select gluten-free foods and how to read labels. Many processed foods, including those that do not seem like they would have gluten, and even some medications, contain gluten. Especially for older patients, it is important to stick to the diet, as it may take months to years to clear up a lifetime of eating gluten-containing products

For more information on Celiac Disease:

MedlinePlus

<http://www.nlm.nih.gov/medlineplus/celiacdisease.html>

National Digestive Diseases Information Clearinghouse (NDDIC)

[http://digestive.niddk.nih.gov/ddiseases/pubs/celiac\\_ez/](http://digestive.niddk.nih.gov/ddiseases/pubs/celiac_ez/)

Herrick Library resources:

*American Dietetic Association Easy Gluten-Free: Expert Nutrition Advice with More than 100 Recipes*

*The First Year: Celiac Disease and Living Gluten Free*

*Celiac Disease: A Guide to Living with Gluten Intolerance*

*What to Eat if You Have Celiac Disease*

## SPOTLIGHT on Newsletters

Our newest newsletter is the *Arthritis Advisor*, published by the Cleveland Clinic. The feature article for the March 2011 issue focuses on shoulder pain. Other major articles include *Mental Health and Osteoarthritis Pain*, information on pain relief without pills, and when to get a second opinion for your medical condition. The issue also includes five exercise suggestions designed to ease forearm pain caused by repetitive stress.

*Focus on Healthy Aging* is published by the Mount Sinai School of Medicine. The March issue contains articles spanning a wide variety of subjects. The cover article concerns new treatment methods for atrial fibrillation. Other information includes "What to Look for in a Multi-Gym," "I'm Losing Control of My Bladder," and advice about making end-of-life decisions before they are actually needed. Nutritional advice discusses the latest information regarding the proper intake of Vitamin D for seniors.

The current issues of 28 consumer health newsletters are displayed in two kiosks in the library reading room. Back issues may be requested at the front desk.

## Dr. William C. Herrick Community Health Care Library

Website: [www.herricklibrary.org](http://www.herricklibrary.org) Email: [info@herricklibrary.org](mailto:info@herricklibrary.org)

### Library Hours:

9:00 a.m. - 8:00 p.m. **Tuesday**

9:00 a.m. - 5:30 p.m. **Wednesday - Friday**

8:00 a.m. - 12:00 p.m. **Saturday**

**Closed Sunday and Monday**

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## Grossmont Healthcare District

### Board Members:

Robert Ayres

Gloria A. Chadwick, R.N.

Michael A. Emerson, RDO

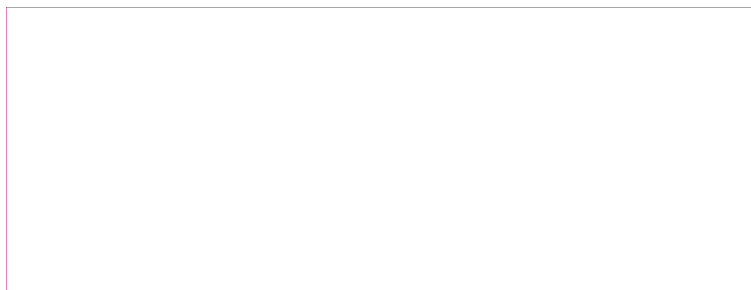
Michael T. Long, M.D.

Deborah D. McElravy, R.Ph.

Barry Jantz, CEO

Kathy Quinn, Library Director

*Please let us know if you have moved  
or changed your phone number.*



## Free Computer Lessons!

### Now offering all new *E-mail Basics* lesson!

The library staff teach the following one-session, hands-on computer lessons:

- **Computer Basics**
- **E-mail Basics**
- **Health Information Access**
- **Introduction to the Internet**
- **Word Processing**



Please call to reserve a space: (619) 825-5010.

## Ongoing Programs Held at the Library

Al-Anon: 6:30 p.m.-7:30 p.m. Tuesdays. Step Study meeting open to all.

East County Adult Cancer Support Services: 10:00 a.m.-12:00 p.m. Thursdays for patients/survivors. Relaxation & Visualization 12:15 p.m.-1:00 p.m. Registration required.

Call (619) 682-2663. Concurrent family members/caregivers meeting 10:00 a.m.-12:00 p.m.

Better Breathers Club: 1:00 p.m.-3:00 p.m. 3rd Friday of the month. Call Library for leader's phone number to register.

HICAP (Health Insurance Counseling & Advocacy Program): 9:15 a.m.-12:30 p.m. 2nd and 4th Tuesday and 3rd Wednesday of the month. Call (800) 434-0222 for appointment.

SMART Recovery®: 2:00 p.m.-3:30 p.m. Tuesdays. Open to all for any type of addiction. Info: [www.smartrecovery.org](http://www.smartrecovery.org) or William Brock, Ph.D., (619) 665-2125.

United Through Reading Grandparent Program: 1:00 p.m.-3:00 p.m. 1st Tuesday of the month. Appointment: call Linda Hopkins (858) 481-7323 ext. 214.



## Special Thanks to our Donors!

**Sue Martin (*journals*)**

**Ann Mendez (*DVDs*)**