

LibraryNews

9001 Wakarusa Street
La Mesa, CA 91942
Phone: (619) 825-5010

Dr. William C. Herrick Community Health Care Library

Volume 9, Issue 3

July - September 2011

What's New at the Herrick Library

-- Kathy Quinn, Library Director



Many of you have already met our new part-time library assistant, Jackie Jackson. She has been working here as a temporary employee since December, and we decided to make it official and hire her. Jackie has a Bachelor's degree from National University and a variety of experience that prepared her well for library work. She is a native San Diegan and lives in Ramona.

September is Kids Care Fest time at the Herrick Library and Grossmont Healthcare District. The 10th annual Fest will be held here on Saturday, September 24, 9:00 a.m. to 2:00 p.m. This free community event is sponsored by the District and the La Mesa Park and Recreation Foundation. It includes health screenings for children, fun activities, and a free book for each child who attends. Set-up for Kids Care Fest requires that the Library close at 2:00 p.m. on Friday, September 23. We will also be closed on that Saturday except to Fest attendees.

We look forward to seeing you in the library and helping you with your health information needs.

Current Art Exhibit Features Local Artist Robert Kelsch



Ranch Home ©

East County artist Robert "Bob" Kelsch is displaying 19 paintings at the library through August 31, 2011. A lifelong student of art and design, Bob considers himself a colorist, designer, and draftsman who paints what excites him. He works in such mediums as oils, acrylics, and colored pencil. "For the fun of it" is the primary motivation for his work.

Yoga: Ancient Practice for Modern Times

-- Suzanne Petrofsky, Library Assistant

Yoga began as a discipline in India more than 5,000 years ago. It is considered to be one of the oldest mind-body health systems in existence. Yoga was first practiced in the United States in the 1840s by the Concord Transcendentalists but did not thrive until the 1880s when an English translation of the ancient *Yoga Sutras* was published. This book gave detailed descriptions of yoga techniques and explained the quest for *samadhi*, pure awareness without mental distraction, which is central to yoga practice.

Today yoga has the largest following of any alternative medicine discipline in the United States. It is estimated that more than 13 million adults practice one of the more than 100 different types of yoga in the U.S. Hatha yoga, the most commonly practiced form, includes postures called *asanas*, breathing techniques called *pranayama*, and meditation.

According to research by the National Institutes of Health, there is evidence some conventional medical conditions can be helped by yoga. Some of these include symptoms related to asthma, cancer, diabetes, drug addiction, high blood pressure, heart disease, and migraine headaches. Clinical trials indicate that yoga may help relieve the pain of arthritis and help with anxiety, depression, insomnia, and stress. Research also indicates that yoga may reduce heart rate and blood pressure, increase lung capacity, improve muscle relaxation and body composition, improve overall strength, flexibility and fitness, and even affect brain and blood chemicals.

Yoga is considered safe for healthy people when practiced correctly, but people with health conditions or women who are pregnant should consult a doctor before using certain poses, especially inverted poses. Some practitioners have adapted yoga for people with disabilities, and

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Grossmont Healthcare District

NEW BOOKS AND DVDs

General Health

100 Questions & Answers About Liver, Heart, and Kidney Transplantation: A Lahey Clinic Guide
Advice to Those Who Stutter

Back to Life After a Heart Crisis: A Doctor and His Wife Share Their 8-Step Cardiac Comeback Plan

The Brain's Inner Workings: Activities for Grades 9-12

The Cleveland Clinic Guide to Fibromyalgia

The Cleveland Clinic Guide to Liver Disorders

Clinical Trials: What Patients and Healthy Volunteers Need to Know

Every Patient Tells a Story: Medical Mysteries and the Art of Diagnosis

La Guía de Salud: Consejos y Respuestas para la Mujer Latina

Healing Hepatitis & Liver Disease Naturally

If Your Child Stutters: A Guide for Parents

Is He Depressed or What?: What to Do when the Man You Love Is Irritable, Moody, and Withdrawn

The Latina Guide to Health: Consejos and Caring Answers

Living with Hepatitis C: A Survivor's Guide

The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study

Medical Abbreviations: 32,000 Conveniences at the Expense of Communication and Safety
Self-therapy for the Stutterer

Alternative Medicine

Mayo Clinic Book of Alternative Medicine (2nd ed.)

Reiki for Life: The Complete Guide to Reiki Practice for Levels 1, 2, & 3

Diet, Nutrition, and Exercise

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

American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (4th ed.)

Ejercicio y Actividad Física: Su Guía Diaria del Instituto Nacional Sobre el Envejecimiento

Everyday Raw [Raw Food Cookbook]

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

WeightWatchers New Complete Cookbook (4th ed.)

Yoga for Arthritis: The Complete Guide

Yoga for Osteoporosis: The Complete Guide

Memoirs

I Beat the Odds: From Homelessness, to *The Blind Side*, and Beyond, by Michael Oher

I'll Scream Later, by Marlee Matlin

Check Out Our Latest Medical DVDs!

***Anatomy of a Pandemic* – Focuses on the science of influenza including the development and implementation of vaccines. (PBS Documentary)**

***Anticancer* – Dr. David Servan-Schreiber addresses the steps to supplementing medical treatments with a healthy lifestyle. Learn how exercise can strengthen the body's defenses against cancer.**

***Good Night with the Sleep Doctor* – Dr. Michael Breus, Ph.D., explains how your genes, environment, job habits, and physiology may be hampering your sleep. (PBS Home Video)**

***If You Stutter: Advice for Adults* – Noted authorities answer questions and demonstrate a variety of therapy techniques. DVD includes *Stuttering: Straight Talk for Teens*, a film featuring teens who talk about their stuttering as well as professionals who offer expert information and advice. (The Stuttering Foundation)**

***Men Get Depression* – Explores the effect of depression on the self, relationships, and careers by profiling real men, including a former NFL quarterback, an Iraq war veteran, a pastor, and others. (PBS Home Video)**



Senior Discussion Group and Movie Matinee

Wednesday July 27

Topic: Health Care Planning: The Importance of Making Your Wishes Known

Speaker: John Tastad, Program Manager, Advance Care Planning, Sharp HospiceCare

Movie: *True Grit*

Wednesday August 24

Topic: MyPlate: The New Food Guidelines

Speaker: Kathy Quinn, Library Director, Herrick Library

Movie: *Invictus*

Wednesday September 28

Topic: Electronic Medical Records and Personal Health Records: What They Mean for You

Speaker: Julie McCoy, Program Manager, Clinical Informatics, Sharp Grossmont Hospital

Movie: *Country Strong*

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.

New DVDs

127 Hours

Black Swan

The Butterfly Effect

The Fighter

Invictus

It's Kind of a Funny Story

The King's Speech

La Vie En Rose

Never Let Me Go

Over 90 and Loving It

Rabbit Hole

See What I'm Saying

The Town

The Verdict

Health Topic: Yoga ... continued from page 1

classes are now available for standing yoga and chair yoga, as well as the latest yoga to promote well-being and happiness, called Laughter Yoga™ or Ha-Ha yoga.

Most practitioners believe yoga should be done at the beginning or at the end of the day. Typical sessions last from 20 minutes to an hour. Classes usually begin with breathing exercises and gentle stretching poses and then progress to the regular poses. Classes often end with guided relaxation or meditation. Yoga is a great way to begin a stress-less physical fitness program.

For more information on yoga

National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/health/yoga/introduction.htm>

American Cancer Society

[http://www.cancer.org/Treatment/TreatmentsandSideEffects/](http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/MindBodyandSpirit/yoga)

[ComplementaryandAlternativeMedicine/MindBodyandSpirit/yoga](http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/MindBodyandSpirit/yoga)

Yoga Alliance

<http://yogaalliance.org/>

Herrick Library resources

Books

Yoga for Arthritis, by Loren Fishman, M.D., and Ellen Saltonstall

Yoga for Osteoporosis, by Loren Fishman, M.D., and Ellen Saltonstall

DVDs

Ageless Yoga: Chair and Standing Routines with John Schlorholtz

Get Fit Where You Sit! Chair Yoga with Lakshmi Voelker

Easy Yoga for Arthritis with Peggy Cappy

Complete Beginner's Guide from Yoga Journal

SPOTLIGHT on Newsletters

By Suzanne Petrofsky

The cover story of the Duke Medicine *Health News* for June 2011 discusses the growing incidence of liver disease and its relation to the increasing rates of obesity and diabetes. Termed non-alcoholic fatty liver disease (NAFLD), the incidence of it has doubled to nearly 11% of the population since 1988. The article discusses symptoms, diagnosis, treatment, and necessary lifestyle changes. Other articles in this issue discuss new discoveries in the genetics of Alzheimer's disease and advances in non-small-cell lung cancer treatment.

Harvard Men's Health Watch is a publication of Harvard Medical School. The cover article of the June issue features an extensive article called *Abdominal aortic aneurysms: Tripe A, double trouble*. It covers how the aorta works and explains how age, tobacco, and high blood pressure can take a toll on this important artery. The article includes risk factors, symptoms, diagnosis, treatment, and prevention. The issue also includes articles on cholesterol and prostate cancer and how to handle excessive perspiration.

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 Email: 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

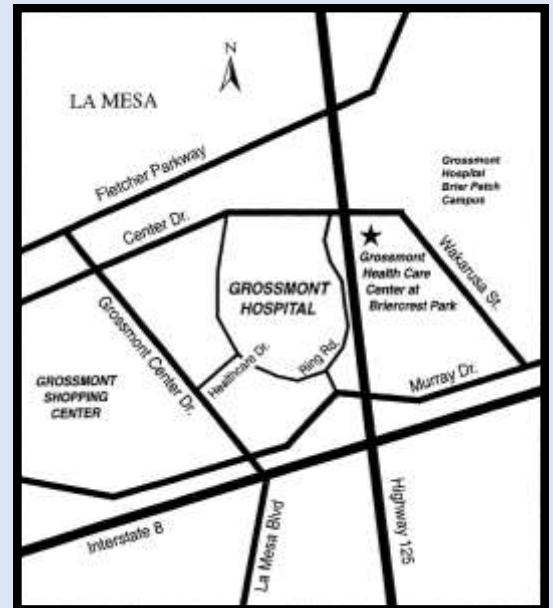
Al-Anon: 6:30 p.m.-7:30 p.m. Tuesdays. Step Study meeting open to all.

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.

East County Adult Cancer Support Services: 10:00 a.m.-12:00 p.m. Meets 1st, 3rd, and 5th 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.

HICAP (Health Insurance Counseling & Advocacy Program): 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 or William Brock, Ph.D., (619) 665-2125.



Enjoy the
Summer!
Read a Book!