

Dr. William C. Herrick Community Health Care Library  
9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: www.herricklibrary.org | Email: info@herricklibrary.org



### Library Hours, Curbside Pick-up Only:

9:00 a.m. - 1:00 p.m. Tuesday

2:00 p.m. - 7:00 p.m. Wednesday

9:00 a.m. - 1:00 p.m. Thursday

Staff available by phone & email – leave a message and we'll respond asap



Board Members:

Robert Ayres  
Gloria A. Chadwick, RN  
Michael A. Emerson, RDO  
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Randy Lenac  
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Rachelle Kierulff,  
Library Director

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

## Health Brochures & Pamphlets – Get Yours Today

By Susan Davis, Library Assistant

During this time of COVID-19 and distancing, Herrick Library is actively finding ways that we can meet the health information needs of our patrons and the community. Curbside pickup is now available for the books, DVDs, magazines, and health newsletters in our collection. As you may know, **we also have an extensive selection of free brochures and pamphlets on a number of health and wellness topics.** These are freely available to you, even though you cannot currently come into the Library to browse in person. If you call or email the Library, a staff member will be able to assist you and help find the brochures you need. You can arrange for curbside pickup outside in your car as you would for the rest of our collection, or we can mail brochures to you.

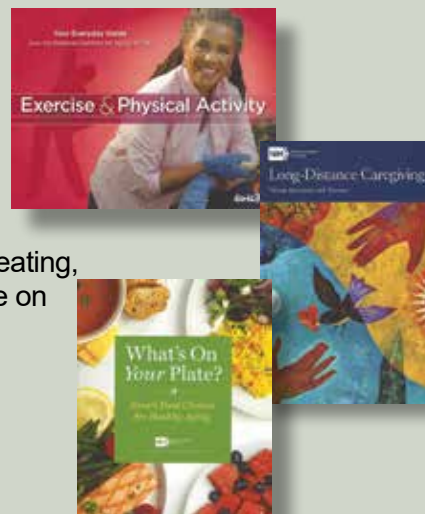
We have free items on aging, caregiving, and dementia, ranging from the general to the specific such as:

- Healthy Eating After 50
- Caring for a Person with Alzheimer's Disease
- Legal & Financial Planning for People with Alzheimer's Disease
- Elder Abuse
- Participating in Activities You Enjoy – More Than Just Fun & Games
- Diabetes in Older People
- Mourning the Death of a Spouse

We have many brochures on general well-being topics such as sleep, exercise, healthy eating, food assistance programs, and low-cost health clinics. There is also information available on specific health issues ranging from vision, hearing, mental health, and addictions to peripheral neuropathy. Some examples include:

- Understanding Sleep
- Headache – Hope Through Research
- Know Stroke – Know the Signs, Act in Time
- Marijuana: Facts Parents Need to Know

Call or email the Library and a staff member will search for a pamphlet in your area of interest. If you would like additional information beyond a pamphlet, library staff can run a search for you in reliable health databases and websites and send the information to you through regular mail or email. We're here to help!



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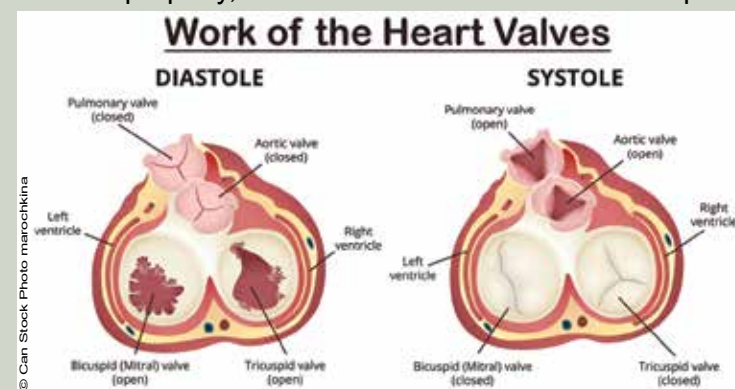
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## What is Heart Valve Disease?

- Sue Petrofsky

February is American Heart month, and since heart disease is still the number one cause of death in the United States, I thought I'd explore a particular aspect of heart disease that affects more than 11.6 million Americans, heart valve disease. Heart valve disease may be present at birth, but also occurs in adults due to infection, high blood pressure, high cholesterol, diabetes, heart attack or other heart disease, and most commonly, aging.

Every heart has four valves that keep blood flowing in the correct direction. These valves include the mitral valve, tricuspid valve, pulmonary valve and aortic valve. These valves have flaps (leaflets or cusps) that open and close once during each heartbeat. If the valves don't open or close properly, the blood flow to the heart is disrupted.



Symptoms of heart valve disease can include:

- Abnormal sound (heart murmur) when a doctor listens to the heart with a stethoscope.
- Irregular heartbeat
- Fatigue, shortness of breath, inability to maintain your regular activity level
- Chest pain
- Dizziness or fainting
- Swelling of your ankles, feet or abdomen

Heart valve problems may include:

- Atresia - the valve isn't formed properly, and tissue blocks the blood flow between the heart chambers
- Regurgitation - the valve flaps don't close properly and

## A New Year with New Hope

What great news for the new year! The COVID-19 vaccine has been deemed safe and effective and a plan to distribute it is in the works. Although the physical library remains closed, I want to let you know about a few new things. We have a free monthly Take & Make Craft kit you can get through Curbside Pickup. We also have three great Wellness Wednesday health talks coming up, so be sure to RSVP. If you haven't checked out our eBook collection yet, now is the perfect time as we're having a contest to win a Kindle Fire Tablet for just using Overdrive/Libby. A happy & healthy new year to all!

- Rachelle Kierulff, Library Director

blood leaks backward in the heart. This often occurs due to valve flaps bulging back, a condition called prolapse.

• Stenosis - the valve flaps become stiff or thick, and they may fuse together. This results in a narrowed valve opening and reduced blood flow through the valve.

Diagnosis of heart valve disease is made through several tests that may include echocardiography, Electrocardiogram (ECG), Cardiac MRI, Chest X-ray, or exercise stress test.

Treatment will depend on how severe the condition is, and may range from monitoring the condition with regular follow-up visits to surgery. Surgery may include heart valve repair, when possible, as it preserves the existing valve and doesn't affect heart function. If a valve is not repairable, surgeons may replace the valve with a mechanical valve or a valve made from cow, pig, or human heart tissue. Biological valves deteriorate over time, and must be replaced in 10 - 15 years. Mechanical valves are more prone to blood clots, so the patient must take blood-thinning medications for the rest of their life. Recovery from heart valve surgery usually requires about 5 days in the hospital and a period of light activity during recovery.

For more information on heart valve disease visit: <http://www.valvediseaseday.org/>. If you have any questions the library staff would be happy to research information for you. Just give us a call!

Curbside pickup of books and DVDs is available to library card holders while our physical library is closed. Call or email to reserve an item. Search the catalog at <https://tinyurl.com/herrick-catalog> for titles, or reserve one of our new books below!

**General Health**

- Alzheimers Disease: Advances in Prevention and Treatment 2020
- The Alzheimer's Disease Caregiver's Handbook
- The Caregiver's Guide to Dementia: Practical Advice for Caring for Yourself and Your Loved One
- Beat Breast Cancer Like a Boss: 30 Powerful Stories
- Dear Friend: Letters of Encouragement, Humor, and Love for Women with Breast Cancer
- Dementia: The Basics
- The Great Secret: The Classified World War II Disaster that Launched the War on Cancer
- The Holistic Rx: Your Guide to Healing Chronic Inflammation and Disease
- Navigating Life with Parkinson's Disease
- Non-Toxic: Guide to Living Healthy in a Chemical World (Dr Weil's Healthy Living Guides)
- Pandemic 1918: Eyewitness Accounts from the Greatest Medical Holocaust in Modern History
- Rugged Access for All: A Guide for Pushiking America's Diverse Trails with Mobility Chairs and Strollers

**Diet and Exercise**

- The Cancer-Fighting Kitchen, Second Edition: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery
- What Do I Eat Now? 3rd Edition: A Guide to Eating Well with Diabetes or Prediabetes

**Family and Parenting**

- The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning
- Caring for Your Baby and Young Child, 7th Edition: Birth to Age 5
- Caring for Your School-Age Child, 3rd Edition: Ages 5-12
- Helping Your Child with Language-Based Learning Disabilities: Strategies to Succeed in School and Life with Dyslexia, Dysgraphia, Dyscalculia, ADHD, and Processing Disorders
- LACTIVATE!: A User's Guide To Breastfeeding
- The Newborn Handbook: Your Guide to Bringing Home Baby
- The Nursing Mother's Companion, 7th Edition, with New Illustrations: The Breastfeeding Book Mothers Trust, from Pregnancy Through Weaning
- Nolo's IEP Guide: Learning Disabilities
- Therapy Games for Teens: 150 Activities to Improve Self-Esteem, Communication, and Coping Skills

**Kids Books**

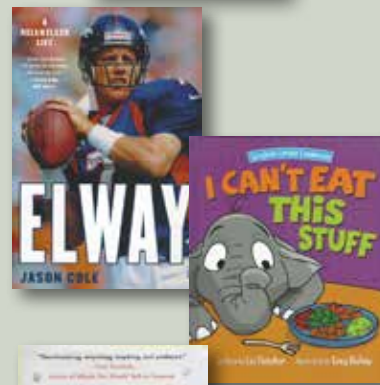
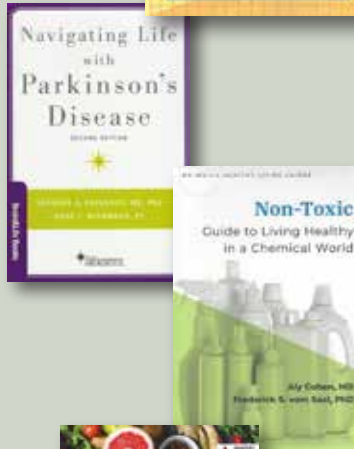
- Adam's Healing Adventures: From Sickness to Health
- Ani's Light
- Franklin Goes to the Hospital
- A Gift You Don't Want: A Fun Story and Simple Lessons for Children to avoid Germs, the Flu and Visits to the doctor!
- Grow Kind
- I Can't Eat This Stuff: How to Get Your Toddler to Eat Their Vegetables
- I Promise
- Lulu the One and Only
- My Book about Brains, Change and Dementia: What is Dementia and What Does it Do?
- My Wandering Dreaming Mind
- My Whirling Twirling Motor
- No Dragons for Tea: Fire Safety for Kids (and Dragons)

**Memoirs**

- Elway: A Relentless Life
- The Open Heart Club: A Story about Birth and Death and Cardiac Surgery
- The Well Spouse: My Journey of Love, Resilience, and Alzheimer's
- What It's Like To Be Bipolar: A Child's Perspective on a Childhood Condition

**Mind and the Brain**

- Bipolar Disorder: A Guide for You and Your Loved Ones
- The Collected Schizophrenias: Essays
- Feeling Great: The Revolutionary New Treatment for Depression and Anxiety
- Good Morning, Monster: A Therapist Shares Five Heroic Stories of Emotional Recovery
- Think Like a Monk: The Secret of How to Harness the Power of Positivity and Be Happy Now
- Trauma and the 12 Steps, Revised and Expanded: An Inclusive Guide to Enhancing Recovery



**Monthly Wellness Wednesday Meeting**

**Wednesday January 27**

**Resources for Seniors**

**Speaker:** Dan McNamara, Program Coordinator, Senior Resource Center, Sharp Grossmont Hospital

Listen to information about the Sharp Senior Resource Center as well as other local resources geared toward seniors, including COVID-related resources.

**Wednesday February 24**

**Self-Care Through Integrative Therapy**

**Speaker:** Denise Kelly, Sharp Hospice Care

Hear about alternative methods to treating pain, anxiety and negativity. Provide calming and stress reducing treatment methods to the daily life of your loved ones and yourself.

**Wednesday March 24**

**A Deeper Dive into Alzheimer's**

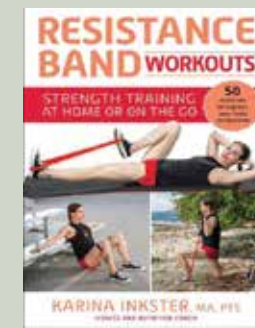
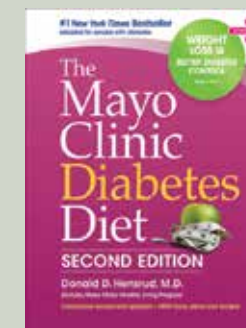
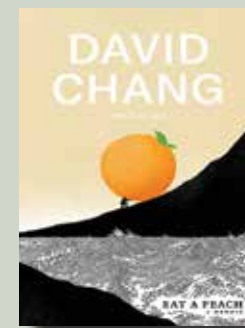
**Speaker:** Mark Dobrina, BS, LPT, CCRC Lead Clinical trials Specialist Sharp Mesa Vista Hospital

Learn about the course of the disease, risk factors, and the latest in research and clinical trials.

Wellness Wednesday meetings are held from 10:00 a.m. to 11:00 a.m. Meetings are held virtually via Zoom, and registration is required. Contact the library to RSVP: [info@herricklibrary.org](mailto:info@herricklibrary.org) or 619-825-5010.

**New ebooks available online with Libby**

<https://herricklibrary.overdrive.com/>



**Win a Kindle Fire Tablet!**

Simply check out any eBook, audiobook or streaming video from Overdrive or the Libby app from January 1st to February 28th and be automatically entered to win a Kindle Fire Tablet. Contact the Library for full rules.

**Documentary DVDs**

- Before the Plate
- The Greatest Bond
- Miss Sharon Jones

**Hollywood DVDs**

- Babyteeth
- Book Club
- Marrriage Story
- Military Wives
- My Dinner with Hervé
- Knives Out
- Skyscraper
- The Wife
- Whiplash

**Medical DVDs**

- Blood Sugar Rising
- Elmo's World - Food, Water & Exercise
- NOVA: Mysteries of Sleep
- NOVA: The Truth About Fat

Check Out Our Digital Magazines Using Flipster! <https://www.herricklibrary.org/elibrary/>



**Disclaimer:** The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.