

## Summer Reading Picks from the Medical Library

by Nancy Bulgarelli, Medical Library Director

For your summer reading enjoyment, the following books are available for check-out from the Medical Library.



***Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients*** by Ben Goldacre. UK physician Goldacre has made it his life's mission to educate the general public on how to interpret medical research, studies and reporting. This is a follow-up to his earlier book, ***Bad Science***, which is also available from the Medical Library.



***Brain on Fire: My Month of Madness*** by Susannah Cahalan is the author's first-person account of her devastating sudden-onset mental and neurological symptoms before finally being diagnosed with a rare autoimmune inflammation of the brain. The story of her and her family's experiences with the health care system during diagnosis and treatment – the final bill was over a million dollars – is fascinating.



***When Breath Becomes Air*** by Paul Kalanithi. This New York Times Best Seller is a first-person account of a patient's struggle with stage IV lung cancer. What makes it even more compelling is that the author/patient is a young neurosurgeon. Dr. Kalanithi's book is a "reflection on the challenge of facing death and on the relationship between doctor and patient..."



***The Death of Cancer: After Fifty Years on the Front Lines of Medicine, a Pioneering Oncologist Reveals Why the War on Cancer is Winnable – And How We Can Get There*** by Vincent T. Devita. Part memoir, part call to arms; the title says it all.



And, finally, here are a couple of books you may want to consider to help you practice mindfulness when we return the hectic pace of the fall semester: ***The Five Keys to Mindful Communication*** by Susan Gillis Chapman and ***Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*** by Jon Kabat-Zinn. These were recommended by Lucy Sternburg PhD, Manager of Employee Wellness and Community Health Promotion, Beaumont Health.

## Student Corner

**Library Hours over July 4th Weekend** Kresge Library, including all Medical Library spaces, will have the following hours over the July 4th holiday weekend:

- Saturday, July 2: open until 5:00pm
- Sunday, July 3: CLOSED
- Monday, July 4: CLOSED
- Tuesday, July 5: opens at 7:30am and resumes 24/7

### Library Office Hours

Mon - Fri: 7:30am - 6:00pm

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## OUWB Publications Report: January - March 2016

The Medical Library is pleased to publish the **OUWB Publication List, January - March 2016** featuring the published work of our OUWB faculty, staff, and students! This quarter's report includes 201 citations to articles, book chapters, published meeting abstracts, and other works added to the major medical databases in the months of January, February, and March 2016. Highlights include:

- 135 articles
- 34 published meeting abstracts
- 15 books and book chapters
- 2 MedEdPortal submissions
- 19 student-authored articles or meeting abstracts

If your publication was inadvertently missed, please email the citation to us at [medref@oakland.edu](mailto:medref@oakland.edu), and it will appear in next quarter's report!



## June is PTSD Awareness Month

by *Evan Sprague, Medical Library Assistant*

Post Traumatic Stress Disorder or PTSD is most often associated with veterans returning home from combat. However, PTSD is a debilitating disorder that can affect anyone who has experienced a traumatic event including war, disaster, and violence. With the recent tragedy in Orlando and the massive floodings in Texas and Virginia, you might be wondering what resources are available to health care professionals and the public in the face of such events. In recognition of PTSD Awareness Month, the Medical Library has pulled together a variety of resources on the topic:

### Resources from the Web:

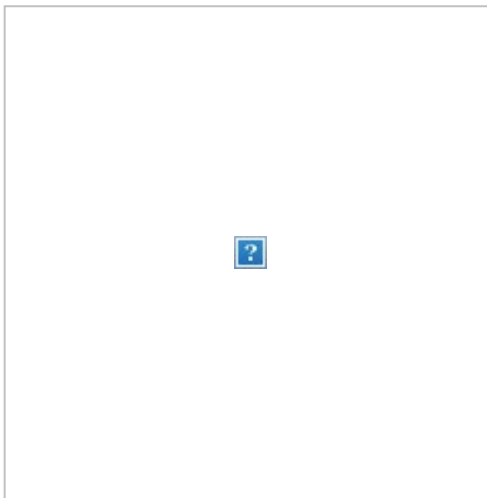
> **National Center for PTSD:** The U.S. Department of Veterans Affairs has compiled a number of information resources and guides for professionals and patients alike including:

- **Helping Survivors in the Wake of Disaster**
- **Working with Trauma Survivors**
- **Effects of Traumatic Stress after Mass Violence, Terror, or Disaster**
- **Early Mental Health intervention for Disasters**
- **Secondary Mental Health Intervention for Disasters**
- **Psychological First Aid: Field Operations Guide**
- **Resources for Providers: Responding to Sudden Trauma**
- **PTSD in Children and Teens**

> **MedlinePlus - Post Traumatic Stress Disorder** - resources for patients affected by PTSD, provided by the National Library of Medicine

### Resources from the Library's Collection:

> **DSM V - Trauma and Stressor-Related Disorders** (2013)



**Questions? Comments?**  
**Contact our editor**  
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> ***A Practical Guide to PTSD Treatment: Pharmacological and Psychotherapeutic Approaches***  
(2015). Print copy available for checkout - Kresge Library 3rd Floor RC 552.P67 P73 2015

> **PTSD: Brain Mechanisms and Clinical Implications** (2006)



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