

Seymour Library
303 West 2nd Street
522-3412

Monday-Thursday
8:30 am-8:30 pm
Friday 8:30 am-6 pm
Saturday 9 am-5 pm
Sunday 1-5 pm



Crothersville Library
120 East Main Street
793-2927

Monday-Thursday
10 am-8 pm
Friday-Saturday Noon-5 pm
Closed Sunday



Medora Library
27 West Main Street
966-2278

Monday-Friday 2-6 pm
Closed Saturday & Sunday

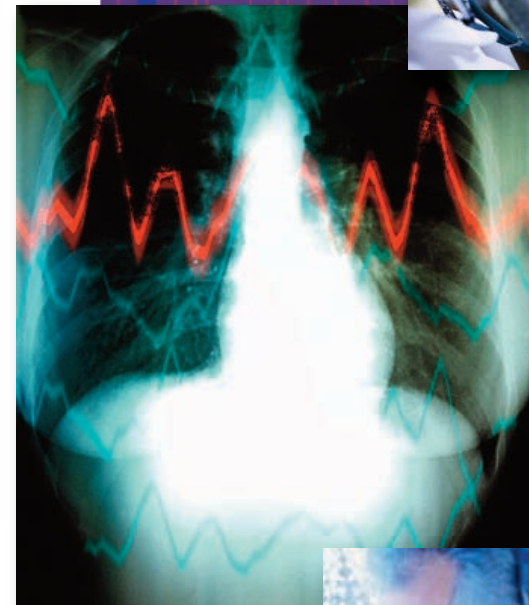


**Jackson County
Public Library**

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Heart Health



Heart Health Resource Guide

362.196 KING *Taking on Heart Disease: Peggy Fleming, Brian Littrell, Mike Ditka, Walter Cronkite, Joyce Carol Oates, Eddie Griffin, Mike Wallace, Kate Jackson, Ed Bradley, Tommy Lasorda, Pat Buchanan, Victoria Gotti, Regis Philbin, and Others ... Reveal How They Triumphed Over the Nation's #1 Killer and How You Can, Too.* Larry King, 2004.

REF 610 HAR *Harvard Medical School Family Health Guide.* Anthony L. Komaroff, 2005.

613 ROIZEN *You--The Owner's Manual: An Insider's Guide to the Body That Will Make You Healthier and Younger.* Michael F. Roizen, 2005.

613.0434 MAC *Midlife Meltdown.* Janet C. Maccaro, 2004.

613.0438 MERCK *The Merck Manual of Health & Aging.* Mark H. Beers, 2004.

613.2 CICERO *Kitchen Counter Cures: 117 Foods that Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion, and Hundreds of Other Health Problems!* Karen Cicero, 2001.

615.32374 CHALLEM *The Soy Sensation: How This Incredible Food Protects Against Cancer, Heart Disease, Osteoporosis, and Other Health Conditions.* Jack Challem, 2002.

615.783 JEF *Aspirin: The Remarkable Story of a Wonder Drug.* Diarmuid Jeffreys, 2004.

616.12 BAR *50 Ways to a Healthy Heart.* Christiaan Barnard, 2001.

616.12 GERSH *Mayo Clinic Heart Book: The Ultimate Guide to Heart Health.* Bernard J. Gersh, 2000.

616.12 GOL *Women Are Not Small Men: Life-Saving Strategies for Preventing and Healing Heart Disease in Women.* Nieca Goldberg, 2002.

616.12 RIPPE *The Healthy Heart for Dummies.* James M. Rippe, 2000.

616.123 FAR *Diagnosis--Heart Disease: Answers to Your Questions About Recovery and Lasting Health.* John W. Farquhar, 2001.

REF 616 AME 4TH ED

REF 616.07 CUR

616.0473 MEGGS

618.175 NOR

618.9212043 KRAMER

641.56311 HEA

641.56311 QUICK

RESOURCES

**American Heart Association
Southeast Indiana Division**
2320 Cottage Avenue
Columbus, IN 47201
Phone: 812-372-0211
Hours of Operation: Monday thru Friday,
8:00 a.m. to 4:30 p.m.

CPR Class (cardio pulmonary resuscitation)
American Red Cross
410 Indianapolis Avenue
Seymour, IN 47274
Phone: 812-523-1059

WEBSITES

www.americanheart.org

www.fda.gov

www.4woman.gov/heart

www.heartdisease.about.com

Restless Nights: Understanding Snoring and Sleep Apnea.
P. (Peretz) Lavie, 2003.

Current Medical Diagnosis & Treatment, 2005.
Lawrence M. Tierney, 2005.

The Inflammation Cure: How to Combat the Hidden Factor Behind Heart Disease, Arthritis, Asthma, Diabetes, Alzheimer's Disease, Osteoporosis, and Other Diseases of Aging.
William Joel Meggs, 2003.

The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change.
Christiane Northrup, 2001.

The Parent's Guide to Children's Congenital Heart Defects: What They Are, How to Treat Them, How to Cope with Them.
Gerri Freid Kramer, 2001.

Healthy Heart Cookbook.
2002.

Quick & Easy Cookbook: More than 200 Healthful Recipes You Can Make in Minutes.
American Heart Association, 2001.

Infant CPR Class
Schneck Medical Center
411 W. Tipton St.
Seymour, IN 47274
Phone: 812-522-0101
www.schneckmed.org

www.heartinfo.org

www.mayoclinic.com

www.nhlbi.nih.gov/health/public/heart

www.my.webmd.com