

# Learn more about Lung health

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## Websites

**AuroraHealthCare.org** Explore *Aurora Health Care's* website for information about lung health. Enter your search term in the search box to be linked to information.

**cancer.gov** *The National Cancer Institute* website is a well-organized resource of quality consumer health information. Enter "lung" or "smoking" in the search box to learn more.

**lungusa.org** *The American Lung Association Website* is a comprehensive, easy to use resource with thorough information on lung disease, treatment options, smoking cessation, COPD and numerous other topics. The site includes a toll-free telephone help line (800-548-8252).

**medlineplus.gov** *The MedlinePlus Website* is an excellent resource for consumer health information. Enter "lungs" in the search box to link to information on lung cancer, emphysema, respiratory diseases, smoking, COPD and to topics related to lung health.

**nhlbi.nih.gov** *The National Heart, Lung and Blood Institute* has detailed articles on various types of lung disease. Enter your search term in the search box to be linked to information.

**smokefree.gov** *Smokefree.gov* includes a variety of resources intended to help smokers kick the habit. Resources include an online step-by-step cessation guide, publications that may be printed or ordered at no cost, and a toll-free telephone support line.

## Local resources

**Vince Lombardi Cancer Hotline** Call to speak with an Aurora Cancer Care cancer information specialist. The hotline is open to everyone, and all conversations are confidential. Call 800-252-2990 or 414-649-7200 to speak to a specialist about yourself or someone you love.

**Wisconsin Tobacco Quit Line** The Quit Line is a free service to Wisconsin residents who need help quitting tobacco use. Call toll free 877-270-7867 for confidential, comprehensive telephone counseling to help quit smoking or chewing tobacco.

## Books

***The Cleveland Clinic Guide to Lung Cancer*** by Peter Mazzone, MD, Kaplan Publishing, 2009, ISBN 9781607144304, \$15.95. Dr. Mazzone, profiled on several "best doctors" lists, presents critical information about the latest scientific studies and progress in the fight against lung cancer. This book includes information on tests, types and staging of lung cancer, drugs, treatments, diagnostic and preventive issues, and personal stories of lung cancer survivors.

***Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health)***, by Teri Allen, Hunter House, 2010, ISBN 9780897935531, \$14.95. This comprehensive guide helps people in any stage of COPD learn to work with their physical limitations rather than against them. Every aspect of the disease is covered, including the psychological and emotional issues that go along with COPD, medications, physical therapy, triggers and warning signs.

***Smoke-Free in 30 Days: The Pain-Free, Permanent Way to Quit*** by Daniel F. Seidman, MD, with forward by Mehmet Oz, MD, Fireside, 2009, ISBN 9781439101117, \$14.99. Dr. Seidman, founding medical director of the Smoking Cessation Leadership Center at the University of California - San Francisco, offers solid advice for people who wish to quit smoking.

***What You Should Know About Asthma and Other Lung Diseases: Essential Information for Patients and Families***, by Nicholas DiFilippo, MD, Create Space Publisher, 2010, ISBN 9781449998240, \$15.95. This book was written for patients with lung cancer so they may better understand the underlying medical problems. Dr. DiFilippo explains complex medical issues to empower patients with knowledge for better patient care.

***Respiratory Care: Principles and Practice 2nd Edition***, by Dean R. Hess, Jones & Bartlett Learning, 2012, ISBN 9780763760038, \$143.95. This text book covers aspects of respiratory care, from basic sciences and evidence-based practice to technical and professional care

***COPD: Take Control***, produced by Milner-Fenwick, 2010, duration 14 minutes, 7 seconds. This short consumer education DVD educates patients about what COPD is, how it affects them, and self-care skills.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*