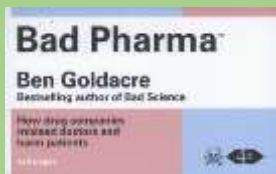


## Medicine Extended Reading List

### **Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients by Ben Goldacre (338.476152)**

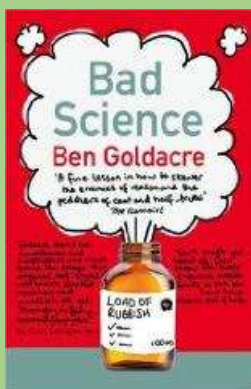


Medicine is broken. We like to imagine that it's based on evidence and the results of fair tests. In reality, those tests are often profoundly flawed. We like to imagine that doctors are familiar with the research literature surrounding a drug, when in reality much of the research is hidden from them by drug companies.

We like to imagine that doctors are impartially educated, when in reality much of their education is funded by industry. We like to imagine that regulators let only effective drugs onto the market, when in reality they approve hopeless drugs, with data on side effects casually withheld from doctors and patients. All these

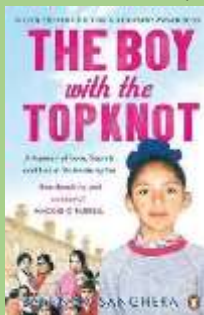
problems have been protected from public scrutiny because they're too complex to capture in a sound bite. But Dr. Ben Goldacre shows that the true scale of this murderous disaster fully reveals itself only when the details are untangled. He believes we should all be able to understand precisely how data manipulation works and how research misconduct on a global scale affects us. In his own words, "the tricks and distortions documented in these pages are beautiful, intricate, and fascinating in their details." With Goldacre's characteristic flair and a forensic attention to detail, *Bad Pharma* reveals a shockingly broken system and calls for something to be done. This is the pharmaceutical industry as it has never been seen before.

### **Bad Science by Ben Goldacre (500)**



Full of spleen, this is a hilarious, invigorating and informative journey through the world of *Bad Science*. When Dr Ben Goldacre saw someone on daytime TV dipping her feet in an 'Aqua Detox' footbath, releasing her toxins into the water, turning it brown, he thought he'd try the same at home. 'Like some kind of Johnny Ball cum Witchfinder General', using his girlfriend's Barbie doll, he gently passed an electrical current through the warm salt water. It turned brown. In his words: 'before my very eyes, the world's first Detox Barbie was sat, with her feet in a pool of brown sludge, purged of a weekend's immorality.' Dr Ben Goldacre is the author of the *Bad Science* column in the *Guardian*. His book is about all the 'bad science' we are constantly bombarded with in the media and in advertising. At a time when science is used to prove everything and nothing, everyone has their own 'bad science' moments from the useless pie-chart on the back of cereal packets to the use of the word 'visibly' in cosmetics ads.

### **The Boy with the Topknot: a Memoir of Love, Secrets and Lies in Wolverhampton by Sathnam Sanghera (070.92SAN)**

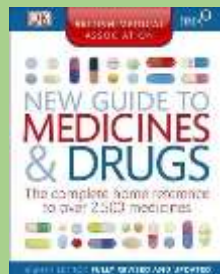


For Sathnam Sanghera, growing up in Wolverhampton in the eighties was a confusing business. On the one hand, these were the heady days of George Michael mix-tapes, Dallas on TV and, if he was lucky, the occasional Bounty Bar. On the other, there was his wardrobe of tartan smocks, his 30p-an-hour job at the local sewing factory and the ongoing challenge of how to tie the perfect top-knot.

And then there was his family, whose strange and often difficult behaviour he took for granted until, at the age of twenty-four, Sathnam made a discovery that changed everything he ever thought he knew about them. Equipped with breathtaking courage and a glorious sense of humour, he embarks on a journey into their extraordinary past - from his father's harsh life in rural Punjab to the steps of the

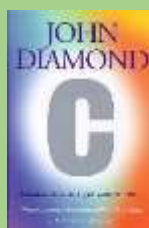
Wolverhampton Tourist Office - trying to make sense of a life lived among secrets.

### **The British Medical Association new guide to medicines & drugs edited by Dr Kevin O'Shaughnessy (615.1)**



The *BMA New Guide to Medicine and Drugs Eighth Edition* is the fully updated, quick-reference guide to drugs for anyone wanting to know more about the medication they're taking from Britain's leading authority. Jargon-free and easy-to-follow, get all the vital information you need on 2,500 of today's prescription and over-the-counter drugs fast. Find advice on understanding and using medicines and learn how they work, what they treat, their risks, benefits, side effects, and how to use them safely and effectively. Plus, get detailed descriptions and facts on 276 commonly used medicines and information about drugs new to the market.

### **C because cowards get cancer too by John Diamond (362.196DIA)**



Shortly before his 44th birthday, John Diamond received a call from the doctor who had removed a lump from his neck. Having been assured for the previous 2 years that this was a benign cyst, Diamond was told that it was, in fact, cancerous. Suddenly, this man who'd until this point been one of the world's greatest hypochondriacs, was genuinely faced with mortality. And what he saw scared the wits out of him. Out of necessity, he wrote about his feelings in his *TIMES* column and the response was staggering. Mailbag followed Diamond's story of life with, and without, a lump - the humiliations, the ridiculous bits, the funny bits, the tearful bits.



This site is used extensively to inform healthcare decision making. Find information here about the effectiveness of different procedures and medications.



### **Classroom to Clinic by Tom Warrender (371.3)**

This is a fantastic book for any student (or teacher... or parent!) who wants to work in the NHS. Tom covers one of the most exciting areas of the NHS called Healthcare Science and goes through dozens of careers that are accessible with grades / levels A-C / 9-4 at GCSE, making them accessible to many students.



### **Don't die young by Dr Alice Roberts (611)**

There are many aspects of our health that we can control and Dr. Alice Roberts explains how to reduce the risk of suffering many disorders from cystitis to cancer, and headaches to heart disease.



### **Essential Articles by Chris Shepherd and Chas White (082)**

This is an educational resource with newspaper and magazine articles arranged thematically about animals, arts and culture, body image, Britain and its citizens, disability, education, environmental issues, family & relationships, gender, health and more.



### **Getting into Dental School by Adam Cross (371.3)**

Packed full of expert advice, insider tips, as well as current issues facing the profession, 'Getting into Dental School' will give you a head-start in one of the most competitive application processes in the UK. Fully updated to reflect current dental application procedures and funding advice, 'Getting into Dental School' contains valuable guidance for overseas and mature students, as well as tips on getting useful work experience. 'Getting into Dental School' also contains a look towards your dentistry career by including information on specialisation and dentist salaries and allowing you to plan your career path depending on whether you are interested in a career as a general dental practitioner or as a hospital or community dentist.



### **Getting into Medical School - 1250 UKCAT Questions by Oliver Picard**

With 1250 UKCAT practice questions (including a full mock exam), in-depth explanations and comprehensive tips and techniques, this book constitutes an ideal preparation tool for the UKCAT, helping candidates save time, retain focus and optimise their score. Fully compliant with the UKCAT exam for 2019 entry, the book shows how to approach each type of question (abstract, verbal and quantitative reasoning, decision making and situational judgement) and helps candidates familiarise themselves with all the potential traps that can be laid by the examiners.



### **How to Master the BMAT by Chris Tyreman (371.3)**

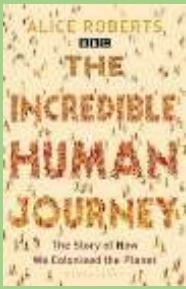
The BMAT (BioMedical Admissions Tests) is used at many UK universities, including Cambridge, Oxford, Imperial College, University College London, and Royal Veterinary College. It is a subject-specific admissions test taken by applicants to certain medicine, veterinary science and related courses, such as pharmacology, psychological sciences and biomedical science. *How to Pass the BMAT* provides practice tests for the multiple choice sections - the aptitude and skills section and the scientific knowledge and application section - as well as the writing element.



### **In Stitches the highs and lows of life as an A & E Doctor by Nick Edwards (362.18092)**

Dr Nick Edwards is an A&E doctor working in the UK and a passionate believer in the NHS. However the reforms, political correctness and the Anglo-Saxon culture of binge drinking and fighting and the resulting A&E visits are a strain on his sanity. So to keep up his morale, he began writing down his feelings - a form of literary cathartic therapy - the results of which make up this book. So join Dr Nick Edwards as he describes the frustrations and joys of working in the NHS. The traumas and tragedies, the patients and colleagues and most of all the successes and humour that make up life at the frontline of medical care.

### The Incredible Human Journey by Dr Alice Roberts (910.4)



Alice Roberts has been travelling the world - from Ethiopian desert to Malay peninsula and from Russian steppes to Amazon basin - in order to understand the challenges that early humans faced as they tried to settle continents. On her travels she has witnessed some of the daunting and brutal challenges our ancestors had to face: mountains, deserts, oceans, changing climates, terrifying giant beasts and volcanoes. But she discovers that perhaps the most serious threat of all came from other humans. When our ancestors set out from Africa there were already two other species of human on the planet: Neanderthal in Europe and Homo erectus in Asia. Both (contrary to popular perception) were intelligent, adept at making tools and weapons and were long adapted to their environments. So, Alice asks, why did only Homo sapiens survive?

Part detective story, part travelogue, and drawing on the latest genetic and archaeological discoveries, Alice examines how our ancestors evolved physically in response to these challenges, finding out how our colour, shape, size, diet, disease resistance and even athletic ability have been shaped by the range of environments that our ancestors had to survive. She also relates how astonishingly closely related we all are.

### It's not about the Bike by Lance Armstrong (797.6ARM)



It is such an all-American story. A lanky kid from Plano, Texas, is raised by a feisty, single parent who sacrifices for her son, who becomes one of our country's greatest athletes. Given that background, it is understandable why Armstrong was able to channel his boundless energy toward athletic endeavours. By his senior year in high school, he was already a professional triathlete and was training with the U.S. Olympic cycling developmental team. In 1993, Armstrong secured a position in the ranks of world-class cyclists by winning the World Championship and a Tour de France stage, but in 1996, he was diagnosed with testicular cancer. Armstrong entered an unknown battlefield and challenged it as if climbing through the Alps: aggressive yet tactical. He beat the cancer and proceeded to stun all the pundits by winning the 1999 Tour de France. In this memoir, Armstrong covers his early years swiftly

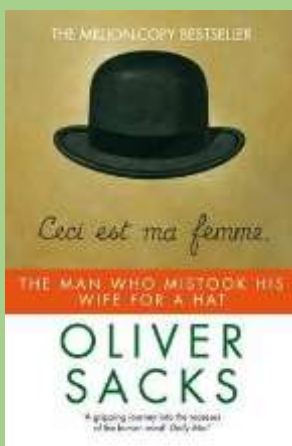
with a blunt matter-of-factness, but the main focus is on his battle with cancer. Readers will respond to the inspirational recovery story, and they will appreciate the behind-the-scenes cycling information. After he won the Tour, his mother was quoted as saying that her son's whole life has been a fight against the odds; we see here that she was not exaggerating.

### Life Ascending the Ten Great Inventions of Evolution by Nick Lane (576.8)



Powerful new research methods are providing fresh and vivid insights into the makeup of life. Comparing gene sequences, examining the atomic structure of proteins and looking into the geochemistry of rocks have all helped to explain creation and evolution in more detail than ever before. Nick Lane uses the full extent of this new knowledge to describe the ten greatest inventions of life, based on their historical impact, role in living organisms today and relevance to current controversies. DNA, sex, sight and consciousness's are just four examples. Lane also explains how these findings have come about, and the extent to which they can be relied upon. The result is a gripping and lucid account of the ingenuity of nature, and a book which is essential reading for anyone who has ever questioned the science behind the glories of everyday life.

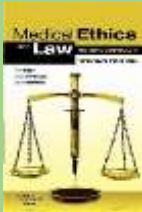
### The Man who mistook his Wife for a Hat by Oliver Sacks (153)



In his most extraordinary book, "one of the great clinical writers of the twentieth century" (*The New York Times*) recounts the case histories of patients lost in the bizarre, apparently inescapable world of neurological disorders. Oliver Sacks' *The Man Who Mistook His Wife for a Hat* tells the stories of individuals afflicted with fantastic perceptual and intellectual aberrations: patients who have lost their memories and with them the greater part of their pasts; who are no longer able to recognize people and common objects; who are stricken with violent tics and grimaces or who shout involuntary obscenities; whose limbs have become alien; who have been dismissed as retarded yet are gifted with uncanny artistic or mathematical talents. If inconceivably strange, these brilliant tales remain, in Dr. Sacks' splendid and sympathetic telling, deeply human. They are studies of life struggling against incredible adversity, and they enable us to enter the world of the neurologically impaired, to imagine with our hearts what it must be to live and feel as they do. A great healer, Sacks never loses sight of medicine's ultimate responsibility: "the suffering, afflicted, fighting human subject."



### Medical ethics and law by Judith Hendrick and Tony Hope (174.2)



This is a short textbook of ethics and law aimed primarily at medical students. The book is in two sections. The first considers general aspects of ethics (in the context of medicine); the second section covers the topics identified in the 'consensus agreement'. The content of medical law is not intended to be comprehensive and relates very much to the ethical issues.

### The New NHS - a guide by Allyson Pollock and Alison Talbot-Smith (362.1)



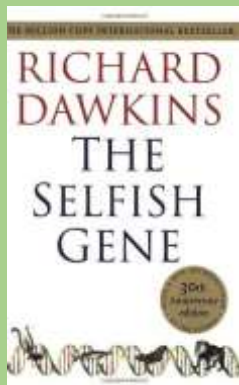
A far-reaching programme of market-oriented changes has resulted in the emergence of a New NHS. Fundamental and complex changes have taken place in its structures and organisation, the systems of funding and financing, governance and accountability. These are confusing not only to the general public, but also to those working in healthcare. In this lucid and incisive account of the New NHS, Dr Alison Talbot-Smith, an experienced doctor and researcher, and Professor Allyson M. Pollock, one of the UK's leading authorities on the NHS, describe: the structures and functions of the new organisations, in each of the devolved countries; the funding of NHS services, education, training and research and system of resource allocation, the regulation of the New NHS systems and workforce; the new sets of relationships between the NHS, the Department of Health, local authorities and regulatory bodies, and between the NHS and the private sector; and the future implications of current policies. This authoritative text enables the reader to get a rapid grasp of the nature and significance of the new structures.; Accessible to specialists and non-specialists alike, this is an indispensable guide to how health care is delivered in Britain today.

#### Issues Online



Go to the library VLE page for log on details here. There are hundreds of articles, facts and statistics on today's contemporary issues. Each topic presents a range of facts and opinions from all the key players involved in the topic.

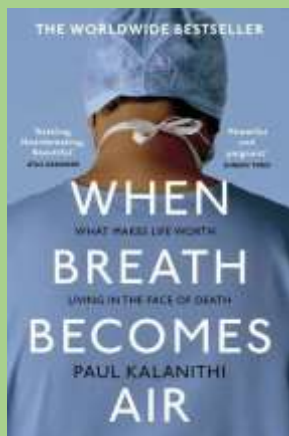
### The Selfish Gene by Richard Dawkins (591.1)



Inheriting the mantle of revolutionary biologist from Darwin, Watson, and Crick, Richard Dawkins forced an enormous change in the way we see ourselves and the world with the publication of *The Selfish Gene*. Suppose, instead of thinking about organisms using genes to reproduce themselves, as we had since Mendel's work was rediscovered, we turn it around and imagine that "our" genes build and maintain us in order to make more genes. That simple reversal seems to answer many puzzlers which had stumped scientists for years, and we haven't thought of evolution in the same way since. Why are there miles and miles of "unused" DNA within each of our bodies? Why should a bee give up its own chance to reproduce to help raise her sisters and brothers? With a prophet's clarity, Dawkins told us the answers from the perspective of molecules competing for limited space and resources to produce more of their own kind. Drawing fascinating examples from every field of biology, he paved the way for a serious re-evaluation of evolution. He also introduced the concept of

self-reproducing ideas, or memes, which (seemingly) use humans exclusively for their propagation. If we are puppets, he says, at least we can try to understand our strings. --Rob Lightner

### When Breath Becomes Air by Paul Kalanithi (KAL)



At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir.

