



## RECOMMENDED BOOKS

Unfortunately Thyroid Australia is unable to offer copies of most of these books for sale or for loan.

- If you would like to buy any of these books, please take this list to your local bookshop and ask them to order the required books for you. We have indicated which books are available through other sources.

### Thyroid Patient Information

- Ridha Arem MD, *The Thyroid Solution: A Mind-Body Program for Beating Depression and Regaining Your Emotional and Physical Health* (Ballantine Books, New York) 1999. (ISBN 0 345 42919 2) Available through Amazon.com.
- H Jack Baskin MD, *How Your Thyroid Works* 4th ed. (Adams Press, Chicago) 1995. Available through [www.thyrolink.com/patients/infoeng/baskin.html](http://www.thyrolink.com/patients/infoeng/baskin.html)
- RIS Bayliss KCVO MD FRCP & WMG Tunbridge MD FRCP, *Thyroid Disease: The Facts* 3rd ed. (OUP, Oxford) 1998. (ISBN 0 19 262946 8)
- Jake George & Nancy Patterson, PhD, *Graves' Disease: In Our Own Words* (National Graves' Disease Foundation; Blue Note Publications, Cocoa Beach FL) 2002. (ISBN 1 878398 20 2)
- Joel I Hamburger MD FACP & Michael M Kaplan MD FACP, *The Thyroid Gland: A Book for Thyroid Patients* 7th rev. ed., 1997. Published by the author - available through Amazon.com.
- Dr Rowan Hillson, *Thyroid Disorders* (Macdonald Optima, London) 1993. (ISBN 0 356 18686 5)
- Robyn Koumourou, *Running On Empty: Hypothyroidism: Introduction To An Underactive Thyroid Gland* (Cocoon Books, Melbourne) 2004. (ISBN 0 9577670 5 6) Available through the Thyroid Australia office or [www.cocoonbooks.com](http://www.cocoonbooks.com)
- Elizabeth Lee Vliet MD, *Women, Weight and Hormones: A Weight-Loss Plan for Women Over 35* (M Evans & Co, New York), 2001. (ISBN 0 87131 932 2)
- Elaine A Moore, *Graves' Disease: A Practical Guide* (McFarland & Co., Jefferson, NC) 2001. (ISBN 0 7864 1011 6)
- Elaine A Moore, *Thyroid Eye Disease: Understanding Graves' Ophthalmopathy* (Sarahealth, Victoria, Canada) 2003. (ISBN 1 4120 0911 1)
- M Sara Rosenthal, *The Thyroid Sourcebook: Everything You Need to Know* 3rd ed. (Lowell House, Los Angeles) 1998. (ISBN 0 7373 0014 0)
- M Sara Rosenthal, *The Thyroid Sourcebook for Women* (Lowell House, Los Angeles) 1999. (ISBN 0 7373 0264 X)
- Alan L Rubin, MD, *Thyroid for Dummies®* (Wiley Publishing, New York) 2001. (ISBN 0 7645 5385 2)
- Mary J Shomon, *Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You ... That You Need to Know* (Avon Books, New York) 2000. (ISBN 0 380 80898 6)
- Maryon Stewart & Dr Alan Stewart, *The Natural Health Bible: An A-Z Guide to Drug-Free Health* (New Holland, Sydney) 2003. (ISBN 1 74110 007 0)
- Martin I Surks MD, *The Thyroid Book: A Book for Patients* (Consumer Reports Book, New York) 1993. Available by mail from Dr MI Surks, MD, Montefiore Medical Center, Division of Endocrinology, 111 East 210th Street, Bronx, New York 10467, USA; or through [www.thethyroidbook.com](http://www.thethyroidbook.com)
- Dr Anthony Toft (consulting editor Prof Bruce Robinson) *Home Medical Guide to Thyroid Disorders* (Dorling Kindersley; Australian Medical Association, London) 2000. (ISBN 1 86466 282 4). Available through [www.globalfamilydoctor.com/onlineshop/shop\\_details/shopefilest8.htm](http://www.globalfamilydoctor.com/onlineshop/shop_details/shopefilest8.htm) or email [admin2@globalfamilydoctor.com](mailto:admin2@globalfamilydoctor.com)
- Patsy Westcott, *Thyroid Problems: A Guide to Symptoms and Treatment* (Thorsons, London) 1995. (ISBN 0 7225 3164 8)
- \*Lawrence C Wood MD FACP, David S Cooper MD FACP, & E Chester Ridgway MD FACP, *Your Thyroid: A Home Reference* 3rd ed. (Ballantine Books, New York) 1995. (ISBN 0 345 39170 5)
- Dr Jenny Brand Miller et al, *The GI Factor: The Glucose Revolution* (Hodder, Sydney) 1998. (ISBN 0 7336 1239 3)

### Thyroid Professional Information

- Lewis E Braverman & Robert D Utiger, *Werner and Ingbar's The Thyroid: A Fundamental and Clinical Text* 8th ed., (Lippincott Williams & Wilkins) 2000. (ISBN 0 7817 2193 8)

Thyroid Australia also has many articles available on various aspects of thyroid dysfunction (a small charge applies). Please contact us for a copy of our Publications List if you are interested in researching more. This list is free, and can also be downloaded from the 'Downloads' page of our website in Adobe Acrobat PDF format.

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# RECOMMENDED WEB SITES

**Thyroid Australia does not necessarily endorse the views expressed by any of the other providers.**

These links provide access to the most useful global resources on the internet. A much more comprehensive set of links, organised by subject, is provided on our web site. Please let us know if any of these links do not take you to the desired web site.

- **Thyroid Australia - [www.thyroid.org.au](http://www.thyroid.org.au) - Our web site**

## General Health Information

- Better Health Channel - [www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf](http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf)
- Chronic Illness Alliance (CIA) - [www.chronicillness.org.au/](http://www.chronicillness.org.au/)
- Collective of Self Help Groups (COSHG) - <http://home.vicnet.net.au/~coshg/>
- Disability Information Victoria - [www.disabilityinfo.org.au](http://www.disabilityinfo.org.au)
- The Doctors' Reference Site: Helping doctors help patients - [www.dreref.com.au](http://www.dreref.com.au)
- Enablenet: Disability Information & Resource Centre - [www.enable.net.au/index.cfm](http://www.enable.net.au/index.cfm)
- Medicines Line - for information about medicines (National Prescribing Service Ltd) - [www.nps.org.au](http://www.nps.org.au)
- MyDr.com.au - [www.mydr.com.au](http://www.mydr.com.au)
- Ozzieweb-Health Associations - [www.ozzieweb.net.au/association/](http://www.ozzieweb.net.au/association/)
- University of Sydney: GI website - [www.glycemicindex.com](http://www.glycemicindex.com)

## Thyroid Medication Information

- Neomercazole Information - [www.cix.co.uk/~cyberville/medizine/carbimaz.htm](http://www.cix.co.uk/~cyberville/medizine/carbimaz.htm)
- Oroxine Consumer Medicine Information (Sigma Pharmaceuticals) - [www.sigmaco.com.au/spl/products\\_01.htm](http://www.sigmaco.com.au/spl/products_01.htm)
- Propylthiouracil (PTU) Information - [www.dundee.ac.uk/medicine/tayendoweb/images/propylthiouracil.htm](http://www.dundee.ac.uk/medicine/tayendoweb/images/propylthiouracil.htm)
- Thyrogen (thyrotropin alfa - rch) Information (Genzyme Australasia): Thyroid cancer explained - [www.genzyme.com.au/public/thyroid\\_cancer\\_explained.htm](http://www.genzyme.com.au/public/thyroid_cancer_explained.htm)

## Thyroid Patient Information

- American Autoimmune Related Diseases Association - [www.aarda.org/index.html](http://www.aarda.org/index.html)
- Australian Pituitary Foundation - [www.pituitary.asn.au](http://www.pituitary.asn.au) - *Pituitary disorders such as acromegaly, prolactinoma, diabetes insipidus, craniopharyngioma, Cushings disease, panhypopituitarism, non-functioning tumours, multiple endocrine neoplasia.*
- British Thyroid Foundation - [www.btf-thyroid.org](http://www.btf-thyroid.org)
- Columbia-Presbyterian Medical Center: Thyroid Center (USA) - <http://cpmcnet.columbia.edu/dept/thyroid/>
- Diabetes & Hormone Center of the Pacific: Thyroid Disorders (USA) - [www.endocrinologist.com/thyroid.htm](http://www.endocrinologist.com/thyroid.htm)
- EndocrineWeb.com (USA) - [www.endocrineweb.com](http://www.endocrineweb.com) - *Thyroid, parathyroid, adrenal, & pancreas disorders, including diabetes & osteoporosis.*
- Gland Central: Your Thyroid (USA) - [www.glandcentral.com](http://www.glandcentral.com)
- Hypoparathyroidism Association (USA) - [www.hypoparathyroidism.org/](http://www.hypoparathyroidism.org/)
- Johns Hopkins Thyroid Tumor Center (USA) - [www.thyroid-cancer.net](http://www.thyroid-cancer.net)
- The Light of Life Foundation (USA) - [www.lightoflifefoundation.org](http://www.lightoflifefoundation.org) - *Thyroid cancer support group.*
- The MAGIC Foundation for Children's Growth (USA) - [www.magicfoundation.org/](http://www.magicfoundation.org/) - *Go to their Informational Brochures to get to Thyroid Disorders.*
- Mary J Shomon - About.Com Guide (USA) - <http://thyroid.about.com/health/diseases/thyroid> & [www.thyroid-info.com/](http://www.thyroid-info.com/)
- National Graves' Disease Foundation (USA) - [www.ngdf.org](http://www.ngdf.org)
- ThyCa: The Thyroid Cancer Survivor's Association (USA) - [www.thyca.org](http://www.thyca.org)
- Thyroid Federation International - [www.thyroid-fed.org/home.html](http://www.thyroid-fed.org/home.html)
- Thyroid Foundation of America - [www.allthyroid.org](http://www.allthyroid.org)
- Thyroid Foundation of Canada - [www.thyroid.ca](http://www.thyroid.ca)

## Thyroid Professional Information

- American Association of Clinical Endocrinologists - [www.aace.com](http://www.aace.com)
- American Thyroid Association - [www.thyroid.org](http://www.thyroid.org) - *Includes links to their informative Thyroid Awareness Month web pages.*
- Australian Centre for Control of Iodine Deficiency Disorders - [www.icpmr.gov.au/accidd/index.htm](http://www.icpmr.gov.au/accidd/index.htm)
- British Thyroid Association - [www.british-thyroid-association.org/](http://www.british-thyroid-association.org/)
- The Endocrine Society (USA) - [www.endo-society.org](http://www.endo-society.org)
- The Endocrine Society of Australia - [www.racp.edu.au/esa/](http://www.racp.edu.au/esa/)
- International Council for the Control of Iodine Deficiency Disorders - [www.tulane.edu/~icec/icciddhome.htm](http://www.tulane.edu/~icec/icciddhome.htm)
- National Academy of Clinical Biochemistry [USA], Laboratory support for the diagnosis & monitoring of thyroid disease (Published guidelines) - [www.nacb.org/lmpg/thyroid\\_LMPG\\_PDF.stm](http://www.nacb.org/lmpg/thyroid_LMPG_PDF.stm)
- Thyroid Disease Manager - [www.thyroidmanager.org](http://www.thyroidmanager.org) - *Revised version of the textbook The Thyroid and its Diseases, & supplementary information. Directed at helping medical practitioners care for thyroid patients. Developed by Leslie J De Groot MD, Georg Hennemann MD & other thyroid experts. The most comprehensive resource on the internet.*
- Thyroid Homepage (Germany) - [www.thyrolink.com](http://www.thyrolink.com) - *Patient and professional information from Merck.*