

MS. GILMORE'S GUIDE: PRE-HEALTH BOOKS, VIDEOS & PODCASTS

QUINNIPIAC UNIVERSITY PRE-HEALTH ADVISING OFFICE

RECOMMENDED PRE-HEALTH BOOKS

<i>A Not Entirely Benign Procedure</i> by Perry Klass
<i>Adventures of a Female Medical Detective</i> by Mary Guinan, PhD, MD
<i>An American Sickness</i> by D., Elisabeth Rosenthal
<i>Baby Doctor: A Pediatrician's Training</i> by Perry Klass
<i>Being Mortal</i> by Atul Gawande*
<i>Black Man in a White Coat</i> by D. Tweedy
<i>Blue Collar Blue Scrubs</i> by Michael J. Collins
<i>Body of Work</i> by Christine Montross
<i>Complications</i> by Atul Gwande
<i>County: Life, Death and Politics at Chicago's Public Hospital</i> by David Ansell
<i>Crazy Good Interviewing: How Acting a Little Crazy Can Get You the Job</i> by John B. Molitor
<i>Cutting for Stone</i> by Abraham Verghese
<i>Do No Harm</i> by H. Marsh
<i>Every Patient Tells a Story</i> by Dr. Lisa Sanders
<i>Everything Written</i> by Atul Gawande
<i>Five Days at Memorial: Life and Death in a Storm-Ravaged Hospital</i> by Sheri Fink
<i>God's Hotel: a Doctor, a Hospital and a Pilgrimage to the Heart of Medicine</i> by Victoria Sweet (Ted Talk by author: https://www.youtube.com/watch?v=VA08kzp7tSg)
<i>Half the Sky</i> by Nicholas D. Kristof and Sheryl WuDunn
<i>Hoping to Help: The Promises and Pitfalls of Global Health Volunteering</i> by Judith Lasker
<i>How Doctors Think</i> by Jerome Groopman
<i>I Wasn't Strong Like This When I Started Out: True Stories of Becoming a Nurse</i> by Lee Gutkind
<i>Knocking on Heaven's Door</i> by Katy Butler
<i>Lean In: Women, Work, and the Will to Lead</i> by Sheryl Sandberg
<i>Living and Dying in Brick City: Stories from the Front Lines of an Inner-City E.R.</i> by Sampson Davis, Lisa Frazier Page
<i>Medical Apartheid</i> by Harriet Washington
<i>Mindset</i> by Carol Dweck (about Growth Mindset for learning)
<i>My Own Country</i> by Abraham Verghese
<i>Pain Chronicles</i> by Melanie Thernstrom
<i>Resident On Call: A Doctor's Reflections on His First Years at Mass General</i> by Scott Rivkees
<i>Rule Number Two</i> by Dr. Heidi Kraft (about being an army psychiatrist)
<i>Soul of Medicine</i> by Dr. Sherwin Nuland
<i>Stiff</i> by Mary Roach
<i>Still Alice</i> by Lisa Genova

MS. GILMORE'S GUIDE: PRE-HEALTH BOOKS, VIDEOS & PODCASTS

QUINNIPIAC UNIVERSITY PRE-HEALTH ADVISING OFFICE

<i>Talking with Doctors</i> by David Newman
<i>Ten Years of Medicine and the Arts: 100 selections from Academic Medicine, Journal of the Association of American Medical Colleges 1991 to 2001</i> edited by Lisa Dittrich (2001).
<i>The Emperor of All Maladies</i> by Siddhartha Mukherjee
<i>The Ghost Map</i> by Mary Roach
<i>The Good Doctor: A Father, a Son, and the Evolution of Medical Ethics</i> by Barron Lerner
<i>The Human Side of Medicine: What It's Like To Be A Patient; What It's Like To Be A Physician</i> , by Savett
<i>The Immortal Life of Henrietta Lacks</i> by Rebecca Skloot
<i>The Last Lecture</i> by Randy Pausch
<i>The Medical School Interview: From Preparation to Thank You Notes: Empowering Advice to Help You Succeed</i> by Jessica Freedman, M.D.
<i>The Scalpel and the Silver Bear</i> by Lori Arviso Alvord and Elizabeth Cohen Van Pelt
<i>The Soul of a Doctor: Harvard Medical Students Face Life and Death</i> by Susan Pories
<i>The Spirit Catches You and You Fall Down</i> by Anne Fadiman*
<i>Treatment Kind and Fair: Letters to a Young Doctor</i> by Perry Klass
<i>Tuesdays with Morrie</i> by Mitch Albom
<i>What Doctors Feel: How Emotions Affect the Practice of Medicine</i> by Danielle Ofri
<i>When Breath Becomes Air</i> by P. Kalanithi

RECOMMENDED PRE-HEALTH DOCUMENTARIES

THE STORY OF CANCER: The Emperor of All Maladies examines cancer with a cellular biologist's precision, a historian's perspective and a biographer's passion. The series artfully weaves three different films in one: a riveting historical documentary; an engrossing and intimate vérité film; and a scientific and investigative report.

- Author, Dr. Siddhartha Mukherjee,
- Documentarian, Ken Burns,
- Film maker, Barak Goodman,
- **Trailer:** <http://video.pbs.org/video/2365362396/>

Twice Born: Stories from the Special Delivery Unit The work of the Children's Hospital of Philadelphia's fetal surgery center is chronicled in this documentary series, which follows families from around the country as they learn of and decide to act on the medical challenges facing their unborn children.

- **Trailer** <http://www.pbs.org/program/twice-born/>

Vice Special Report: Killing Cancer Full Episode (HBO)

<https://www.youtube.com/watch?v=e8SvBAjXGyQ>

The Conversation Project (PBS Newshour)

MS. GILMORE'S GUIDE: PRE-HEALTH BOOKS, VIDEOS & PODCASTS

QUINNIPIAC UNIVERSITY PRE-HEALTH ADVISING OFFICE

Website: <http://www.pbs.org/newshour/bb/new-movement-urges-scary-conversations-death-among-friends-family/>

Living in Emergency: The Stories of Doctors Without Borders (2008)

Website: <http://www.doctorswithoutborders.org/living-emergency>

How to Die in Oregon

Website: <http://www.howtodieinoregon.com/index.html> (available on Netflix)

The Suicide Tourist

Website: <http://www.pbs.org/wgbh/pages/frontline/suicidetourist/> (also available on Netflix)

The Waiting Room (2012)

Websites: <http://www.whatruwaitingfor.com/> and <http://itvs.org/films/waiting-room>

New York Times review: <http://www.nytimes.com/2012/09/26/movies/the-waiting-room-about-highland-hospital-by-peter-nicks.html? r=0>

Videos demonstrating the importance of communication and inter-professionalism in healthcare:

<https://www.ecu.edu.au/community-engagement/health-advancement/interprofessional-ambulatory-care-program/interprofessional-learning/ipl-through-simulation/leadership-and-teamwork-in-medical-emergency-teams>

RECOMMENDED PRE-HEALTH PODCASTS

RADIOLAB <http://www.radiolab.org/> EVERY PREHEALTH STUDENT SHOULD BE LISTENING TO THIS PODCAST! Radiolab is a show about curiosity. Where sound illuminates ideas, and the boundaries blur between science, philosophy, and human experience. I specifically suggest the following, but all of them will likely be of interest:

How Much Would You Pay For A Year Of Life? <http://www.radiolab.org/story/what-year-life-worth/>

Two years ago, a group of doctors did something unprecedented - they boycotted a cancer drug because it cost too much, given the benefit.

Playing God <http://www.radiolab.org/story/playing-god/>

When people are dying and you can only save some, how do you choose? Maybe you save the youngest. Or the sickest. Maybe you even just put all the names in a hat and pick at random. Would your answer change if a sick person was standing right in front of you?

Staph Retreat <http://www.radiolab.org/story/best-medicine/>

What happens when you combine an axe-wielding microbiologist and a disease-obsessed historian? A strange brew that's hard to resist, even for a modern day microbe. In the war on devilish microbes, our weapons are starting to fail us. The antibiotics we once wielded like miraculous flaming swords seem more like lukewarm butter knives. But today we follow an odd couple to a storied land of elves and dragons. There, they uncover a 1000-year-old secret that makes us reconsider our most basic assumptions about human progress and wonder: What if the only way forward is backward?

MS. GILMORE'S GUIDE: PRE-HEALTH BOOKS, VIDEOS & PODCASTS

QUINNIPIAC UNIVERSITY PRE-HEALTH ADVISING OFFICE

Gray's Donation <http://www.radiolab.org/story/grays-donation/>

A donation leads Sarah and Ross Gray to places we rarely get a chance to see. In this surprising journey, they gain a view of science that is redemptive, fussy facts that are tender, and parts of a loved one that add up to something unexpected. Before he was even born, Sarah and Ross knew that their son Thomas wouldn't live long. But as they let go of him, they made a decision that reverberated through a world that they never bothered to think about. Years later, after a couple awkward phone calls and an unexpected family road trip, they managed to meet the people and places for whom Thomas' short life was an altogether different kind of gift.

Antibodies Part 1: CRISPR <http://www.radiolab.org/story/antibodies-part-1-crispr/>

Hidden inside some of the world's smallest organisms is one of the most powerful tools scientists have ever stumbled across. It's a defense system that has existed in bacteria for millions of years and it may someday let us change the course of human evolution.

Update CRISPR <http://www.radiolab.org/story/update-crispr/>

It's been almost two years since we learned about CRISPR, a ninja-assassin-meets-DNA-editing-tool that has been billed as one of the most powerful, and potentially controversial, technologies ever discovered by scientists. In this episode, we catch up on what's been happening (it's a lot), and learn about CRISPR's potential to not only change human evolution, but every organism on the entire planet.

Many, many more! Go online and see what is interesting to you.