

**Taking Charge: Good Medical Care for the Elderly
and How to Get It**

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APPENDIX P

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Appendix P

Recommended Readings

The following articles are recommended for reading as the topics are universally relevant to those with loved ones in long-term care. You may access these articles in one of several ways. The simplest method would be to use the Internet, typing in the Universal Reference Locator (URL) given for each article. If you have no access to the Internet, take this list to your local library and ask the librarian at the reference desk to provide you with the articles. Typically, the library will provide these at a nominal cost, usually \$.10 to \$.25 per page. Finally, you can use the addresses provided below to order reprints from the publishers.

1. Burger, SJ, Kayser-Jones J, Prince J. "Malnutrition and Dehydration in Nursing Homes: Key Issues in Prevention and Treatment." Commonwealth Fund. 2000 July; Publication No. 386. www.nccnhr.org/pdf/burger_mal_386.pdf

Order a free copy of this 50-page report by telephoning the Commonwealth Fund, Communications Department, at 212-606-3800 or writing the Commonwealth Fund, 1 East 75th Street, New York, New York 10021 (Specify Publication No. 386).

2. Morley JE, Thomas DR, Kamel H. Nutritional deficiencies in long-term care: Part I detection and diagnosis. *Annals of Long-Term Care*. 1998 May;6[5].www.mmhc.com/nhm/v6n5.shtml
3. Kamel HK, Thomas DR, Morley JE. Nutritional deficiencies in long-term care: Part II management of protein energy malnutrition and dehydration. *Annals of Long-Term Care*. 1998 July;6(7):250. <http://www.mmhc.com/nhm/articles/NH M9807/Morley.html>
4. The Silent Epidemic. American Society of Consultant Pharmacists. 1998 Aug. <http://www.ascp.com/medhelp/silentepic.shtml>
5. Alliance for Aging Research. Medical never-never land: 10 reasons why America is not ready for the coming age boom. 2002. http://www.agingresearch.org/advocacy/geriatrics/02016_aar_geriatrics_text.pdf.
6. The State of Aging and Health in America. Merck Institute of Aging and Health and the Gerontological Society of America. 2002. http://www.aging_society.org/agingsociety/pdf/state_of_aging_report.pdf