

## The Importance of Reading

Read. Read. Read! Reading skills and habits are among the most important for the premedical student. Many student shortcomings relate to the quality and quantity of time spent on reading. He is what some medical school interviewers expect: "During interviews, I always ask applicants to list the names of the last ten books they have read and to comment on what they have learned from each of them. A book of non-required reading every one to two months is reasonable to expect from a full time student" (an interviewer at a medical school). "I have a list of 100 individuals who have made significant contributions to humanity in recent years. I give out a name and ask the student who they are and what is their contribution. I would not give a strong recommendation to a student who did not know the contributions of at least 50% of the names." (an interviewer at another medical school). There is a good correlation between the reading habits and attitudes of applicants and their scores on the verbal or reading comprehension part of the MCAT. Unfortunately, you cannot cram in reading skills in a few months of preparation for the MCAT.

### Suggested Readings For Premedical Students

Full bibliographic information was not always available for the following listings, but enough information is given for you to look up availability and cost on such web sites such as Barnes and Noble ([www.bn.com](http://www.bn.com)), Amazon.com ([www.amazon.com](http://www.amazon.com)), or the listed publisher. Several books are out-of-print, but may be found in local libraries or through interlibrary loan. Always check to see if the original "out of print hard copy edition" is now available in paperback form. Other books may be in the personal libraries of your premedical advisor and you may be able to borrow from them.

#### I. ABSOLUTE "MUST READ" FOR ALL PREMEDICAL STUDENTS:

- \*Savett, Laurence A. 2002. *The human side of medicine: learning what it's like to be a patient and what it's like to be a physician*, Auburn House, Westport, CT. Dr. Savett is a former physician who is now a well-known premedical advisor. He shares his own life and his experiences in medicine and academia. He is a strong advocate for "humanistic medicine". His example points out that physicians are human beings engaged in the care of other human beings. He employs case histories, quoting individuals, posing questions, and providing opinions and answers that define the responsibilities of physicians in their care of patients.

#### II. HIGHLY RECOMMENDED BY PREMED ADVISORS, BUT NOT CATEGORIZED:

*The following were still relatively available and in print as of June 2006.*

- \*Alvord, Lori Arviso and Van Pelt, Elizabeth Cohen. 1999. *The scalpel and the silver bear*. Bantam Books. (Hardback is out of print – available as a paperback in 2003 – see next)
- \*Alvord, Lori Arviso and Van Pelt, Elizabeth Cohen. 2000. *The scalpel and the silver bear: the first Navajo woman surgeon combines Western medicine and traditional healing*, Bantam Books.
- \*American Association of Higher Education. *Creating community-responsive physicians: concepts and models for service learning in medical education*. Seifer, S.D., K. Hermanns, K. Lewis, J., eds., (call 415-476-7081)
- \*Bickel, Janet W. 2000. *Women in medicine: getting in, growing, and advancing*, Vol. 4. Thousand Oaks, CA: Sage Publications (still available in paperback at BN in 2003)
- \*Bursztajn, Harold, and others. 1990. *Medical choices, medical changes. How patients, families, and physicians can cope with uncertainty*. Routledge. (Out of print?)

- \*Coles, Robert. 1989. *The call of stories: teaching and moral imagination*, Houghton Mifflin Co. Dr. Coles, a psychiatrist, teaches Harvard undergraduates, medical students, and other graduate students the lessons we learn from listening to each other's stories.
- \*Fadiman, Anne. 1998. *The spirit catches you and you fall down: a Hmong child, her American doctors, and the collision of two cultures*. Farrar, Straus, and Giroux, Inc. An account of what happened when immigrants for Southeast Asia with a sick child interacted (collided) with the U.S. medical system.
- \*Fox, S. and Fox, K. 2000. *What can I say—a guide to visiting friends and family who are ill*. (A 40-page booklet published by Adventures in Caring. The booklet can be ordered for \$7.95 by calling 800-833-5678.
- \*Groopman, Jerome. 2000. *Second Opinion: Stories of intuition and choice in the changing world of medicine*. Viking Press. A series of eight clinical dramas, each with humble lessons for the future physician.
- \*Hashemi, Zia. 1995. *Mastering medicine: the most current, concise, and comprehensive guide to medical education in the 90's*, A.R.C. Publishing, Raleigh, NC (copy many be borrowed from A. Gordon, BMS)
- \*Kleinman, Arthur. 1990. *The illness narratives: suffering, healing, and the human condition*, Basic Books. Stories of illness and their meaning to patients and families. Different ways in which physicians deal with patients and change.
- \*Loudon, Irvine, Ed. 2001. *Western medicine: an illustrated history*. Oxford University Press, 392p.
- \*Magee, Mike, ed. 2003. *Positive doctors in America*, Spencer Books, Ltd., Canada. (Originally: "The 50 most positive...." In 2003 now available from Pfizer)
- \*Remen, Rachel Naomi. 1997. *Kitchen table wisdom: stories that heal*. Berkeley Publishing, 368p. Using stories from her own practice, a physician who specializes in caring for patients with serious or chronic illness reflects on what she has learned and how one can use those lessons in the therapeutic relationship.
- \*Thomas, Lewis. 1995. *The youngest science: notes of a medicine watcher*. Viking Penguin.
- \*Verghese, Abraham. 1995. *My own country: a doctor's story of a town and its people in the age of AIDS*. Dr. Verghese is a physician specializing in infectious diseases. He writes of his experience caring for patients with AIDS in eastern Tennessee, and also its impact on his personal life.
- \*Verghese, Abraham. 1998. *The tennis partner: A doctor's story of friendship and loss*. Harper Collins Publishers, NY. The story of the author's growing friendship with an Australian medical student. Well reviewed.

### III. TRAINING

- \*Becker, Howard S. and others. 1991. *Boys in White: Student Culture in Medical School*
- \*Duncan, David Ewing. *Residents: The Perils and Promise of Educating Young Doctors*
- \*Galanti, Geri-Ann. *Caring for Patients from Different Cultures: Case Studies from American Hospitals*
- \*Gershenow, R., Ed. *The Education of the Osteopathic Physician*
- \*Jones, Bob E. 1978. *The difference a D.O. makes: Osteopathic medicine in the twentieth century*
- \*Jones, Rosemary. 1998. *Educational and Career Opportunities in Alternative Medicine*. Pima Publishing
- \*Klass, Perri. 1993. *Baby Doctor*
- \*Klass, Perri. 1988. *A Not Entirely Benign Procedure*
- \*Konner, Melvin. *Becoming a Doctor: A Journey of Initiation in Medical School*
- \*Lassey, Marie L., Lassey, William R. and Jinks, Martin, *Health Care Systems Around the World: Characteristics, Issues, Reforms*
- \*LeBaron, Charles. *Gentle Vengeance*
- \*LeBaron, Charles. 1981. *Gentle Vengeance*, Richard Marek Pub., New York
- \*Lyden, F., Geiger, H., and Peterson, O. *The Training of Good Physicians*

- \*Lyons, Dianne Boulerice. Planning Your Career In Alternative Medicine: A Guide to Degree and Certificate Programs in Alternative Healthcare
- \*Marion, Robert. The Intern Blues
- \*Marion, Robert. 1991. Learning to Play God: The Coming of Age of a Young Doctor
- \*Purtilo, Ruth B. and Haddad, Amy. Health Professional and Patient Interaction, 5th Edition
- \*Rothman, Ellen Lerner. 1999. White Coat: Becoming a Doctor at Harvard Medical
- \*Schwitzer, Albert. Out of My Life and Thought
- \*Svahn, David and Kozak, Alan., Eds. 2002. Let me listen to your heart: Writings by medical students. Basset Healthcare. The challenges, frustrations, and rewards that third year medical students discover when they put aside their textbooks and learn to share intimate moments in their patient's lives.

#### IV. PRACTICE

- \*Adams, Patch and Jacobs, Pamela. Housecalls How We Can All Heal The World One Visit at a Time
- \*Adams, Patch (with Maureen Mylander). Gesundheit (out of print check your libraries)
- \*Bickel, Janet. Women in Medicine: Getting in, Growing, and Advancing
- \*Breedlove, Charlene, Ed. Uncharted Lines: Poems from the Journal of the American Medical Association (JAMA)
- \*Bruce Dan. 1988. A Piece of My Mind: A Collection of Essays from JAMA (Journal of the American Medical Association)
- \*Carson, Ben. 1990. Gifted Hands, the Ben Carson Story
- \*Colgrove, Melba, Bloomfield,, Harold & McWilliams, Peter. How to Survive the Loss of a Love. Insights into loss, for patients and those involved in their care. Written by a physician, psychologist, and poet.
- \*Gerber, Lane. 1983. Married to their Careers: Career and Family Dilemmas in Doctors' Lives
- \*Hartman, David & Asbell, B. 1978. White Coat, White Cane: The Extraordinary Odyssey of a Blind Physician
- \*Hilfiker, David. 1988. Healing the Wounds: A Physician Looks at his Work
- \*Lapierre, Dominique. Beyond Love
- \*Laster, Leonard. Life After Medical School, Thirty-two Doctors Describe How They Shaped Their Medical Careers
- \*McPhee, John. 1988. Heirs of General Practice
- \*Nuland, Sherwin B. Doctors
- \*Nuland, Sherwin B. How We Die
- \*Nuland, Sherwin B. The Biography of Medicine
- \*Oz, Mehmet, and others. 1998. Healing from the Heart, The Power of Complementary Medicine
- \*Reynolds, Richard & Stone, John, Eds. On Doctoring: Stories, Poems, Essays
- \*Rosenberg, C. The Care of Strangers.
- \*Selzer, Richard 1982. Letters to a young doctor Harcourt Brace and Co.
- \*Savett, Laurence A. 2002. The human side of medicine: learning what it's like to be a patient and what it's like to be a physician, Auburn House, Westport, CT (An author-signed copy may be borrowed from A. Gordon, BMS)
- \*Skolnik, N.S. 1996. On the ledge: A doctor's stories from the inner city. Faber and Faber 157 p.
- \*Spiro, Howard and others, Eds. 1993. Empathy and the Practice of Medicine, Beyond the Pill and Scalpel
- \*Stone, John. 1992. In the Country of Hearts: Journeys in the Art of Medicine
- \*Williams, Carlos. 1984. The Doctor Stories
- \*Zazove, Philip. 1993. When the Phone Rings, My Bed Shakes: Memoirs of a Deaf Doctor

#### V. PATIENTS

- \*Albom, Mitch. 1997. Tuesdays with Morrie; An old man, a young man, and life's greatest lesson. Random House. A story about how a person, his family and friends cope with a serious illness. The writer recounts the final months of his college mentor's life during which he dealt with amyotrophic lateral sclerosis ("Lou Gehrig's disease").
- \*Belli, Angela and Coulehan, Jack, Ed. Blood and Bone
- \*Broyard, Anatole. 1992. Intoxicated by My Illness. A personal account of illness written by the former editor of the New York Times Book Review.
- \*Frank, Arthur. 1992. At the Will of the Body: Reflections on Illness
- \*Heymann, Jody. 1995. Equal Partners
- \*Hilfiker, David. 1994. Not all of us are Saints, Hill and Wang
- \*Kaysen, Susanna. 1993 Girl Interrupted
- \*Lacombe, Michael, Ed. On Being a Doctor (poems and essays)
- \*Lightman, Alan. 2000. The Diagnosis
- \*Lorde, Audre. 1980. The Cancer Journals
- \*McCrum, Robert. 1998. My Year Off, Recovering Life After a Stroke
- \*Miller, J. The Body in Question
- \*Muksan, Jon, Ed. Articulations
- \*Price, Reynolds. 1994. A Whole New Life
- \*Radner, Gilda .1990. It's Always Something
- \*Rosenbaum, Edward. 1998. A Taste of My Own Medicine (=The Doctor)
- \*Sacks, Oliver. 1984. A Leg to Stand On
- \*Stryon, William. 1990. Darkness Visible: A Memoir of Madness

## **VI. HOSPITALS**

- \*Brody, Howard. Stories of Sickness
- \*Chekhov, Anton. Ward Six and Other Stories
- \*Crichton, Michael. 1989. Five Patients: The Hospital Explained,
- \*Dans, Peter E. 2000. Doctors in the Movies: Boil the Water and Just Say Aah Md-Ed Press, Bloomington, IL
- \*Garrett, Susan. 1995. Taking Care of Our Own: A Year in the Life of a Small Hospital
- \*Gibbs, Harlan Gibbs and Ross, Alan Duncan. 1996. The Medicine of ER, or How We Almost Die, Basic Books
- \*Sawicki, Stephen. 1997. Animal hospital

## **VII. TOUGH DECISIONS**

- \*Belkin, Lisa. 1993. First Do No Harm
- \*Elders, Joycelyn. From Sharecropper's Daughter to Surgeon General of the USA

## **VIII. AGING**

- \*Malcom, Andrew. 1992. Someday: The Story of a Mother and her Son
- \*Roth, Phillip. 1991. Patrimony: A True Story

## **IX. OTHER PERSPECTIVES**

- \*Brody, Howard. 1988. Stories of Sickness
- \*Coles, Robert. 1993. A Robert Coles Omnibus
- \*Coles, Robert. 1994. The Call of Service: A Witness to Idealism Reprint
- \*Hawkins, Anne. 1993. Reconstructing Illness: Studies in Pathography
- \*Hunter, Kathryn. 1991. Doctor as Stories: The Narrative Structure of Medical Knowledge

- \*Martin, Emily. 1987. *The Woman in the Body: A Cultural Analysis of Reproduction*
- \*Martin, Emily. 1994. *Flexible Bodies: Tracking Immunity in American Culture from the Days of Polio to the Age of AIDS*
- \*Nesse, Randolph M. & Williams, George C. 1996. *Why We Get Sick: The New Science of Darwinian Medicine*
- \*Sontag, Susan. 1991. *Illness As Metaphor and AIDS and its Metaphors*
- \*Weil, Andrew. 1988. *Health and Healing*

## **X. MEDICAL ETHICS**

- \*Bandman, E. and Bandman, B., Eds. *Bioethics and Human Rights*
- \*Bosk, Charles L. *Forgive and Remember: Managing Medical Failure*
- \*Brody, H. *Ethical Decisions in Medicine*
- \*Gorovitz, Samuel. *Doctors' Dilemmas*
- \*Gorovitz, Samuel. 1991. *Drawing The Line, Life, Death, and Ethical Choices in an American Hospital*
- \*Nechas, Eileen and Foley, Denise. *Unequal Treatment, What You Don't Know About How Women are Treated by the Medical Community*
- \*Pence, Gregory E. *Classic Cases in Medical Ethics: Accounts of Cases that Have Shaped Medical Ethics with Philosophical, Legal, and Historical Background*
- \*Quill, Timothy E. 1994. *Death and Dignity/ Norton, W.W. and Company. Dr. Quill, an internist, discusses in depth the events leading to the death of one of his patients, the ethical issues involved, and important aspects of the doctor-patient relationship. The case he discusses became the basis for a United States Supreme Court case involving physician-assisted suicide.*
- \*Salmon, J. Warren, Ed. *The Corporate Transformation of Health Care: Perspectives and Implications*
- \*Star, Paul. *The Social Transformation of American Medicine*

## **XI. HEALTH CARE ISSUES**

- \*Castro, J. 1994. *The American Way of Health.*
- \*Bodenheimer, Grumbach. 1995. *Understanding Health Policy: A clinical approach.*
- \*Orient, J. *Your Doctor Is Not In.*
- \*Wekesser, C., Ed. 1994. *Health Care in America.*

## **XII. HISTORY**

- \*Fister, Jeffrey. 1994. *The Plaque Makers*
- \*Gevitz, Norman. 1982. *The D.O. as Osteopathic Medicine in America. This book provides a comprehensive background for understanding the history of osteopathic medical education in the U.S. to 1982.*
- \*Gevitz, Norman. 1988. *Other Healers: Unorthodox Medicine in America*
- \*Haeger, K. *History of Surgery*
- \*Harvey, James. *Young American Health Quackery: Collected Essays*
- \*Loudon, Irvine, Ed. 1997, *Western Medicine, An Illustrated History*, Oxford Univ. Press
- \*Ludmerer, Kenneth. 1999. *Time to heal: American medical education from the turn of the century to the era of managed care.* Oxford University Press. 514p. The development of medicine and medical education in the U.S. Part III discusses the changes in medicine since the 1960s with the advent of Medicare and Medicaid and Managed Care.
- \*Moore, Stuart. 1993. *Chiropractic in American: The History of a Medical Alternative*
- \*Rothman, Sheil. 1994. *Living in the Shadow of Death: Tuberculosis and the Social Experience of Illness in American History*
- \*Starr, Paul. *The Social Transformation of American Medicine*

- \*Young, Harvey. 1967. The Medical Messiahs, A Social History of Health Quackery in Twentieth-Century America

### **XIII. ADMISSIONS AND “GETTING IN”**

- \*Brown, Sanford J. 1985. You can get into medical school: letters from premeds, Mendocino Foundation for Health Education (Free copies are available to SMSU premeds from A. Gordon, BMS, until the stash is gone)
- \*Baffi-Dugan, Carol. Ed. 2001. Medical Professions Admission Guide: Strategy for success. National Association of Advisors for the Health Professions. 5<sup>th</sup> Ed. “Medicine” is covered in Chapter 5. Dr. Baffi-Dugan continues the earlier editions edited by Bruce Corder.
- \*Goldstein, Mark Allen and Goldstein, Myrna Chandler. 1996. Medical school admission, Font and Center Press, Weston, MA
- \*Iseron, Kenneth V. 1997. Get into medical school: a guide for the perplexed, Galen Press, Ltd. Tucson, AZ (available for borrowing from A. Gordon, BMS)
- \*Maguire, Mary Ann. 1999. PreMed: Who makes it and why? Teachers College Press, Columbia University. Reviews on the usefulness of this book to current applicants were cool with respect to the changes that have occurred recently.
- \*Tysinger, James. 1999. Resumes and personal statements for health professionals, 2<sup>nd</sup> ed. Tucson, AZ: Galen Press, 210p.
- \*Zebala, John A, Jones, Daniel B., Jones Stephanie B. 2000. Medical school admissions: The insider’s guide. Mustang Publishing, 5<sup>th</sup> ed.

### **XIV. TEXTBOOKS RECOMMENDED FOR MCAT PREPARATION AND REVIEW:**

*These are just recommendations --- Other reference texts with similar detail and coverage are suitable. These books may be too lengthy to read and study by themselves. It is advisable to use these texts to clarify and provide more detail when reviewing the MCAT Study Guides.*

#### **Cell and Molecular Biology:**

- \*Alberts et al. 2002. Cell and Molecular Biology 3rd ed or 4<sup>th</sup> ed. Garland Publishing, Inc. (continuous updated versions available on-line).

#### **Organismal Biology:**

- \*Campbell, Neil A. and Reece, Jane B. 2002. Biology (5<sup>th</sup> ed. or 6<sup>th</sup> ed.)

#### **Inorganic Chemistry:**

- \*Purcell, Keith F. and Kotz, John C. An Introduction to Inorganic Chemistry (not currently in print)
- \*Brown, T.L., LeMay, H.E., Bursten, B.E. Chemistry: The central science. Prentice-Hall
- \*Bodner, G.M., Pardue, H.L. Chemistry: An experimental science. John Wiley and Sons, Inc.

#### **Physics:**

- \*Young, Huger D. and others. 1999. Sears and Zemansky’s. University Physics
- \*Cutnell, J.D., Johnson, K.W. Physics. John Wiley and Sons

#### **Organic Chemistry:**

- \*Solomons, Graham and Solomons, T.N. 1995. Organic Chemistry
- \*McMurry, J. Organic Chemistry. Brooks/Cole Publishing.

### **XV. IMPORTANT JOURNALS OF INTEREST TO PRE-MEDICAL STUDENTS AND PHYSICIANS:**

*These help keep physicians and the student interested in medicine abreast of issues and developments in medicine.*

- \*Journal of the American Medical Association (JAMA). Highlights of each issue are found online at the JAMA home page (<http://jama.ama-assn.org/>) The most widely read of all medical journals. Gives the premedical student insight as to issues of concern to physicians and how physicians think and feel.
- \*New England Journal of Medicine (NEJM). Online abstracts of the current articles in the NEJM are available at their web site ([content.nejm.org](http://content.nejm.org)). Full text articles are available to subscribers. After 6 months, full text articles are available to all on line. The writing style in this medical journal should be noted by the premedical student. Reading the topic reviews offers practice in preparing for the VR section of the MCAT.

## **XVI. MCAT PREPARATION:**

*A number of books have been published over the years and there are a number of good web sites that provide downloadable study materials using such search words as "MCAT Preparation". With a little effort most of the useful sites can be located. Many of the items listed below may be difficult to find because they are older and out of print.*

- \*ARCO MCAT Supercourse, Edited by Stefan Bosworth
- \*The Best Test Preparation for the MCAT, The Research and Education Association
- \*The Betz Guide: A Complete Preparation for the MCAT, Edited by Aftab Hussain
- \*Columbia Review: Intensive Preparation for the MCAT, by Stephen Bresnick
- \*Jump Start MCAT, by Amin, Bhusn and Le
- \*Kaplan MCAT, by Kaplan Test Prep.
- \*Princeton Review: Flowers and Silver MCAT, by Flowers and Silver
- \*MCAT Student Manual, by the AAMC
- \*MCAT Science Sampler, by Kaplan Test Prep. (Excerpts from MCAT Prep Course Review Notes- various years.
- \*MCAT Practice Tests I, II, and III, by AAMC (downloadable from several web sites)
- \*Meeting the Challenge of the MCAT: A test preparation guide. By Jackson, Evelyn, McGlenn, Shirley, and Herrold, Linda. 2002. A publication for students in the MEDPREP program at Southern Illinois University. Can be purchased through NAAHP.

## **XVII. OTHER PREPARATION MATERIALS FOR APPLICANTS TO MEDICAL SCHOOL**

- \*Jackson, Evelyn W. and Bardo, Harold R. Write For Success, by the National Association of Advisors for the Health Professions.
- \*Kozoll, Charles E. Plan for Success: Time management for the pre-med student, by the National Association of Advisors for the Health Professions.

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