

# INTRODUCTORY READING FOR MEDICINE

This list of suggested reading is not an exhaustive one, nor is it a list of material you must read. There are countless good general texts, so do explore, and perhaps try a topic that is completely new to you and challenge yourself. As well as books, read the local and national press, browse for relevant podcasts, websites, lectures, events and museums/exhibitions in your local area. **This is not a list of books you should rush out and buy:**

- First and foremost, read what interests you the most. Each student should, from early on, begin to develop their own particular area of expertise.
- Second, consider what subjects or topics relevant to pre-clinical medicine you may *not* cover in your A-level studies (or equivalent).

## GENERAL AND PREPARATORY

Ashcroft, F. *Life at the Extremes*. Univ California Press, 2002.

Black, J., Boyd, C.A.R. and Noble, D. (editors). *The Logic of Life*. Oxford University Press, 1993.

Calvin, W. H., and Ojamaa, G. A. *Conversations with Neil's Brain: The Natural Nature of Thought and Language*. Basic Books, 1995. (also available free of charge from <http://williamcalvin.com/bk7/bk7.htm>)

Clarke, R. *Your Life in my Hands: a Junior Doctor's Story*. Metro Publishing, 2017.

De Kruif, P. *Microbe Hunters*. Kessinger Publishing Co, 2005.

Glynn, I. *Elegance in Science*. Oxford University Press, 2010.

Goldacre, B. *Bad Science*. Harper Perennial, 2009. (also see Ben Goldacre's columns for the Guardian at <http://www.guardian.co.uk/profile/bengoldacre>)

Kalanithi, P. *When Breath Becomes Air*. Random House, 2016.

Kay, A. *This is Going to Hurt: Secret Diaries of a Junior Doctor*. Picador, 2018.

Marsh, H. *Do no Harm: Stories of Life, Death and Brain Surgery*. W&N, 2014.

Mukherjee, S. *The Emperor of all Maladies: a Biography of Cancer*. Fourth Estate, 2011.

Sacks, O. *The Man who mistook his Wife for a Hat*. Pan Macmillan Picador, 1986.

Sykes, B. *Blood of the Isles*. Corgi Books, 2007.

Westaby, S. *The Knife's Edge*. Mudlark, 2019.

Wishart, A. *One in Three*. Profile Books, 2007.

Yong, E. *I Contain Multitudes: the Microbes Within Us and a Grand View of Life*. Vintage, 2017

You could also consider reading some of the Medicine and Health-related volumes in Oxford University Press' *Very Short Introductions* series:

[https://www.veryshortintroductions.com/browse?t0=VSIO\\_SUBJECTS:MED00010](https://www.veryshortintroductions.com/browse?t0=VSIO_SUBJECTS:MED00010).

## ONLINE RESOURCES

Start by looking for websites providing information on topics you might be interested in, or read the science sections of newspapers. There are plenty of useful resources out there so do explore.

Here is a list of websites offering podcasts and videos relevant to medical sciences:

*Oxford Podcasts*

iTunesU > Oxford University > Medical Sciences or <http://podcasts.ox.ac.uk/>

*BBC Science*

*Radio 4 Science & Nature podcasts*

<http://www.bbc.co.uk/radio4/programmes/genres/factual/scienceandnature>

*Horizon (BBC archive)*

<http://www.bbc.co.uk/sn/tvradio/programmes/horizon/broadband/>