Health and Wellness on the Web

Ramsey County Library

Maplewood Library
3025 Southlawn Drive
Maplewood, MN 55109
651-704-2033

Mounds View Library
2576 County Hwy. 10
Mounds View, MN 55112
763-717-3272

New Brighton Library
400 10th Street NW
New Brighton, MN 55109
651-724-6002

North St. Paul Library
2300 North St. Paul Drive
North St. Paul, MN 55109
651-747-2700

Roseville Library
2180 Hamline Ave N
Roseville, MN 55113
651-628-6803

Shoreview Library
4570 N. Victoria Street
Shoreview, MN 55126
651-486-2300

White Bear Lake Library
4698 Clark Avenue
White Bear Lake, MN 55110
651-407-5302

www.rclreads.org
Finding reliable health information on the Internet can be difficult and time-consuming. In this class you will be introduced to quality Internet resources and library databases to help answer your health and wellness related questions.

The information provided in these resources is designed to support, not replace, the relationship that exists between a patient and his/her physician. The information should not be viewed as a means for self-diagnosis or a substitute for professional medical advice, diagnosis, or treatment.

Library Resources

The library subscribes to several health related electronic databases on the Internet that can be accessed from the library’s website.

To access these research tools from outside the library:
- Visit our website at www.rclreads.org
- Click on Research from the menu tabs at the top
- Click Health & Medicine from the alphabetical subject list
- You will then need to type in your library card and PIN
Consumer Health Complete

The Consumer Health Complete database is designed for the everyday consumer of health care information. It provides convenient access to easily understandable health and medical information. Users can search and browse within medical encyclopedias, popular reference books, and full text magazine articles. This database covers topics such as aging, cancer, diabetes, drugs & alcohol, fitness, nutrition & dietetics, children’s health, men & women’s health etc.

1. To conduct a basic search from the Home Page, enter your search terms in the Find field.

2. Click Search. A result list is displayed. The result list includes a tab for each source type, which when clicked, reveals only results from that source.
After clicking the title of an article, you can print, email, or save it.

Click title of result to view article.

Click tabs at top for articles from different source types.

A list of results will display related to your search terms.

Print, email or save your article.
Source-Type Searching – Can search within a particular type of source by clicking one of the eight source categories (Evidence-Based Reports, Encyclopedias & Reference Books, Fact Sheets and Pamphlets, News, Drug and Herb Information, Alternative Sources, Images and Diagrams, Videos and Animations).

Quick Find – Provides access to information about diseases, conditions, injuries and procedures. Simply click on a letter to view a result of links to pertinent reports.

Health Highlight – Check out the regularly updated Health Highlight feature for the latest popular medical information and tips.

Browse Popular Sources – You can browse popular medical and health sources by clicking on one of the book icons shown.

Search By Topic – You can search by topic by clicking any of the links in this section. You then can narrow down by selecting several subtopics.
**Health Source – Consumer Edition**

This resource provides access to nearly 80 full-text consumer health magazines, pamphlets, over 130 health reference books, and many other clinical reference sources.

1. Enter your search terms in the **Find** field on the Basic Search screen.

2. You can refine your search choosing to use the optional limiters or expanders in the Search Options section (*Find any of my search terms* or *Find all my search terms*).

3. In the Limit your results section, you can limit by **Full Text**, **Publication Type**, **Scholarly Journals**, and **Publication**.

From the Basic Search page, simply enter your search terms or topic.

Can limit search results by selecting various options.
1. After typing in your search terms click the **Search** button. The database lists all relevant articles related to your terms.

2. You can sort your result list by date (default is relevance).

3. You can revise your results by applying the limiters on the left (*publication type, full text, publication date*).

4. To view an article from the result list, simply click on the title of the article.
1. After clicking on article title, a detailed record will be displayed (including bibliographic information, abstract, and article if available in full-text).

2. Click Full Text on left (if available) to view just the article.

3. You can use the tools on the right to print, e-mail, save, or listen to the article.

4. Search by Publication by selecting option from tab at top of screen. (Find desired publication and select date and month.
Other Library Resources

The library subscribes to other electronic health databases that can be found on our website under Online Resources:

**Alt Health Watch**
Focuses on the many perspectives of complementary, holistic, & integrated approaches to health care & wellness.

**Health Source: Nursing/Academic Edition**
Provides access to 550 scholarly full-text journals focusing on many medical disciplines, including strong coverage of nursing & allied health.

**Medline**
Index of thousands of records covering all areas of medicine, public health, nursing, dentistry, veterinary medicine, & the basic biomedical sciences.

**SALEM HEALTH**

**Salem Health**
This database is based on the print resource, "Magill's Medical Guide". It covers diseases, treatments, procedures, specialties, anatomy, biology, etc.
Websites

The following websites are not library subscription databases and are resources that can be accessed free on the Internet:

General Health

healthfinder
www.healthfinder.gov
Developed by the U.S. Department of Health and Human Services, healthfinder links to carefully selected information and websites from over 1,500 health related organizations.

MedlinePlus
www.medlineplus.gov
MedlinePlus offers over 18,000 links to accurate and current medical information on the Internet that has been evaluated by the National Library of Medicine. It includes drug information, an illustrated medical dictionary, the latest health news, directories of doctors, dentists, and hospitals, surgery videos, and interactive health tutorials.

Mayo Clinic
www.mayoclinic.com
Up-to-date information on medical topics from the Mayo Clinic of Rochester, MN.
Alternative Medicine

University of Minnesota Center for Spirituality & Health: Taking Charge of Your Health
www.takingcharge.csh.umn.edu/
Created by the Center for Spirituality & Healing and the Life Science Foundation at the University of Minnesota, this site provides users with accurate and credible information as you take charge to improve and maintain your health. It provides information for the general public about creating a healthy lifestyle, exploring alternative and integrative healing practices, and navigating the healthcare system.

National Center for Complementary and Alternative Medicine
http://nccam.nih.gov
Complementary and alternative medicine (CAM) is a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.

Healthy Cooking and Eating

Choose My Plate
www.choosemyplate.gov
Provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build
healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

The New York Times

New York Times Recipes for Health
Recipes for Health offers recipes with an eye towards empowering you to cook healthy meals every day published in the Health section of the New York Times website.

St. Paul Farmers Market
http://www.stpaulfarmersmarket.com

Active Living and Fitness

Spark People
www.sparkpeople.com
SparkPeople.com is the largest online diet and healthy living community with over 8 million registered members
Go Ramsey Communities
www.goramsey.org

Go Ramsey Communities is an interactive Website that allows visitors to locate places to be active throughout Ramsey County such as parks, trails, and lakes. Information about the parks and other public recreational locations include addresses, amenities available at each site, and directions.

Use filters to narrow search by facility type, specific address, and city.

Click on facility for photos, description, and list of amenities available.

Interactive map allows users to pan and zoom in on various recreational places to be active throughout Ramsey County.

Use various tools to measure distances and view photographs of select trails.
Evaluating Health Information on the Web
National Library of Medicine

Consider the source--Use recognized authorities
Know who is responsible for the content.

- Look for an "about us" page. Check to see who runs the site: is it a branch of the Federal Government, a non-profit institution, a professional organization, a health system, a commercial organization or an individual.
- There is a big difference between a site that says, "I developed this site after my heart attack" and one that says, "This page on heart attack was developed by health professionals at the American Heart Association."
- Web sites should have a way to contact the organization or webmaster. If the site provides no contact information, or if you can't easily find out who runs the site, use caution.

Focus on quality--All Web sites are not created equal
Does the site have an editorial board? Is the information reviewed before it is posted?

- This information is often on the "about us" page, or it may be under the organization's mission statement, or part of the annual report.
- See if the board members are experts in the subject of the site. For example, a site on osteoporosis whose medical advisory board is composed of attorneys and accountants is not medically authoritative.
- Look for a description of the process of selecting or approving information on the site. It is usually in the "about us" section and may be called "editorial policy" or "selection policy" or "review policy."
- Sometimes the site will have information "about our writers" or "about our authors" instead of an editorial policy. Review this section to find out who has written the information.

Be a cyberskeptic--Quackery abounds on the Web
Does the site make health claims that seem too good to be true? Does the information use deliberately obscure, "scientific" sounding language? Does it promise quick, dramatic, miraculous results? Is this the only site making these claims?

- Beware of claims that one remedy will cure a variety of illnesses, that it is a "breakthrough," or that it relies on a "secret ingredient."
- Use caution if the site uses a sensational writing style (lots of exclamation points, for example.)
A health Web site for consumers should use simple language, not technical jargon.
Get a second opinion! Check more than one site.

**Look for the evidence**—Rely on medical research, not opinion
Does the site identify the author? Does it rely on testimonials?

- Look for the author of the information, either an individual or an organization. Good examples are "Written by Jane Smith, R.N.," or "Copyright 2003, American Cancer Society."
- If there are case histories or testimonials on the Web site, look for contact information such as an email address or telephone number. If the testimonials are anonymous or hard to track down ("Jane from California"), use caution.

**Check for currency**—Look for the latest information
Is the information current?

- Look for dates on documents. A document on coping with the loss of a loved one doesn't need to be current, but a document on the latest treatment of AIDS needs to be current.
- Click on a few links on the site. If there are a lot of broken links, the site may not be kept up-to-date.

**Beware of bias**—What is the purpose? Who is providing the funding?
Who pays for the site?

- Check to see if the site is supported by public funds, donations or by commercial advertising.
- Advertisements should be labeled. They should say "Advertisement" or "From our Sponsor."
- Look at a page on the site, and see if it is clear when content is coming from a non-commercial source and when an advertiser provides it. For example, if a page about treatment of depression recommends one drug by name, see if you can tell if the company that manufactures the drug provides that information. If it does, you should consult other sources to see what they say about the same drug.

**Protect your privacy**—Health information should be confidential
Does the site have a privacy policy and tell you what information they collect?

- There should be a link saying "Privacy" or "Privacy Policy." Read the privacy policy to see if your privacy is really being protected. For example, if the site says "We share information with companies that can provide you with useful products," then your information isn't private.
• If there is a registration form, notice what types of questions you must answer before you can view content. If you must provide personal information (such as name, address, date of birth, gender, mother's maiden name, credit card number) you should refer to their privacy policy to see what they can do with your information.

Consult with your health professional—Patient/provider partnerships lead to the best medical decisions.