

LAPL ELECTRONIC RESOURCE OF THE MONTH!



November 2012 **Health & Wellness Resource Center
with Alternative Health**

HOW DO I FIND THE Health & Wellness Resource Center?

In-Library and Home (Remote Access with a valid LAPL Library card)

The *Health & Wellness Resource Center* is available online at all LAPL locations and remotely from the LAPL website in the **Databases** alphabetical list and under the subject categories of *Health*. It is also accessible in **Teen Web** under Homework Help Sites/LAPL Databases subject categories of *Drugs & Alcohol*, and *Science*.

DESCRIPTON:

The *Health & Wellness Resource Center* offers up-to-date access to thousands of full-text medical journals, periodicals, reference works, multimedia and more from a wide variety of authoritative medical sources. Prepared for researchers at all levels, this consumer health resource provides information on the full-range of health-related issues, from current diseases and disorders to in-depth coverage of alternative medical practices.

Health & Wellness Resource Center in partnership with Harvard Publishing brings the latest health news from a division of the Harvard Medical School. A Healthology partnership provides health and medical video content and physician-authored articles. [*This information is not a tool for self-diagnosis or a substitute for professional care.*]

HOW TO BEGIN:

Search Boxes:

-The **Basic Search box** on the top right of the first page allows you to search by keyword, subject or entire document (when searching for an unusual phrase, new terminology or a particular line of text).

Further narrow your results by limiting to Full text articles, Consumer health, Refereed publications or en español (limits results to Spanish-language only content).

-**Advanced Search box** offers more in-depth searching for a specific article, by multiple terms, date or range of dates, and the additional option of alternative medicine.

-List of Sources

Home	Diseases & Conditions	Alternative Medicine	Drugs & Herb Remedies	Directories	Dictionary	Trusted Sites	Health Assessment	Advanced Search
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Diseases & Conditions- Browse for information in the Gale Encyclopedia of Medicine by clicking on the A-Z List alphabetical list of conditions and diseases or select one of the samples.

Alternative Medicine – Find specific information on a medical condition or disease using the alphabetical list from the Gale Encyclopedia of Alternative Medicine.

Drugs & Herb Remedies- Find information on over-the-counter, generic and brand name drugs, drugs that treat specific symptoms, and information of herbal remedies.

Directories- Search for contact information for health care facilities, people, products, offices, keyword, or narrow query by city, state, or province.

Dictionary- *Mosby’s, Medical, Nursing & Allied Health Dictionary*

Trusted Sites- Various health websites reviewed by Gale.

Health Assessment-Various Calculators and Risk Assessment tools such as *Body Mass Index*.

Advanced Search- another location to access Advanced Search.

SPECIAL FEATURES

1) **Results** - shows the number of items available in the different formats.

Books & Fact Sheets (184)	Magazines & Journals (2283)	Drugs & Herbal Remedies (39)	Pamphlets (5)	Media (8)	News (2259)
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- Print
- E-mail
- Download

← -formats document for printing, then select “Print” from your browser.
 ← -allows document as a HTML document or plain text, **Images will not be e-mailed.**
 ← -can download to home computer or portable USB drive.

3) **Upper Right Corner**

- Help
- Gale Databases
- Search Tips
- List of Sources
- Guided Tour

← -has Table of Contents, click on subject for explanation, and is **found on every page.**
 ← -general tips, capitalization, punctuation, date ranges, logical & proximity operators and field length to improve searches.
 ← -video on how to use the interface.

- 4) **Page icon** – indicates the full text of the document or article is provided.
- 5) **Camera icon** - means article contains some type of image (picture, illustration, etc.)
- 6) **PDF icon** -document is available in PDF for viewing and printing (looks like versions published in book form.
- 7) **Topics in the News** – is updated every 8 hours.
- 8) **Health Highlights** – features a single topic, click to view full content, may include video.
- 9) **Update Marked List** - check box next to article to add to your **Marked List** (found in the left-hand sidebar under the Search Box) to be able to return to during your current session. Click the **Update Marked List** button to add the selected items to the list.