

KYVL'S HEALTH & MEDICAL RESOURCES FOR CONSUMERS

Presented by
Nancy Houseal
KDLA's Division
of Library Services

Pew Research Center Internet Health Topics / 2011

- 66% look for information about a specific disease or medical problem
- 56% look for information about a certain medical treatment or procedure
- 44% look for information about doctors or other health professionals
- 36% look for information about hospitals or other medical facilities
- 33% look for information related to health insurance, including private insurance, Medicare or Medicaid
- 22% look for information about environmental health hazards

Pew Research Center / 2011 New Additions Internet Health Topics

- 29% look for information about food safety or recalls
- 24% look for information about drug safety or recalls
- 19% look for information about pregnancy and childbirth
- 17% look for information about memory loss, dementia, or Alzheimer's
- 16% look for information about medical test results
- 14% look for information about how to manage chronic pain
- 12% look for information about long-term care for an elderly or disabled person
- 7% look for information about end-of-life decisions

Pew Research Center / 2011 Most Likely to Look for Health Info

- Adults who, in the past 12 months, have provided unpaid care to a parent, child, friend, or other loved one
- Women
- Whites
- Adults between the ages of 18-49
- Adults with at least some college education
- Adults living in higher-income households



Kentucky Virtual Library

<http://www.kyvl.org/>

The screenshot shows the homepage of the Kentucky Virtual Library. The header features the KYVL logo (K, Y, V, L in colored squares) and the text "KENTUCKY VIRTUAL LIBRARY". To the right is a "KYVL QuickSearch" box with a search input field containing "for Everyone" and a "Go" button. Below the search box is the text "Find thousands of magazines and journals...". The header also includes icons for "kdi", a truck, "AZ to AZ", and a question mark.

Below the header is a navigation bar with links: "About KYVL / Ask", "Databases", "For College & Adults", "For K12 Students", "For Librarians", and "For Professionals".

The main content area is divided into several sections:

- Chat with KYVL:** A section with a "Chat is offline" button.
- KYVL Blog:** A section with several news items:
 - "New Scholastic GO! website is live"
 - "Save the date: Kentucky Digital Library meeting October 27"
 - "Old logins have been deactivated"
 - "Courier agreement finalized; service to resume soon!"
 - "New KYVL logins are active, old ones to expire 9/15"
 A "Go to Blog" button is located below the blog items.
- Quick clicks:** A section with icons and links for:
 - "A to Z list of resources" (AZ to AZ icon)
 - "Ask KYVL" (question mark icon)
 - "Courier service" (truck icon)
 - "Kentucky Digital Library" (kdi icon)
- Showing 6 Groups:** A list of groups with a "Display" dropdown set to "Alphabetically" and a "Go" button. The groups are:
 - About KYVL (6 items)
 - Databases (8 items)
 - For College and Adult Learners (3 items)
 - For K12 Students (3 items)
 - For Librarians (14 items)
 - For Other Professionals (5 items)
- Search:** A search box at the bottom right with the text "Search this website" and a "Search" button.

Look for Ebsco

The screenshot shows the Kentucky Virtual Library (KYVL) website. The main navigation bar includes the KYVL logo and several utility icons. Below the navigation bar, there are tabs for 'About KYVL / Ask', 'Databases', 'College & Adults', 'For K12 Students', 'For Librarians', and 'For Professionals'. The 'Databases' tab is selected, and a dropdown menu is open, listing various database options. The 'EBSCO' option is highlighted with a red box. Below the dropdown menu, there is a 'Chat with KYVL' section with a 'Chat with KYVL' button. To the right of the chat section, there is a 'Showing 6 Groups' section with a 'Display' dropdown set to 'Alphabetically' and a 'Go' button. Below this, there is a list of groups with their respective counts: 'About KYVL' (6), 'Databases' (7), 'For College and Adult Learners' (3), 'For K12 Students' (3), 'For Librarians' (12), and 'For Other Professionals' (5). The 'Databases' group is highlighted with a red box. At the bottom left, there is a 'Quick clicks' section with links to 'A to Z list of resources', 'Ask KYVL', 'Courier service', 'Kentucky Digital Library', and 'KYVL legacy website'.

KENTUCKY VIRTUAL LIBRARY

About KYVL / Ask | **Databases** | College & Adults | For K12 Students | For Librarians | For Professionals

- » A to Z databases
- » Britannica
- » EBSCO**
- » LearningExpress
- » Novelist
- » ProQuest
- » Scholastic GO!
- » WorldCat (OCLC)
- » KY Digital Library (link)
- » Training calendar

CPE / KYVL / Home

Chat with KYVL

Chat with KYVL

Showing 6 Groups

Display: Alphabetically | Go

- About KYVL (6)
- Databases (7)**
- For College and Adult Learners (3)
- For K12 Students (3)
- For Librarians (12)
- For Other Professionals (5)

Quick clicks

- A to Z list of resources
- Ask KYVL
- Courier service
- Kentucky Digital Library
- KYVL legacy website


Select Individual Database

EBSCO



Databases

- Academic Search Complete
- Agricola
- AHFS Consumer Medication Information
- Business Source Premier
- CINAHL with Full Text
- Consumer Health Complete
- EBSCOhost
- Funk & Wagnalls New Encyclopedia
- GreenFILE
- Health Source - Consumer Edition
- LISTA - Library, Information & Technology Abstracts
- MAS Ultra - School Edition
- MasterFILE Premier
- MEDLINE
- Middle Search Plus
- NoveList
- Primary Search
- Psychology & Behavioral Sciences Collection
- PsycINFO


Academic Search Complete



Academic Search Complete
[more...](#)


-  [Academic Search Poster](#)
-  [Academic Search User Guide](#)

Agricola




Agricola
[more...](#)

AHFS Consumer Medication Information





AHFS Consumer Medication Information
[more...](#)

Business Source Premier



Business Source Premier
[more...](#)

-  [Business Source Poster](#)
-  [Business Source User Guide](#)

Looking for . . .

- **AHFS Consumer Medical Information**
- **Consumer Health Complete**
- **Health Source – Consumer Edition**



AHFS CONSUMER MEDICAL INFORMATION



- Publisher: American Society of Health-System Pharmacists
- Purpose: Provides patient drug information
- Includes information on more than 1000 drugs
- Updated monthly
- Written in lay language for consumers
- Information available in both English and Spanish



The screenshot displays the EBSCOhost search interface. At the top, there are navigation tabs: "New Search", "Publications", "Indexes", and "Library Holdings". On the right side of the top bar, there are links for "Sign In", "Folder", "Preferences", "Languages", and "Help". The EBSCOhost logo is on the left. The main search area is highlighted with a red box and contains the following elements: a search bar with the text "glipizide", a dropdown menu labeled "Select a Field (option...)", a green "Search" button, and a green "Clear" button. Below the search bar are two additional search rows, each starting with an "AND" dropdown, followed by a text input field and a "Select a Field (option...)" dropdown. To the right of these rows are plus and minus icons. Below the search area, there are links for "Basic Search", "Advanced Search", and "Search History".

On the left side, there is a "Refine Results" section with a "Current Search" dropdown showing "Boolean/Phrase: glipizide" and a "Limit To" section with an "Image Quick View" checkbox and a "Show More" link.

The main content area shows "Search Results: 1 - 3 of 3" with "Relevance" and "Page Options" dropdowns, and a "Share" button. The results list includes:

- 1. **Glipizide.** AHFS Consumer Medication Information, Sep2017, p1-11p. Subjects: GLIPIZIDE (Drug); NON-insulin-dependent diabetes treatment; DIET; EXERCISE; BLOOD sugar monitoring; PRESCRIPTION of drugs; ADMINISTRATION of drugs; DRUG side effects. Periodical.
- 2. **Glipizide.** AHFS Consumer Medication Information, Sep2017, p1-11p. Reference.
- 3. **Metformin.** AHFS Consumer Medication Information, Sep2017, p1-11p. Subjects: METFORMIN; NON-insulin-dependent diabetes treatment; PRESCRIPTION of drugs; ADMINISTRATION of drugs; DRUG side effects. Periodical.

At the bottom left of the results area, it says "Page: 1". On the right side, there is a "Newswires" section with a link to "Research and Markets: Inv... (Business Wire (English), 787 days ago)".

Glipizide

Contents

WHY is this medicine prescribed?

HOW should this medicine be used?

Are there OTHER USES for this medicine?

What SPECIAL PRECAUTIONS should I follow?

What SPECIAL DIETARY instructions should I follow?

What should I do IF I FORGET to take a dose?

What SIDE EFFECTS can this medicine cause?

What should I know about STORAGE and DISPOSAL of this medication?

What should I do in case of OVERDOSE?

What OTHER INFORMATION should I know?

Brand Names

Listen ▶ ■ American Accent ▼ 🔊 ⚙️ ⬇️ ⏪

En Español (Spanish Version)

(glip ˈɪ zɪd)

WHY is this medicine prescribed?
Glipizide is used along with diet and exercise, and sometimes with other medications, to treat type 2 diabetes (condition in which the body does not use insulin normally and, therefore, cannot control the amount of sugar in the blood). **Glipizide** is in a class of medications called sulfonylureas. **Glipizide** lowers blood sugar by causing the pancreas to produce insulin (a natural substance that is needed to break down sugar in the body) and helping the body use insulin efficiently. This medication will only help lower blood sugar in people whose bodies produce insulin naturally. **Glipizide** is not used to treat type 1 diabetes (condition in which the body does not produce insulin and, therefore, cannot control the amount of sugar in the blood) or diabetic ketoacidosis (a serious condition that may occur if high blood sugar is not treated).

Over time, people who have diabetes and high blood sugar can develop serious or life-threatening complications, including heart disease, stroke, kidney problems, nerve damage, and eye problems. Taking medication(s), making lifestyle changes (e.g., diet, exercise, quitting smoking), and regularly checking your blood sugar may help to manage your diabetes and improve your health. This therapy may also decrease your chances of having a heart attack, stroke, or other diabetes-related complications such as kidney failure, nerve damage (numb, cold legs or feet; decreased sexual ability in men and women), eye problems, including changes or loss of vision, or gum disease. Your doctor and other healthcare providers will talk to you about the best way to manage your diabetes.

HOW should this medicine be used?
Glipizide comes as tablets and extended-release (long-acting) tablets to take by mouth. The regular tablet is usually taken one or more times a day, 30 minutes before breakfast or meals. The extended-release tablet is usually taken once a day with breakfast. To help you remember to take **glipizide**, take it around the same time(s) every day. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Take **glipizide** exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

Your doctor will probably start you on a low dose of **glipizide** and gradually increase your dose if needed. After you have taken **glipizide** for some time, **glipizide** may not control your blood sugar as well as it did at the beginning of your treatment. Your doctor may adjust the dose of your medication as needed so that the medication will work best for you. Be sure to tell your doctor how you are feeling and if your blood sugar test results have been higher or lower than normal at any time during your treatment.

Swallow the extended-release tablets whole. Do not chew, divide, or crush the tablets.

Glipizide helps control blood sugar but does not cure diabetes. Continue to take **glipizide** even if you feel well. Do not stop taking **glipizide** without talking to your doctor.

Ask your pharmacist or doctor for a copy of the manufacturer's information for the patient.

Are there OTHER USES for this medicine?
This medication is sometimes prescribed for other uses; ask your doctor or pharmacist for more information.

Special Features

“How-to” Instructions

Brand Names

cure the condition. Continue to use apraclonidine 0.5% eye drops even if you feel well. Do not stop using apraclonidine 0.5% eye drops without talking to your doctor.

To instill the eye drops, follow these steps:

1. Wash your hands thoroughly with soap and water.
2. Check the dropper tip to make sure that it is not chipped or cracked.
3. Avoid touching the dropper tip against your eye or anything else; eyedrops and droppers must be kept clean.
4. While tilting your head back, pull down the lower lid of your eye with your index finger to form a pocket.
5. Hold the dropper (tip down) with the other hand, as close to the eye as possible without touching it.
6. Brace the remaining fingers of that hand against your face.
7. While looking up, gently squeeze the dropper so that a single drop falls into the pocket made by the lower eyelid. Remove your index finger from the lower eyelid.
8. Close your eye for 2 to 3 minutes and tip your head down as though looking at the floor. Try not to blink or squeeze your eyelids.
9. Place a finger on the tear duct and apply gentle pressure.
10. Wipe any excess liquid from your face with a tissue.
11. If you are to use more than one drop in the same eye, wait at least 5 minutes before instilling the next drop.
12. If you are using the 0.5% eye drops, replace and tighten the cap on the dropper bottle. Do not wipe or rinse the dropper tip. If you are using the 1% eye drops, discard the bottle and use a new bottle for your second dose.
13. Wash your hands to remove any medication.

Are there OTHER USES for this medicine?

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

What SPECIAL PRECAUTIONS should I follow?

Warnings

IMPORTANT WARNING:

Alprazolam may increase the risk of serious or life-threatening breathing problems, sedation, or coma if used along with certain medications. Tell your doctor if you are taking or plan to take certain opiate medications for cough such as codeine (in Triacin-C, in Tuzistra XR) or hydrocodone (in Anexsia, in Norco, in Zyfrel) or for pain such as codeine (in Fiorinal), fentanyl (Actiq, Duragesic, Subsys, others), hydromorphone (Dilaudid, Exalgo), meperidine (Demerol), methadone (Dolophine, Methadose), morphine (Astramorph, Duramorph PF, Kadian), oxycodone (in Oxycet, in Percocet, in Roxicet, others), and tramadol (Conzip, Ultram, in Ultracet). Your doctor may need to change the dosages of your medications and will monitor you carefully. If you take alprazolam with any of these medications and you develop any of the following symptoms, call your doctor immediately or seek emergency medical care immediately: unusual dizziness, lightheadedness, extreme sleepiness, slowed or difficult breathing, or unresponsiveness. Be sure that your caregiver or family members know which symptoms may be serious so they can call the doctor or emergency medical care if you are unable to seek treatment on your own.

Drinking alcohol or using street drugs during your treatment with alprazolam also increases the risk that you will experience these serious, life-threatening side effects. Do not drink alcohol or use street drugs during your treatment.

WHY is this medicine prescribed?

Alprazolam is used to treat anxiety disorders and panic disorder (sudden, unexpected attacks of

CONSUMER HEALTH COMPLETE



- Provides content covering all key areas of health and wellness
- Supports the information needs of patients
- Fosters an overall understanding of health-related topics.
- Contents include
 - More than 500 full-text journals and magazines
 - More than 240 full-text health reference books and encyclopedias
 - More than 2,600 full-text evidence-based health reports
 - Full-text consumer health pamphlets and leaflets
- <https://www.ebscohost.com/public/consumer-health-complete>

Subject Coverage

<https://www.ebscohost.com/public/consumer-health-complete>

Subjects Include:

- Aging
- Cancer
- Diabetes
- Drugs and alcohol
- Fitness
- Nutrition and dietetics

Coming Soon:

- Digital citizenship
- Life skills
- Sexual health
- Social well-being
- Sustainability and green living
- Teen health and wellness

Consumer Health Complete


Search [Search Other Databases](#) | [Database Help](#)

Find:

Quick Find
Find a disease, condition, injury or procedure:

A	B	C	D	E	F	G
H	I	J	K	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z		


Health Highlight



Autism

Autism is a disorder in which a child has problems with communicating and getting along with others. They have unusual or repetitive actions and may have a keen interest in only one subject or activity. For example, they may be obsessed with trains or a particular science fiction movie. [Click Here](#)


Browse Popular Sources



Yoga Journal



Men's Fitness



Fit Pregnancy

Search by Topic

- [Alternative Treatments](#)
- [Beauty](#)
- [Children's Health](#)
- [Conditions & Diseases](#)
- [Environmental Health](#)
- [Food, Nutrition & Exercise](#)
- [Medications](#)
- [Men's Health](#)
- [Mental Health](#)


Navigation: Red arrows point from the search results grid to the 'Health Highlight' section, from the 'Health Highlight' section to the 'Browse Popular Sources' section, and from the 'Browse Popular Sources' section back to the search results grid.

KENTUCKY VIRTUAL LIBRARY (KYVL)

Browse Popular Sources

Men's Fitness

Men's Fitness is the active-lifestyle brand for body-conscious, style-conscious, ambitious young men. It is dedicated to the hip, young, metropolitan professional, to show him how to look and feel his very best. He wants to look great because he wants to live great.



© 2014 Weider Publications, LLC. All rights reserved.

Page: [Previous](#) | [Next](#) Search within this publication:

[It's an open secret.](#)

[POWER LUNCHES.](#)

[Gray Matters.](#)

[The Fittest & Fattest Cities in America.](#)

[The Men's Fitness guide to the ultimate action adventures.](#)

[a league of his own.](#)

[mark wahlberg the fighter at rest.](#)

[the walking man.](#)

[Chris Pratt: Ready to Go Galactic.](#)

[Ashton Kutcher's winning moves.](#)

[BREAK THE RULES, Build more muscle.](#)

[Better body burgers.](#)

[THE GAME CHANGERS.](#)

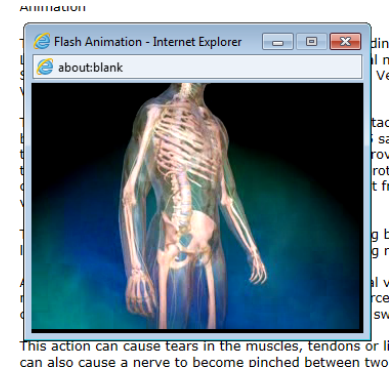
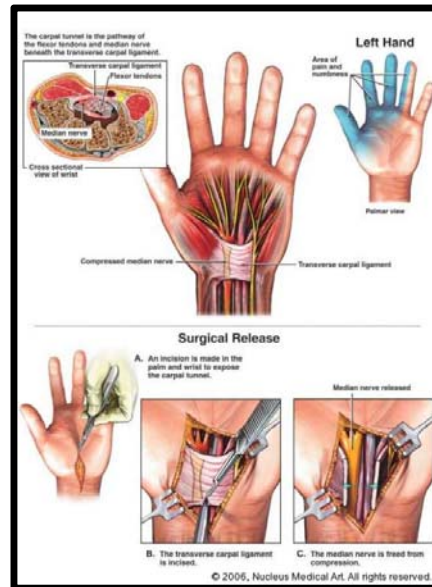
[Terry Crews has figured it out!](#)

[WHY ELITE ATHLETES, CEO'S-EVEN ROCK STARS-ARE GOING DEEP ON sleep.](#)

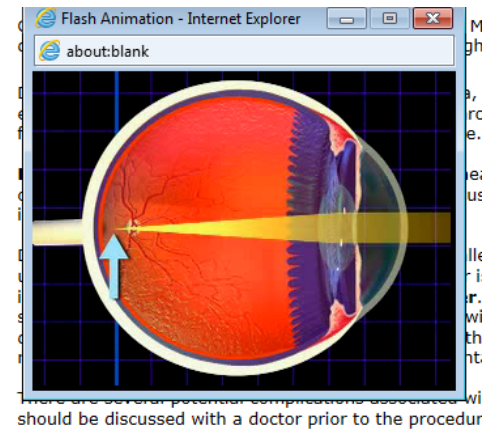
[reinventing the human machine.](#)

[sport style.](#)

Images, Diagrams, Videos and Animations



This action can cause tears in the muscles, tendons or li can also cause a nerve to become pinched between two



should be discussed with a doctor prior to the procedur

Children and Parenting

KENTUCKY VIRTUAL LIBRARY (KYVL)

Search

Find:


Add keywords if desired and click Search to retrieve records within the current topic or subtopics.

Search by Topic

- [Alternative Treatments](#)
- [Beauty](#)
- Children's Health**
- [Conditions & Diseases](#)
- [Environmental Health](#)
- [Food, Nutrition & Exercise](#)
- [Medications](#)
- [Men's Health](#)
- [Mental Health](#)
- [Oral Care](#)
- [Parenting](#) ←
- [Physical Trauma](#)
- [Pregnancy](#)
- [Sexual Health](#)
- [Smoking Cessation](#)
- [Substance Abuse](#)
- [Surgeries & Procedures](#)
- [Women's Health](#)
- [Work Life](#)

Search within current topic:

- Children's Health**
- Children (3-12)
- Common Infections & Illnesses
- Conditions & Diseases
- Eating Disorders
- Fears
- First Aid & Safety
- Immunization
- Infants (0-2)
- Mental Health
- Puberty
- School & Learning
- Sexual Education
- Teenagers (11-16) ←
- Toddlers (1-3)



[Top of Page](#)

The screenshot shows a search results interface. At the top, there are four filter tabs: "All Results", "Reference Books", "Fact Sheets & Pamphlets", and "News & Magazines". A red rectangular box highlights these tabs. Below the tabs, the search results are displayed for the query "(parenting OR parenthood OR motherhood OR fat...". The results are sorted by Relevance and show 1-10 of 1,017 results. The first four results are listed below.

Narrow Results by	Result	Action
<ul style="list-style-type: none"> Subject Publication 	<p>1. Young people's perspectives of being parented in critical situations: teenage non-offenders and desisters speak out. By: Murray, Cathy. <i>Child & Family Social Work</i>. Nov2013, Vol. 18 Issue 4, p467-476. 10p. 1 Chart. DOI: 10.1111/j.1365-2206.2012.00866.x. PDF Full Text (102KB)</p>	Add
	<p>2. Practitioner accounts of responding to parent abuse - a case study in ad hoc delivery, perverse outcomes and a policy silence. By: Holt, Amanda; Retford, Simon. <i>Child & Family Social Work</i>. Aug2013, Vol. 18 Issue 3, p365-374. 10p. DOI: 10.1111/j.1365-2206.2012.00860.x. PDF Full Text (108KB)</p>	Add
	<p>3. KEEP foster-parent training intervention: model description and effectiveness. By: Price, Joseph M.; Chamberlain, Patricia; Landsverk, John; Reid, John. <i>Child & Family Social Work</i>. May2009, Vol. 14 Issue 2, p233-242. 10p. DOI: 10.1111/j.1365-2206.2009.00627.x. PDF Full Text (119KB)</p>	Add
	<p>4. Parent-Centered Prevention of Risky Behaviors Among Hispanic Youths in Florida. By: Estrada, Yannine; Tae Kyoung Lee; Shi Huang; Tapia, Maria I.; Velázquez, Maria-Rosa; Martinez, Marcos J.; Pantin, Hilda; Ocasio, Manuel A.; Vidot, Denise C.; Molleda, Lourdes; Villamar, Juan; Stepanenko, Bryan A.; Brown, C. Hendricks; Prado, Guillermo. <i>American Journal of Public Health</i>. Apr2017, Vol. 107 Issue 4, p607-612. DOI: 10.2195/AMJPH.2017.107.4.607</p>	Add

HEALTH SOURCE – CONSUMER EDITION



- Provides consumer health information
- Content includes:
 - More than 80 full-text magazines (*Prevention, Men's Health, American Fitness, Better Nutrition*)
 - 110 full-text reference books (*Merriam-Webster's Medical Desk Dictionary*)
 - More than 18,800 Clinical Reference Systems reports (also in Spanish)
 - Full text for current health pamphlets
- Subjects include fitness, nutrition, diabetes, aging, women's health, children's health and more

<https://www.ebscohost.com/academic/health-source-consumer-edition>



SEARCHING EBSCO DATABASES

The screenshot displays the EBSCOhost search interface. At the top, a navigation bar includes links for 'New Search', 'Thesaurus', 'Publications', 'Medical Dictionary', and 'More'. On the right side of the navigation bar are links for 'Sign In', 'Folder', 'Preferences', 'Languages', and 'Help'. The main search area features a search bar with the text 'Searching: Health Source - Consumer Edition' and a 'Choose Databases' link. Below the search bar are three input fields, each with a 'Select a Field (optional)' dropdown menu. The first field is highlighted with a red rectangular box. To the right of the search bar are 'Search' and 'Clear' buttons, along with a help icon. Below the search bar are links for 'Basic Search', 'Advanced Search', and 'Search History'. The 'Search Options' section is divided into two columns. The left column, titled 'Search Modes and Expanders', includes radio buttons for 'Boolean/Phrase', 'Find all my search terms', 'Find any of my search terms', and 'SmartText Searching'. A large green arrow points from this section towards the 'Limit your results' section. The right column contains checkboxes for 'Apply related words', 'Also search within the full text of the articles', and 'Apply equivalent subjects'. The 'Limit your results' section is also divided into two columns. The left column includes checkboxes for 'Full Text', a 'Publication Type' dropdown menu (with 'All' selected), a 'Number Of Pages' dropdown menu, and a grid of 'Image Quick View Types' (Black and White Photograph, Color Photograph, Graph, Map, Chart, Diagram, Illustration). The right column includes checkboxes for 'Scholarly (Peer Reviewed) Journals', a 'Publication' text input field, a 'Published Date' section with dropdown menus for 'Month' and 'Year', and checkboxes for 'Cover Story', 'Image Quick View', and 'PDF Full Text'. A 'Reset' button is located in the top right corner of the 'Search Options' section. A second large green arrow points from the right side of the 'Search Options' section towards the 'Limit your results' section.

Searching Aids

- Thesaurus
- Medical dictionary
- Boolean operators
 - "and"
 - "or"
 - "not"
- Field codes
- Search expanders
- Limit options
- Cited references



Do You Know About . . .

Workplace violence and safety response.



Academic
Journal

(includes abstract) Parker, Tanya; Nursing Management, May2016; 47(5): 30-34. 5p. (Article) ISSN: 0744-6314

Subjects: Workplace Violence Prevention and Control; Patient Assault Prevention and Control; Occupational Safety; Nursing Staff, Hospital; Risk Management; Security Measures; Hospital Programs; Program Implementation; Nursing Management

[Cited References: \(10\)](#)

Related Records

- 1. [Exploring creativity and critical thinking in traditional and innovative problem-based learning groups](#)
; Chan, ZC J Clin Nurs; 2013 Vol. 22, p2298-2307, 10p. Document Type: article; (AN JCN.BB.BBIH.CHAN.ECCTT) [Citation Record], Database: EB
Times Cited in this Database: (3)

- 2. [Communication and patient safety in simulation for mental health nursing education](#)
; Fay-Hillier, T.M.; Regan, R.V.; Gallagher-Gordon, M. Issues in Mental Health Nursing; 2012 Vol. 33, p718-726, 9p. Document Type: article; (AN IMH
Record], Database: EBSCO Publishing Citations
Times Cited in this Database: (5)

Searching Multiple Databases

The screenshot displays the EBSCOhost search interface. At the top, there is a navigation bar with links for "New Search", "Thesaurus", "Publications", "Medical Dictionary", and "More". On the right side of the navigation bar, there are links for "Sign In", "Folder", "Preferences", "Languages", and "Help". The main search area features a search bar with the text "Searching: Health Source - Consumer Edition" and a "Choose Databases" link highlighted with a red box. Below the search bar, there are three input fields for search terms, each with a "Select a Field (optional)" dropdown menu. The search bar also includes "Search" and "Clear" buttons. A red arrow points to the EBSCOhost logo on the left side of the search bar. Below the search bar, there are links for "Basic Search", "Advanced Search", and "Search History". The "Search Options" section is visible, containing a "Reset" button and several search modes and expanders. The "Search Modes and Expanders" section includes radio buttons for "Boolean/Phrase", "Find all my search terms", "Find any of my search terms", and "SmartText Searching". There are also checkboxes for "Apply related words", "Also search within the full text of the articles", and "Apply equivalent subjects". The "Limit your results" section includes checkboxes for "Full Text", "Scholarly (Peer Reviewed) Journals", and "Publication". There are also input fields for "Published Date" and "Cover Story". The "Image Quick View Types" section includes checkboxes for "Black and White Photograph", "Color Photograph", "Graph", "Map", "Chart", "Diagram", and "Illustration".

EBSCOhost

Searching: Health Source - Consumer Edition [Choose Databases](#)

KENTUCKY VIRTUAL LIBRARY (KYVL)

Search Options Reset

Search Modes and Expanders

Search modes [?](#)

- Boolean/Phrase
- Find all my search terms
- Find any of my search terms
- SmartText Searching [Hint](#)

Apply related words

Also search within the full text of the articles

Apply equivalent subjects

Limit your results

Full Text

Scholarly (Peer Reviewed) Journals

Publication

Published Date Year: - Year:

Cover Story

Image Quick View

PDF Full Text

Number Of Pages

Image Quick View Types

- Black and White Photograph
- Color Photograph
- Graph
- Map
- Chart
- Diagram
- Illustration

The screenshot shows a 'Choose Databases' dialog box with the following elements:

- Title:** Choose Databases (with a help icon)
- View:** Detailed View (Title lists included)
- Buttons:** Select / deselect all (highlighted with a red box), OK, and Cancel.
- Database List:**
 - Academic Search Complete (checked)
 - Agricola (unchecked)
 - AHFS Consumer Medication Information (checked and highlighted with a red box)
 - American Doctoral Dissertations (unchecked)
 - Business Source Premier (unchecked)
 - CINAHL (checked)
 - CINAHL with Full Text (checked)
 - eBook Collection (EBSCOhost) (unchecked)
 - ERIC (unchecked)
 - Funk & Wagnalls New World Encyclopedia (unchecked)
 - GreenFILE (unchecked)
 - Health Source - Consumer Edition (checked and highlighted with a red box)
 - Library, Information Science & Technology Abstracts (unchecked)
 - MAS Ultra - School Edition (unchecked)
 - MasterFILE Premier (unchecked)
 - MEDLINE (checked)
 - Middle Search Plus (unchecked)
 - Newspaper Source (unchecked)
 - Newswires (unchecked)
 - Primary Search (unchecked)
 - Psychology and Behavioral Sciences Collection (unchecked)
 - PsycINFO (checked)
 - Regional Business News (unchecked)
 - Small Business Reference Center (unchecked)
 - Sociological Collection (unchecked)
 - Teacher Reference Center (unchecked)
 - TOPICsearch (unchecked)
- Bottom Buttons:** OK and Cancel.



NAVIGATING THE RESULTS PAGE

The screenshot shows the EBSCOhost search interface. At the top, there is a navigation bar with links for 'New Search', 'Thesaurus', 'Publications', 'Medical Dictionary', and 'More'. On the right, there are links for 'Sign In', 'Folder', 'Preferences', 'Languages', and 'Help'. The main search area includes a search bar with the text '1' and 'osteoarthritis', a dropdown menu for 'Select a Field (optional)', and 'Search' and 'Clear' buttons. Below the search bar are two more rows for 'AND' operations with 'Select a Field (optional)' dropdowns and '+' and '-' buttons. The left sidebar contains 'Refine Results' with sections for 'Current Search', 'Boolean/Phrase', 'Source Types', 'Limit To', and 'Subject'. The 'Limit To' section shows '3' Full Text results, with checkboxes for 'Scholarly (Peer Reviewed) Journals' and 'Cover Story', and a date range from 1989 to 2017. The 'Source Types' section shows 'Magazines (981)' selected. The 'Subject' section shows '2' results. The main search results area displays 'Search Results: 1 - 10 of 981' with a 'Share' dropdown menu. The results list includes: 1. 'CRAZY ABOUT COLLAGEN.' by BOWDEN, JONNY; 2. 'FAT AS A FIXER. (cover story)' by Gaidos, Susan; 3. 'The Best Ways to BEAT PAIN (That You've Never Tried)' by ROSEN, MARGERY D.; 4. 'Foot health.' from Mayo Clinic Health Letter. Each result includes a 'Periodical' icon, a 'HTML Full Text' icon, and a 'PDF Full Text' icon with file size. The right sidebar contains a 'Folder has items' section with 'FAT AS A FIXER. (cover st...)' and a 'Newswires' section with several items. At the bottom right, there is a 'Plum Print' section.

The screenshot shows the EBSCOhost search interface. At the top, there are navigation links: New Search, Thesaurus, Publications, Medical Dictionary, and More. On the right, there are links for Sign In, Folder, Preferences, Languages, and Help. The search bar contains the text 'osteoarthritis' and a 'Search' button. Below the search bar, there are options for 'AND' and 'Select a Field (optional)'. The search results are displayed for '1 of 981' items. The main result is titled 'CRAZY ABOUT COLLAGEN.' and includes the following information:

- Authors: BOWDEN, JONNY
- Source: Better Nutrition, Dec2016, Vol. 78 Issue 12, p40-43. 4p. 4 Color Photographs.
- Document Type: Article
- Subjects: OSTEoarthritis -- Prevention, AGING, COLLAGEN, CONNECTIVE tissues, DIETARY supplements, GINGER, NUTRITION, PROTEINS, TURMERIC
- Abstract: The article offers information on the collagen which is the connective tissue for heart, skin, muscles, hair, arteries, disks, cartilage and nails. Topics discussed include formation of collagen in the underlying layer of the skin known as the dermis; different categories of collagen such as Verisol and BioCell and role of BioCell collagen in reducing facial aging signs; and cooking of collagen producing gelatin.
- Full Text Word Count: 1549
- ISSN: 0405-668X
- Accession Number: 119520620

On the left side of the result, there are three options: Detailed Record, HTML Full Text, and PDF Full Text (3.4MB). Below these are sections for Related Information and Find Similar Results using SmartText Searching. On the right side, there is a Tools menu with the following options: Add to folder, Print, E-mail, Save, Cite, Export, Create Note, Permalink, Share, Listen, and Translate. A red box highlights the Tools menu and the PDF Full Text option. A red bracket highlights the Subjects list.

EBSCOhost

« Result List Refine Search Download PDF Sign In Folder Help

CRAZY ABOUT COLLAGEN.

Detailed Record

PDF Full Text

Source: Better Nutrition
Date: December 1, 2016

inside this work

Full Text Contents

1 - 5 6 - 10 11 - 15	
Quiet Your Cough.	26
31 days of giveaways...	30
Building a Better Gut.	32
Homeopathic Mood Boo...	34
CRAZY ABOUT COLLAGEN.	40

Choose Another Issue

HTML Full Text

CRAZY ABOUT COLLAGEN

What you need to know about this key weapon in any antiaging arsenal

BY JONNY BOWDEN, PHD, CNS

I have a vested interest in the field of antiaging. For one thing, I do a lot of media, and, as everyone on earth knows, the media put an enormous value on youthful appearance, energy, and vigor. (Nobody really wants to take advice from someone who looks like they just want to take a nap.)

But the truth is, I've been paying attention to the phenomenon we call "aging" for many years. When I became a nutritionist 26 years ago, I was particularly interested in food and supplements that would keep me feeling my best—and keep me looking as young as I was feeling.

Which brings me to collagen supplements. Now let's be clear. I do a lot of things to keep myself in shape and to keep my energy and vitality high. I take close to 50 supplements a day—powders, liquids, and pills. I drink lots of water. I exercise every day—or at the very least, six days a week. I monitor my hormones. I eat a really good diet (at least most of the time). I go for relaxing walks in the hills where I live. I have nourishing

The screenshot shows a web article interface with several highlighted features:

- Language Translation:** A box at the top left contains a "Choose Language" dropdown menu and a "Translate" button.
- Table of Contents:** A box on the left side highlights a "Contents" section with a list of links: "Collagen vs. Gelatin", "When You Don't Have Enough", "What to Take", "What About Creams?", "TOP 3 HERBS FOR ARTHRITIS", "1. Turmeric", "2. Ginger", and "3. Boswellia".
- Audio Player:** A box above the main text highlights a "Listen" button, a play/pause icon, a volume control icon, and a "American Accent" dropdown menu.
- Sharing Options:** A box on the right side highlights a vertical list of icons for "Print", "E-mail", "Save", "Cite", "Export", "Create Note", "Permalink", and "Share".

The main content area displays the following information:

Title: CRAZY ABOUT COLLAGEN. By: BOWDEN, JONNY, Better Nutrition, 0405668X, Dec2016, Vol. 78, Issue 12

Database: Health Source - Consumer Edition

CRAZY ABOUT COLLAGEN

Section: features

What you need to know about this key weapon in any antiaging arsenal

I have a vested interest in the field of antiaging. For one thing, I do a lot of media, and, as everyone on earth knows, the media put an enormous value on youthful appearance, energy, and vigor. (Nobody really wants to take advice from someone who looks like they just want to take a nap.)

But the truth is, I've been paying attention to the phenomenon we call "aging" for many years. When I became a nutritionist 26 years ago, I was particularly interested in food and supplements that would keep me feeling my best—and keep me looking as young as I was feeling.

Which brings me to collagen supplements. Now let's be clear. I do a lot of things to keep myself in shape and to keep my energy and vitality high. I take close to 50 supplements a day—powders, liquids, and pills. I drink lots of water. I exercise every day—or at the very least, six days a week. I monitor my hormones. I eat a really good diet (at least most of the time). I go for relaxing walks in the hills where I live. I have nourishing friendships and a passionate relationship with my significant other. I love what I do. I am surrounded by animal companions. Plus, courtesy of Southern California, I'm exposed to a whole lot of greenery and sunshine.

So it's kind of impossible to say what precisely is responsible for the fact that practically no one believes me when I tell them I'll be 70 on my next birthday. And while I can't say this with any scientific certainty, I strongly believe that the collagen supplements I've been taking for more than 13 years now deserve at least part of the credit for the way I look and feel.

Let me explain. Collagen is the most abundant protein in the body, making up approximately 30 percent of our whole-body protein content. The word itself comes from the Greek word kolla, which means glue—and indeed, in a very real sense, collagen is the glue that holds stuff together—tendons, joints, bones, muscles, and especially skin are all dependent on collagen. Without collagen, you'd pretty much fall apart.

Collagen is produced in the underlying layer of the skin known as the dermis. Health writer Vera Tweed explains how it works brilliantly. She likens the dermis to a mattress and the outer skin layer—the epidermis—to bedsheets. "When collagen starts to break down," she says, "we end up with an old, saggy 'mattress' that wrinkles the sheets."

There are actually more than 16 types of collagen in the human body, but three of them—simply called type 1, type 2, and type 3—are predominant, accounting for up to 90 percent of the collagen in the body. All collagen has an abundance of three specific amino acids: glycine, proline, and hydroxyproline. But the three main types of collagen are concentrated in different places in the body. Types 1 and 3 are in the skin, as well as the tendons and bones. Type 2 is mainly in cartilage, one reason it has come to be known as "good for the joints." (More on that in a moment)

Collagen vs. Gelatin

Collagen and gelatin have an interesting relationship and are frequently spoken of as equivalent, though technically they're not. All collagen comes from animal products, and is actually found in the toughest, most gristly pieces of meat—cuts of meat that contain the most connective tissue and aren't exactly the most popular on anyone's menu. When you cook those tough cuts of meats, or simmer beef bones in a Crock-Pot (bone broth,



HANDLING YOUR DATA

Search History

EBSCOhost Searching: Health Source - Consumer Edition | Choose Databases

insulin therapy Select a Field (optional) Search Clear

AND Select a Field (optional)

AND Select a Field (optional) + -


Basic Search Advanced Search **Search History**

Search History/Alerts

Print Search History | Retrieve Searches | Retrieve Alerts | Save Searches / Alerts

Select / deselect all **Search with AND** **Search with OR** **Delete Searches** Refresh Search Results

Search	Search Terms	Search Options	Actions
<input type="checkbox"/> S11	insulin therapy	Limiters - Full Text Search modes - Boolean/Phrase	View Results (58) View Details Edit
<input type="checkbox"/> S10	diabetes type 2	Limiters - Full Text Search modes - Boolean/Phrase	View Results (1,082) View Details Edit
<input type="checkbox"/> S9	diabetes type 1	Limiters - Full Text Search modes - Boolean/Phrase	View Results (353) View Details Edit
<input type="checkbox"/> S8	diabetes type 1	Limiters - Full Text Search modes - Boolean/Phrase	View Results (353) View Details Edit
<input type="checkbox"/> S7	diabetes type 1	Limiters - Full Text Search modes - Boolean/Phrase	View Results (353) View Details Edit
<input type="checkbox"/> S6	diabetes type 1	Limiters - Full Text Search modes - Boolean/Phrase	View Results (353) View Details Edit
<input type="checkbox"/> S5	diabetes type 1	Limiters - Full Text Search modes - Boolean/Phrase	View Results (353) View Details Edit
<input type="checkbox"/> S4	diabetes	Limiters - Full Text Search modes - Boolean/Phrase	View Results (5,235) View Details Edit

 **Sign In to My EBSCOhost** KENTUCKY VIRTUAL LIBRARY (KYVL)

[← Back](#) [Create a Charge Back Account](#)

Step 1

User Name

Password

[Create a new Account](#)

Load Preferences from EBSCOhost

[Forgot your password?](#)
[Forgot your user name and password?](#)

Sign in to access your personalized account.

- ✓ Save preferences
- ✓ Organize your research with folders
- ✓ Share your folders with others
- ✓ View others' folders
- ✓ Save and retrieve your search history
- ✓ Create email alerts and/or RSS feeds
- ✓ Gain access to your saved research remotely



Create a new account - Personal Account [?](#)

First Name

Last Name

E-mail Address

User Name 254 character maximum

Password Password strength: Include digits/symbols or make your password longer and more random. [?](#)

Retype Password

Secret Question Used to help identify your account if you forget your user name or password.

Secret Answer

Note: Please remember your account information for future reference.

Step 2

Saving Searches / Alerts

New Search Thesaurus Publications Medical Dictionary More ▾

MY Nancy's Folder ?
 Back

EBSCOhost

Folder List

Name of Search/Alert

Description

Date Created 10/13/2017

GreenFILE
 Health Source - Consumer Edition

Databases Library, Information Science & Technology Abstracts
 MAS Ultra - School Edition

Search Strategy diabetes type 2

Interface EBSCOhost

Save Search As
 Saved Search (Permanent)
 Saved Search (Temporary, 24 hours)
 Alert

Save Cancel

Search History

#	Query	Limiters/Expanders
S1	diabetes type 2	Limiters - Full Text Search modes - Boolean/Phrase

Save Cancel

New Search Thesaurus Publications Medical Dictionary More ▾

MY Nancy's Folder ?
 Back

EBSCOhost

Folder List

Name of Search/Alert

Description

Date Created 10/13/2017

GreenFILE
 Health Source - Consumer Edition

Databases Library, Information Science & Technology Abstracts
 MAS Ultra - School Edition

Search Strategy diabetes type 2

Interface EBSCOhost

Save Search As
 Saved Search (Permanent)
 Saved Search (Temporary, 24 hours)
 Alert

Frequency
 Once a day ▾

Articles published within the last
 No Limit ▾

Run Alert for
 One Year ▾

Alert Options
 Alert results format
 Brief Detailed Bibliographic Manager

E-mail Properties
 Limit EBSCOhost access to only the articles sent
 Email all alerts and notices
 Email only creation notice
 No e-mail (RSS only)

E-mail Address (please separate e-mail addresses with a semicolon)

Hide addresses from recipients

Subject

Title

EBSCOhost Alert Notification

E-mail [From] address

Journal Alerts

The screenshot shows the EBSCOhost interface for a publication. The top navigation bar includes 'New Search', 'Thesaurus', 'Publications', 'Medical Dictionary', and 'More'. The user is logged in as 'KENTUCKY VIRTUAL LIBRARY (KYVL)'. The database is identified as 'Health Source - Consumer Edition -- Publications'. The main content area displays 'Publication Details For "Prevention"', with the word 'Prevention' circled in red. The details include the title, ISSN (0032-8006), publisher information (Rodale Inc.), bibliographic records (01/01/1984 to present), full text availability (05/01/1990 to present), publication type (Periodical), subjects (Exercise & Fitness; Health & Medicine (General); Nutrition Science), description (Focuses on health and personal fitness...), publisher URL (http://www.prevention.com/cda/homepage.do), frequency (12), and peer reviewed status (No). On the right side, a sidebar is highlighted with a red box, containing a 'Share' button, 'Create an alert' options for 'E-mail Alert' and 'RSS Feed', a 'Use Permalink' section with a persistent link to search, and a list of years from 2010 to 2001, each with a plus sign.

Database: Health Source - Consumer Edition -- Publications

KENTUCKY VIRTUAL LIBRARY (KYVL)

Publications

Search within this publication

Publication Details For "Prevention"

Title: Prevention

ISSN: 0032-8006

Publisher Information: Rodale Inc.
400 South Tenth Street
Emmaus PA 18098-0099
United States of America

Bibliographic Records: 01/01/1984 to present

Full Text: 05/01/1990 to present

Publication Type: Periodical

Subjects: Exercise & Fitness; Health & Medicine (General); Nutrition Science

Description: Focuses on health and personal fitness. Covers natural foods, nutrition, medical treatments, exercise and contemporary life-styles.

Publisher URL: <http://www.prevention.com/cda/homepage.do>

Frequency: 12

Peer Reviewed: No

Create an alert :

E-mail Alert RSS Feed

Use Permalink :

Persistent link to search (copy & paste)

<http://search.ebscohost.com/login.aspx?dire>

+ 2010

+ 2009

+ 2008

+ 2007

+ 2006

+ 2005

+ 2004

+ 2003

+ 2002

+ 2001



**STATE LIBRARY
CAN HELP**

Contact Us

- In Frankfort
502-564-8306
- Outside Frankfort
800-928-7000
(choose option #3)
- Email and phone: 8:00 – 4:30 (ET) M-F
- Onsite visits: 9:00 – 4:00 (ET) M-F





***That's
a
Wrap!***

CONCLUSION

Remember

- Continuing Education Events Calendar

<https://kdla.ky.gov/librarians/staffdevelopment/Pages/ContinuingEducationCalendar.aspx>

- Follow-up email (may take 1-2 weeks to arrive)
 - Training certificate
 - Evaluation survey link



Download Presentation

In the File Share box:

- Click "KYVL's Health and Medical Resources"
- "Save to my computer"
- In the pop-up window:
 - "Click to Download"
 - "Save"
 - Choose where to save it
 - "Save"

