HEALTH / MEDICAL INFORMATION IN KYVL

Presented by
Nancy Houseal
KDLA's Division
of Library Services
Research Databases for State Employees

Desktop access to licensed databases is provided free of charge, exclusively to state government employees. All databases are accessible to the general public at the State Library.

NewsBank

3000+ full-text U.S. newspapers; 50+ Kentucky sources including the Lexington Herald-Leader.

ProQuest

300+ full-text U.S. newspapers including the Louisville Courier-Journal.

KYVL - Kentucky Virtual Library

20+ databases including EBSCO and WorldCat; multi-disciplinary coverage; strengths in business, education, medicine and news.

infogroup/ReferenceUSAGov

Directory of U.S. businesses and individuals enhanced with financial and organizational information.

WorldCat Discovery

KDLA WorldCat Discovery offers quick and easy searching of KDLA’s collections, and other libraries worldwide.

HSDL - Homeland Security Digital Library

80,000+ full-text federal, state and local policy documents, and news on homeland security.

Login Procedure
- Select a database.
- When prompted, type in your KDLA account number and password.
- NOTE: Our login procedure has changed and you may be required to reset your password. The following short video will walk you through that process:
  - How to reset your KDLA library account for WorldCat Discovery and KDLA Databases (5 minute video)
- For assistance contact the State Library’s Reference Desk: 502.564.8306, or toll-free 800.928.7000; or online at Ask A Librarian.

Who is Classified as a State Employee?

This classification includes persons working in executive, legislative and judicial agencies, commissions, boards, etc.

Employees of public school systems and public higher education institutions can be served by their public and institutional libraries.

Connect with KDLA
Login Page
Look for Ebsco
Select Individual Database
Looking for . . .

• AHFS Consumer Medical Information
• CINAHL with Full text
• Consumer Health Complete
• Health Source – Consumer Edition
• MEDLINE
• Psychology & Behavioral Sciences
• PsycInfo
User ID: kdlagov6
Password: shinycap16
FOR THE CONSUMER
• Publisher: American Society of Health-System Pharmacists
• Purpose: Provides patient drug information
• Updated monthly
• Includes information on more than 1000 drugs
• Special features:
  • Written in lay language for consumers
  • Information available in both English and Spanish
  • Includes “How To” instructions for administering different types of medications such as eye drops and inhalers
  • Identifies medications with potential for adverse events when used by older adults (65 years of age or older)
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

En Español (Spanish Version)

(glip’ i zide)

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.
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
  • Nearly 500 medical images and diagrams
  • Nearly 250 animations with audio narration
  • Full-text consumer health pamphlets and leaflets
  • Dozens of articles covering teen health topics
  • 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
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

FOR THE PROFESSIONAL
• Created by the National Library of Medicine
• Contains more than 23 million references to journal articles in life sciences, primarily biomedicine
• Covers medicine, nursing, dentistry, veterinary medicine, the health care system, pre-clinical sciences, and more
• Time coverage generally 1946 to the present, with some older material
• Majority publications are scholarly journals;
• Includes small number of newspapers, magazines, and newsletters
PSYCHOLOGY AND BEHAVIORAL SCIENCES
• Provides extensive coverage on broad range of subjects in psychology, behavioral sciences and related disciplines
• Intended audience psychologists, counselors, researchers and students
• Content Includes:
  • More than 500 full-text journals
  • More than 300 full-text journals with citations in PsycINFO
• Key Full-Text Journals Include:
  • Journal of General Psychology
  • Journal of Clinical Psychology
  • Journal of Genetic Psychology
  • Journal of Psychology
  • Journal of Social Psychology

• Subjects Include:
  • Anthropology
  • Emotional and behavioral characteristics
  • Mental processes
  • Observational and experimental methods
  • Psychiatry and psychology

https://www.ebscohost.com/academic/psychology-behavioral-sciences-collection
• Collection of behavioral and social science research, dissertations, and scholarly literature abstracts
• Centers on psychology and the behavioral and social sciences
• Includes subjects on related disciplines
  • Neuroscience
  • Business
  • Nursing Law
  • Education
• Updated weekly
• More than 4 million bibliographic records
• Indexing of more than 2,500 scholarly journals
• Searchable Grant/ Sponsorship information including individual sponsors, grant numbers, grant recipients, principal investigators, and more

SEARCHING IN EBSCO
Find: autism spectrum

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.

Search by Topic
- Alternative Treatments
- Beauty
- Children's Health
- Conditions & Diseases
- Environmental Health
- Food, Nutrition & Exercise
- Medications
- Men's Health
- Mental Health

Browse Popular Sources
- Yoga Journal
- Men's Fitness
- Fit Pregnancy
Medical Subject Headings (MeSH)
Searching Aids

- Database subject/headings list
- Medical Subject Headings
- 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.
(includes abstract) Parker, Tanya; Nursing Management, May 2016; 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.ECCITT) [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
NAVIGATING THE RESULTS PAGE
CRAZY ABOUT COLLAGEN

What you need to know about this key weapon in any anti-aging 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 foods 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...
CRAZY ABOUT COLLAGEN

CRAZY ABOUT COLLAGEN

Contents

Collagen vs. Gelatin
When You Don't Have Enough
What To Take
What About Creams?
Top 3 Herbs for Arthritis
1. Turmeric
2. Ginger
3. Boswellia

Section:

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 25 years ago, I was particularly interested in foods 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 79 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 kollias, which means glue—and indeed, in a very real sense, collagen is the glue that helps 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 meat, or simmer beef bones in a Crock-Pot (bone broth, or...
HANDLING YOUR DATA
Saving Searches
### Saving Searches / Creating Alerts

**Folder List**
- **Name of Search/Alert:** Diabetes Type 2
- **Description:**
- **Date Created:** 6/15/2017
- **Databases:**
  - Mas Ultra - School Edition
  - MasterFILE Premier
  - MEDLINE
- **Search Strategy:** (MH "Diabetes Mellitus, Type 2"): *
- **Interface:** EBSCOhost
- **Save Search As:**
  - Saved Search (Temporary, 24 hours)
  - Alert

**Search History**

<table>
<thead>
<tr>
<th>#</th>
<th>Query</th>
<th>Limiters/Expanders</th>
<th>Last Run Via</th>
<th>Results</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>S2</td>
<td>(MH &quot;Diabetes Mellitus, Type 2&quot;)</td>
<td>Limiters - Linked Full Text Search modes - Find all my search terms</td>
<td>Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - MEDLINE</td>
<td>10,825</td>
<td>![Edit](Edit Icon)</td>
</tr>
<tr>
<td>S1</td>
<td>(MH &quot;Diabetes Mellitus, Type 2&quot;)</td>
<td>Search modes - Find all my search terms</td>
<td>Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - MEDLINE</td>
<td>104,895</td>
<td>![Edit](Edit Icon)</td>
</tr>
</tbody>
</table>
Journal Alerts

Publication Details For "Psychology and aging [Psychol Aging] NLMUID: 8904079"

Title: Psychology and aging
Title Abbreviation: Psychol Aging
NLM Unique ID: 8904079
ISSN: 0892-7974 Electronic ISSN: 1939-1408
Original Imprints: Publication: Arlington, VA : American Psychological Association, ©1996-
Language: English
Alternate Title: Psychology and aging; PSYCHOLOGICAL AGING;
Notes: Title from cover. Also issued online.
Bibliographic Records: MEDLINE (Full) v1n1,Mar. 1986 - current
Publication Type: Periodical
Indexing History: Index medicus (Full) v1n1,Mar. 1986 - current; MEDLINE (Full) v1n1,Mar. 1986 - current; PubMed (Full) v1n1,Mar. 1986 - current
MeSH Subjects: Aged;psychology; Aging
Format: remote electronic resource; text; v.: ill.
Updated: 2018:004

Create an alert:
- E-mail Alert
- RSS Feed

Use Permalink:
Persistent link to search (copy & paste)
http://search.ebscohost.com.kdbi.idm.oclc.org

+ 2010
+ 2009
+ 2008
+ 2007
+ 2006
+ 2005
+ 2004
+ 2003
+ 2002
+ 2001
+ 2000
+ 1999
+ 1998
Creating/Managing Folders

My Folder: Articles

- Print
- E-mail
- Save as File
- Export

1. CRAZY ABOUT COLLAGEN.
   Subjects: OSTEOARTHRITIS — Prevention; AGING; COLLAGEN; CONNECTIVE tissues; DIETARY supplements; GINGER;
   NUTRITION; PROTEINS; TURMERIC

HTML Full Text  PDF Full Text (3.4MB)
STATE LIBRARY CAN HELP
Outcomes after foot surgery in people with a diabetic foot ulcer and a 12-month follow-up.


Subjects: Diabetic Foot Surgery; Wound Healing; Treatment Outcomes; Adult: 19-44 years; Middle Aged: 45-64 years; Aged: 65+ years; Aged, 80 & over; Male; Female

Use to request full text of article

Copy and paste article citation here!
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
CONCLUSION
Remember

• Training Events Calendar
  http://kdla.ky.gov/employees/Pages/TrainingEventsCalendar.aspx

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

In the File Share box:
• Click “Health & Medical Information in KYVL”
• “Save to my computer”
• In the pop-up window:
• “Click to Download”
• “Save”
• Choose where to save it
• “Save”