Health & Wellness Resource Center (HWRC) 
and Alternative Health Module (AHM) 
Navigation Guide

The **Health & Wellness Resource Center (HWRC)** is a comprehensive resource that provides integrated access to medical, health, and wellness information through an intuitive Web interface. You can rely on this extensive medical resource for carefully compiled and trusted medical reference materials.

Including the respected *Gale Encyclopedia of Medicine*, **Health & Wellness Resource Center** delivers up-to-date reference material as well as full-text periodicals and pamphlets from a wide variety of authoritative medical sources. Additionally, consumers, students, and professionals are provided with descriptions of and links to several pertinent Web sites, selected for their usefulness and appropriateness.

The primary goal of the **Health & Wellness Resource Center** is to provide students and consumers with a one-stop source for health research. Search results are categorized by document type, allowing easy access to relevant information.

**Add On Modules**
Add-on modules will follow the **HWRC** recipe, integrating a variety of formats to deliver a one-stop solution. These add-on modules will focus on key reference and periodical literature, supplemented by Web sites, pamphlets, news and other content. The first general interest module, the **Alternative Health Module (AHM)**, is wholly integrated in the **HWRC**. It is anchored by the *Gale Encyclopedia of Alternative Medicine* and the *PDR Family Guide to Natural Medicines and Healing Therapies*. These reference books provide a foundation of in-depth information on herbs, oriental exercise and medication, and common conditions and treatments. It offers an “HRC-like” solution in the growing field of alternative health.

**Core Contents of HWRC**
- Nearly 400 health/medical journals (274 full text; 184 with images included)
- 864 pamphlets
- 2,206 general interest publications covering health related topics
- 13 Reference Sources (listed below)
- Images included from 8 of the Reference Sources

**HWRC Reference Sources**
Core Contents of AHM
- 21 periodicals (6 full text; 1 with images included)
- 2 Reference Sources with images included (listed below)
- 8 pamphlets

Alternative Health Module Reference Sources

Pamphlets
Pamphlets are added quarterly and are reviewed for content and relevancy. Although there are pamphlets dating back several years, these contain current information from government and disease/condition support agencies. Less than 1% of the pamphlets are obtained from commercial sources.

Links
HWRC includes Web site links that were selected by a review panel for content and community and three public domain web sites that were selected for the additional information they add for their use of community support groups, discussions, and professionally monitored chat rooms.

Major Search Paths
- Search for -- Searches key fields in every document for your search term or phrase.
- See Also or Related Subjects -- Provides an interactive subject guide listing concepts that match your search term. Clicking on a subject will launch a search for documents on that topic.
- Advanced Search -- Allows you to narrow your search to specific fields, document types, or dates, and provides an easy way to make use of Boolean search operators.
- Medical Encyclopedia -- Allows you to browse the Gale Encyclopedia of Medicine for Disease and medical conditions.
- Health Organizations Directory -- Searches the Medical & Health Information Directory for agencies, organizations, schools, journals, newsletters, publishers, programs, and special care.
• **Medical Dictionary** -- Allows you to search for terms in *Mosby's Medical, Nursing, & Allied Health Dictionary*.
• **Drug and Herb Finder** -- Searches the *USPDI: Volume 2: Advice for the Patient and, for Alternative Health Module subscribers, the PDR Family Guide to Natural Medicines and Healing Therapies* for your search term.
• **Health News** -- Allows you to browse the latest health news or search the newspaper database for health-related stories. In addition, you may link to CenterWatch for the latest on clinical trials.
• **Alternative Health Encyclopedia** -- Users subscribing to the Alternative Health Module will be able to browse the Gale Encyclopedia of Alternative Health for diseases and medical conditions.
• **Health Assessment Tools** -- Allows you to link to Cyberdiet.com, Cancerfacts.com, or Healthanswers.com. These tools help you assess or enhance your health.
• **Links to Other Sites** -- Allows you to link to CancerNet, Centers for Disease Control, Healthfinder, MEDLINEPlus, National Institutes of Health, and National Women's Health Information Center.

**Home Search Screen**

![Image of the Home Search Screen](image-url)
**Master Search from Home Page**

Using the *Search For* box launches a keyword search that searches key fields in every document for your search term or phrase. This search also brings up the hierarchical Subject Guide in a Sidebar on the left of the screen. Here you will find all the terms in the subject guide that contain your search term. You can refine your search by clicking on one of these terms. Clicking on a related search term will take you to a hierarchical display of related terms. That is, you will see categories called "Broader search," "Narrower search," and related searches, called "See also." The subject guide will help you find the material you are looking for; it may also suggest other topics worth pursuing.

The right hand side of the screen presents a results list of documents, organized behind tabs labeled Reference, Periodicals, Pharmacy, Pamphlets, and Resources.

**Results List**

Results lists now display the types of documents sorted by reference, magazine & journal, pharmacy, pamphlet, and resources. The Reference folder lists information from the reference books. Magazines & Journals include any newsletters that we have indexed or have rights for full text use. Each result will be listed with an indication of citation, abstract, or full text. All are displayed in reverse chronological order so that you can view the most current information on hand. Pharmacy information is displayed separately from other references for the quick accessibility to this information. Pamphlets are listed in reverse chronological order as well. The resources tab provides information on book and web site reviews as well as directory information.

The left sidebar contains “related searches” and “see also” references. You can also broaden or narrow your search at this point. Selection of items in the sidebar will initiate a new search on the subject selected.

Mark list and InfoMark are available from the results list screen. In addition, the Search For: function along with Advanced Search access are also available.

**Articles**

The articles have been somewhat standardized for easy access. In addition, you can change results by selecting another tab. At the article level you have access to easy pagination, print functions, e-mail, InfoMark, and mark for list functions. You can redefine your search by using the Search For or Advanced Search functions available at the top of the screen.
Search All Sources
Scenario: A patron’s doctor had ordered a test on her kidneys and bladder called an IVP. She wanted to know more about this test so she went to the public library and accessed the Health & Wellness Resource Center. She entered IVP in the search box on the master home screen. Search results returned one reference and the tab highlighted for Magazines & Journals. She clicked to open the reference document where she was able to read about IVP.

Reference Document

IVP (Intravenous Pyelogram).

An intravenous pyelogram, or IVP, as it is usually called, is a special x-ray of the kidneys and bladder.

A plain x-ray of the abdomen provides little or no information about the kidneys. An IVP allows your doctor to see the location and size of your kidneys and to get a general idea of whether they are functioning. The IVP can show deformities, blockages, stones, and tumors inside your kidneys.

How is it done?

An IVP may be performed in the x-ray department of a large clinic or hospital or in an outpatient center. You will need to wear a hospital gown so that items from your clothing, such as buttons, do not interfere with the x-rays taken.
**Related Searches**

After opening the reference document on IVP, the patron decided to click on the related subject *kidney diseases* displayed in the “related searches” list in the left margin. The search for *kidney diseases* returned 34 reference documents with additional references listed in the remaining tabs as well for Magazines & Journals, Pharmacy, Pamphlets, and Resources, all right at her fingertips.

**Magazines & Journals**

 Upon opening the tab for Magazines & Journals, she found 342 articles were listed in reverse chronological order.
**Pharmacy**
Upon opening the tab for Pharmacy, she found four full text articles from *USP DI, Vol. 2, Advice for the Patient*.

**Pamphlets**
After opening the tab on Pamphlets, she found four pamphlets, three from the *National Kidney Foundation* and one from the *National Institute of Diabetes & Digestive and Kidney Diseases*. 
**Resources**
Upon opening the Resources tab, she found one full text reference on *kidney disease* from *The Complete Directory for People with Chronic Illness*.

**Quick Start**
The Quick Start feature allows you to get basic information without knowing how to use a search tool. The “buttons” on the home page direct you to specific sources of specific information. Designed for the consumer, you will find easy access to directory information, definitions, and news using the Quick Start buttons.

**Medical Encyclopedia**
The Medical Encyclopedia allows you to select the medical condition listing from the *Gale Encyclopedia of Medicine* (GEM). To move through the list, choose the letter from the alphabet bar and scroll down to the name of the condition being searched.
Health Organization Directory

The Medical and Health information Directory is a comprehensive listing of agencies, organizations, institutions, schools, libraries and other health services/resources. The content is set up in the manner of a telephone book. To narrow a search, it is best to select the type of result (agency, web site, etc.) and enter a city and/or state of interest.

Health News

Clicking on Health News reveals articles from newspapers from around the world. Today's search returned 3,901 articles from which you can do a more specific search.
Search the News
From the Health News results screen with the newspaper listings, click on “Search the News” button on the upper right of the screen and enter your search term(s) with specific date ranges if you wish. Radio button choices allow you to search in title, citation, or abstract or in entire article content. You can also search in one or all newspapers by selecting “any” or the newspaper title from the pull-down list of newspapers available to date: Daily & Sunday Telegraph; Indianapolis Star: Los Angeles Times; Philadelphia Inquirer; Tallahassee Democrat; or Washington Post. Results are sorted by date.

Herb and Drug Finder
Use the Herb and Drug Finder button on the Home Page to begin a search of the USP DI, Vol. 2: Advice for the Patient in Lay Language. This reference book organizes drugs by their pharmacological family. You can search for prescription or non-prescription drugs or specific herbs. Type in any generic or trade name to start the search.
A search for the **prescribed medicine** *macrobid* returned the following results:

**Macrobid**

**Pronounced:** Mack-row-DAN-tin

**Generic name:** Nitrofurantoin

**Other brand name:** Macrobid

Source Citation: "Macrobid.

Why is this drug prescribed?

Nitrofurantoin, an antibacterial drug, is prescribed for the treatment of urinary tract infections caused by certain strains of bacteria.

Most important fact about this drug

Breathing disorders have occurred in people taking nitrofurantoin. The drug can cause inflammation of the lungs marked by coughing, difficulty breathing, and wheezing. It has also been known to cause pulmonary fibrosis (an abnormal increase in fibrous tissue of the lungs). This condition can develop gradually without symptoms and can be fatal. An allergic reaction to this drug is also possible and may occur without warning. Symptoms include a feeling of ill health and a persistent cough. However, all these reactions occur rarely and generally in those receiving nitrofurantoin therapy for 6 months or longer.

Medical Dictionary

*Mosby’s Medical, Nursing & Allied Health Dictionary* provides the user with the ability to find the correct spelling prior to initiating a search. You can define the search as containing the search term or starting with the search term. This dictionary contains 38,739 definitions.
Alternative Health Encyclopedia

The *Gale Encyclopedia of Alternative Medicine* will reach library shelves late in 2000; however, you can find articles from the four-volume set in **HWRC**. Entries are presented alphabetically by medical condition. Access is consistent with the Medical Encyclopedia Quick Search button.

Health Assessment Tools

In addition to the web sites selected by the review panel (see next section on “Links to Other Sites”), there are also three public domain web sites linked to the **Health & Wellness Resource Center**. They were selected for the additional information they add to **HWRC** and for their use of community support groups, discussions, and professionally monitored chat rooms.
**Cyberdiet**

*Cyberdiet.com* features a vast array of nutritional information, interactive tools, support groups and more to help users reach their goals. The information on Cyberdiet.com is peer-reviewed, submitted by licensed Registered Dietitians as well as other healthcare providers. All the information, programs and tools on Cyberdiet.com are free of charge. *(Source: Cyberdiet.com)*

**Cancerfacts**

*Cancerfacts.com* features the groundbreaking Cancer Profiler. Based on the scientific literature and guided by nationally recognized oncologists, Cancer Profilers inform patients about treatment options, side effects, questions to ask their physician, and likely outcomes; all personalized to a patient's individual situation. Each cancerfacts.com Cancer Center also includes

- educational information about the particular cancer
- the latest news from Reuters Health
- an online Marketplace
- Personal Stories
- local support groups
- a Broadcast Center

*(Source: Nexcura)*

**Healthanswer**

*HealthAnswers.com* provides a comprehensive, educational and interactive health care Web site for consumers and professionals. Included at this site is:

- a personalized ‘My Health’ page designed to provide each registered guest with custom health information relative to their interests
- 2,000 audio and video segments relative to health conditions providing compelling timely health information
- a bilingual comprehensive pharmaceutical database
- chat rooms/discussions forums with community health experts.

*(Source: HealthAnswers.com)*
**Links to Other Sites**

Web site links were selected by a review panel for content and community. All links open in a spawned window and you must read the disclaimer prior to launching the web site. Closing the window by clicking the X in the upper right corner of the window returns you to the screen initiated from the web link. There are links to the following U.S. government sites:

- CancerNet
- Centers for Disease Control
- Healthfinder
- MEDLINEplus
- National Institutes of Health
- National Women’s Health Information Center

**Advanced Search**

The “Advanced Search” allows you to type up to three search terms and specify where to look for each term headline, source title, and subject among others.
Refining Searches:
Health & Wellness Resource Center provides several search features that can be used to narrow your search. You can search on one field or a combination of fields. It is best to be as specific as you can when entering search terms. If you're looking for information about bone cancer, enter both of those words in your search. If you enter just cancer, your search will give you more results than you want.

Proximity Operators
The proximity operators W (within) and N (next to) may be used to refine your search.

- The W operator will find documents containing the specified words in the specified order within the number of words you indicate. For example, allergy w4 immune finds documents that contain the word allergy within four words of the word immune, and allergy must precede immune. You can narrow your search by requiring that the search terms appear as a phrase in the order that you typed them.

  For example, if you are looking for fatal disease, search for these words as a phrase, fatal W1 disease (which literally means "find fatal within 1 word of disease"). This narrows your results from hundreds of matches to a few dozen matches, assuming the phrase that you typed is not too common. (Note: This kind of detailed searching works best and is most useful when doing full-text searches from the Advanced Search screen, where you could even combine an exact phrase with a single search term. Many powerful combinations are possible.)

- The N operator locates documents containing the words you specify within the number of words you specify, but the words can be in any order. For example, allergy N4 immune finds documents that contain the words allergy and immune within four words of each other, regardless of their order (that is, immune could precede or follow allergy).

Boolean operators:
1. and
2. or
3. not

Broaden your search by using OR, for example, accidents OR injuries. Unless you tell the search engine otherwise, it finds only those essays containing all of the words that you specify. By inserting OR between your search words, you'll find documents that contain as few as one of your requested words. Using OR will increase the number of essays that are found; use OR if your search isn't finding enough essays. (Note: This kind of detailed searching works best and is most useful when doing full-text searches from the Advanced Search screen.)

Wildcards:
1. Asterisk (*)—matches any number of characters
2. Question mark (?)—matches an exact number of characters
3. Exclamation point (!)—matches one or no characters

Spelling
Check your spelling. If you type canser instead of cancer, your search won't find any matches.
Plural and Other Word Endings
Use plural or other word endings. For example, if you are looking for discussions of tests, search for various forms of the word using the OR operator as the connector, e.g. tests OR testing OR tested. (Note: This kind of detailed searching works best and is most useful when doing full-text searches from the Advanced Search screen.) It is also possible, depending on the desired search term, to use the truncation (or wildcard) feature to retrieve both singular and plural forms of a word, e.g. test*.

Synonyms
Try using synonyms for your original words. For example, enter nervous breakdown or mental breakdown OR nervous disorder OR mental instability.

Parentheses: (...)  
If you want to override the order of operators, you can use parenthesis so certain terms are searched together. You can construct very powerful queries using parentheses, for example: the operators described above work in both simple queries (words or phrases) or more complex ones delimited by parentheses ( ). Parentheses allow you to construct very powerful queries.

For example:

heart attack AND ((drugs AND therapy) OR medicine) (teen* OR (eating disorders AND anorexia)) AND (female OR women)

Boolean operators are applied in the order in which they appear. Therefore, the following searches are equivalent:

tooth AND decay OR cavity(tooth AND decay) OR cavity

InfoMarks
An InfoMark at the top of any page indicates that the URL of the page persists even when the session is over. Persistent URLs can be bookmarked for future reference or copied into an electronic mail message or onto a Web page. InfoMarks lets you save and relaunch searches and embed them on Web pages, e-mail, word processing documents, and more. With a click of the mouse, you can access a comprehensive knowledge base that you have designed. InfoMarks is the premier tool for creating reading lists, course packs, study guides, content services, guidelines for special projects, bibliographies, training sites, electronic journal directories, and so much more. You could track a company, InfoMark the search, then revisit the new and updated data as often as you like.

For more information on how to use InfoMarks, refer to the web site www.galegroup.com/infomarks.

***For more information on the Health & Wellness Resource Center, check out the Help feature located in the margin on the left-hand side.