

HEALTH & WELLNESS RESOURCE CENTER NAVIGATION GUIDE

ABOUT HEALTH AND WELLNESS RESOURCE CENTER

Health & Wellness Resource Center (HWRC) from Gale is a comprehensive resource for libraries, schools, and hospitals that provides integrated access to medical, and consumer health information. The *Health & Wellness Resource Center* features an intuitive interface -- providing multiple pathways to key information. Its browser style format lets you browse the latest news, review a set of subject areas, review and select a particular resource, or search across the entire database.

Content

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

Health & Wellness Resource Center has partnered with Healthology, an industry leader in providing health and medical video content and physician-authored articles. You can access the Healthology content from the Health Highlights area of the home page. And whenever you perform a search using the search box or using the Advanced Search page, your results may include video content from Healthology as listed on the Video tab of your results list. You can view top headlines directly from the home page in a section called Topics in the News.

In partnership with Harvard Health Publishing, *Health & Wellness Resource Center* also brings you the latest health news from Harvard Health Publications, a division of the Harvard Medical School.

Click the List of Sources link in the page banner for a complete list of sources used in this collection.

Add on Modules for HWRC

Modules for *Health & Wellness Resource Center* offer additional specialized information segments. The *Alternative Health* module looks at health care from a holistic lens. The *Disease Profiler* module offers an empirical, statistical complement to the disease information in *Health & Wellness Resource Center*.

Note: This Navigation Guide will include guidance and tips for accessing information from both the Alternative Health Module and the Disease Profiler.

GETTING STARTED

The *Health & Wellness Resource Center* home page displays as the starting page when you first access this database. From the home page you can go to all the different search pages, as well as accessing the tools and special features of *Health & Wellness Resource Center*. You can always return to the home page by clicking the Home menu tab, found under the database name and logo at the top of the page.

There are several main areas that make up the homepage. They include the following:



Page Banner



Menu Tabs



Diseases and Conditions

The Search Box

FIND DRUGS AND HERBAL REMEDIES



Drug or Herbal Remedy Name:

Symptoms:

Find Drugs And Herbal Remedies

TOPICS IN THE NEWS

ADHD Linked To Lead and Mom's Smoking
 Obesity: Treatment Options for this Worldwide Epidemic
 New Drug is Approved to Fight HIV
 Sight for Sore Eyes: Preventing Computer Eyestrain
 Medication Use in Older Individuals

Topics In the News

SEARCH DIRECTORY

Find up-to-date contact information for various service agencies, offices, companies, people, and health products here.



Search Directory

City

State ▼

[More>>](#)

Search Directory

HEALTH HIGHLIGHTS

Why Do I Still Have Heartburn?

☛ You take your heartburn medicine, but you still have heartburn. Learn about "acid breakthrough" and how you can obtain more complete protection from the discomfort of heartburn.



[Read Transcript](#) [Related Programs](#)

Health Highlights

Home | [Help](#) | [Search Tips](#) | [Dictionary](#) | [About](#) | [Acknowledgements](#) | [Contact Gale](#) | [Gale Databases](#) | [List of Sources](#) | [Advanced Search](#)



This information is not a tool for self - diagnosis or a substitute for professional care.

 We subscribe to the [HONcode principles](#) of the Health On the Net Foundation.

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Links on the Banner Page

The following links and buttons appear at the top of most pages, allowing you to easily navigate in *Health & Wellness Resource Center*.

Upper Right Corner of the Screen		Displays these online Help pages
		Takes you to the Database Menu where you can access other Gale databases in your library's subscription


	<p style="text-align: center;">Search Tips ■</p>	<p>Displays the Search Tips Help page, which explains how to use the AND and OR logical operators, how to include wildcards in your search and other ways to improve your searches</p>
	<p style="text-align: center;">List of Sources ■</p>	<p>Takes you to the list of reference sources in the product. Also provides you a link to the Database Title Lists web page, where you can retrieve a list of all sources for any of the online databases from Gale</p>
	<p style="text-align: center;">Guided Tour ■</p>	<p>Launch a guided tour of <i>Health & Wellness Resource Center</i> on demand</p>

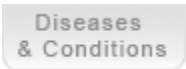
Menu Tabs

Directly under the *Health & Wellness Resource Center* logo banner you'll find the menu tabs that take you the various content areas you can search. The table below summarizes the ways you can search this collection:

Select this menu tab...

To find this kind of information...

	<p style="text-align: center;"><u>Home</u></p>	<p>The home page features the Search box, which lets you perform a basic search of the materials in this database using one of the three search options: by Keyword, Subject or Entire Document. Also on the home page you can easily begin browsing and searching directly in a specific content area, such as Diseases and Conditions, Drug Information, News Stories or the Directory, to name a few.</p>
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	<p style="text-align: center;"><u>Diseases & Conditions</u></p>	<p>Allows you to browse the <i>Gale Encyclopedia of Medicine</i>, an authoritative, comprehensive, in-depth medical guide which provides information on medical topics in language accessible to adult laypersons. Disease/disorder articles typically cover definition; description; causes and symptoms; diagnosis;</p>
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treatments; prevention; and more. Test/treatment articles typically cover definition; purposes; precautions; preparation; risks; normal and abnormal results; and much more.

Alternative
Medicine

Alternative Medicine

Users subscribing to the Alternative Health Module are able to browse the *Gale Encyclopedia of Alternative Health* for diseases and medical conditions. The Alternative Health Module provides additional information on alternative topics such as, herbal remedies, yoga, homeopathy, midwifery, chiropractic and more. This module is available as a separate subscription and complements the content found in ***Health & Wellness Resource Center***.

Drugs & Herbal
Remedies

Drugs & Herbal Remedies

Searches the following reference sources for a drug/herb or for a symptom: *PDR Family Guide to Prescription Drugs*, *PDR Family Guide to Over-the-Counter Drugs*, *USP DI-Volume II*, *Advice for the Patient: Drug Information in Lay Language* and, for Alternative Health Module subscribers, the *PDR Family Guide to Natural Medicines and Healing Therapies*, *PDR for Nutritional Supplements* and *PDR for Herbal Medicines*.

Directory

Directory

Searches the *Gale Medical and Health Information Directory* for agencies, organizations and schools; journals, newsletters, publishers and Web sites; and hospitals and health care facilities, programs, and special care. You may limit your search by city and/or state/province.

Dictionary

Dictionary

Allows you to search for terms in *Mosby's Medical, Nursing, & Allied Health Dictionary*.

Trusted Sites

Trusted Sites

Allows you to link to *CancerNet, Centers for Disease Control, Healthfinder, Medem library, MEDLINEPlus* (English and Spanish), *National Institutes of Health, National Women's Health Information Center*, and *PubMed* Websites. In addition, there is access to sites under the categories of: Allergy, Asthma, and Immunology; Anatomy; Arthritis; Cancer; Cardiac; Clinical Trials; Deafness and Communication Disorders; Diabetes, Digestive, and Kidney Disorders; Disease Prevention and Wellness; Evidence Based Medicine, Eyes; Government Databases; Hemophilia; Key Library Databases; Mental Health; Neurological Disorders and Stroke; Obesity; Pediatrics; Senior Health; and Women's Health.

Health Assessment

Health Assessment

This page offers links to interactive tools designed for the interested lay person. These allow you to link to: A Cancer Profiler that informs patients about treatment options, side effects, questions to ask their physician, and likely outcomes. Other calculators range from a Body Mass Indexer, Depression, Fat intake, and GFR calculators which assist to determine kidney function for adults and children. In addition, there are Risk Assessment Tools that help consumers find out their risk for cancer, diabetes, heart disease, osteoporosis, stroke and personalized tips for prevention. You may also estimate your 10-year risk of having a heart attack with a tool which uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. There is also an interactive tool to measure a woman's risk of invasive breast cancer. And finally another interactive

tool to measure your risk of developing diabetes.

Disease Profiler

Disease Profiler

Allows you to access health care related statistics located in the Disease Profiler databases: Commercial Claims and Encounters and the Medicare Supplemental Coordination of Benefits.

Advanced Search

Advanced Search

Allows you to create a more targeted search to specific fields of information (known as indexes) and provides an easy way to make use of logical search operators (AND, OR, NOT). You may limit your search to full-text articles, consumer health, refereed publications, and the Alternative Health Module (for users subscribing to this module).

Links on the Page Footer

The menu bar at the bottom of each screen contains the following links:

Home	Takes you to <i>Health & Wellness Resource Center's</i> <u>home page</u> .
Help	Takes you to the online <u>Help Table of Contents</u> for detailed explanations and tips on using <i>Health & Wellness Resource Center</i> .
Search Tips	Takes you to a help file page containing strategies and hints on the best ways to find information in this database.
Dictionary	Lets you look up terms in an <u>online medical dictionary</u> .
About	Takes you to a page that describes <i>Health & Wellness Resource Center</i> .
Acknowledgements	Provides you with <u>acknowledgement</u> information for <i>Health & Wellness Resource Center</i> .

Contact Gale	Provides you with contact information for Gale representatives that can help you with technical support, search assistance and general questions.
Gale Databases	Takes you to the Database Menu, from which you can access the other Gale databases in your subscription.
List of Sources	Takes you to the Gale website for lists of the <u>periodical, newsletters, newspapers, pamphlets, videos, and reference sources</u> found in this database that you can download.
Advanced Search	Provides another way you can access the <u>Advanced Search page</u> .

PERFORMING A SEARCH FROM THE HOME PAGE

The home page Search offers several ways to target your search. After entering your search term(s) in the input box, click to select one of the following radio buttons to determine how your search will be conducted.

Here's how to perform a search using the Search box on the Home page:

1. Enter a word or words in the blank box
2. Select one of the following options: Keyword, Subject or Entire Document (these are explained below)
3. Click on the Search button and the system will search the database for materials matching your search terms
4. When items are found that match your search criteria, the results list will be displayed; otherwise you will get a message asking you to revise your search



Clicking Clear will remove any search terms you entered.

Check the en espanol box to limit your results to Spanish-language only content, which includes *Enfermedades y Trastornos de la Salud*. Check the Full text articles box to limit your results to articles with full-text available. Check the Refereed publications box to limit your journal results to academic or scholarly results only. Check the Consumer health box to limit your results to entries written for the non-medical expert.

The Home Page Search by Keyword

The Keyword option is the default search option. The Keyword option searches significant fields in documents, including titles, introductory text, and author(s) of documents. It also searches the first 100 words in the documents.

The Home Page Search by Subject

Use the Subject option to search for topics such as health issues, companies, events, laws, disease or drug names, organizations, people, and so on. This is a good search to use when beginning your research or when you want to look for related subjects. The Subject search is more focused than a Keyword search.

When selecting the Subject option, it is usually best to search for only one or two words in the search box.

The Home Page Search by Entire Document

The Entire Document option looks for any word or words within the complete text of all documents in the database, as well as in the fields of information included in the Keyword search. This is a good search to use if you are looking for a particular line of text or an unusual phrase.

Note: You may use logical (Boolean) operators, proximity operators and wildcard characters when performing a search. More information regarding operators and wildcards can be found in the Search Tips section of this Navigation Guide.

MORE WAYS TO SEARCH FROM THE HOMEPAGE

There are several other ways to execute a search from the HWRC Home Page. You may choose to search for specific information by utilizing any of the following search options:

- Diseases & Conditions
- Alternative Medicine
- Drugs & Herbal Remedies
- Directory
- Looking up Words in the Dictionary
- Trusted Sites and Health Assessment
- Disease Profiler
- Topics in the News
- Health Highlights

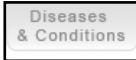
DISEASES & CONDITIONS

The Diseases & Conditions content area of *Health & Wellness Resource Center* lists over 900 diseases and conditions from the *Gale Encyclopedia of Medicine*.

There are two ways to access this content:

1. From the Home Page - Click on a topic in the Diseases and Conditions box from the home page. If the name of the disease or condition that you are looking for does not appear, click the More>> link to browse the complete alphabetical list.



2. Or click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen.

How to Search Diseases & Conditions

When viewing the alphabetical list, click on the first letter of the disease or condition you are looking for. Selecting a topic displays the full essay from the *Gale Encyclopedia of Medicine*.


You will also notice that the topic you selected appears in the Search box in the left-hand sidebar. Click the Search button to perform a search of the entire database to find all materials on that disease or condition.

ALTERNATIVE MEDICINE

Subscribers to the Alternative Health Module can browse the *Gale Encyclopedia of Alternative Medicine* in the Alternative Medicine content area of *Health & Wellness Resource Center*. The Alternative Medicine content provides information on recommended therapies for specific disorders and diseases, along with conclusions of studies on efficacy and analysis of current levels of acceptance by traditional scientists and doctors.

How to Search Alternative Medicine



Click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen.

Clicking the Alternative Medicine menu tab takes you directly to the alphabetical list of topics. Click on the first letter of the disease or condition you are looking for. Selecting a topic displays the full essay from the Encyclopedia of Alternative Medicine.

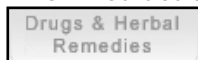
You will also notice that the topic you selected appears in the Search box in the left-hand sidebar. Click the Search button to perform a search of the entire database to find all materials on that disease or condition.

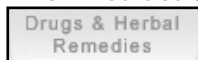
DRUGS & HERBAL REMEDIES

The Drugs & Herbal Remedies content area of *Health & Wellness Resource Center* lets you search for drugs by generic, brand, or trade name from the *PDR Family Guide to Prescription Drugs*, *PDR Family Guide to Over-the-Counter Drugs* and the *USP DI-Volume II, Advice for the Patient: Drug Information in Lay Language*. In addition, users subscribing to the Alternative Health Module may search for medicinal herbs in the *PDR Family Guide to Natural Medicines and Healing Therapies*, *PDR for Nutritional Supplements* and *PDR for Herbal Medicines*.

There are two ways to access this content:

1. From the Home Page - You can begin your search right from the home page. Refer to the "How to Search for Information on a Drug or a Symptom" section below for instructions.



2. Or click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen. Clicking the Drugs & Herbal Remedies menu tab takes you to the Drugs & Herbal Remedies search page. Refer to the "How to Search for Information on a Drug/Herb or a Symptom" section below for instructions.

How to Search for Information on a Drug/Herb or a Symptom

Type the name of the drug or herbal remedy or one or more symptoms in the appropriate input box and click Submit. The system will perform a Keyword search and display a single results list (without tabs). Results will be listed by relevancy, with those items that most closely match your search terms appearing first.

Examples

1. When searching for a drug, you can enter its brand name (such as *aspirin*) or its generic name. The generic name typically includes the actual drug compound. In the case of aspirin, the generic name is *acetylsalicylic acid*. You can search on the brand name or the generic name, as both are cross-referenced in this database.
2. A symptom search on *sore throat* will return a list of drugs that can be prescribed or purchased to alleviate that symptom.

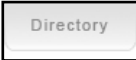
DIRECTORY

The Directory content area of *Health & Wellness Resource Center* lets you search the three volumes of the *Gale Medical Health and Information Directory* for up-to-date contact and general information for various service agencies, companies, institutions and people.

There are two ways to access this content:

1. From the home page - You can begin your search right from the home page. Refer to the "How to Search the Directory" section below for instructions.



2. Or click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen. Clicking the Directory menu tab takes you to the Directory search page. Refer to the "How to Search the Directory" section below for instructions.

How to Search the Directory

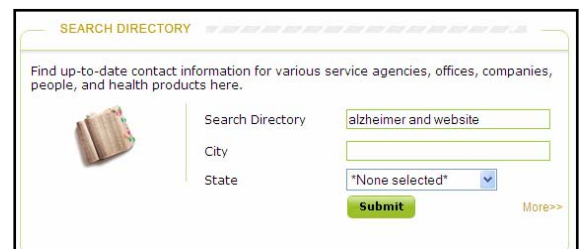
Enter a word or words in the input box. You may narrow your search by optionally entering a City and/or a State (or Province).

Click the *Submit* or the *Search* button to start the Directory search.

Your results will be displayed in a single list (no tabs), arranged alphabetically. Select the name of an entry to view the full listing. Entries will contain the name and address, and where available and applicable, additional information may be shown, such as phone, fax, e-mail address, website, contact names, year founded, former or variant names, description, and other relevant details. You will also find the source citation.

Examples

1. To find information on which agency administers Medicaid programs in the State of Michigan, enter *medicaid* in the search box and "*Michigan*" as the State. You will find the *Michigan Department of Community Health, Medical Services Administration, Medicaid Operations Bureau* listing.
2. If you are looking for websites that deal with Alzheimer's disease, enter *alzheimer AND websites*.



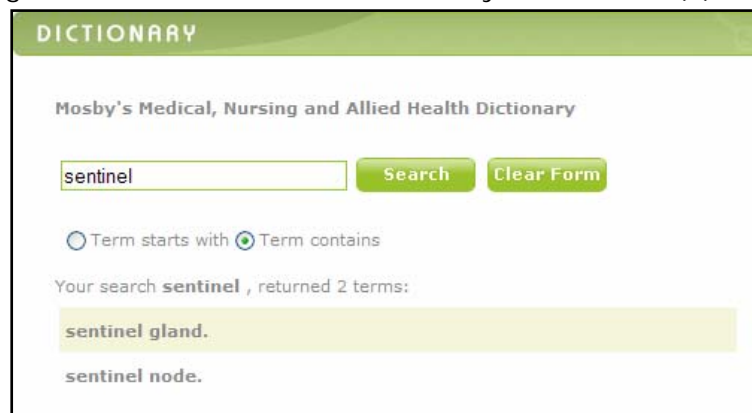
DICTIONARY

The Dictionary menu tab allows you to search for health and medical terms in *Mosby's Medical, Nursing, and Allied Health Dictionary*.

How to Search the Dictionary

Click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen.

Clicking the Dictionary menu tab takes you directly to the Dictionary search page. Don't worry if you don't know the exact spelling of the word. You can type the word/phrase or part of the word/phrase you are looking for into the search box followed by the asterisk (*) and choose the radio button below the search box that meets your needs. For example, if the spelling is unknown, click either the Term starts with or the Term contains radio buttons.




An alphabetical list of terms will appear on the screen. Find the word you are looking for and click on it to view the complete dictionary entry.

You will also notice that the term you selected appears in the Search box in the left-hand sidebar. Click the Search button to perform a search of the entire database to find all materials on that term.

TRUSTED SITES

By clicking the Trusted Sites menu tab, you can view a list of websites that offer more information on a variety of health-related topics.

How to Access Trusted Sites

Click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen.

Clicking the Trusted Sites menu tab allows you to link to reviewed, reliable and durable websites filled with additional resources: CancerNet, Centers for Disease Control, Healthfinder, Medem library, MEDLINEplus (English and Spanish), National Institutes of Health, National Women's Health Information Center, and PubMed Websites. In addition, there is access to sites under the categories of: Allergy, Asthma, and Immunology; Anatomy; Arthritis; Cancer; Cardiac; Clinical Trials; Deafness and Communication Disorders; Diabetes, Digestive, and Kidney Disorders; Disease Prevention and Wellness; Evidence Based Medicine, Eyes; Government Databases; Hemophilia; Key Library

Databases; Mental Health; Neurological Disorders and Stroke; Obesity; Pediatrics; Senior Health; and Women's Health.


Spanish-Language Health Information from the Trusted Sites Menu Tab

Most information from CareNotes and Clinical Reference Systems is available in Spanish alongside its English language counterpart. Additionally, libraries or individuals can link to key health information provided in Spanish by clicking on MedlinePlus Spanish within Trusted Sites tab. In addition, all sites noted above provide some Spanish-language information.

HEALTH ASSESSMENT

Clicking the Health Assessment menu tab displays a list of interactive sources that may help you assess or enhance your own health.

How to Access Health Assessment Tools

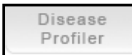
Click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen. This button allows you to link to helpful websites that contain health assessment tools. From the Health Assessment page, you can to link to:

- A Cancer Profiler that informs patients about treatment options, side effects, questions to ask their physician, and likely outcomes. These are all personalized to a patient's individual situation.
- Other calculators range from a Body Mass Indexer, Depression, Fat intake, and GFR calculators which help to determine kidney function for adults and children.
- Risk Assessment Tools that help consumers find out their risk for cancer, diabetes, heart disease, osteoporosis and stroke along with personalized tips for prevention.
- You may also estimate your 10-year risk of having a heart attack with a tool which uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years.
- An interactive tool to measure a woman's risk of invasive breast cancer.
- An interactive tool to measure your risk of developing diabetes.
- And more!

DISEASE PROFILER

Subscribers to the Disease Profiler Module can access health care related statistics from the *Commercial Claims* and the *Medicare Supplemental and Coordination of Benefits (COB)* databases. The Disease Profiles are based on healthcare databases that capture the combined health care services of millions of individuals covered by employer-sponsored health care nationwide. You'll find health statistics charting prevalence rates, costs to treat, top treatment drugs, and more, for various common diagnoses. The data goes back 5 years and is presented in accessible chart and graph formats.

How to Access the Disease Profiler

Click the  menu tab from under the *Health & Wellness Resource Center* banner at the top of any screen.

Clicking the Disease Profiler menu tab takes you directly to the Disease Profiler, which opens in its own browser window. To return to *Health & Wellness Resource Center* once you've finished your work with Disease Profiler, click the *Logout* button.

TOPICS IN THE NEWS

The Topics in the News content area of *Health & Wellness Resource Center* allows you to access content from our partner site, Healthology.



How to Access the Topics in the News Content

Topics in the News are available on the home page. Here you'll find recent health-related headlines. Clicking a headline takes you to the full text of the article. This section is updated every daily.

HEALTH HIGHLIGHTS

The Health Highlights content area of *Health & Wellness Resource Center* allows you to access content from our partner site, Healthology. Within Healthology, you'll find an extensive library of streaming video webcasts and expert-authored articles covering general health, diseases and conditions, mental health, gender-specific topics and age-related issues. The content may also include in-depth interviews, questions to ask your doctor, health quizzes and more. Transcripts are available for most webcasts.

How to Access Health Highlights Content

The Health Highlights box on the home page features a single health topic, as selected by the Healthology editors. Click the topic title to view the full content from Healthology, which may include a video webcast.



ADVANCED SEARCH

Advanced Search mode will allow you to create a more complex search query to find specific information in the *Health and Wellness Resource Center* database.

Performing an Advanced Search

Advanced Search lets you search for terms and topics from one index, or from multiple indexes linked by logical (Boolean) operators (AND, OR, NOT). You may also use other search operators.

Here's how to perform an Advanced Search:

1. If you're not already at the Advanced Search page, click the Advanced Search tab from the list of menu tabs below the product logo.
2. There are three available search boxes; you must enter a search

ADVANCED SEARCH

Enter search term(s) and select index type.

Indicate choice of Boolean operators (AND, OR, NOT)

BREAST CANCER in Keyword AND

GALE ENCYCLOPEDIA OF in Publication Name AND

[] in Keyword

Search **Clear Form**

Limit the current search (optional)

Full text articles Refereed publications

Consumer health Alternative Health Module

en espanol

Date of Publication

Note: Entering a date or range of dates will limit your search to periodicals only.

From (m) *none* (d) *none* (y) *none*

To (m) *none* (d) *none* (y) *none*

Search **Clear Form**

- term in the first available box, the other two are optional.
3. Select an index from the pull-down list that allows you to target your search to specific index fields, as explained below.
 4. You may optionally enter other terms in each additional input box; select a logical operator (AND, OR, NOT) to connect the terms you entered into each input box.
 5. Optionally enter one or more search limits to limit your search results, as explained below.
 6. Click on the Search button and the system will search the database for materials matching your search terms.
 7. When items are found that match your search criteria, the tabbed results list will be displayed; otherwise you will get a message asking you to revise your search.

Clicking the *Clear* button will remove any search terms you entered. Scrolling to the bottom of the Advanced Search page, you'll find a list of the previous searches you've made during the current session. Select a query and then click *View* to re-run the search. Click *Clear History* to remove the list of previous searches.

Please note that content from the Dictionary and the Directory is not included in an Advanced Search. See the *Search Tips* section of this Navigation Guide to learn how to improve your search results.

Advanced Search Indexes

Below are descriptions of the types of searches you may conduct using the pull-down list of index fields. You may join these boxes with logical (Boolean) operators (AND, OR, NOT) via pull-down lists or typing them into the search boxes.

Search Type	Description
Subject	The system will search the database for documents indexed under the subject headings that match your search terms.
Keyword	This search allows you to search for your term in key fields within the database, including the title, abstract, subject headings, author and the first 100 words of the text of each document.
Article Title/Headline	Use this option to search for words in the titles or headlines of articles and documents. You can enter all or some of the words of the title you're looking for.
Publication Name	Searches for a particular source name, such as a magazine or pamphlet title. For a list of sources in <i>Health & Wellness Resource Center</i> and/or the Alternative Health Module visit the title list hyperlink at the top of the Health and Wellness Resource Center database. Important Note: When searching a specific journal that is titled with a common medical term like Pediatrics, you must put quotes around the journal

	name, e.g., "Pediatrics".
Full Text	Searches the titles, authors, subject indexing, abstracts and the complete text of all documents for your search terms. This is a good search to use if you are looking for a particular line of text or an unusual phrase. To search for a phrase, you can use proximity operators such as W1 between words; please see the section "Proximity" in Search Operators for detailed instructions.
Author	Searches the author field for the name you enter. This includes authors of magazines/journal/news articles, reference source documents and pamphlets.
Abstract	Searches for your term in the abstracts of magazine and journal articles.
Document Number	Searches for a specific document based on the document's unique identifying <u>record number</u> . These identifiers are assigned by the Gale. You must know the document's number to conduct this search. You can find the document number at the bottom of a document (e.g. A72982469 or DU2601000270). Note this number to quickly access the document later.

Limiting an Advanced Search

You can optionally enter criteria to limit your search. For example, you may want to search for periodical articles with a specific publication date or only for content written in Spanish.

 Limiter 	 Description
 Full-text Articles 	You can limit the results of your search to include only articles with full text, thus eliminating any citation-only and abstract-only articles (this limiter applies only to results on the Magazines & Journals tab)
 Consumer Health 	Limits your results to "consumer health" content, which is identified by Gale as material for the general public
 Refereed Publications 	You can limit the results of your search to include only articles from peer-reviewed publications (this limiter applies only to results on the Magazines & Journals tab)

Alternative Health Module	For subscribers of the Alternative Health Module, you may limit your search only within the Alternative Medicine content
en espanol	Limits your results to Spanish-language only content, which includes <i>Enfermedades y Trastornos de la Salud</i>
Date of Publication	You can limit your search to include only material published on, before or after a date or within a range of dates. Use the pull-down lists to select the exact date or range of dates that you want (note that by using this limiter you are limiting your search to periodical content only as found on the Magazines & Journals tab)

Advanced Search Results

A successful search produces a tabbed results list of titles of documents that match your search criteria.

Documents are sorted from an Advanced Search as follows. Documents on the following tabs are sorted alphabetically by document title: Books & Fact Sheets, Drugs and Video. The remaining tabs are arranged in reverse chronological order, with the most recent article at the top of the list: Magazines & Journals, Pamphlets and News.

The Advanced Search results list contains the same features as you'll find when doing a general search.

Your Search, ((Keyword = BREAST CANCER) AND (Publication Name = GALE ENCYCLOPEDIA OF MEDICINE)), returned the following results.

Books & Fact Sheets (7) | Magazines & Journals | Drugs & Herbal Remedies | Pamphlets | Video | News

Below are Items 1-7 of 7 found.

- Mark all
- Breast cancer
Paula Ford-Martin, Teresa G. Odle, Jacqueline L. Longe. *Gale Encyclopedia of Alternative Medicine*, 2006.
- Breast cancer
Richard A. McCartney, M.D., Teresa G. Odle, Tish Davidson, A.M., Jacqueline L. Longe. *Gale Encyclopedia of Medicine*, 2007.
- Breast ultrasound
Ellen S. Weber, MSN, Teresa G. Odle, Jacqueline L. Longe. *Gale Encyclopedia of Medicine*, 2006.
- Lumpectomy
Ellen S. Weber, MSN, Teresa G. Odle, Jacqueline L. Longe. *Gale Encyclopedia of Medicine*, 2006.
- Mammography
Ellen S. Weber, MSN, Teresa G. Odle, Jacqueline L. Longe. *Gale Encyclopedia of Medicine*, 2006.
- Mastectomy
Ellen S. Weber, MSN, Teresa G. Odle, Jacqueline L. Longe. *Gale Encyclopedia of Medicine*, 2006.

SEARCH RESULTS FOR A GENERAL SEARCH

A successful search produces a results list of titles of documents that match your search criteria. Results list items typically also display key publication information for the document. To view the full document or resource, simply click its title.

Results Grouped by Tab

Your results are presented as a series of tabs that group your results into similar types of sources and documents. Note that not every tab may contain items, depending on your actual search results. Tabs with no results are "grayed out." By default, results on the left-most tab will be displayed first.

When you search *Health & Wellness Resource Center*, your results will be organized into the following tabs. To view the results on a different tab, click the tab name.

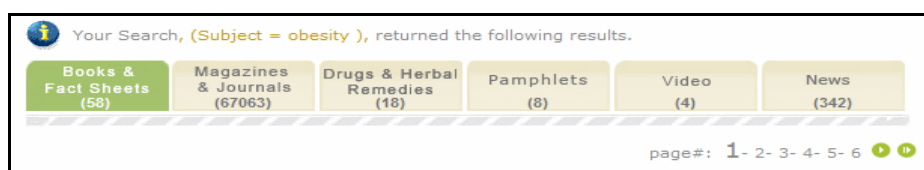
Below the tab name you'll find a count in parentheses of the number of results found for that tab.

Tab Name	Description
Books & Fact Sheets	<p>Includes reference content from a broad collection of Gale titles, including <i>The Gale Encyclopedia of Medicine</i>, <i>The Gale Encyclopedia of Childhood & Adolescence</i>, <i>The Gale Encyclopedia of Cancer</i>, and <i>The Gale Encyclopedia of Genetic Disorders</i>. Additional reference content from top health information providers is also included. This tab also features fact sheets from organizations such as the Centers for Disease Control and the World Health Organization.</p> <p>Note that you may browse <i>The Gale Encyclopedia of Medicine</i> directly from the home page in the Diseases and Conditions section.</p>

<p>Magazines & Journals</p>	<p>Contains articles from more than 900 health and medical journals (more than 75% of which appear in full text) and health-related articles from over 3,000 general interest publications. Articles are arranged in reverse chronological order, with the most recent article at the top of the list. You'll find that many journals in this category are refereed (also known as peer-reviewed). A journal is considered refereed when its articles are of a scholarly or scientific nature, and the publication is noted as "refereed" either in its marketing literature, prefatory comments, or in a library reference tool.</p>
<p>Drugs & Herbal Remedies</p>	<p>Features easy-to-understand pharmaceutical information from sources such as the <i>PDR Family Guide to Prescription Drugs</i>, <i>PDR Family Guide to Over-the-Counter Drugs</i>, <i>USP DI-Volume II, Advice for the Patient: Drug Information in Lay Language</i> and, for Alternative Health Module subscribers, the <i>PDR Family Guide to Natural Medicines and Healing Therapies</i>, <i>PDR for Nutritional Supplements</i> and <i>PDR for Herbal Medicines</i>.</p> <p>Note that you may search for information on drugs and symptoms directly from the home page.</p>
<p>Pamphlets</p>	<p>Contains the full text of pamphlets on diseases, conditions and lifestyles that were written between 1999 and today. The pamphlets are used with permission of the original publishers, most of whom are government-sponsored groups or medical/disease associations. Pamphlets are added annually and are reviewed for content and relevancy. Less than 1% of the pamphlets are obtained from commercial sources.</p>
<p>Video</p>	<p>You will find an extensive library of streaming video webcasts and expert-authored articles, including in-depth interviews, questions to ask your doctor, health quizzes and more. Transcripts are available for most webcasts. Videos are usually about four minutes long. The multimedia health library is provided in partnership with Healthology.</p>
<p>News</p>	<p>Contains the latest news from select health-related newspapers from around the world, including the Harvard Medical School and the <i>New York Times Health</i> section.</p> <p>Note that you may also view current health news headlines and other special topics directly from the home page.</p>

Navigating Your Results

Below the tab bar, the green arrows let you navigate through the results on the current tab one page at a time, or you can go to the first or last page. The page number links let you jump to a specific page of results.





You can view results on another tab by clicking the tab name (the tab will be highlighted as you mouse over it). The tab you are currently viewing will be highlighted in a contrasting color to distinguish it from the other tabs. If your search didn't find any results for a particular tab, that tab will not be active.

How Results are Arranged by Tab for a General Search







Documents on the following tabs display the most relevant results first: *Books & Fact Sheets* and *Drugs & Herbal Remedies* (relevancy is defined by how closely documents match your search query). Results on these tabs are arranged in reverse chronological order, with the most recent article at the top of the list: *Magazines & Journals*, *Pamphlets* and *News*. Results on the *Video* tab are sorted alphabetically by document title.




Icons Used on the Results List

Items on your results list show the title of the article or resource, along with the name of the source publication and publication date. The page icon , with its corner turned down, means that you'll find the full text of the article. The camera icon  indicates the document contains a picture, drawing or a table.

Simply click the document title to view the record.

Here's a summary of the icons you may find on your results list items:

 Mark all Mark all checkbox	Checking this box selects all items on the currently displayed results tab. To add the selected items to your Marked List , click the Update Marked List button found in the left-hand sidebar . To un-mark all items, click to remove the checkmark from the box.
 Mark a single item checkbox	Checking this box selects one item at a time. To add the item to your Marked List , click the Update Marked List button found in the left-hand sidebar .
 Page icon	The page icon means that the you'll find the full text of the document or article
 Camera icon	The camera icon means that the article contains some type of image (picture, illustration, chart, table, and the like)
 Citation only icon	A citation is a reference to an article (when the full text is not available) that provides publication information and is indicated by the citation icon on the results list
 Abstract only icon	The abstract icon means you'll find a citation to an article (which includes publication information) along with a summary of the article. You may find abstracts when the full text of the article is not available. This icon is used only on the Magazines & Journals tab.

 or  Check for this item at...	<p>Your library may have enabled you to be able to check immediately if a periodical source is available at your library directly from <i>Health & Wellness Resource Center</i>. Depending on your library's system settings, up to three holdings links may appear as hyperlinked text (Check for this item at...) or as an icon showing a book. Clicking this link will display your library's online catalog in a separate browser window. If you don't see your library's catalog when you click on the link, be sure to check under other Gale windows. Don't forget to close all the windows when you're done. This link, if available, will only appear for periodical sources.</p>
 Third-party resource icons	<p>Your library may have enabled you to link to <u>third-party Web resources via an OpenURL server</u> to look for additional materials related to the content you are viewing.</p>

Marking Your Results


You can mark a results item to add that document to your *Marked List* so that you can easily return to the document at any time during your current session. Click to place a checkmark in the Mark checkbox that appears before the results item you wish to mark, then click the *Update Marked List* button in the left-hand sidebar.

A document that you have previously added to your *Marked List* will show a checkmark in the checkbox .

Click the *Mark all* box to select all results currently displayed on the page. Again, remember to click *Update Marked List* button to actually add the selected items to your *Marked List*.

After marking one or more documents, you may view your *Marked List* by clicking on the *View Marked List* button in the sidebar on the left. Your items will be presented in a list, similar to the results list, but without tabs. Items will be grouped by category. To remove a document from your *Marked List*, simply deselect the box to the left of the item and click the *Update Mark List* button on the sidebar. When viewing your marked items, you can print, e-mail and download the list of items.

INFOMARKS AND SAVING PAGE LOCATIONS

The InfoMark symbol  at the top of a page means that you and others can re-visit this page after you've ended your current session. An InfoMark is basically a way to save the content you've found for future reference. With InfoMarks you can also copy the page URL (its web address) into e-mail messages, Word documents and web pages. You can also use your browser to save the page as a bookmark.

Steps to Create an InfoMark to Share with Others:

1. Perform a search using any of the search methods in this database
2. Acquire the static URL of your results list page by copying the full URL (starts with http://) as it appears in your browser's address box. This will let you save results so that when you access your InfoMark, your search will be run and you'll get updated results based on the current contents of the database. If you want your InfoMark to

point to a fixed list of articles, create a Marked List first, then copy the URL of the View Marked List page. Lastly, you may want to InfoMark a single document. While viewing that document, copy its URL.

3. Publish the InfoMark by pasting the static URL from Step 2 into a Word document, an e-mail or an HTML file

One common use for InfoMarks is to create a predefined search. Any combination of searching and limiting that produces results can be saved. A predefined search could be as narrow as a specific search or as broad as, for example, all articles from a particular journal. Each time the saved link is selected, the search will be run anew, so the results are always fresh. To create a predefined search, save the URL at the tabbed results list page, the page with a list of matching documents.

Saving a Marked List page provides a link to a list of articles you selected. This is a good way to create a "Reading List" to share with others.

How Do I Use an InfoMark?

If you created an InfoMark as a bookmark or shortcut, simply click the link. Or if you created an InfoMark hyperlink in an e-mail message, Word document or HTML page, your users can just click the link.



Keep in mind that successfully accessing an InfoMark link starts a search session in a Gale database. Even if the link simply goes to a document, all resources of that database are available to the user.

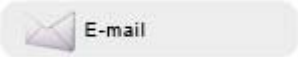

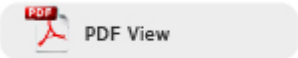





Documents that are InfoMarked should be reasonably stable, but the list of sources and negotiated rights (for text and/or full content display) in a collection can change without notice. It's a good idea to verify your saved links from time to time.

NOTE: Anyone who uses a saved URL must have access to GaleNet and to the product from which the URL came. Users who have access to GaleNet but not the product from which the URL came will see the following message: This InfoMark specifies a database that is not on your current subscription list.

The Sidebar

On the results list, you'll find the following buttons and features in the sidebar, located in the left-hand margin. An explanation of the Sidebar options can be found below:

	<p>Your current search term(s) will appear in the Search box. To perform a new keyword search directly from this page, type in new search term(s) in the box and then click the Search button. The system will do a Keyword search of the database for materials matching your search terms and display a <u>tabbed results list</u> to the right. If you would like to build a more focused search, click the <u>Advanced Search</u> link.</p>
	<p>Formats an individual document for <u>printing</u>, based on your browser. You can then select "Print" from your browser to print the document. This feature is only available when you are viewing a document or an article.</p>



	<p>Allows you to <u>e-mail</u> the retrieved document to a valid email address as an HTML document or as plain text. Images will <i>not</i> be emailed. This feature is only available when you are viewing a document or an article.</p>
	<p>Lets you <u>download</u> the article so that you can save it to the computer's hard drive or to a portable USB drive. This feature is only available when you are viewing a document or an article.</p>
	<p>Lets you view the <u>PDF version of the document</u>, which displays the article as it appears in the print version. You may print and save the PDF version. This feature is only available when you are viewing a document and may not be available for all documents.</p>
<p>Document 1 of 6150 </p>	<p>Shows the document's position in your results list for the current tab.</p>
<p><input type="checkbox"/> Mark This Document</p>	<p>Click on this box to add the document you are currently viewing to your <u>Marked List</u>.</p>
<p></p>	<p>Click on the Results List button to return to your <u>tabbed results list</u>.</p>
<p></p>	<p>Allows you to view all items in your <u>Marked List</u>.</p>
<p>See Also:</p> <ul style="list-style-type: none">  Antioxidants (Nutrients)  Cancer prevention 	<p>You'll find more topics related to your search term(s) in the See Also section of the sidebar. Click a topic to launch a search. The system will display a <u>tabbed results list</u> to the right.</p>

More Web Resources via an OpenURL Server

Your library may have enabled linking to third-party Web resources via an OpenURL server. This would allow you to look for additional material related to the periodical content you are viewing in this Resource Center. You may be able to link to electronic resources such as full-text repositories; abstracting, indexing and citation databases; on-line catalogs of other libraries; and citations appearing in research articles or e-print systems, to name a few. You may even be able to initiate an Internet search using a search engine such as Google or Yahoo!

Links to third-party resources may be available from one or more of these pages, as determined by your library:

- your tabbed results list
- when viewing an article
- your Marked List

Your library will also choose how the third-party resource links will appear: either as hyperlinked text (for example, WorldCat or SFX) or as icons (such as  or ). If you see icons, hover over the icon to pop up a text description of the link.


In most cases the third-party resources will open in a separate browser window and display additional search options. If you don't see the other source when you click on the link, be sure to check under the other Resource Center windows. Don't forget to close all the windows when you're done.


RETRIEVING AND VIEWING DOCUMENTS


Navigating Documents


Click on an item from your tabbed results list or from your Marked List to display the full record, be it a periodical article, an essay or entry from a reference work, or multimedia content. Your search terms will appear in a contrasting color within the text. Use the vertical scroll bars to view the full document.


Many reference documents have Table of Contents sections that make it easy to jump directly to the information you want.

 Print

 E-mail

 Download




 PDF View

 Document 2 of 58

Mark This Document

[<<Result List](#)

See Also:

-  [Anti-obesity agents](#)
-  [Obesity](#)
-  [Weight loss](#)

Obesity

Synopsis: Rosalyn Carson-DeWitt, M.D. Rebecca J. Frey, Ph.D. Tish Davidson, A. M. Jacqueline L. Longe

Source Citation: "**Obesity.**" Rosalyn Carson-DeWitt, M.D., Rebecca J. Frey, Ph.D., and Tish Davidson, A. M. The Gale Encyclopedia of Medicine. Ed. Jacqueline L. Longe. 3rd ed. Detroit: Gale, Online update, 2007. 5 vols.

Table of Contents

[Definition](#) | [Description](#) | [Causes And Symptoms](#) | [Diagnosis](#) | [Treatment](#) | [Alternative Treatment](#) | [Prognosis](#) | [Prevention](#) | [New Directions In Obesity Treatment](#) | [Key Terms](#) | [For More Information](#)

Definition

Obesity is an excess accumulation of body fat to the point where the ratio of body fat to total body mass is higher than accepted norms.

Description

Obesity was traditionally defined as a weight at least 20% above the weight corresponding to the lowest death rate for individuals of a specific height, gender, and age. This weight was designated as the ideal weight. Twenty to forty percent over ideal weight was considered mildly obese; 40-100% over ideal weight was considered moderately obese; and 100% over ideal weight was considered grossly, or morbidly, obese.

To go to the next document from your results list without returning to the results page, click on the green right-pointing triangle found in the sidebar to the left. The tabs will always display for easy navigation to other categories. Click the Result List button in the sidebar to return to your results list. Note that if you selected a topic from the Diseases and Conditions, Topics in the News or Health Highlights sections from the home page, you will bypass the results list and go directly to the document display.

Printing a Document



Click the Print icon in the left-hand sidebar to reformat the document for printing. Then use your browser's print function to print the page.

Emailing a Document



To e-mail the document to yourself or others, click the E-mail icon in the left-hand sidebar.

Note: Only the text portion of documents will be included in the e-mail. Data such as images, audio clips, and video files cannot be e-mailed.

Fill in the following fields and then click the *Send* button:

For this option...	Enter/select this...
Send to	Enter up to six e-mail addresses (be sure to check each address for accuracy!). Multiple e-mail addresses must be separated by a semicolon (;).
Sender	Although this is an optional field, it is recommended that you enter your own e-mail address here. This way you will be notified if there is a problem sending the document, otherwise a message will be sent to the recipient(s) e-mail address if there is a problem. Also, any replies from your recipient(s) will be sent to you. And in some cases, entering the sender e-mail may help the message from being rejected by anti-spam filters. Gale respects the confidentiality of e-mail addresses and does not use e-mail addresses for any other purposes.
Subject	By default the subject of the e-mail will contain the name of the database and the title of the document. You may type over the default subject and enter your own subject, if desired. The subject must contain no more than 100 characters.
Format	Select HTML to e-mail the document using formatted text (may include boldface, italics, etc.). Alternatively, select Plain text to e-mail the document in text-only format.

The Document Sent confirmation page will be displayed. Click *Return to Article* to continue viewing the document or article.

Downloading a Document

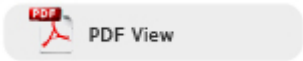
You may download the article or document as a file to be saved on your computer or to a



portable USB drive. Click the Download icon in the left-hand sidebar and your browser will display a pop-up window so that you can save the document. Note that if you choose to open the document, you will see the reformatted version as for printing. To actually download the document, you must select the save option. The system

will name the downloaded file as Download Document.html. You may type over this if you wish to change the file name.

Viewing PDF Documents

The PDF icon  allows you to retrieve, whenever possible, a Portable Document Format (PDF) file of the document for viewing or printing with Acrobat™ Reader, a free application available from Adobe Systems.

PDF files may be retrieved for many kinds of documents, including (where available) articles and citations from magazines, journals, and reference books. When viewing the PDF file, you will see an image of the document as it originally appeared in publication. The PDF version will appear in its own browser window. The PDF icon can be found in the left-hand sidebar.


Finding the Document Number

At the bottom of every document you'll find the Record Number, which is a unique code created by Gale to identify that specific document (for example, A167021009). Use the document number to refer to the record if you have any problems with viewing or retrieval. You can also make note of this number to return to the record in a later session, since searching by document number is a search option in Advanced Search.

FINDING AND VIEWING VIDEO CONTENT

When your searches in *Health & Wellness Resource Center* find multimedia content, those results will be displayed on the Video tab of your results list. Video content is provided in partnership with Healthology.

How to Find a Video

1. Search for your topic using the Search box or the Advanced Search page.
2. From your results list, click the *Video* tab (if the tab is "grayed out" then the system did not find any video content matching your search terms - revise your search to try again).
3. Select a video from the list by clicking on its title.
4. A page will be displayed showing information about the video, including its title, participant(s), date last viewed and copyright. Where available, the full transcript will display.
5. To play the video, click the Watch Video button .
6. The video playback window will open (see details about the playback window below).
7. When you have finished watching the video, close the playback window.

When viewing a video webcast, you will find these features:

- The streaming video clip displays in the left-hand pane
- A text pane is to the right of the video pane; the top of the text pane contains a link to Read Transcript
- Standard media controls under the video pane let you play, pause, stop, rewind, fast forward, and adjust the volume
- The side tab link to the left of the video pane for *Help* provides troubleshooting tips
- The Side tab link to the left of the video pane for *Settings* displays information about your current media player
- Below the playback controls, you'll find a list of related programs: click a link to launch its video clip

- *Read Transcript* link above the text pane displays the complete transcript of the video
- Additional links under the text pane let you view information about the clip, provide feedback, e-mail a link to the video and test your knowledge

General Troubleshooting Advice Regarding Video Content

Upgrading your media player to the latest version can clear up most video and audio problems that may occur with the streaming content from Healthology. However, other normal issues may arise from poor Internet connectivity or high network traffic.

Frequently Asked Questions About Video Webcasts

Can I buy or download Healthology videos?

Healthology does not provide its media content for direct download or purchase. However, there might be video sponsorship opportunities or content distribution partnerships which might match your needs. Contact Healthology directly for details.

How do I know if I should upgrade my media player?

- You have any version less than Real Player One or Real Player Two
- You have a version less than Windows Media Player 9
- You cannot hear the audio but can see the video
- You cannot see the video but can hear the audio
- Nothing happens

How do I upgrade my media player?

Currently, Windows Media and Real Media are supported on the Windows and on Mac OSX platforms. Click on either of the previous links that is appropriate for you and then select, download and install the player of your choice.

Note: if you use multiple browsers like Internet Explorer and Firefox, you will have to download and install the player using each browser. For example, if you download and install a player for Internet Explorer 6, you will have to download and install it for Firefox if you want to use Windows Media Player with that browser as well as with Internet Explorer.

I upgraded or have the latest version of my media player. Nothing is happening!

- Be sure that JavaScript/scripting is enabled in your browser
- If you are using Internet Explorer (IE), your security setting must be set to medium or lower

To check your security setting in IE 6:

- Open up Internet Explorer
- Click Tools, then Internet Options
- Click the Security Tab
- Click Internet as your content zone if it is not active
- Check to see if the security slider is set to Medium

- If the Security Level reads Custom, click the Default Level buttons to restore your settings to Medium

I can't upgrade!

There is one solution. If you cannot upgrade, you must click OK when Real or Windows Media prompts you to download files needed to play the media. Generally speaking, accepting and installing these files will allow you to play the media files and allow you to keep the current version of your media player.

Depending on your systems setup, you might not get prompted for a download. If you do not get a prompt to install the updated codes, you must upgrade the player or you will not be able to play the files.

What can I do about video problems, such as green or pink lines that appear on the video; flickering or choppy video; the video stops when playing and so on?

Check for updates for the driver software for your graphics adapter and Microsoft DirectX® from the Windows Update page.

If that doesn't solve the problem, turn down (or turn off) video acceleration. To do this in Windows Media Player 9 Series or later, do the following:

- On the Tools menu, click Options, and then click the Performance tab
- In the Video acceleration area, move the slider to turn down or turn off video acceleration

SEARCH TIPS

To improve your search results, please refer to the section below.

Stop Words

Stop words are small words that are not indexed. Stop words include such words as *a, and, etc., in, of, on* and *to*; the actual list varies depending on how you're searching. Basically, you don't have to think about stop words at all. The system recognizes stop words and knows how to search as if they weren't there. This method allows the search facility to focus only on the important words in your search expression and allows you to enter any phrase you want without having to remember to leave out any stop words. The important thing to remember is that if you search using a stop word, the result might contain a different word where the stop word is located. For example, the search **reaching the limit** would also match "reaching *its* limit."

Hyphen

A hyphen (-) used between two words is ignored. However, if you are searching for a word or phrase that normally contains a hyphen, you may include it: "e-mail" "dot-com"
Note that hyphens are also range operators for dates.

Apostrophe

Apostrophes should be used when searching contractions. For possessives, the apostrophe may be used in search phrases because the search engine will return results containing the words from the query. A wildcard (*) may be used whenever you are doubtful about word endings.

- can't

- Evolution's Darling
- Bush's cabinet
- Evolution* Darling
- Bush* cabinet

Ampersand

Ampersands are not recognized by the search engine and should not be used.

Period

A period (.) used between two words is ignored by the search engine. However, if you are searching for a word or phrase that normally contains a period, you may include the period, as in gale.com.

Capitalization

The search engine is not case sensitive. That is, use of capitalization does not affect the results of a search. For example, the following keyword searches are considered the same:

- teens and pregnancy or "abortion"
- teens AND pregnancy OR "abortion"
- Teens and Pregnancy or "Abortion"
- TeeNS and preGNancY or "aBoRtIOn"

Wildcards (*, !, ?)

Sometimes you might want to find more than just exact matches to a search term. *Wildcards* let you substitute symbols for one or more letters.

With wildcards, you can match

- both the singular and plural forms of a word
- words that begin with the same root
- words that can be spelled in different ways

You can even match words that you're not sure how to spell!

There are three wildcard operators:

*	<p>An asterisk (*) stands for any number of characters, including none, and is especially useful when you want to find all words that share the same root. For example, pigment* matches <i>pigment</i>, <i>pigments</i>, <i>pigmentation</i>, etc.</p> <p>An asterisk can also be used within a word, but the other wildcards are more precise for this kind of use.</p>
?	<p>A question mark (?) stands for exactly one character and is especially useful when you're uncertain of a spelling. For example, a search like relev?nce means you can match the word <i>relevance</i> even if, like many of us, you can't remember whether it's spelled with <i>ance</i> or <i>ence</i>.</p> <p>A question mark is also useful for finding certain words with variant spellings. For example, defen?e finds both <i>defense</i> (American) and <i>defence</i> (British and Canadian). Multiple question marks in a row stand for the same number of characters as there are question marks. For example, psych????y matches either <i>psychology</i> or <i>psychiatry</i> but not <i>psychotherapy</i>.</p>

!	An exclamation point (!) stands for one or no characters and is especially useful when you want to match the singular and plural of a word but not other forms. For example, product! matches <i>product</i> and <i>products</i> but not <i>productive</i> or <i>productivity</i> . The exclamation point can also be used inside a word to match certain variant spellings. For example, colo!r matches both <i>color</i> (American) and <i>colour</i> (British).
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If you see a message about a search being invalid, you'll need to add at least one character before one of the wildcards.

Logical Operators

Logical operators create relationships between search terms, between a term and a result set and between two result sets. They allow you to find the result of the intersection of two search terms or result sets, the combination of two terms or result sets, or the exclusion of a term or result set from a search.

There are three logical operators:

and	The and operator specifies that <i>both</i> words on either side of the operator must occur in the part of a record you're searching for that record to match. For example, alcohol and pregnancy finds only those records in which both the word <i>alcohol</i> and the word <i>pregnancy</i> occur.
or	The or operator specifies that <i>one or the other or both</i> of the words on either side of the operator must occur in the part of a record you're searching for that record to match. For example, dreams or daydreams finds records in which either the word <i>dreams</i> or the word <i>daydreams</i> or both occur.
not	The not operator specifies that the word before the operator must occur but the word after the operator must <i>not</i> occur for a record to match. For example, crime not murder finds all records in which the word <i>crime</i> occurs <i>except</i> the ones in which the word <i>murder</i> also occurs.

Logical operators in a search expression are evaluated in a particular order:

1. **not** and **and**
2. **or**

If you want to change the order of evaluation, use the nesting operators.

Nesting Operators

The search system follows a particular order of evaluation when there are two or more operators in a search expression. First, wildcards (*, !, ?) are evaluated. Next come proximity operators, which are tightly bound to the words on either side of them. Finally, the logical operators are evaluated: first **not** and **and**, followed by **or**.

You can change the evaluation order of the logical operators by using *nesting operators* (parentheses). When you nest entries, the search system performs the operation within parentheses first, then merges the result with the part of the entry outside the parentheses.

Examples

The search expression **race or color and discrimination** specifies that you want to find records that contain either the word *race* or both the words *color* and *discrimination*. This expression is equivalent to the expression **race or (color and discrimination)**.

The search expression **(race or color) and discrimination** specifies that you want to find records that contain either or both of the words *race* or *color* and that also contain the word *discrimination*.

Proximity Operators

Proximity operators are used between two search terms to indicate that the terms must occur in a record within a specified distance of each other for that record to match. Words that are close to each other are more likely to be related than words that are far apart.

A proximity operator has two components:

- A **letter** that indicates the *direction*
- A **number** that indicates the *distance* in words

There are two proximity operators:

Wn	The W (within) operator specifies that the word that follows the operator must occur within n words <i>after</i> the word that precedes the operator for a record to match. For example, the search expression shared w3 values matches any records in which the word <i>values</i> occurs three or fewer words after the word <i>shared</i> .
Nn	The N (near) operator specifies that the words on either side of the operator must occur within n words of each other <i>in either direction</i> for a record to match. For example, the search expression memory n5 repressed matches any records in which the words <i>memory</i> and <i>repressed</i> occur within five or fewer words of each other in either direction.

You can use proximity operators only when searching indexes made up of individual words, such as a title index. They are most useful in indexes of large areas of text, such as keyword and full-text indexes.

Note that proximity operators can be used only between two words, not between a word and an expression within nesting operators (parentheses):

Invalid expression: **fleas n10 (dogs or cats)**

Valid alternative: **fleas n10 dogs or fleas n10 cats**

Range Operators

You can use range operators to restrict numeric searches (such as publication dates) to a desired range.

since, after, gt, >	These operators are equivalent and specify that matching articles must have been published more recently than the date that follows the operator. Example: since 28 feb 1999 (published after February 28, 1999).
ge	This operator specifies that matching articles must have been published on or after the search date
before, lt, <	These operators are equivalent and specify that matching articles must have been published earlier than the date that follows the operator. Example: before 5/8/1998 (published before May 8, 1998).
le	This operator specifies that matching articles must have been published on or before the search date
to, - (hyphen)	These operators are equivalent and are used between numeric search terms that specify the lower and upper bounds of the search. Example: da jan 10

	- jan 17 (published between January 10 and January 17 of the current year).
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Note: Publication dates are stored as yyyymmdd. Monthlies and bimonthlies have a publication "day" of 00 (e.g., 19990300). For annuals, both the month and day are zero (e.g., 19980000).

Restoration Marks ("")

Certain words and abbreviations can cause problems in searches. If the search system sees a term that's a search operator or an Advanced Search index abbreviation used by the current collection, it will treat the term as an operator or index even if you intend that the term be taken literally.

The following terms can cause error messages or unintended results: **and**, **or** and **not** (logical operators); **n** and **w** followed by a number (proximity operators); and any two-letter Advanced Search index abbreviation (such as "au" which represents the author index in some databases).

Restoration marks (" ") placed around the term overcome this problem, with some limitations, by telling the search system that everything inside the marks is to be taken literally. (They're called *restoration marks* because they "restore" the literal meaning of the term.)

Here's an example of how restoration marks work. The search expression **sink or swim** results in far more matches than you might expect. The reason is that the search system sees *or* as a logical operator and finds all records in which either *sink* or *swim* or both occur. To prevent this, enclose the operator in restoration marks: **sink "or" swim**.

An important limitation to keep in mind is that if a quoted operator is a stop word in the index you're searching, such as **and** in keywords, it will be handled like a stop word. Words that are operators without restoration marks and stop words with them pose a problem. You can't directly search for the word *and*. In certain indexes, you can't search for *or* or *not* either.

Quotes or Quoted Strings

Any string placed in quotes in any text search field is processed as if the user had entered it with the W1 proximity operator. Quotes can be used to find an exact phrase match.

Field Length

The length of any given field is not limited to the window you see on the screen. As a search term(s) are keyed, the text will continue to scroll to the left, so that you can see the search expression as it is being keyed.

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While Gale endeavors to provide consistency in the appearance of the search results, there may be instances when this is not possible. Journals, magazines, and newsletters are accumulated from a variety of sources including printed materials and electronic transmissions. When a page number from a printed source is not available through an electronic transmission of the source files, the editorial processing system assigns a "transmission number" in place of the page number. Care should be used in citing the

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- Author
- Article Title
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The Little, Brown Compact Handbook provides a variety of citation style choices, including MLA (Modern Language Association), APA (American Psychological Association), and the Chicago Manual of Style.

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