



Consumer Health Resources

SPRAGUE LIBRARY ONLINE CATALOG

Check the library's catalog for books and other materials. Begin with some basic **keyword** searches, combining a few terms that relate to your topic, for example:

Self-Care Health
Alternative Medicine
Diet
Physical Fitness

Stress Management
Hygiene
Holistic Medicine
Medicine Popular

Health Attitudes
Mental Health
Nutrition
Public Health

DICTIONARIES, ENCYCLOPEDIAS, INDEXES AND DIRECTORIES

TITLE	CALL NUMBER
The alternative advisor: The complete guide to natural therapies & alternative treatments	REF R733 .A454 1997
The complete self-care guide to holistic medicine: Treating our most common ailments	R733 .I94 1999
Eight weeks to optimum health: A proven program fortaking full advantage of your body's natural healing power	RA776.95 .W45 1997
Health online : how to find health information, support groups, and self-help communities in cyberspace	R859.7.D36 F47 1996
Smart choices in alternative medicine	R733 .S63 1999
Take care of yourself: The complete illustrated guide to medical self-care	RC81 .V5 1995
The Gale Encyclopedia Of Alternative Medicine	REF R733.G34
American College of Physicians complete home medical guide	RC81 .A5386 2003
DK encyclopedia of healing therapies	REF R733 .W65 1997
Everything you need to know about diseases	REF RC81 .E915 1995
Everything you need to know about medical tests	REF RC81 .E9155 1995
Everything you need to know about medical treatments	REF RC81 .E9156 1995
Family health for dummies	RA777.7 .I55 1998
Medical tests you can do yourself: More than 250 simple, at-home examinations and observations	REF RC71.6 .H34 1998

The Merck manual of medical information	REF RC81 .M535 2003
The Encyclopedia Of Work-Related Illnesses, Injuries, And Health Issues	REF RC963.A3 K348 2004
Human Diseases And Conditions	REF RC81A2 H752 2001
Mayo Clinic Family Health Book	REF RC81 .M473 2003
Medical And Health Information Directory	REF R118.4 U6 M43 1998
Nutrition And Well-Being A To Z	REF RA784 .N838 2004
The Oxford Illustrated Companion To Medicine	REF R121 O884 2001
Physicians' Desk Reference (PDR)	REF RS75 P5 2004
Medical tests sourcebook	RC71.3 .M45 1999

ELECTRONIC RESOURCES / DATABASES

Ageline

Index of articles, books and other publications on older adults and aging from the AARP.

CINAHL

Contains indexing for journals in nursing and allied health. Records date back to 1982.

Facts on File On-Line

Curriculum and reference resources in the sciences, history, geography, health, and careers. Targeted to students, teachers, and general readers.

JerseyClicks

Anyone with a library card from a New Jersey public library can use this collection of business, health, and newspaper databases. Montclair State students, faculty and staff can get a library card from the Montclair Public Library to use this database.

Lexis-Nexis Academic

Full text database of news, business, and legal sources with some medical information as well.

ReferenceUSA

This database contains information on over 1.3 million U.S and Canadian businesses, residential information compiled from white pages of telephone directories and information on U.S. health care providers.

Nursing and Allied Health Collection

Contains the full text of many of the articles indexed in CINAHL. Subjects covered include nursing, biomedicine, health sciences, consumer health and allied health.

INTERNET RESOURCES

Centers for Disease Control

<http://www.cdc.gov>

The lead federal agency for protecting the health and safety of people, at home and abroad, providing credible information to enhance health decisions, and promoting health through strong partnerships.

CHID – Combined Health Information Database

<http://chid.nih.gov/>

A bibliographic database produced by health related agencies of the Federal government. CHID lists a wealth of health promotion and education materials and program descriptions that are not indexed elsewhere.

DIRLINE

<http://dirline.nlm.nih.gov/>

A directory of organizations and other resources in health and biomedicine.

Drug Information

<http://www.rxlist.com>

A concise preliminary source of prescription drug information.

Genetics Home Reference

<http://ghr.nlm.nih.gov/>

The National Library of Medicine's website about genetic conditions and the genes responsible for those conditions.

HealthyNJ

www.healthynj.org

A product of the University Libraries at the University of Medicine and Dentistry of New Jersey and was developed to meet the health care information needs of consumers, particularly the citizens of New Jersey. Information in Spanish.

Medline Plus

www.medlineplus.gov

Access to NIH consumer health information, clearinghouses, medical dictionaries, health-related organizations and clinical trials, and over 25 databases including MEDLINE. Also included is a guide to more than 9,000 prescription and over-the-counter medications.

National Center for Complimentary and Alternative Medicine

<http://nccam.nih.gov>

A division of the National Institutes of Health, NCCAM explores complementary and alternative healing practices in the context of rigorous science, and disseminates authoritative information to the public and professionals.

National Women's Health Information Center

<http://www.4woman.gov/>

This web site and toll-free call center were created to provide free, reliable health information for women everywhere.

New Jersey Health Care Profile

<http://state.nj.us/lps/ca/home.htm>

<http://state.nj.us/lps/ca/bme.hem>

Licensing information about New Jersey professionals and service providers, health and otherwise.

NIH Senior Health

<http://nihseniorhealth.gov>

A website for older adults developed by the National Institute on Aging and the National Library of Medicine, both part of the National Institutes of Health.

Noah (New York Online Access to Health)

<http://www.noah-health.org/>

NOAH provides access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased.

Office of Minority Health

<http://www.omhrc.gov/>

The mission of the Office of Minority Health (OMH) is to improve and protect the health of racial and ethnic minority populations through the development of health policies and programs that will eliminate health disparities.

Partners in Information Access for the Public Health Workforce

<http://phpartners.org/>

Information resources and services for those working in the broad field of public health.

QuackWatch

<http://www.quackwatch.org>

Quackwatch is a nonprofit corporation whose purpose is to combat health-related frauds, myths, fads, and fallacies. Its primary focus is on quackery-related information that is difficult or impossible to get elsewhere.

Tox Town

<http://toxtown.nlm.nih.gov>

Tox Town is an interactive guide to commonly encountered toxic substances, your health, and the environment.

United States Department of Education

www.ed.gov

Included in this wealth of information are the United States Department of Education resources for health education (including sex education).

Web MD

<http://www.webmd.com>

WebMD Health's content offerings include access to health and wellness news articles and features, and decision-support services that help consumers make better informed decisions about treatment options, health risks and healthcare providers.

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