

Health & Wellness Resource Center Sample Searches

[Health & Wellness Resource Center](#) provides access to magazines, journals, newspapers, definitions, directories, information on fitness, pregnancy, medicine, nutrition, diseases, public health, occupational health and safety, alcohol and drug abuse, prescription drugs, herbal remedies and alternative or complementary treatments, etc. Included are links to diet, cancer and health assessment sites as well as government databases. Material contained in this database is intended for informational purposes only.

Search 1:

A caller using *Health & Wellness Resource Center - Alternative Health Module* was seeking the full name of a Chinese herb used for treating uterine fibroids called KBG that she saw at one time in the *Gale Encyclopedia of Alternative Medicine*.

Solution:

1. Open *Health & Wellness Resource Center - Alternative Health Module*
2. Enter "uterine fibroids" in search box
3. Click on the Search button
4. You will receive various reference results, one from the *Gale Encyclopedia of Alternative Medicine*
5. Click on the link to that record
6. Within the "For More Information" section under the heading "periodicals," you will find the full name of KBG is "Keishi-bukuryo-gan," also known as Kuei-chih-fu-ling-wan"

Search 2:

How can one find a definition of "Legionnaires' disease" in *Health & Wellness Resource Center - Alternative Module*?

Solution:

1. Open *Health & Wellness Resource Center - Alternative Health Module*
2. Click on the "Medical Dictionary" button located in the Quick Start section
3. Click on the link to the letter "L"
4. Scroll through the list until you locate the link to Legionnaires' disease
5. Click on the link to "Legionnaires' Disease"
6. After clicking the link, you will retrieve the definition from *Mosby's Medical, Nursing and Allied Health Dictionary*

Search 3:

How can one find information about Avian Flu in *Health & Wellness Resource Center - Alternative Module*?

Solution:

1. Open *Health & Wellness Resource Center - Alternative Health Module*
2. Enter the terms "Avian or Bird Flu" in the Search box
3. Click on the Search button
4. You will receive a list of results, including Reference as well as Magazines and Journals under their respective tabs
5. Click on the link to "Bird flu" from the *Gale Encyclopedia of Medicine* to learn more about the epidemic

Search 4:

You need a MRI performed on your ankle. Your doctor described the tube you have to be in for the duration of the test. However, you are claustrophobic, so you wonder if it is possible to have an MRI performed solely on your ankle?

Solution:

1. Open *Health & Wellness Resource Center - Alternative Health Module*
2. Click on the Advanced Search button
3. Enter "MRI" as a keyword in the first Search box
4. Enter "claustrophobi*" as a keyword in the second Search box
5. Scroll down to the Search limiter section
6. Click on the checkbox for "Consumer Health"
7. Click on the Search button
8. You will receive a result, that explains the process as well as alternatives

Search 5:

A customer using *Health & Wellness Resource Center - Alternative Health Module* wants to know how she could find out if there were any side effects in using the herbal supplement "Kava Kava."

Solution:

1. Open *Health & Wellness Resource Center - Alternative Health Module*
2. Click on the Drug and Herb Finder Quick Start button

3. Enter the term "Kava Kava" in the search box
4. Click on the "Search" button
5. Click on the link to read more about the possible side effects and important drug interaction information about "Kava Kava."

Search 6:

A researcher wants to formulate a search in *Health & Wellness Resource Center* that will retrieve full-text articles published from 2002 to the present on workplace stress.

Solution:

1. Open *Health & Wellness Resource Center* - Alternative Health Module
2. Go to the "Advanced Search" page
3. Enter "stress" as the "Keyword" in the first entry box
4. Enter "workplace or (work place)" as "Keyword" in the second entry box
5. Check the "full-text articles" box
6. Under "Date of Publication" select "2002" for "From" and leave the "To" field blank
7. Click on the "Search" button and retrieve more than 100 full-text articles