

Health and Wellness Resource Center

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Overview:

This database is an in-depth, user-friendly resource that provides access to health and wellness information from authoritative medical sources. It is designed to be a one stop resource for health research and includes information from encyclopedias, dictionaries, magazines, journals, pamphlets, and Web sites. There are more than 3,000 indexed sources available, many of which are full text.

Who would be interested in using this database?

- People who have questions about their health.
- Students researching a paper.
- Health professionals who need more information about a wellness or health issue.

What are the different areas of the database that you can search?

- Use the “Help” button at the top-right of the page (in the green bar) for searching tips and strategies
- Use the tool bar buttons located at the top of the page (under the green bar) as described in the table below:

Tool Bar Button	Type of Information	Possible Questions
Diseases & Conditions	-Searchable alphabetical list of diseases and conditions from <i>Gale Encyclopedia of Medicine</i> . -Definition, description, causes/symptoms, diagnosis, treatment, prevention, key terms and other information.	<ul style="list-style-type: none">▪ What is amnesia?▪ How do people catch malaria?
Alternative Medicine	-Browseable alphabetical list of diseases and conditions from <i>Gale Encyclopedia of Alternative Medicine</i> . -Definition, description, causes/symptoms, diagnosis, treatment, prevention, key terms and other information.	<ul style="list-style-type: none">▪ Are there any alternative treatments available for meningitis?▪ What herbal remedies are effective for treating athlete’s foot?
Drugs & Herbal Remedies	-Find information about a specific drug. -Find the drugs available to treat specific symptoms.	<ul style="list-style-type: none">▪ What is Lipitor?▪ What drugs are available to treat migraines?
Directory	-Search the <i>Medical Health Information Directory</i> to locate health organizations, schools, newsletters, hospitals, and care facilities in your area.	<ul style="list-style-type: none">▪ What cancer resources are available in Austin, Texas?
Dictionary	-Find the definition of medical and health terms using <i>Mosby’s Medical, Nursing, and Allied Health Dictionary</i> .	<ul style="list-style-type: none">▪ What is melanoma?
Trusted Sites	-List of health-related Web resources.	<ul style="list-style-type: none">▪ Is there a helpful Web site about arthritis?
Health Assessment	-Use Web resources to assess your health.	<ul style="list-style-type: none">▪ What is my heart disease risk?
Advanced Search	-Search for articles, many of them full text, on a health topic.	<ul style="list-style-type: none">▪ Are there any full-text articles about medications for treating Alzheimers?