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**Health Research Simplified @ the COD Library**

**Library Catalog (http://codlrc.org/catalog)**

The general collection has biographies, exercise, self-help, nutrition/cookbooks, and texts in many different formats (books, audio books, e-books, DVDs, software). You can find items, both fiction and nonfiction, designed for all ages and education levels (the very young, kids, teens, adults, seniors, students, professionals, and consumers).

**TIP**: keyword search for disease/condition (to further refine your search, add AND treatment or AND diagnosis) for example: migraine AND treatment

**TIP**: try a subject search for a disease/condition and add: --popular works (example: diabetes—popular works) to limit results to items designed for the general public/health consumers

Try doing a subject search for stroke—popular works

**TIP**: Click on the title of an item to display the full record for the item. Look on the right-hand side of the entry at the “**More like this**” section for suggested subjects and a link to similar items



Make note of the **LOCATION**, **STATUS** and **CALL NUMBER** of the item for quick retrieval!

**TIP**: You can limit your search to specific types of items (books & e-books, journals or magazines, articles, videos, audiobooks) and to where items are located (COD Library only, COD Library & I-SHARE, or All Libraries)

Library **reference materials** are well-indexed, current, concise, and highly credible. They provide overviews (disease/condition/procedure descriptions, symptoms, diagnosis, treatment, and prognosis), definitions, specific information and addresses. *Try the online medical encyclopedia articles found in GVRL (****Gale Virtual Reference Library****)*

The C.O.D. Library staff is here to help! Stop by the main reference desk, email Debra or set up an appointment. You are *not* alone in the research process!

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**Health & Medicine Databases** (accessible from home using your C.O.D. Library card)

**Library homepage 🡪 Databases** (green tab) **🡪 Health 🡪 Health and Medicine http://codlrc.org/databases/medicine**

Get electronic access to reliable, trusted medical reference materials. The COD Health databases include full-text articles from health and medical journals and magazines, full-text entries from numerous Gale reference books, health-related pamphlets, and streaming videos.

**TIP**: Recommended databases for Consumers include:

**Gale Virtual Reference Library**--GVRL is a collection of online **reference books** on a variety of topics including **Medicine.** Individual entries from these resources can be printed and emailed

**Health Source: Consumer Edition**--Aimed at consumers and patients, this database provides full-text access to nearly 80 consumer health magazines, over 1,000 pamphlets on various medical topics, nearly 130 health reference books, and Merriam-Webster's Medical Desk Dictionary.

**Websites**

**Tips to Finding Information on the Internet**

• Isolate key concepts and words to be searched, including word variations and synonyms. Be as specific as you can (for example search “prostate cancer treatment” instead of “cancer”)

• Determine the type of information needed (general or technical information? Information for an adult audience or children? Adolescents? Seniors?)

• Use a search engine like Google http://www.google.com/ or take advantage of established, pre-selected Internet collections like:

* **MLA Top Health Web Sites** <https://www.mlanet.org/resources/medspeak/topten.html> from the Medical Library Association
* **CAPHIS Top 100 List: Health Websites You Can Trust** <http://caphis.mlanet.org/consumer/index.html> from the Consumer and Patient Health Information Section of the MLA
* **Health & Wellness Internet Sites <**http://www.codlrc.org/HS/consumer/web> recommended by COD Library's Health Sciences Librarian

• Carefully evaluate the *credibility* of the source and the *quality* of the information retrieved

* “**Find and Evaluate Health Information on the Web**” from the Medical Library Association https://www.mlanet.org/resources/userguide.html

**MEDLINEplus <http://www.nlm.nih.gov/medlineplus/>**Provides access to 900+ health topics, medical encyclopedias and dictionaries, and links to self-help groups, clinical trials, scholarly journal articles, lists of hospitals and physicians, health and information in Spanish and other languages. Includes listings of diseases & conditions by body system. A *one-stop-shop* for quality health information!