



Health Sciences Libraries
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Finding Nutrition Information on the Web

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Objectives

- Describe **different tools** to navigate the web
- Perform a **basic *PubMed* search** to find nutrition-related articles
- Identify **web resources** of interest to dietitians
- Describe web resources for **evidence-based dietetics practice**

***Navigating the Web:
Beyond Google***



Navigation Difficulties

- Size of the Web
- Lack of control or review
- Lack of quality standards



How to Navigate the Web

- Follow a Link
- Enter a Uniform Resource Locator (URL)

[http:// www.nih.gov/](http://www.nih.gov/)

- Use a Navigation Tool

- Search Engines
- Meta-Search Engines



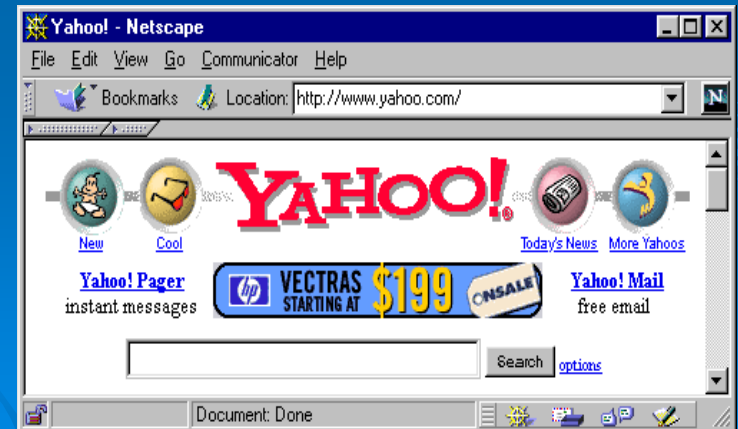
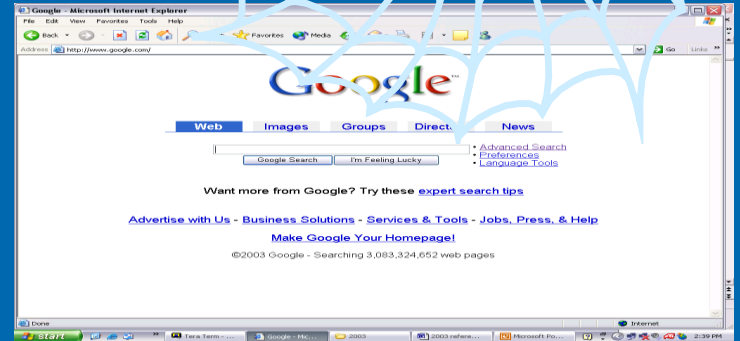
Search Engines

Google

<http://www.google.com/>

Yahoo

<http://www.yahoo.com/>



Search Engines

- Allow you to search through large indexes of web sites created by computer programs (called robots or spiders)
- Display results according to relevancy
- Comprehensiveness varies

Google

<http://www.google.com/>

- Largest: *8.1 billion* pages
- *Relevance ranking* based on link analysis
- Automatically *ANDs* terms together
- Semi-automatic *phrase searching* or use “double quotes”

Google Special Features

<http://www.google.com/>

- View *cached* page to resurrect dead pages
- Includes *similar pages* feature
- Search for *images*
- Includes *pdf* and other file types
- *Search within results*



Web [Images](#) [Groups](#) [News](#) [Froogle](#) [more »](#)

vitamin d supplementation breastfeeding expert panel

Google Search

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Web

Results 1 - 10 of about 14,500 for [vitamin d supplementation](#)

[Vitamin D supplementation: Necessary for a breastfed baby?](#)

... ARTICLE: Find out more about **Vitamin D supplementation** and breastfed babies. SPECIAL: Your **breastfeeding** primer: 66 strategies to help you get **breastfeeding** ...

www.parentsplace.com/babies/nutrition/qas/0,10338,239150_106105,00.html - 74k - [Cached](#) - [Similar pages](#)

[Vitamin D Supplementation To Prevent Rickets in Breast-Fed Babies](#)

... Information was obtained on age at diagnosis, infant feeding (**breastfeeding** and other foods), **vitamin D supplementation** (if any), racial/ethnic background, and ...

www.ahrq.gov/child/rickets.htm - 8k - [Cached](#) - [Similar pages](#)

[Mothering: The politics of vitamin D: questioning universal ...](#)

... friendly Tell a friend Find subscription deals The politics of **vitamin D**: questioning universal **supplementation - Breastfeeding** - Cover Story Mothering, March ...

articles.findarticles.com/p/articles/mi_m0838/is_2003_March-April/ai_100807071 - 17k - [Cached](#) - [Similar pages](#)

[LA LECHE LEAGUE INTERNATIONAL CELEBRATES WOMEN'S HISTORY MONTH BY ...](#)

... their infant's risk of **vitamin D** deficiency and decide whether or not **supplementation** with this ... who want more information on **breastfeeding** issues may ...

www.lalecheleague.org/Release/vitamind.html - 12k - [Cached](#) - [Similar pages](#)

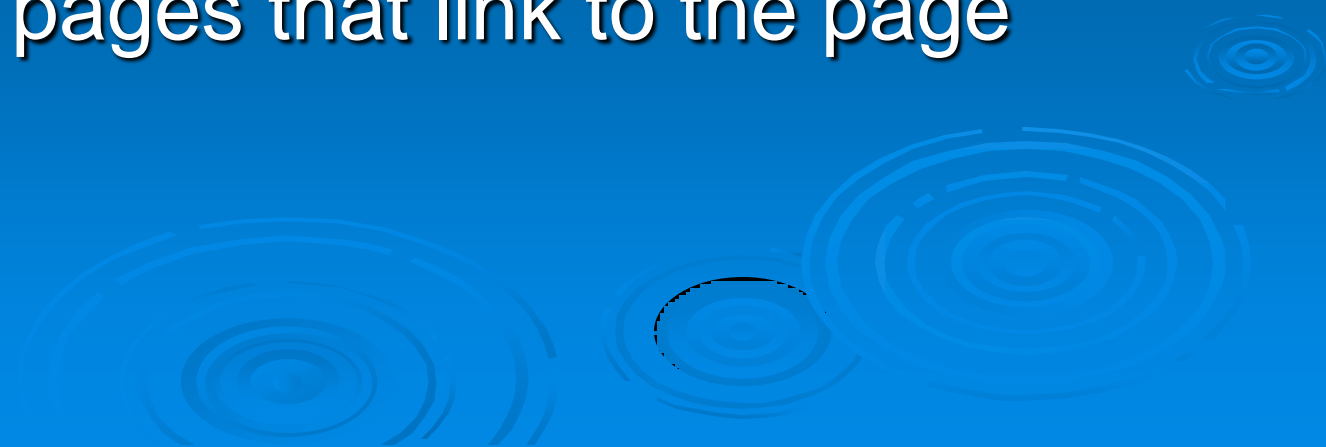
[Articles from LEAVEN: Sunlight Deficiency, "Vitamin D," and ...](#)

... Concerns about sunlight deficiency, **vitamin D**, and **breastfeeding** have been raised by a new American ... No known risks of '**vitamin D**' **supplementation** exist at ...

www.lalecheleague.org/llleaderweb/LV/LVJunJul03p70.html - 11k - [Cached](#) - [Similar pages](#)

[[More results from www.lalecheleague.org](#)]

Google Advanced Search Features

- **File Format**, *i.e.* pdf
 - **Date**, *i.e.* pages updated in last 3 months
 - **Occurrences**, *i.e.* terms appear in title
 - **Domain**, *i.e.* .gov, .edu
 - **Links**, *i.e.* pages that link to the page
- 

Find results

- with **all** of the words
- with the **exact phrase**
- with **at least one** of the words
- without** the words

10 results

Language

Return pages written in

File Format

 return results of the file format

Date

Return web pages updated in the

Numeric Range

Return web pages containing numbers between

 and

Occurrences

Return results where my terms occur

Domain

 return results from the site or domain*e.g. google.com, .org* [More info](#)

SafeSearch

 No filtering Filter using [SafeSearch](#)

Froogle Product Search (BETA)

Products

Find products for sale

To browse for products, start at the

Page-Specific Search

Similar

Find pages similar to the page

 e.g. www.google.com/help.html

Links

Find pages that link to the page



Web [Images](#) [Groups](#) [News](#) [Froogle](#) [more »](#)

vitamin d supplementation breastfeeding expert

Search

[Advanced Search](#)
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Search the Web Search English pages

Web Results 1 - 10 of about 63 English pages for vitamin d supplementation breastfeeding expert panel

[\[PDF\] Vitamin D Expert Panel Meeting](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... Calikoglu's presentation by **expert panel** members and ... interfere with the physiologic aspects of **breastfeeding**? ... **vitamin D** and **vitamin D supplementation** do not ...

www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Vitamin_D_Expert_Panel_Meeting.pdf - [Similar pages](#)

[\[PDF\] Data to Action](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... **8 d.** Prenatal Care ... drug use, **8** failure to take prena tal **vitamins**, **5** and ... shared 1996–1997 data with the Alaska Special **Supplemental** Nutrition Program for ...

www.cdc.gov/reproductivehealth/dataAct2002/pdfs/data_to_action_2002.pdf - [Similar pages](#)

[[More results from www.cdc.gov](#)]

[\[PDF\] Facts About Dietary Supplements](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... Shaw GM, Schaffer **D**, Velie EM, Morland K ... Periconceptional **vitamin** use, dietary folate, and the occurrence of ... W. Multivitamin/folic acid **supplementation** in early ...

www.cc.nih.gov/ccc/supplements/folate.pdf - [Similar pages](#)

[\[PDF\] Proposed Rules](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... Intakes (Calcium, Phosphorus, Magnesium, **Vitamin D**, and Fluoride ... Niacin, **Vitamin B6**, Folate, **Vitamin B12**, Pantothenic ... Program to provide **supplemental** foods and ...

www.fns.usda.gov/cga/Federal-Register/2003/091503.pdf - [Similar pages](#)

Meta-Search Engines

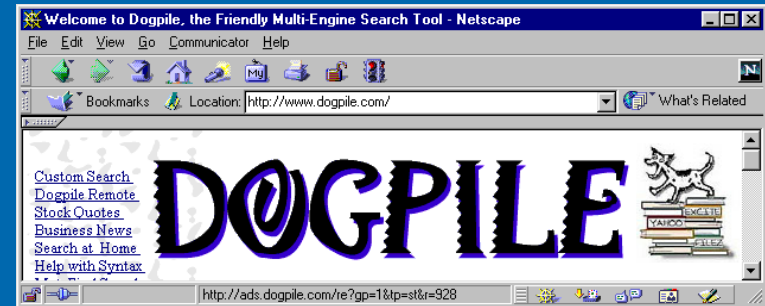
Allow you to send searches to more than one search engine at a time



Meta -Search Engines

DogPile

<http://dogpile.com/>



Clusty

<http://clusty.com/>



Clusty

<http://clusty.com/>

- All the speed and functionality of *Google*, with clustering added
- **Clustered results** in left margin
- Why use clustering?
 - Learn at a glance types of information available
 - Uncover results that are otherwise buried



apple

Cluster by: Topics

Top 275 results of at least 47,680,000 retrieved for the query **apple** (Details)

All Results (275)

- + [Mac](#) (88)
- + [iPod](#) (42)
- + [Apple Store](#) (24)
- + [Hardware](#) (18)
- + [History](#) (15)
- + [QuickTime](#) (13)
- + [Big Apple](#) (10)
- + [Fruit, Family](#) (8)
- + [User Group](#) (9)
- + [Weblog](#) (7)

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clusty@clusty.com

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News

- [Apple drops Samsung joint investment plan](#) (7)
- [Apple Names New Chief Operating Officer](#) (4)

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<http://clusty.com>

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[Apple](#)

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1. [Apple](#)
 ... Visit other **Apple** sites around the world: Choose... Asia Australia Austria Belgium Brazil Europe Finland France Germany Hong Kong India Ireland Italy Japan Korea Latin America...
www.apple.com - [cache] - GigaBlast, MSN, Wisenut, MSN Search, Ask Jeeves, Open Directory
2. [apple-history.com](#)
 ...Look in the gallery for a description and picture of every **Apple** computer ever made. The topic.....Sorry, this site no longer supports browsers incapable of frames..
www.apple-history.com - [cache] - Looksmart, Ask Jeeves, MSN, GigaBlast, Open Directory
3. [Apple Developer Connection](#)
 ... The definitive online catalog of Mac products. Membership Gets You More Join the **Apple** started today. Pre-Release Software Code-Level Support Marketing Services Hardware ...



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Gossip

Gov

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mypyramid

Cluster by: Size

mypyramid (4)

Top 4 results retrieved for the query **mypyramid** ([Details](#))

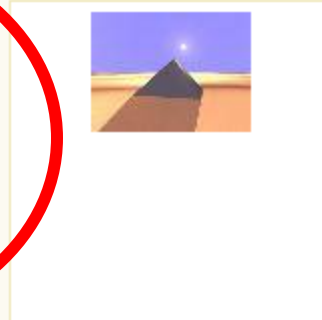


326 x 408, 26 K
www.ndep.nih.gov

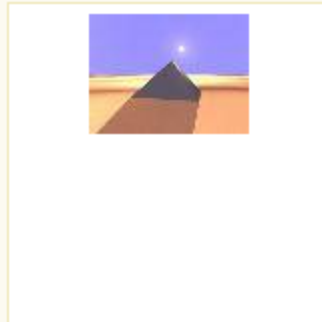
[OV](#)



204 x 177, 68 K
blogg.zeit.de



80 x 60, 2 K
hufos.sonic.net



80 x 60, 2 K
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<http://clusty.com>

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 - About · LookSmart · Teoma*
 - Overture · FindWhat*
- Search for audio, images, and multimedia formats

Getting results for query: infant GERD

AltaVista: 10 references returned

Webcrawler: 10 references returned

Thunderstone: 8 references returned

Lycos: 1 references returned

Excite: 10 references returned

Infoseek: 10 references returned

Looksmart: 0 references returned

Finished sending hits ...


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Metasearch results for "infant GERD" (1 - 20 of 97)

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [Next >](#)
 Refine Your Results

- "infant GERD"

- + [Disease](#)
- + [Infants and Children](#)
- + [Disorders](#)
- + [Pediatric](#)
- + [Story](#)
- + [TIPS](#)
- + [Health](#)
- + [Asthma](#)
- [Tucker Sling](#)
- [More...](#)

 View By Relevance
 View By Search Engine

1. [Shae Lynne Brooke ~ Infant Reflux ~ What is GERD?](#)
 Personal story of an **infant** suffering from a severe case of **infant** reflux disease or **GERD**, includes links for information and support on Gastroesophageal ...
<http://www.infantrefluxdisease.com/gerdinfo.htm>
2. [Infant Dyschezia](#)
 Introduction **Infant** dyschezia is one of the childhood functional gastrointestinal disorders defined by the Rome Pediatric Working Group.
<http://www.aboutkidsgi.org/InfantDyschezia.html>
3. [Gastroesophageal Reflux in Infants](#)
 Multimedia Tutorial about childhood gastroesophageal reflux written for parents and children...
<http://galen.med.virginia.edu/~smb4v/tutorials/reflux/ger.ht...>
4. [Tucker Sling Therapeutic Baby Mattress](#)
 By keeping babies in an inclined position, the Tucker Sling safely alleviates some of the more uncomfortable symptoms of **Gerd**. Visit us online for more on **infant Gerd**. Sponsored by: <http://www.tuckersling.com>
5. [The Tucker Sling](#)
 Learn about this safe alternative to medicine for **infant** acid reflux. Sponsored by: <http://www.tuckersling.com/>
6. [Shae Lynne Brooke ~ Infant Reflux](#)
 Within this site you will find out what **infant** reflux is, current treatment options for **infant** reflux disease (**GERD**) , and some wonderful links...
<http://www.infantrefluxdisease.com/>
7. [Infants with GERD](#)
 Credit Card Order - Mail Payment. Infants with **GERD**. Most infants occasionally "spit up" or "throw up" after they eat.
<http://www.restright.com/infants.htm>
8. [Gastroesophageal Reflux Disease \(GERD\) / Heartburn - Lucile ...](#)
 ... death syndrome). Infants and children with **GERD** who vomit frequently may not gain weight and grow normally. Inflammation (esophagitis ...
<http://www.lnch.org/DiseaseHealthInfo/HealthLibrary/digest/n>

Tips and Strategies

- Select one or **two tools** and get to know them well
 - Read the **Help**
 - Try **Advanced Search** options
- Know when **NOT** to search
 - Is it worth your time?
 - Would a phone call to a colleague or librarian be more productive?
 - Is the information you seek likely to be on the web?

What's on the Web?

- Databases
- E-Journals
- E-Texts
- Daily Health News Services
- Nutrition Information
- Patient Education Materials
- Drug Information



***Search a Database
to find journal articles***



Databases

- PubMed <http://pubmed.gov/>
Search *PubMed* to find citations to articles on nutrition
- FNIC (Food and Nutrition Information Center)
<http://www.nal.usda.gov/fnic/databases.html>
- See *Web Sites for Dietitians* for additional databases

PubMed

<http://pubmed.gov/>

- Includes MEDLINE (1950's to present) and PREMEDLINE
- Covers all aspects of biosciences and healthcare
- Indexes 4,800 biomedical journals
- 75% of citations have abstracts
- Updated DAILY

Search PubMed

Limits Preview/Index History Clipboard Details

- To get started, enter one or more search terms.
- Search terms may be [topics](#), [authors](#) or [journals](#).

Can easily *limit* your search to:

- Age groups**
- Human or Animal studies**
- Language**
- Review articles**
- Subsets, such as Core Clinical Journals or CAM**

Read the World Bank's Disease Control Priorities Project books on the [NCBI Bookshelf](#)

PubMed is a service of the [U.S. National Library of Medicine](#) that includes over 16 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to full text articles and other related

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- Single Citation
- Matcher
- Batch Citation
- Matcher
- Clinical Queries
- Special Queries
- LinkOut
- My NCBI

1: [\[No authors listed\]](#)

Health effects of omega-3 fatty acids on asthma.

Evid Rep Technol Assess (Summ). 2004 Mar;(91):1-7. Review. No abstract available.
PMID: 15133885 [PubMed - indexed for MEDLINE]

2: [Stoney RM, Woods RK, Hosking CS, Hill DJ, Abramson MJ, Thien FC.](#)

Maternal breast milk long-chain n-3 fatty acids are associated with increased risk of atopy in breastfed infants.

Clin Exp Allergy. 2004 Feb;34(2):194-200.
PMID: 14987297 [PubMed - indexed for MEDLINE]

3: [Dunstan JA, Mori TA, Barden A, Beilin LJ, Taylor AL, Holt PG, Prescott SL.](#)

Fish oil supplementation in pregnancy modifies neonatal allergen-specific immune responses and clinical outcomes in infant atopy: a randomized, controlled trial.

J Allergy Clin Immunol. 2003 Dec;112(6):1178-84.
PMID: 14657879 [PubMed - indexed for MEDLINE]

4: [Spector SL, Surette ME.](#)

Diet and asthma: has the role of dietary lipids been overlooked in the management of asthma?

Ann Allergy Asthma Immunol. 2003 Apr;90(4):371-7; quiz 377-8, 421. Review.
PMID: 12722956 [PubMed - indexed for MEDLINE]

5: [Sherriff JL.](#)

Is asthma prevention possible with dietary manipulation?

Med J Aust. 2003 Mar 17;178(6):303; author reply 303-4. No abstract available.
PMID: 12633496 [PubMed - indexed for MEDLINE]

6: [More J.](#)

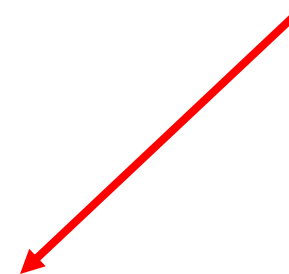
Long chain polyunsaturated fatty acid levels in chronic illness.

J Fam Health Care. 2002;12(6 Suppl):3.
PMID: 12630148 [PubMed - indexed for MEDLINE]

7: [Mihirshahi S, Peat JK, Marks GB, Mellis CM, Tovey ER, Webb K, Britton WJ, Leeder SR; Childhood Asthma Prevention Study.](#)

Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification in the Childhood Asthma Prevention Study (CAPS).

J Allergy Clin Immunol. 2003 Jan;111(1):162-8. Erratum in: J Allergy Clin Immunol. 2003 Apr;111(4):735.
PMID: 12532113 [PubMed - indexed for MEDLINE]



for

Limits

Abstract Text

1: J Allergy Clin Immunol. 2003 Jan;111(1):162-8.

Erratum in:

- J Allergy Clin Immunol. 2003 Apr;111(4):735



Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification in the Childhood Asthma Prevention Study (CAPS).

Milrshahi S, Peat JK, Marks GB, Mellis CM, Tovey ER, Webb K, Britton WJ, Leeder SR; Childhood Asthma Prevention Study.

Clinical Epidemiology Unit, The Children's Hospital, Westmead, NSW, Australia.

BACKGROUND: Observational studies have linked house dust mite (HDM) exposure and dietary fatty acid intake with asthma in childhood. However, their role in the etiology of asthma requires a randomized controlled trial. **OBJECTIVE:** We hypothesized that the incidence of asthma and allergy in high-risk children could be reduced by avoidance of HDM allergens, supplementation with omega-3 fatty acids, or the combination of these strategies. We present the results of an intervention trial reporting outcomes assessed at 18 months. **METHODS:** A total of 616 pregnant women were randomized to an HDM avoidance intervention, comprising impermeable mattress covers and an acaricide or control and the use of an oil supplement, margarines, and cooking oils containing high levels of omega-3 fatty acids. Atopic status was measured by skin prick testing. Symptoms, diagnoses, and medication histories were elicited by means of parental interviews. **RESULTS:** The intervention resulted in a 9.8% absolute reduction (95% CI, 1.5-18.1; $P = .02$) in the prevalence of any wheeze and a 7.8% absolute reduction (95% CI, 0.1-15.5) in the prevalence of wheeze of >1 week, but it had no effect on serum IgE, atopy, or doctors' diagnosis of asthma. The HDM avoidance intervention did not affect the prevalence of asthma. It was associated with a lower use of oral steroids. **CONCLUSION:** Increasing dietary omega-3 fatty acids might have a beneficial effect on the prevalence of asthma in the first 18 months of life. Follow-up to age 5 years, when the effect of the interventions on asthma risk will be assessed, is underway.

Publication Types:

- Clinical Trial
- Randomized Controlled Trial

Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification in the Childhood Asthma Prevention Study (CAPS)

Seema Miharshahi, MPH,^a Jennifer K. Peat, PhD,^{a,b} Guy B. Marks, MBBS, PhD,^c Craig M. Mellis, MD, PhD,^{a,b} Euan R. Tovey, PhD,^c Karen Webb, PhD,^d Warwick J. Britton, MB, PhD,^e and Stephen R. Leeder, MBBS, PhD,^f
for the CAPS Team *Westmead and Camperdown, Sydney, Australia*

Background: Observational studies have linked house dust mite (HDM) exposure and dietary fatty acid intake with asthma in childhood. However, definitive evidence of their role in the etiology of asthma requires a randomized controlled trial. **Objective:** We hypothesized that the incidence of asthma and allergy in high-risk children would be reduced by avoidance of HDM allergens, supplementation with omega-3 fatty acids, or the combination of these strategies. We present the results of an interim analysis reporting outcomes assessed at 18 months. **Methods:** A total of 616 pregnant women were randomized to an HDM avoidance intervention, comprising the use of impermeable mattress covers and an acaricide or control and the use of an oil supplement, margarines, and cooking oils containing

the interventions on asthma risk will be assessed, is underway. (*J Allergy Clin Immunol* 2003;111:162-8.)

Key words: Allergen avoidance, asthma, atopy, fatty acids, house dust mite, primary prevention

The etiology of asthma is thought to be largely environmental. Sensitization to house dust mite (HDM) allergen in childhood is an established modifiable risk factor for asthma attacks, there being a dose-response relation between allergen exposure and risk of current asthma.¹ A reduced intake of fish in the diet is also a risk factor for asthma; case control data indicate that children who do not

1: J Allergy Clin Immunol. 2003 Jan;111(1):162-8.

[Related Articles, Links](#)

Erratum in:

- J Allergy Clin Immunol. 2003 Apr;111(4):735.

ELSEVIER SCIENCE
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UW ARTICLE
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Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification Childhood Asthma Prevention Study (CAPS).

Mihrshahi S, Peat JK, Marks GB, Mellis CM, Tovey ER, Webb K, Britton WJ, Leeder SR; Childhood Asthma Prevention Study.

Clinical Epidemiology Unit, The Children's Hospital, Westmead, NSW, Australia.


BACKGROUND: Observational studies have linked house dust mite (HDM) exposure and dietary fatty acid intake in childhood. However, definitive evidence of their role in the etiology of asthma requires a randomized controlled trial. **OBJECTIVE:** We hypothesized that the incidence of asthma and allergy in high-risk children would be reduced by HDM avoidance, supplementation with omega-3 fatty acids, or the combination of these strategies. We present the interim analysis reporting outcomes assessed at 18 months. **METHODS:** A total of 616 pregnant women were randomized to HDM avoidance intervention, comprising the use of impermeable mattress covers and an acaricide or control, or omega-3 fatty acid supplement, margarines, and cooking oils containing high levels of omega-3 fatty acids or control. Atopic sensitization was measured by skin prick testing. Symptoms, diagnoses, and medication histories were elicited by means of parent interview. **RESULTS:** The diet intervention resulted in a 9.8% absolute reduction (95% CI, 1.5-18.1; $P = .02$) in the prevalence of wheeze and a 7.8% absolute reduction (95% CI, 0.5-15.1, $P = .04$) in prevalence of wheeze of >1 week, but it had no effect on serum IgE, atopy, or doctors' diagnosis of asthma. The HDM avoidance intervention did not affect these outcomes but was associated with a lower use of oral steroids. **CONCLUSION:** Increasing dietary omega-3 fatty acids might have had an effect on the prevalence of wheeze during the first 18 months of life. Follow-up to age 5 years, when the effect of the interventions on asthma risk will be assessed, is underway.

Advantages of *PubMed*

- **Free**
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- Or, can **order** full-text journal articles
- **Clinical Queries/Systematic Reviews** section limits retrieval to evidence-based citations

PubMed at the UW

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?holding=uw> [Printer-friendly PDF version](#)

To watch the instructional video clips (see  VIDEO below) RealOne player is required ([download free player](#))


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Basic Search Techniques VIDEO

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Type any key word or phrase into the search box as shown above. Use an asterisk (*) to retrieve variations on a word, e.g., *bacter** retrieves *bacteria*, *bacterium*, *bacteriophage*, etc.  VIDEO



- **For a Subject Search:** Enter one or more words (e.g., *asthma drug therapy*) in the **query box** and click on **Go**. PubMed automatically combines (**ANDs**) terms together so that all terms or concepts are present and "translates" your words into MeSH terms.
- **For an Author Search:** Enter the author's name in the format of last name first followed by initials (e.g., *byrnes ca*).
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 - [MeSH Browser](#) (3:04)
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- Check with your library for access to full-text e-journals
- For UW Affiliates: use the Proxy service to access full-text e-journals from off-campus
<http://healthlinks.washington.edu/howto/connect/>

Open Access Journal Sites

➤ BioMed Central



<http://www.biomedcentral.com/>

- Independent publishing house providing immediate free access to peer-reviewed biomedical research
- Includes *BMC Pediatrics*, *Nutrition Journal*, etc.

➤ PubMed Central



<http://pubmedcentral.gov/>

- National Library of Medicine's free digital archive of biomedical and life sciences journal literature

Additional Free Full-Text Journal Sites

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<http://www.freemedicaljournals.com/>

- Highwire Press

<http://highwire.stanford.edu/>

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<http://www.ajcn.org/>
 - **Journal of Nutrition** *<http://www.nutrition.org/>*
 - **Journal of the American Dietetic Association**
<http://www.adajournal.org/>
 - **Nutrition Reviews**
<http://www.ingentaconnect.com/content/ilsi/nure>

FNIC Databases

<http://www.nal.usda.gov/fnic/databases.html>

- Food Stamp Nutrition Connection
- FSRIO: food safety
- Healthy School Meals
- International Bibliographic Information on Dietary Supplements Database (IBIDS)
- Native American Nutrition Information
- WIC Databases

International Bibliographic Information on Dietary Supplements Database (IBIDS)

- http://ods.od.nih.gov/Health_Information/IBIDS.aspx
- Provides access to bibliographic citations and abstracts from published, international, and scientific literature on dietary supplements
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-  1. **Effectiveness of zinc gluconate glycine lozenges (Cold-Eeze) against the common cold in school-aged subjects: a retrospective chart review.**
Author(s): McElroy, B H; Miller, S P
Journal: Am-J-Ther. 2002 Nov-Dec; 9(6): 472-5; 1075-2765
-  2. **Restorative pulpal and repair responses.**
Author(s): Murray, P E; About, I; Franquin, J C; Remusat, M; Smith, A J
Journal: J-Am-Dent-Assoc. 2001 Apr; 132(4): 482-91; 0002-8177
-  3. **Aluminum, boron, calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, sodium, and zinc: concentrations in common western foods and estimated intakes by infants; toddlers; and male and female adolescents, adults, and seniors in the United States.**
Author(s): Hunt, C D; Meacham, S L
Journal: J-Am-Diet-Assoc. 2001 Sep; 101(9): 1058-60; 0002-8223
-  4. **Relationship of ascorbic acid to blood lead levels.**
Author(s): Simon, J A; Hudes, E S
Journal: JAMA. 1999 Jun 23-30; 281(24): 2289-93; 0098-7484



What is evidence-based practice?

- Evidence based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients.
- The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.

Sackett DL et al. *Evidence based medicine: what it is and what it isn't.* BMJ 1996 Jan 13; 312 (7023): 71-2.

Evidence-Based Dietetics Practice

- Evidence-based practice in all areas of dietetics practice is an ideal.
- Dietitians make it a reality by actively developing and using practice guidelines, protocols, and other guides for practice that foster 'state-of-the-science and state-of-the-art' care and service.
- Guides for practice are created utilizing a systematic approach for ensuring recommendations grounded in scientific evidence.

Splett, PL. *Developing and Validating Evidence-Based Guides for Practice*. Chicago, IL: American Dietetic Association, 2000.

EBP and Guidelines Resources

- PubMed Clinical Queries/Systematic Reviews

<http://www.ncbi.nlm.nih.gov/entrez/query/static/clinical.shtml>

- Cochrane Library (fee): gold standard

<http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME>

- National Guideline Clearinghouse

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

PubMed Strategies for Evidence-Based Citations

- *PubMed* publication type limits
 - Randomized Controlled Trial
 - Meta-Analysis
 - Practice Guideline
 - Clinical Trial
- *PubMed* Clinical Queries and Systematic Reviews

PubMed Limits

PubMed Nucleotide Protein Genome Structure

for obesity American Indian

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- Letter
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- Practice Guideline
- Randomized Controlled Trial
- Review

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Ages

- All Infant: birth-23 months
- All Child: 0-18 years
- All Adult: 19+ years
- Newborn: birth-1 month
- Infant: 1-23 months
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- Child: 6-12 years
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Search

obesity American Indians



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<input type="radio"/> diagnosis	<input type="radio"/> broad, sensitive search
<input checked="" type="radio"/> therapy	
<input type="radio"/> prognosis	

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Search

obesity american indians



Medical Genetics Searches

for (obesity American Indians) AND (randomized cor) [Save Search](#)

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All: 16 Review: 0

Items 1 - 16 of 16

- 1:** [Lohman T, Thompson J, Going S, Himes JH, Caballero B, Norman J, Cano S, Ring K.](#) Re

Indices of changes in adiposity in American Indian children.
 Prev Med. 2003 Dec;37(6 Pt 2):S91-6.
 PMID: 14636813 [PubMed - indexed for MEDLINE]
- 2:** [Stevens J, Story M, Ring K, Murray DM, Cornell CE, Juhaeri, Gittelsohn J.](#) Re

The impact of the Pathways intervention on psychosocial variables related to diet and physical activity in American schoolchildren.
 Prev Med. 2003 Dec;37(6 Pt 2):S70-9.
 PMID: 14636811 [PubMed - indexed for MEDLINE]
- 3:** [Going S, Thompson J, Cano S, Stewart D, Stone E, Harnack L, Hastings C, Norman J, Corbin C.](#) Re

The effects of the Pathways Obesity Prevention Program on physical activity in American Indian children.
 Prev Med. 2003 Dec;37(6 Pt 2):S62-9.
 PMID: 14636810 [PubMed - indexed for MEDLINE]
- 4:** [Himes JH, Ring K, Gittelsohn J, Cunningham-Sabo L, Weber J, Thompson J, Harnack L, Suchindran C.](#) Re

Impact of the Pathways intervention on dietary intakes of American Indian schoolchildren.
 Prev Med. 2003 Dec;37(6 Pt 2):S55-61.
 PMID: 14636809 [PubMed - indexed for MEDLINE]
- 5:** [Story M, Snyder MP, Anliker J, Weber JL, Cunningham-Sabo L, Stone EJ, Chamberlain A, Ethelbah B, Suchindran C, Ring K.](#) Re

The impact of the Pathways intervention on psychosocial variables related to diet and physical activity in American Indian schoolchildren.

[Stevens J](#), [Story M](#), [Ring K](#), [Murray DM](#), [Cornell CE](#), [Juhaeri](#), [Gittelsohn J](#).

Department of Nutrition, School of Public Health, University of North Carolina, Chapel Hill, NC 27599-7400, USA. June_Steven

BACKGROUND: The purpose of this study was to examine the impact of the Pathways intervention on psychosocial variables related to diet and physical activity in American Indian children. **METHODS:** Schools serving American Indian children were randomized to a multicomponent intervention or control condition. At baseline (fall of third grade) and in the spring semester of third, fourth, and fifth grades, 755 boys and 692 girls completed a classroom-administered questionnaire. The questionnaire assessed self-efficacy, knowledge, behavioral intentions related to diet and physical activity, as well as weight loss behaviors and body image. **RESULTS:** Knowledge of healthy foods and physical activity messages increased in both boys and girls in the intervention group compared to controls; however, knowledge that foods contained more fat did not increase consistently. Compared to controls, self-efficacy to be physically active increased among girls in intervention schools, but not among boys, whereas self-efficacy to make more healthy food choices did not increase more than in controls in either gender. In the intervention group, compared to controls, healthy food intentions and participation in physically active behaviors increased in both boys and girls. Perception of healthy body size and weight loss attempts did not differ in the intervention and control groups. **CONCLUSION:** The Pathways intervention program had a positive impact on several aspects of obesity-related knowledge and behaviors.

Publication Types:

- [Clinical Trial](#)
- [Randomized Controlled Trial](#)

PMID: 14636811 [PubMed - indexed for MEDLINE]

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[Look for Quality Measures in AHRQ's National Quality Measures Clearinghouse \(NQMC\).](#)

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- [Inpatient management guidelines for people with diabetes.](#) American Healthways, Inc - Profit Organization. 1999 (revised 2002 Mar). 18 pages. NGC:002443
- [Summary of policy recommendations for periodic health examinations.](#) American Academy of Physicians - Medical Specialty Society. 1996 Nov (revised 2003 Aug). 13 pages. NGC:002443
- [Chronic kidney disease \(non-dialysis\) medical nutrition therapy protocol.](#) American Dietetic Association - Professional Association. 2002 May. Various pagings. NGC:002519
- [Diabetes nutrition recommendations for health care institutions.](#) American Diabetes Association - Professional Association. 1996 Aug (reviewed 1997; republished 2004 Jan). 3 pages. NGC:002519
- [American Gastroenterological Association medical position statement: nonalcoholic fatty liver disease.](#) American Association for the Study of Liver Diseases - Private Nonprofit Research Organization; American Gastroenterological Association - Medical Specialty Society. 2002 Nov. 3 pages. NGC:002717
- [Clinical practice guideline for the management of cataract among adults.](#) Family Medicine Group, UP-PGH - Academic Institution; Philippine Academy of Ophthalmology - Medical Specialty Society. 2001. 27 pages. NGC:002717
- [Evidence-based protocol. Exercise promotion: walking in elders.](#) University of Iowa Gerontology Nursing Interventions Research Center, Research Dissemination Core - Academic Institution. Feb. 53 pages. NGC:002300
- [Preventive counseling and education.](#) Institute for Clinical Systems Improvement - Private Organization. 1995 May (revised 2003 Jul). 69 pages. NGC:003202
- [Prevention and treatment of type 2 diabetes mellitus in children, with special emphasis on Indian and Alaska Native children.](#) American Academy of Pediatrics - Medical Specialty Society. 2003 Oct. 20 pages. NGC:003256

Brief Summary

GUIDELINE TITLE

Prevention and treatment of type 2 **diabetes** mellitus in children, with special emphasis on American Indian Native children.

BIBLIOGRAPHIC SOURCE(S)

Gahagan S, Silverstein J. Prevention and treatment of type 2 **diabetes** mellitus in children, with special emphasis on American Indian and Alaska Native children. American Academy of Pediatrics Committee on Native American Child Health. Pediatrics 2000;105(4):e328-e347. [137 references]

BRIEF SUMMARY CONTENT

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[EVIDENCE SUPPORTING THE RECOMMENDATIONS](#)

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RECOMMENDATIONS

MAJOR RECOMMENDATIONS

Primary and Secondary Prevention

Prevention must take highest priority and should focus on decreasing the risk, incidence, and consequences of type 2 **diabetes** mellitus among American Indian/Alaska Native (AI/AN) children. Primary prevention efforts by primary health care professionals are recommended in 2 arenas: 1) general community health promotion and health education and 2) clinically based activity-based health promotion activities should not duplicate community-wide health promotion but instead should offer additional services. When type 2 **diabetes** mellitus is the established diagnosis, secondary prevention efforts by primary health care professionals are important for the prevention of complications (e.g., vascular, neural, renal, retinal). Early diagnosis and optimal medical management are keys to effective secondary prevention.

To be effective, prevention efforts need a strong community base and acceptance. Current evidence suggests that major risk factors for type 2 **diabetes** mellitus include obesity and lack of breastfeeding. Primary prevention efforts can focus on the prevention of obesity in children and the promotion of breastfeeding. Preventing obesity in women of childbearing age is another primary prevention goal, because exposure to the environment of a diabetic pregnancy places the fetus at increased risk of future **diabetes**.

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Guideline Comparison

	Am Acad Child Adolesc Psychiatr 1997 Feb 14	Am Acad Pediatr 2000 May
TITLE:	Practice parameters for the assessment and treatment of children, adolescents, and adults with attention-deficit/hyperactivity disorder.	Clinical practice guideline: Diagnosis and evaluation of the child with attention-deficit/hyperactivity disorder.
ADAPTATION:	Not applicable: The guideline was not adapted from another source.	Not applicable: Guideline was not adapted from another source.
LENGTH:	37 pages	13 pages
DEVELOPER(S):	American Academy of Child and Adolescent Psychiatry - Medical Specialty Society	American Academy of Pediatrics - Medical Specialty Society
FUNDING SOURCE:	Not stated	American Academy of Pediatrics (AAP)
RATING SCHEME:	The validity of scientific findings was judged by design, sample selection and size, inclusion of comparison groups, generalizability, and agreement with other studies.	Not applicable
METHODS TO ANALYZE EVIDENCE:	Review	Systematic Review with Evidence Tables
VIEW MAJOR RECOMMENDATIONS:	View Major Recommendations	View Major Recommendations
AVAILABILITY OF FULL TEXT:	View Availability Information	View Full-text Guideline

Cochrane Library

<http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME>

[Review]
Dietary interventions for recurrent abdominal pain (RAP) in childhood

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[Review]
Dietary interventions for recurrent abdominal pain (RAP) in childhood

A Huertas-Ceballos, C Macarthur, S Logan

The Cochrane Database of Systematic Reviews 2005 Issue 2

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DOI: 10.1002/14651858.CD003019 This version first published online: 22 April 2002 in Issue 2, 2002

Date of Most Recent Substantive Amendment: 26 February 2002

This record should be cited as: Huertas-Ceballos A, Macarthur C, Logan S. Dietary interventions for recurrent abdominal pain (RAP) in childhood. *Cochrane Database of Systematic Reviews* 2002, Issue 2. Art. No.: CD003019. DOI: 10.1002/14651858.CD003019.

Abstract

Background

Between 4% and 25% of school-age children complain of recurrent abdominal pain (RAP) of sufficient severity to interfere with daily activities. RAP includes children with different aetiologies for their pain. For the majority of such children, no organic cause for their pain can be found and these children are likely managed by reassurance and simple measures, a large range of interventions have been recommended.

Objectives

To determine the effectiveness of dietary interventions for recurrent abdominal pain in school-age children.

Search strategy

The Cochrane Library (CENTRAL), MEDLINE, EMBASE, CINAHL, ERIC, PsycINFO, LILACS and JICST were searched using a strategy of (Dietary OR synonyms) AND (Pain OR synonyms). Where appropriate, search filters were employed. In addition, researchers working in this area were contacted.

Selection criteria

Any study in which the majority of participants were school-age children fulfilling standard criteria for RAP, and who were allocated by randomisation to treatment compared with a placebo or no treatment, were selected.


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EXPLORE

Lunchables may be munchable -- but study warns of salt

March 16, 1997

Web posted at: 10:55 p.m. EST (0355 GMT)

From Correspondent Al Hinman



Mmm, mmm . . . good! (CNN)

ANAHEIM, California (CNN) -- Medical researchers are issuing a dietary warning about Lunchables, a convenience food marketed as a complete meal that's popular with children.

The problem, in a word, is salt, according to a study being released at the American College of Cardiologists annual conference.

Some Lunchables, with meat, cheese, crackers and even a desert, contain nearly three-fourths of the recommended daily salt allowance, said Dr. [Clarence Grim](#), a high blood pressure specialist at the Medical College of Wisconsin.

The packages should carry a warning label, he said.



"We think this is junk being fed to our kids. I call it a blood pressure

Nutrition Web Sites

- American Dietetic Association <http://www.eatright.org/>
- Assuring Pediatric Nutrition Care in the Community
<http://depts.washington.edu/nutrpeds/>
- Food and Nutrition Information Center
<http://www.nal.usda.gov/fnic/>
- Food and Nutrition Service
<http://www.fns.usda.gov/fns/>
- Nutrition.gov <http://www.nutrition.gov/>
- Pediatric Nutrition Links
<http://www.eatrightoregon.org/PNPG/links.htm>
- Pediatric Nutrition Group Practice
<http://www.pediatricnutrition.org/links/>

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**FNIC**<http://www.nal.usda.gov/fnic/>

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- [Childhood Obesity: A Food and Nutrition Resource List for Educators and Researchers](#)
- Nutrition, Learning and Behavior in Children: A Resource List for Professionals [HTML](#) | [PDF](#)
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- [Holiday Food and Nutrition Resources](#)



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IBIDS is a database of published, international, scientific literature on dietary supplements, including vitamins, minerals, and botanicals.
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Food Composition

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[Nutrient Data Laboratory](#)

Find nutrient values of over 6600 foods.

From: US Department of Agriculture, Agricultural Research Service

- Online [searchable database](#) of foods. Available in pdf report forms, or on CD-ROM. Database may be downloaded onto your computer.
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Reports are sorted by nutrient content of selected foods in alphabetical order, or in descending order by nutrient content.
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[Nutrient Data Lab Food Composition Data](#)

- [Classic USDA Food Composition Publications](#)
Includes Agriculture Handbook No. 74, Energy Value of Foods and Agriculture Handbook No. 102, and Food Yields Summarized by Different Stages of Preparation. Available in pdf.
- [Food Composition and Nutrition Links](#)
Find other food nutrient related information.
- [Nutritive Value of Foods](#)
Published in 2002, HG-72 contains data on over 1,274 foods expressed in terms of common household units.
From: Home and Garden Bulletin No. 72

Avocados, raw, California

Scientific Name: *Persea americana*

NDB No: 09038

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
Proximates				
Water	g	72.33	33	2.17
Energy	kcal	167	0	0
Energy	kj	697	0	0
Protein	g	1.96	30	0.158
Total lipid (fat)	g	15.41	31	0.63
Ash	g	1.66	30	0.138
Carbohydrate, by difference	g	8.64	0	0
Fiber, total dietary	g	6.8	21	1.014
Sugars, total	g	0.30	11	0.098
Sucrose	g	0.06	9	0.043
Glucose (dextrose)	g	0.08	9	0.035
Fructose	g	0.08	9	0.019
Lactose	g	0.00	9	0
Maltose	g	0.00	9	0



Nutritive Value of Foods

United States
Department of
Agriculture

Agricultural
Research
Service

Home and
Garden Bulletin
Number 72



Table 9. Nutritive Value of the Edible Part of Food

Food No.	Food Description	Measure of edible portion	Weight (g)	Water (%)	Calories (kcal)	Protein (g)	Total fat (g)	Fatty acids	
								Saturated (g)	Mono-unsaturated (g)
Fruits and Fruit Juices (continued)									
Avocados, raw, without skin and seed									
278	California (about 1/5 whole)....	1 oz	28	73	50	1	5	0.7	3.2
279	Florida (about 1/10 whole)	1 oz	28	80	32	Tr	3	0.5	1.4
Bananas, raw									
280	Whole, medium (7" to 7 7/8" long).....	1 banana	118	74	109	1	1	0.2	Tr
281	Sliced	1 cup	150	74	138	2	1	0.3	0.1
282	Blackberries, raw	1 cup	144	86	75	1	1	Tr	0.1
Blueberries									
283	Raw	1 cup	145	85	81	1	1	Tr	0.1
284	Frozen, sweetened, thawed	1 cup	230	77	186	1	Tr	Tr	Tr
Cantaloupe. See Melons.									
Carambola (starfruit), raw									
285	Whole (3 5/8" long).....	1 fruit.....	91	91	30	Tr	Tr	Tr	Tr
286	Sliced	1 cup	108	91	36	1	Tr	Tr	Tr
Cherries									
287	Sour, red, pitted, canned, water pack.....	1 cup	244	90	88	2	Tr	0.1	0.1
288	Sweet, raw, without pits and stems.....	10 cherries.....	68	81	49	1	1	0.1	0.2
289	Cherry pie filling, canned	1/5 of 21-oz can	74	71	85	Tr	Tr	Tr	Tr
290	Cranberries, dried, sweetened...	1/4 cup.....	28	12	92	Tr	Tr	Tr	Tr
291	Cranberry sauce, sweetened, canned (about 8 slices per can).....	1 slice	57	61	86	Tr	Tr	Tr	Tr
Dates, without pits									



Topics A - Z

FNIC Resource Lists

Dietary Supplements

Food Composition

Dietary Guidelines

Food Guide Pyramid

FNIC Databases

Consumer Corner



Dietary Guidelines for Americans

See also: [Food Guide Pyramid](#)

*** Dietary Guidelines for Americans Sub-topics ***



Go!

U.S. Dietary Guidelines for Americans

2005 Dietary Guidelines for Americans

- [Dietary Guidelines for Americans 2005 \(HTML\)](#) ([PDF](#))
4.8 MB)
- [Executive Summary \(HTML\)](#) , ([PDF](#)) , ([in Spanish](#))
- [Consumer Brochure \(HTML\)](#) ([PDF](#))
- [Key Recommendations](#)
- [Toolkit for Professionals](#) **New**

Available for purchase:

Dietary Guidelines for Americans, 2005

(\$12.00 each or packages of 25 for \$106.00)

To purchase printed copies of this 80-page report (Stock Number 001-000-04719-1), call the U.S. Government Printing Office toll-free at (866) 512-1800, or access the GPO Online Bookstore at <http://bookstore.gpo.gov>.

Finding Your Way to a Healthier You

(\$.50 each or packages of 100 for \$54.00)

To purchase single printed copies of this 12-page brochure, call the Federal Citizen Information Center toll-free at (888) 878-3256. To purchase bulk copies, 100 copies per pack (Stock Number 001-000-04718-3), call the U.S. Government Printing Office toll-free at (866) 512-1800, or access the GPO Online



Food and Nutrition Information Center

[Topics A - Z](#)[FNIC Resource Lists](#)[Dietary Supplements](#)[Food Composition](#)[Dietary Guidelines](#)[Food Guide Pyramid](#)[FNIC Databases](#)[Consumer Corner](#)

To view or print a PDF file, download and install the free

Food Guide Pyramid

*** Food Guide Pyramid Sub-topics ***



USDA Food Guide Pyramid Publications



NEW [USDA MyPyramid Food Guidance System and Symbol](#)

[MyPyramid.gov](#) is the access point for the USDA food guidance system.

MyPyramid replaces the 1992 Food Guide Pyramid and associated materials. It incorporates recommendations from the 2005 Dietary Guidelines for Americans, released by the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) in January, 2005.

[MyPyramid Mini-Poster](#)

[Anatomy of MyPyramid \[pdf\]](#) One page handout describes how the symbol can be used to teach key concepts. [\[text\]](#)

[MyPyramid Animation](#) Explains the new look and system.

[MyPyramid Tracker](#) Web-based interactive tool that helps consumers compare their diet and physical activity to current health recommendations. Individuals can enter the foods they eat and their physical activities for a day and obtain the energy balance between them.



NEW [MyPyramid for Kids](#)

Child-friendly version of MyPyramid. Developed to help motivate children 6-11 years old to make healthy food choices and be physically active.

[Tips for Families](#)

MyPyramid for Kids mini-poster with the MyPyramid for Kids graphic on one side and eating and physical activity tips on the other side.



Food and Nutrition Information Center

Topics A - Z

FNIC Resource Lists

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FNIC Databases

To search all FNIC databases simultaneously (except FSRIO and IBIDS) enter your search term below **or** select one of the advanced search options. To search individual databases go to the [bottom](#) of this page and click on the individual icons.

Simple Search: Search by Keyword

OR

Advanced Search: Select at least one check box

Target Audience: For Use with Infants
 Format: Print Education Materials
 Language: Non-English Language

To search the individual Food Information Team databases, click on the icon:



A collection of consumer and food worker educational materials

Training and education materials for school food service and child nutrition personnel

Materials for nutrition educators working with low-income audiences.

Materials developed for WIC audiences



Up-to-date listings of HACCP training programs and HACCP resource materials

Scientific literature on dietary supplements, vitamins, minerals, and botanicals

A collection of food safety research abstracts

A small database of materials geared specifically to Native American audiences

Search Nutrition.gov

- [Advanced Search](#)
- [Search Tips](#)

Browse by Audience

Browse by Subject

- ▶ [Dietary Supplements](#)
- ▶ [Diseases & Disorders](#)
- ▶ [Food Allergy](#)
- ▶ [Food Composition](#)
- ▶ [Food & Nutrition Assistance](#)
- ▶ [Food Safety](#)
- ▶ [Nutrition Recommendations](#)
- ▶ [Shopping, Cooking & Meal Planning](#)
- ▶ [Sports & Exercise](#)
- ▶ [Weight Control](#)

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More

A service of the National Agricultural Library,
U.S. Department of Agriculture

In the News

More



New USDA MyPyramid Food Guidance System Announced

The MyPyramid food guidance system replaces the original Food Guide Pyramid. USDA Secretary Johanns released the new symbol and website.



What Kind of Man Are You?

Hopefully a healthy one. Take this "quiz". For National Men's Health Week, June 13-19 -and every day- try to eat 9 servings of fruits and vegetables.



Knowing What's Best for Baby To Eat

USDA's Agricultural Research Service (ARS) has teamed with the American Dietetic Association and Gerber Foods to develop practical and useful recommendations for establishing healthy eating habits in infants and toddlers.

Spotlight

More



Questions & Answers about the new Dietary Guidelines for Americans

Where can I get the Guidelines? How many

I Want To...

- [See MyPyramid Food Guidance System](#)
- [See the 2005 Dietary Guidelines](#)
- [Look up Calories or Nutrients in a Food](#)
- [Learn about Federal Food Programs](#)

Nutrition Info About...



MyPyramid.gov
STEPS TO A HEALTHIER YOU



Care Provider Toolkit: for UW staff and students

http://healthlinks.washington.edu/care_provider



MyUW | UW Home | UW Medicine | Health Sciences Schools

PubMed | eJournals | Reference | How-To | Library Services

[Off-Campus Access](#)

BioResearcher | **Care Provider** | Grant Seeker | Instructor | Public Health | Social Worker | Student | **What's New**



PrimeAnswers | Nurse | Pharmacist | Patient | Clinical Specialties | Evidence Based Practice | ORCA | MINDscape



[HealthLinks](#) > Care Provider

Search

Care Provider Toolkit

SEARCH FOR ARTICLES






- Search PubMed MEDLINE  

Limited to English, last 5 years
- CINAHL: Nursing & Allied Health  
Cumulative Index to Nursing and Allied Health Literature

FIND JOURNALS AND DATABASES

- Find an eJournal on HealthLinks
- Primary Care eJournals
- Order copies of articles or books
- More databases ...
- BMJ (International Edition)
- JAMA 
- New England Journal of Medicine 


FIND THE EVIDENCE

- Search for evidence in PrimeAnswers 
- Search PubMed MEDLINE Systematic Reviews  
- Cochrane Library  
- National Guideline Clearinghouse 
- Clinical Evidence  
- TRIP+  
- Evidence-Based Practice

DIAGNOSIS AND THERAPY







- Search UpToDate  
- Search MD Consult Books  
- Notifiable Communicable Diseases and Related Conditions
- Current Medical Diagnosis & Treatment  
- Dermatology Atlas Online
- GeneTests GeneClinics
- Harrison's Online  
- Laboratory Test Information
- Lippincott Nursing Texts 
- Manual of Laboratory and Diagnostic Tests 
- STAT!Ref Medical Reference Library  
- Stedman's Medical Dictionary 27th ed  
- ACP Medicine (was called WebMD Scientific American Medicine)  

CLINICAL TOOLS AND CALCULATORS

- Calculators available via HealthLinks
- INGENIX ICD-9-CM and AMA CPT with RVU Coding Resources 
STAT!Ref
- PrimeAnswers: Prediction Rules & Calculators

PDA DOWNLOADS

DRUGS

- Search Micromedex  
- Search Natural Medicines  
- Lippincott's Nursing Drug Guide 
- UW Medicine Drug Formulary 

PATIENT EDUCATION

- Search MD Consult Patient Handouts  
- Search MEDLINEplus 
- Micromedex: Patient Leaflets  
- Family Doctor.org
- Medem's Medical Library

UW PATIENT EDUCATION

- EthnoMed 
- Culture Clues 
- UWMC Health On-Line   No Proxy Access
- HMC Patient/Family Education Manual  Requires UWNetID

CONNECTING WITH THE LIBRARY

- Contact your library liaison 



Internet

Patient Education

- **MEDLINEplus** <http://medlineplus.gov/>
 - **#1 SOURCE** for basic quality consumer and patient information
 - Includes drug information
 - Medical Encyclopedia – full-text with illustrations
 - Spanish version
 - Preformulated *PubMed* searches
 - Interactive tutorials
 - Current health news

MedlinePlus Content

Interactive tutorials:

175 total (soon)

ClinicalTrials links on display:

640 (today)

NIH-Seniorhealth

22 topics

OR-Live surgery videos:

73

Announcement listservs:

11 daily & weekly

Directories:

Over 100 directories covering doctors, hospitals, clinics and libraries.

The screenshot shows the MedlinePlus website homepage. At the top, there is a header with the MedlinePlus logo and the text "Trusted Health Information for You". To the right of the logo, it says "A service of the U.S. NATIONAL LIBRARY OF MEDICINE and the NATIONAL INSTITUTES OF HEALTH". Below the header is a search bar labeled "Search MedlinePlus". To the right of the search bar are links for "About MedlinePlus", "Site Map", "Help", and "Contact Us". A red circle highlights the "Contact Us" link, which has a sub-link for "español".

The main content area is divided into several sections:

- Health Topics:** Start here with over 700 topics on conditions, diseases and wellness.
- Drug Information:** About your prescription and over-the-counter medicines.
- Medical Encyclopedia:** Includes pictures and diagrams.
- Dictionary:** Spellings and definitions of medical words.
- News:** Health News from the past 30 days.
- Directories:** Find doctors, dentists and hospitals.
- Other Resources:** Local libraries, health organizations, international sites and more.

Other sections include:

- Current Health News:** Links to "Mouthguards Essential for Back-to-School Sports", "Newest Breast Cancer Drugs Can Cause Joint Pain in Patients", "Excessively Sleepy? Could Be More Than Poor Sleep", and "More news".
- Featured Site:** Hurricane Katrina links: "Disasters and Emergency Preparedness", "Coping with Disasters", "NIH Response", "Recovery Information".
- In the Spotlight:** September is Prostate Cancer Awareness Month. Learn more: "Go to Prostate Cancer", "Prostate Cancer Interactive Tutorial", "News about Prostate Cancer".
- Interactive Tutorials:** Over 165 slideshows with sound and pictures.
- ClinicalTrials.gov:** Studies for new drugs and treatments.
- NIHSeniorHealth:** Health information for older adults.
- Surgery Videos:** Videos of surgical procedures.

At the bottom, there is a footer with copyright information, privacy policy, accessibility guidelines, and quality guidelines. It also includes the address: "U.S. National Library of Medicine, 8600 Rockville Pike, Bethesda, MD 20894" and the "National Institutes of Health | Department of Health & Human Services | Freedom of Information Act". A date stamp indicates "Page last updated: 07 September 2005" and a URL: "http://medlineplus.gov".

Health topics (today):

704 English

657 Spanish

3 drug and herbal databases:

approx 1700 monographs

ADAM.com encyclopedia:

approx 4000 monographs

Health news:

Approx 15-20 new stories added per day



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Start here with over 650 topics on conditions, diseases and wellness

▶ **Drug Information**

About your prescription and over-the-counter medicines

▶ **Medical Encyclopedia**

Includes pictures and diagrams

▶ **Dictionary**

Spellings and definitions of medical words

▶ **News**

Health News from the past 30 days

▶ **Directories**

Find doctors, dentists and hospitals

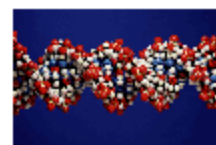
▶ **Other Resources**

Local libraries, health organizations, international sites and more

Current Health News

- ▶ ["Decision Aids" Improve Breast Cancer Knowledge](#)
- ▶ [Order the Salad, But Don't Hold the Fat](#)
- ▶ [Flu Shot Doesn't Prevent Kids' Asthma Flare-ups](#)
- ▶ [More news](#)

Featured Site



New from the National Human Genome Research Institute:

[Policy and Legislation Database](#)

In the Spotlight 



We can't all be like Lance Armstrong, six time winner of the Tour de France. But we can learn how to stay healthy and fit:

- ▶ [Exercise and Physical Fitness](#)
- ▶ [Preventing Disease and Staying Healthy](#)
- ▶ [Sports Fitness](#)


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Health Topics

Find your topic by first letter:



A	B	C	D	E	F	G	H
I	J	K	L	M	N	O	P
Q	R	S	T	U	V	W	XYZ

Find your topic by broad group:

Disorders and Conditions - Body Location/Systems

- [Blood/Lymphatic System](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nervous System](#)
- [Cancers](#)
- [Digestive System](#)
- [Ear, Nose, and Throat](#)
- [Endocrine System \(Hormones\)](#)
- [Eyes and Vision](#)
- [Genetics/Birth Defects](#)
- [Heart and Circulation](#)
- [Immune System/AIDS](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Kidneys and Urinary System](#)
- [Lungs and Breathing](#)

Diagnosis and Therapy

- [Complementary and Alternative Therapies](#)
- [Diagnostic Tests](#)
- [Drug Therapy](#)
- [Surgery and Rehabilitation](#)
- [Symptoms](#)
- [Transplantation and Donation](#)

Demographic Groups

- [Child and Teen Health](#)
- [Men's Health](#)
- [Population Groups](#)
- [Seniors' Health](#)
- [Women's Health](#)

Health and Wellness

- [Fitness and Exercise](#)

- [Chemotherapy](#) see [Cancer Chemotherapy](#)
- [Chest Pain](#) see [Angina](#) ; [Pain](#)
- [Chewing Tobacco](#) see [Smokeless Tobacco](#)

- [Chickenpox](#)
- [Child Abuse](#)
- [Child Behavior Disorders](#)
- [Child Day Care](#)
- [Child Dental Health](#)

- [Child Development](#)
- [Child Mental Health](#)
- [Child Molestation](#) see [Child Sexual Abuse](#)
- [Child Nutrition](#)
- [Child Safety](#)

- [Child Sexual Abuse](#)
- [Childbirth](#)
- [Childhood Asthma](#) see [Asthma in Children](#)
- [Childhood Immunization](#)
- [Childhood Leukemia](#) see [Leukemia, Childhood](#)

- [Children's Health](#)
- [Children's Page](#)
- [Chiropractic](#)
- [Chlamydia Infections](#)
- [Choking](#)

- [Cholecystectomy](#) see [Gallbladder Diseases](#)
- [Cholelithiasis](#) see [Gallbladder Diseases](#)
- [Cholesterol](#)

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Child Nutrition



Latest News

- [Tips for Making Healthy Lunches for Your Child](#) (10/11/2005, Substance Abuse and Mental Health Services Administration)
- [Fruits, Veggies Help Build Strong Bones in Boys](#) (09/29/2005, Reuters Health)
- [USDA to Unveil Child-Friendly Food Pyramid](#) (09/28/2005, Reuters Health)
- [Early Heart-Healthy Eating Urged for Kids](#) (09/28/2005, Reuters Health)
- [Kids Need to Get a Jump Start on Heart Healthy Eating](#) (09/27/2005, American Heart Association)

From the National Institutes of Health

- [Get Up and Grow: Rate Your Child's Food and Fitness Habits](#) (National Institute of Child Health and Human Development) - Links to PDF
- [Healthy Eating and Physical Activity across Your Lifespan: Helping Your Child \(Tips for Parents\)](#) (NIDDK Weight-Control Information Network)
Also available in: [Spanish](#)
- [Milk Matters for Your Child's Health! *Easy-to-Read*](#) (National Institute of Child Health and Human Development)
Also available in: [Spanish](#)

Overviews

- [Healthy Eating](#) (Nemours Foundation)
Also available in: [Spanish](#)
- [Healthy Food Choices: 6 to 12 Years](#) (American Medical Association)
- [Nutrition for Kids: Guidelines for a Healthy Diet](#) (Mayo Foundation for Medical Education and Research)
- [Nutrition: Fit to Eat](#) (National Women's Health Information Center)

Specific Conditions

- [Calcium and Your Child](#) (Nemours Foundation)
- [Fiber and Your Child](#) (Nemours Foundation)
- [Iron and Your Child](#) (Nemours Foundation)
- [Nutrition for Children with Cancer](#) (American Cancer Society)

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Search MEDLINE/PubMed for recent research articles on Child Nutrition:

- [Child nutrition](#)
- [Teen nutrition](#)

You may also be interested in these MedlinePlus related pages:

- [Infant and Toddler Nutrition](#)

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Cystic Fibrosis



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You may also be interested in these MedlinePlus related pages:

• [Lung Transplantation](#)

• [Genetics/Birth Defects](#)

• [Lungs and Breathing](#)

Latest News

- [Cystic Fibrosis Can Impair Kids' Mental Powers](#) (06/11/2004, Reuters Health)
- [FDA Announces Recall of "DU" Brand Nasal Decongestant Due to Possible Health Risk](#) (05/14/2004, Food and Drug Administration)

From the National Institutes of Health

- [Cystic Fibrosis](#) (National Heart, Lung, and Blood Institute)

General/Overviews

- [Cystic Fibrosis](#) (Mayo Foundation for Medical Education and Research)
- [Cystic Fibrosis Interactive Tutorial](#) (Patient Education Institute) - - requires Flash plug-in
Also available in: [Spanish](#)
- [JAMA Patient Page: Cystic Fibrosis](#) (American Medical Association)

Clinical Trials

- [ClinicalTrials.gov: Cystic Fibrosis](#) (National Institutes of Health)
- [Commonly Asked Questions about Clinical Trials](#) (Cystic Fibrosis Foundation)

Diagnosis/Symptoms

- [Sweat Testing](#) (Cystic Fibrosis Foundation)
- [Trypsinogen Test](#) (American Association for Clinical Chemistry)

Disease Management

- [Home Oxygen Therapy](#) (American Association for Respiratory Care)
- [JAMA Patient Page: Assisted Breathing](#) (American Medical Association)

Nutrition

- [Nutrition and Cystic Fibrosis: Changes through Life](#) (Cystic Fibrosis Foundation) - Links to PDF File
- [Nutrition for Teens with Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF File
- [Nutrition for Your Child with Cystic Fibrosis \(Four to Seven Years\)](#) (Cystic Fibrosis Foundation) - Links to PDF File
- [Nutrition for Your Infant with Cystic Fibrosis \(Birth to One Year\)](#) (Cystic Fibrosis Foundation) - Links to PDF File
- [Nutrition for Your Toddler with Cystic Fibrosis \(One to Three Years\)](#) (Cystic Fibrosis Foundation) - Links to PDF File
- [Prescription Food: Prescriptions for Kids with Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF File



Cystic Fibrosis

Credits & Terms

Introduction

Cystic Fibrosis

Causes

Symptoms

Diagnosis

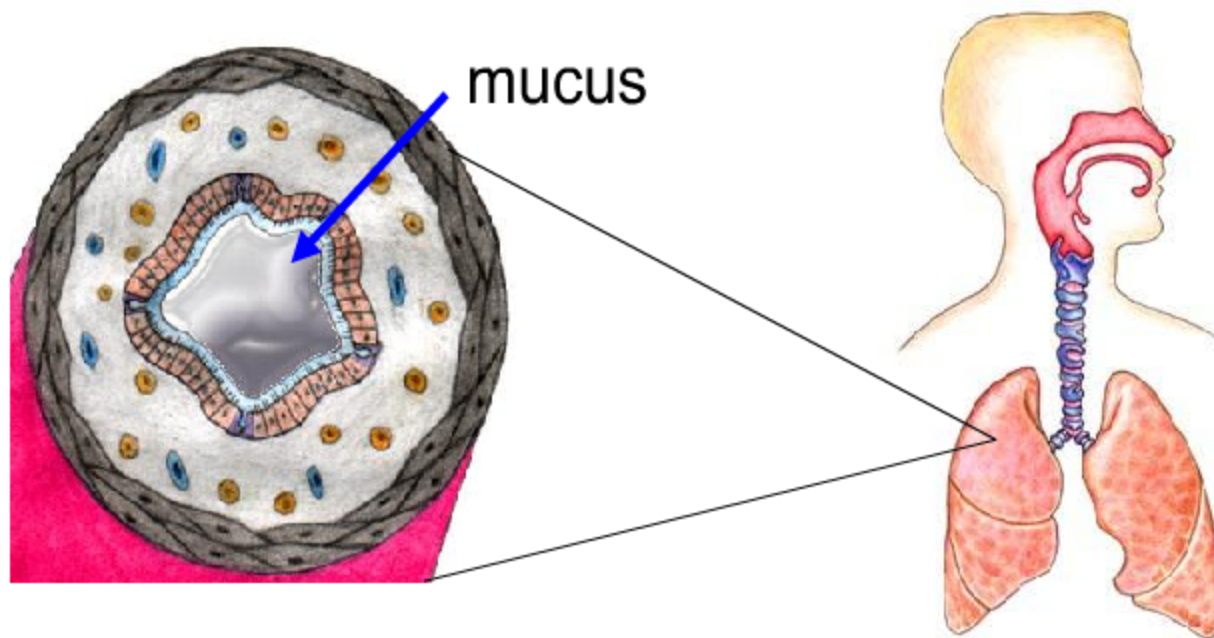
Treatment

Prevention

Facts

Summary

Our bodies depend on special cells that secrete mucus and sweat in order to function normally. Our lungs have these special cells in them. The mucus the special cells secrete is watery and helps trap dirt and expel it to the outside.



Medical Encyclopedia & Dictionary

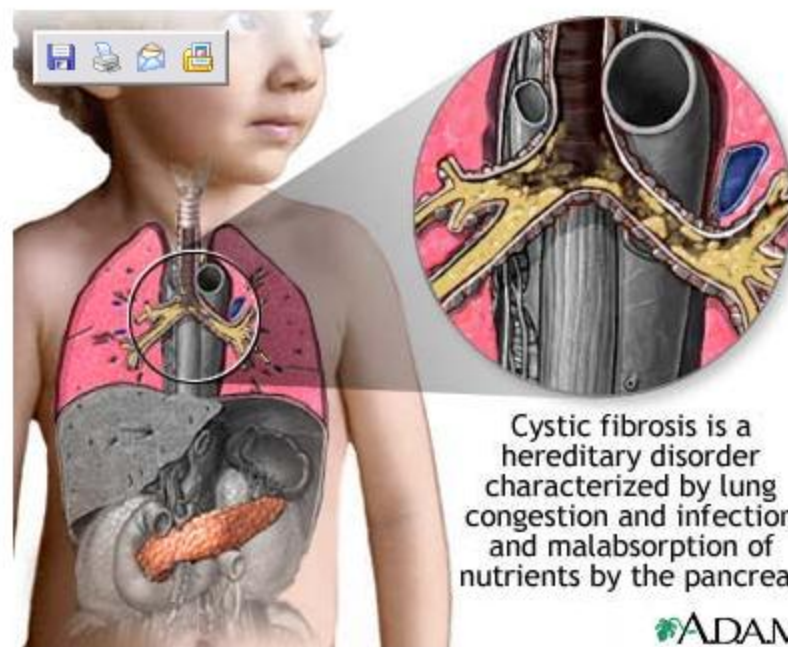
- Encyclopedia includes:
 - 4,000+ entries on diseases, tests, symptoms, injuries and surgeries
 - an extensive library of photographs and illustrations.



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Medical Encyclopedia

Cystic fibrosis



Cystic fibrosis is a hereditary disorder characterized by lung congestion and infection and malabsorption of nutrients by the pancreas

Cystic fibrosis is the most common cause of chronic lung disease in children and young adults, and the most common fatal hereditary disease in the US.

Update Date: 3/23/2001

Updated by: A.D.A.M. Medical Illustration Team

New Drugs, Supplements & Herbal Information page

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and the NATIONAL INSTITUTES OF HEALTH

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[español](#)

Drug Information

Browse by first letter of generic or brand name drug:

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#) [0-9](#)

Information on thousands of prescription and over-the-counter medications is provided through two drug resources

- MedMaster™†, a product of the [American Society of Health-System Pharmacists \(ASHP\)](#)
- USP DI® Advice for the Patient® ‡, a product of the [United States Pharmacopeia \(USP\)](#).

For additional drug information, see the MedlinePlus [drug therapy](#) topic pages.

Herbs and Supplements

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Natural Standard is an international research collaboration that aggregates and synthesizes data on complementary and alternative therapies.

- Using a comprehensive methodology and reproducible grading scales, information is created that is evidence-based, consensus-based, and peer-reviewed
- Tapping into the collective expertise of a multidisciplinary Editorial Board.

For additional herb and supplement information, see the MedlinePlus [herbal medicine](#) topic page.

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Other drug names: [A-Am](#) [An-Az](#) [B](#) [C-Ch](#) [Ci-Cz](#) [D-Dh](#) [Di-Dz](#) [E](#) [F](#) [G](#) [H](#) [I-J](#) [K-L](#) [M-Mh](#) [Mi-Mz](#) [N-Nh](#) [Ni-Nz](#) [O](#) [P-Pl](#) [Q](#) [R-Rh](#) [Ri-Rz](#) [S](#) [T-Th](#) [Ti-Tz](#) [U](#) [V](#) [W-Z](#) [0-9](#)

Montelukast (Systemic)

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Contents of this page:

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- [Before Using This Medicine](#)
- [Proper Use of This Medicine](#)
- [Precautions While Using This Medicine](#)
- [Side Effects of This Medicine](#)
- [Brand Names](#)
- [Category](#)

Description [Return to top](#)

Montelukast (mon-te-LOO-kast) is used in mild to moderate asthma to decrease the symptoms of asthma and the number of asthma attacks. Montelukast should not be used to relieve an asthma attack that has already started. This medicine is also used to treat the symptoms of seasonal (short-term) allergies.

This medicine is available only with your doctor's prescription, in the following dosage form:

Oral

- Tablets (U.S.)
- Chewable tablets (U.S.)
- Oral granules (U.S.)



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Montelukast (Systemic)

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- [Category](#)
- [Description](#)
- [Before Using This Medicine](#)
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- [Side Effects of This Medicine](#)



Side Effects of This Medicine

Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects may occur, if they do occur they may need medical attention.

Check with your doctor as soon as possible if the following side effect occurs:

Rare

Pus in the urine

Other side effects may occur that usually do not need medical attention. These side effects may go away during treatment as your body adjusts to the medicine. However, check with your doctor if any of the following side effects continue or are bothersome:

More common

Headache

Less common

Abdominal or stomach pain; cough; dental pain; dizziness; fever; heartburn; skin rash; stuffy nose; weakness or

105 Herbs and Supplements Monographs in English & Spanish Peppermint oil

Peppermint oil (*Mentha x piperita* L.)

Natural Standard Bottom Line Monograph, Copyright © 2005 (www.naturalstandard.com).
Commercial distribution prohibited. This monograph is intended for informational purposes only, and should not be interpreted as specific medical advice. You should consult with a qualified healthcare provider before making decisions about therapies and/or health conditions.



While some complementary and alternative techniques have been studied scientifically, high-quality data regarding safety, effectiveness, and mechanism of action are limited or controversial for most therapies. Whenever possible, it is recommended that practitioners be licensed by a recognized professional organization that adheres to clearly published standards. In addition, before starting a new technique or engaging a practitioner, it is recommended that patients speak with their primary healthcare provider(s). Potential benefits, risks (including financial costs), and alternatives should be carefully considered. The below monograph is designed to provide historical background and an overview of clinically-oriented research, and neither advocates for or against the use of a particular therapy.

Related Terms:

- Balm mint, black peppermint, brandy mint, curled mint, Feullis de menthe, Japanese peppermint, Katzenkraut (German), lamb mint, *Mentha arvensis* L. var *piperascens*, menta prima (Italian), *Menthae piperitae aetheroleum* (peppermint oil), *Menthae piperita* var *officinalis*, *Menthae piperitae folium* (peppermint leaf), *Menthe anglaise*, *Menthe poivre*, *Menthe poivree*, *Mentha piperita* var *vulgaris*, Our Lady's mint, pebermynte (Danish), Pfefferminz (German), Porminzen, Schmecker, spearmint (*Mentha spicata* L.), water mint (*Mentha aquatica*), white peppermint, WS(R) 1340.
- **Essential oil constituents:** Cineol, isomenthone, liminene, menthofuran, menthol, menthone, menthyl acetate, terpenoids.
- **Leaf constituents:** Caffeic acid, chlorogenic acid, luteolin, hesperidin, rutin, "volatile" oil.
- **Selected brand names:** Ben-Gay®, Colpermin®, China Maze, Cholaktol, Citaethol, Enteroplant® (contains peppermint and caraway oil), Kiminto, Mentacur, Mentholatum, Mintec, Rhuli Gel®, Robitussin® cough drops, SX Mentha®, Vicks VapoRub®.
- **Combination products:** Absorbine Jr.®, Iberogast®, Listerine®.

Aceite de menta (*menta piperita*)

Natural Standard Bottom Line Monograph, Copyright © 2005 (www.naturalstandard.com).
Se prohíbe su distribución comercial. Esta monografía tiene la intención de servir para fines informativos únicamente, por lo cual no se debe interpretar como un consejo médico específico. Usted deberá consultar con un proveedor médico calificado antes de tomar decisiones respecto a terapias y/o afecciones de salud.



No obstante se han estudiado de forma científica ciertas técnicas complementarias y alternas, para la mayoría de las terapias hay limitación o controversia sobre los datos de alta calidad respecto a la seguridad, eficacia y mecanismo de acción. Se recomienda, al máximo posible, que los practicantes cuenten con licencias expedidas por una organización profesional reconocida que se adhiera a normas claramente publicadas. Además, antes de iniciar una nueva técnica o contratar a un practicante, se recomienda que los pacientes consulten con su(s) proveedor(es) médico(s) principal(es). Se deben considerar atentamente los beneficios y riesgos potenciales (incluye los costos financieros) así como las alternativas. La siguiente monografía está diseñada para ofrecer una historia y un resumen de la investigación con orientación clínica, y la misma ni defiende ni se opone al uso de una terapia en particular.

Términos relacionados:

- Bálsamo de menta, menta negra, menta de brandy, menta crespá, Feullis de menthe, menta japonesa, Katzenkraut (alemán), menta de cordero, menta arvenis, L. var *piperascens*, menta prima (italiano), *Menthae piperitae aetheroleum* (aceite de menta) *Menthae piperita* var *officinalis*, *Menthae piperitae folium* (hoja de menta), *Menthe anglaise*, *Menthe poivree*, *Mentha piperita* var *vulgaris*, Our Lady's mint, pebermynte (danés), Pfefferminz (alemán), Porminzen, Schmecker, hierbabuena (*Mentha spicata*), menta acuática (*Mentha aquatica*), menta blanca, WS (R) 1340.
- **Elementos constituyentes esenciales del aceite:** Cineol, isomentona, limoneno, mentofurano, mentol, mentona, acetato de mentilo, terpenoides.
- **Elementos constituyentes de la hoja:** Ácido cafeico, ácido clorogénico, luteolina, hesperidina, rutin, aceite "volátil".
- **Selección de marcas registradas:** BenGay®, Colpermin®, China Maze, Cholaktol, Citaethol, Enteroplant® (contiene aceite de menta y alcaravea), Kiminto, Mentacur, Mentholatum, Mintec, Rhuli Gel®, Robitussin® cough drops (pastillas para la tos), SX Mentha®, Vicks VapoRub®.

Evidence [Return to top](#)

These uses have been tested in humans or animals. Safety and effectiveness have not always been proven. Some of these conditions should be evaluated by a qualified healthcare provider.

Uses based on scientific evidence	Grade*
Indigestion (non-ulcer dyspepsia) <p>There is preliminary evidence from a small number of controlled trials that a combination of peppermint oil and caraway oil may be beneficial for dyspepsia (heartburn) symptoms. However, most studies have been poorly designed (methodologically weak with small sample sizes, inadequate use of control or placebo groups, unclear descriptions of blinding and randomization, and lack of use of standardized scales for identifying subjects or assessing endpoints). It is not clear which constituent(s) may be beneficial. Nonetheless, the existing evidence does suggest efficacy of this combination. It should be noted that heartburn can actually be a side effect of taking oral peppermint oil, which has been reported by patients in several controlled trials of peppermint oil. Patients with chronic heartburn should be evaluated by a qualified healthcare provider and may be advised to undergo a diagnostic endoscopy prior to initiating any treatment for heartburn.</p>	B
Irritable bowel syndrome (IBS) <p>Multiple randomized controlled trials of peppermint suggest significant improvements in irritable bowel syndrome (IBS) symptoms. Although the mechanism of action is not clear, pre-clinical studies suggest smooth muscle relaxing properties of peppermint (calcium antagonism may play a role). Enteric-coated peppermint preparations are generally recommended. Overall, studies have been brief with small sample sizes and methodological weaknesses (unclear diagnostic criteria, lack of validated measurement scales, unclear blinding and randomization procedures). Well-designed large trials are necessary before a strong recommendation can be made. Future studies should use standardized symptom scales and established diagnostic criteria to classify patients prior to enrollment (such as Rome II Diagnostic Criteria), uniform dosing and standardization, and longer duration.</p>	B
Antispasmodic (gastric spasm) <p>One study reports that peppermint oil solution administered intraluminally can be used as an antispasmodic agent with superior efficacy and fewer side effects than hyoscine-N-butylbromide administered by intramuscular injection during upper endoscopy.</p>	C
Tension headache <p>Application of diluted peppermint oil to the forehead and temples has been tested in people with headache. Studies have not been well conducted, and it is not clear if this is an effective treatment.</p>	C

Do you need...

- Articles or research studies:

Go to *PubMed*

- Information written for patients:

Start with *MEDLINEplus*

Additional Patient Ed Resources

- Healthfinder <http://healthfinder.gov/>
 - MEDEM <http://www.medem.com/>
 - NIH Health Information <http://health.nih.gov/>
- 

Cross-Cultural Healthcare Resources

➤ EthnoMed <http://ethnomed.org/>

A cross-cultural medicine database containing information about cultural beliefs and medical issues pertinent to healthcare of ethnic groups in Seattle area

➤ Culture Clues

<http://depts.washington.edu/pfes/cultureclues.html>

Tip sheets designed to increase awareness about concepts and preferences of patients from diverse cultures

➤ SPIRAL <http://spiral.tufts.edu/>

Selected Patient Information Resources in Asian Languages

Ethnic medicine information from Harborview Medical Center

▶ [HealthLinks](#) ▶ [HMC](#) ▶ [UW](#)

Search Ethnomed

Culture Specific Pages

- ◉ [Amharic](#)
- ◉ [Cambodian](#)
- ◉ [Chinese](#)
- ◉ [Eritrean](#)
- ◉ [Ethiopian](#)
- ◉ [Hispanic](#)
- ◉ [Oromo](#)
- ◉ [Somali](#)
- ◉ [Tigrean](#)
- ◉ [Vietnamese](#)
- ◉ [Other groups](#)

Cross Cultural Health

- ◉ [Clinical Topics](#)
- ◉ [Community HouseCalls](#)
- ◉ [Immigration](#)
- ◉ [Patient Education](#)
- ◉ [Pearls of Cross Cultural Care](#)
- ◉ [Related Sites](#)

About Ethnomed

The EthnoMed site contains information about cultural beliefs, medical issues pertinent to the health care of recent immigrants to Seattle or the US, many of who parts of the world.

Can't find what you want? Try using the Search within EthnoMed using a word or topic.

Featured Materials or Links on EthnoMed

NEW! [March 2005](#)

COMMON QUESTIONS ABOUT BLOOD

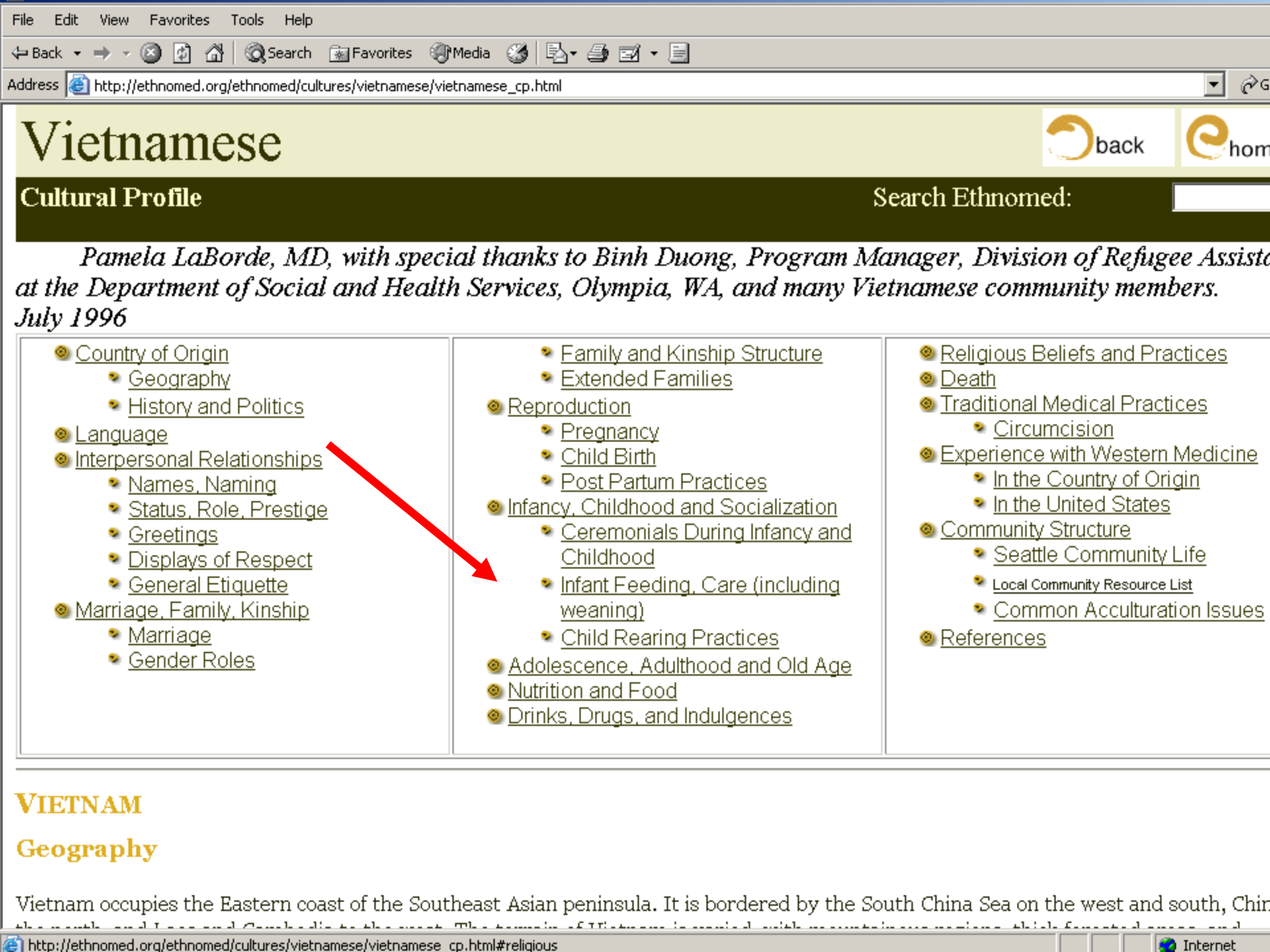
The need to draw blood can prompt a number of questions about how and why. These are some simple

- ◉ [Somali / English](#)
- ◉ [Spanish / English](#)

CANCER

What is Mammography?

Information about breast cancer, the importance of mammograms, and brief descriptions of treatment in the following languages:



Vietnamese



Cultural Profile

Search Ethnomed:

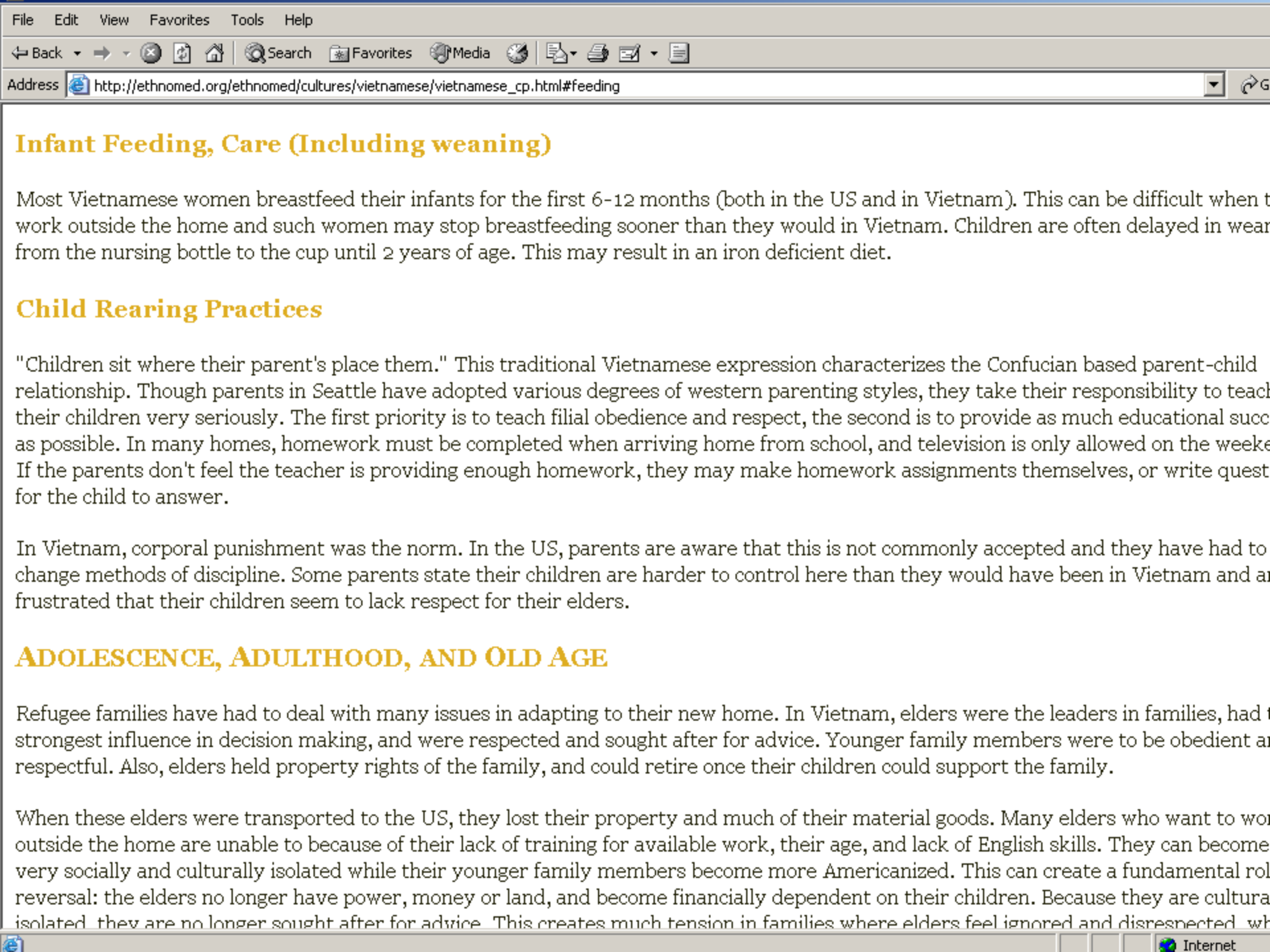
Pamela LaBorde, MD, with special thanks to Binh Duong, Program Manager, Division of Refugee Assistance at the Department of Social and Health Services, Olympia, WA, and many Vietnamese community members. July 1996

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> Country of Origin <ul style="list-style-type: none"> Geography History and Politics Language Interpersonal Relationships <ul style="list-style-type: none"> Names, Naming Status, Role, Prestige Greetings Displays of Respect General Etiquette Marriage, Family, Kinship <ul style="list-style-type: none"> Marriage Gender Roles | <ul style="list-style-type: none"> Family and Kinship Structure <ul style="list-style-type: none"> Extended Families Reproduction <ul style="list-style-type: none"> Pregnancy Child Birth Post Partum Practices Infancy, Childhood and Socialization <ul style="list-style-type: none"> Ceremonials During Infancy and Childhood Infant Feeding, Care (including weaning) Child Rearing Practices Adolescence, Adulthood and Old Age Nutrition and Food Drinks, Drugs, and Indulgences | <ul style="list-style-type: none"> Religious Beliefs and Practices Death Traditional Medical Practices <ul style="list-style-type: none"> Circumcision Experience with Western Medicine <ul style="list-style-type: none"> In the Country of Origin In the United States Community Structure <ul style="list-style-type: none"> Seattle Community Life Local Community Resource List Common Acculturation Issues References |
|--|---|--|

VIETNAM

Geography

Vietnam occupies the Eastern coast of the Southeast Asian peninsula. It is bordered by the South China Sea on the west and south, China to the north, and Laos and Cambodia to the west. The terrain of Vietnam is varied, with mountainous regions, thick forested areas, and



Infant Feeding, Care (Including weaning)

Most Vietnamese women breastfeed their infants for the first 6-12 months (both in the US and in Vietnam). This can be difficult when they work outside the home and such women may stop breastfeeding sooner than they would in Vietnam. Children are often delayed in weaning from the nursing bottle to the cup until 2 years of age. This may result in an iron deficient diet.

Child Rearing Practices

"Children sit where their parent's place them." This traditional Vietnamese expression characterizes the Confucian based parent-child relationship. Though parents in Seattle have adopted various degrees of western parenting styles, they take their responsibility to teach their children very seriously. The first priority is to teach filial obedience and respect, the second is to provide as much educational success as possible. In many homes, homework must be completed when arriving home from school, and television is only allowed on the weekends. If the parents don't feel the teacher is providing enough homework, they may make homework assignments themselves, or write questions for the child to answer.

In Vietnam, corporal punishment was the norm. In the US, parents are aware that this is not commonly accepted and they have had to change methods of discipline. Some parents state their children are harder to control here than they would have been in Vietnam and are frustrated that their children seem to lack respect for their elders.

ADOLESCENCE, ADULTHOOD, AND OLD AGE

Refugee families have had to deal with many issues in adapting to their new home. In Vietnam, elders were the leaders in families, had the strongest influence in decision making, and were respected and sought after for advice. Younger family members were to be obedient and respectful. Also, elders held property rights of the family, and could retire once their children could support the family.

When these elders were transported to the US, they lost their property and much of their material goods. Many elders who want to work outside the home are unable to because of their lack of training for available work, their age, and lack of English skills. They can become very socially and culturally isolated while their younger family members become more Americanized. This can create a fundamental role reversal: the elders no longer have power, money or land, and become financially dependent on their children. Because they are culturally isolated, they are no longer sought after for advice. This creates much tension in families where elders feel ignored and disrespected, which

- ⦿ Adolescent Violence
- ⦿ Anemia/Hemoglobinopathies
- ⦿ Asthma
 - Somali Asthma Cultural Profile
- ⦿ Breastfeeding
 - Infant Care Practices
- ⦿ Common Cold
- ⦿ Degenerative Joint Disease
- ⦿ Depression
- ⦿ Dermatology
 - Dermatology of Pigmented Skin
 - A Self-Teaching slide module for the influence of culture and pigment on skin conditions in children
- ⦿ Female Circumcision
- ⦿ Fungal Infections
- ⦿ Hepatitis
 - Somali Hepatitis Cultural Profile
- ⦿ Hepatitis B
- ⦿ Lactose Intolerance
- ⦿ Male Circumcision
- ⦿ Nutrition
 - **Report on Somali Diet: Common Dietary Beliefs and Practices of Somali Participants in WIC Nutrition Education Groups**
Available formats: Word Document | PDF
 - Group Nutrition Education Project for non-English speaking WIC families: 1 page PDF poster about nutrition class
- ⦿ Oral Health
 - Oral Health Beliefs, Traditions and Practices in the Somali Culture
- ⦿ Parasitic Diseases
- ⦿ Peripartum Practices and Infant Care Issues
 - Peripartum and Infant Care Issues Among Refugee Groups in Seattle
- ⦿ Post Traumatic Stress Disorder
- ⦿ Pubertal Development
- ⦿ Sexually Transmitted Diseases/HIV Infection
- ⦿ Thyroid Dysfunction
- ⦿ Tuberculosis

REPORT ON SOMALI DIET

COMMON DIETARY BELIEFS AND PRACTICES OF SOMALI PARTICIPANTS IN WIC NUTRITION EDUCATION

Content by Aliya S. Haq, MS, RD, CD, WIC and Pediatric Dietitian at Harborview Medical Center, Seattle

Edited by Christine Wilson Owens, B.A. Anthropology

Reviewed by Carey Jackson, MD

Community Reviewer: Salma Musa, Caseworker Cultural Mediator, Harborview

Date August, 2003

Contents of Article:

- [Methods](#)
- [The Somali Diet](#)
 - [Religious Proscriptions](#)
 - [Foods Commonly Consumed and Methods of Cooking](#)
 - [Common Dietary Beliefs](#)
 - [Common Nutrition/Diet Related Health Problems](#)
- [General Recommendations for Providers](#)
- [Discussion of Group Education Intervention](#)
 - [Group Education Outcome and Process Measures](#)
 - [Group Education Topics](#)
 - [Comparison of Show Rates and Nutritional Practices](#)
 - [Patient Satisfaction Surveys](#)
 - [Benefits of Group Nutrition Education](#)

Methods

The following information was collected during more than 70 nutrition education groups for Somali patients taught by dietitian Aliya Haq at Harborview Medical Center (HMC), between 1999 and 2002. WIC is a supplemental nutrition education program for pregnant and postpartum women. Nutrition education is an integral part of the WIC program, which also provides healthy food vouchers to low income families. More than 100 nutrition education groups at Harborview since they began in September 1999. [See below a Discussion of Group Education Intervention](#)

Providers are encouraged to assess the needs and behavior of all patients individually, and to consider that the information presented here is not representative of the dietary practices and beliefs of all Somali immigrants. As Westernization appears to have influenced some aspects of Somali immigrants' diet, we will observe if and how further acculturation impacts diet in the future.

Preventing Rickets in Breastfed Babies (Cambodian version)

Translated by Jeniffer Huong, August 1995

ការច្របូចច្របួនចំពោះម្តាយដែលចម្រើនដោះស្រាយ
ពិធីការពាររោគត្រីសក្នុងការចម្រើនដោះស្រាយរបស់អ្នក

អ្វីទៅដែលដេញចោលជាជំងឺរោគត្រីស?

វាគឺជាជំងឺដែលកើតឡើងក្នុងក្រពះច្រើនបណ្តាលមកពីការខ្វះខាតជាតិវីតាមីនឌីនៅ
ក្នុងខ្លួន។ នៅក្នុងក្រុមគ្រួសារខាងជើងខ្សែរងទាំងស្រុងតាមធម្មតារោគត្រីសនេះកើតមកពី
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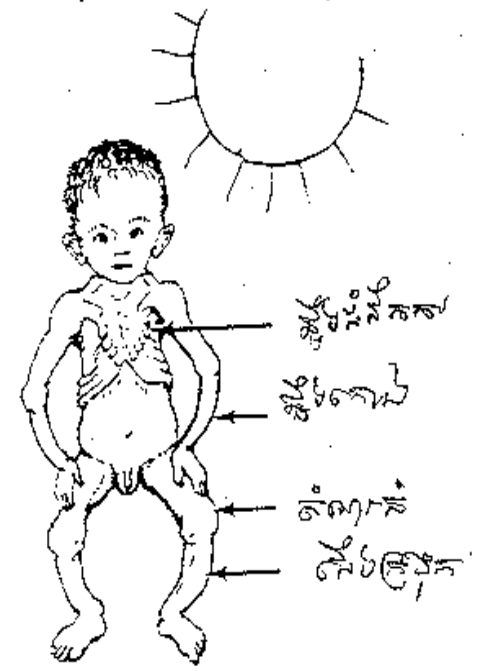
តើការកំបាំងនឹងទទួលបានរោគត្រីស?

តើការកំបាំងក្លាយជាជំងឺទទួលបានជំងឺរោគត្រីសដោយធម្មតា
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រាងជាតិសាច់, ទឹកដោះគោ, រោងចាន, រោងចាន

រោគត្រីស?

ខ្សោយ, មិនអាចដើរបាន, ដើរបាន, មានការយូតយាស់យើង
នឹង រោគត្រីស



ការយ៉ាងណាដែលក្មេងរាងជាតិរោគត្រីស?

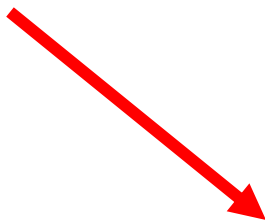
ស្តាប់ចំណុចក្នុងការការពារមិនឱ្យមានរោគត្រីសគឺត្រូវឱ្យបានកំបាំង

<http://depts.washington.edu/pfes/cultureclues.html>

Culture Clues™

Culture Clues© are tip sheets for clinicians designed to increase awareness about concepts and preferences of patients from the diverse cultures served by UWMC. Currently there are ten cultures represented, with additional ones in progress.

- [Albanian](#)
- [African American](#)
- [Chinese](#)
- [Deaf](#)
- [Hard of Hearing](#)
- [Korean](#)
- [Latino](#)
- [Russian](#)
- [Somali](#)
- [Vietnamese](#)
- [End of Life Care: The Latino Culture](#)
- [End of Life Care: The Russian Culture](#)





Patient and Family Education Services



Culture Clues™: Communicating With Your Russian Patient

Culture Clues™ is designed to increase awareness about concepts and preferences of patients from the diverse cultures served by UWMC. Every person is unique; always consider the individual's beliefs, needs and concerns. Use *Culture Clues™* and information from the patient and family to guide your communication and your patient care.

- ❖ perception of illness
 - ❖ patterns of kinship and decision making
 - ❖ comfort with touch
-

1. How does the Russian culture deal with illness?

A. HELPING YOUR PATIENT FEEL COMFORTABLE WITH UWMC

- Remember to find out if this is your patient's first visit to UWMC.
 - *If it is your patient's first visit to UWMC, take a few moments for orientation.*
 - *Keep in mind that patients who are new to the system may not be aware of the role of the Primary Care Team or the process for getting a referral to a specialist.*

Nutrition

SPIRAL

<http://spiral.tufts.edu>

- Asian Food Pyramid (Nutrition Education for New Americans Project)
 Documents: [ខ្មែរ Cambodian/Khmer](#) | [中文 Chinese](#) | [English](#)
[Lus Hmoob Hmong](#) | [한국어 Korean](#) | [ລາວ Lao](#) | [ไทย Thai](#) | [Việt Vietnamese](#)
- Better Health Begins with You (Nutrition Education for New Americans Project)
 Documents: [ខ្មែរ Cambodian/Khmer](#) | [中文 Chinese](#) | [English](#)
[Lus Hmoob Hmong](#) | [한국어 Korean](#) | [ລາວ Lao](#) | [ไทย Thai](#) | [Việt Vietnamese](#)
- Better Health for Mother and Baby
(Nutrition Education for New Americans Project)
 Documents: [ខ្មែរ Cambodian/Khmer](#) | [中文 Chinese](#) | [English](#)
[Lus Hmoob Hmong](#) | [한국어 Korean](#) | [ລາວ Lao](#) | [ไทย Thai](#) | [Việt Vietnamese](#)
- Better Nutrition for Mature Adults
(Nutrition Education for New Americans Project)
 Documents: [ខ្មែរ Cambodian/Khmer](#) | [中文 Chinese](#) | [English](#)
[Lus Hmoob Hmong](#) | [한국어 Korean](#) | [ລາວ Lao](#) | [ไทย Thai](#) | [Việt Vietnamese](#)
- Caffeine and Your Health (NSW Health Dept.- Australia)
 Documents: [中文 Chinese](#) | [English](#) (HTML) | [한국어 Korean](#) | [ไทย Thai](#)
[Việt Vietnamese](#)
- Cholesterol: Too Much is Dangerous (NSW Health Dept.- Australia)
 Documents: [ខ្មែរ Cambodian/Khmer](#) | [中文 Chinese](#) | [English](#) (HTML)
[한국어 Korean](#) | [ไทย Thai](#) | [Việt Vietnamese](#)
- Diabetes - Food and Nutrition (Diabetes Australia Multilingual Internet Resource)
[中文 Chinese](#) | [English](#) | [ไทย Thai](#) | [Việt Vietnamese](#)
- Diabetes Nutrition (Nutrition Education for New Americans Project)
 Documents: [ខ្មែរ Cambodian/Khmer](#) | [中文 Chinese](#) | [English](#)
[Lus Hmoob Hmong](#) | [한국어 Korean](#) | [ไทย Thai](#) | [Việt Vietnamese](#)

Drug Information: Basic Compilations

➤ **CDER: Center for Drug Evaluation and Research**

<http://www.fda.gov/cder/>

- Includes *Drugs @ FDA*, a catalog of FDA Approved Drug Products

➤ **CenterWatch Drug Directories**

<http://www.centerwatch.com/patient/drugs/drugdirectories.html>

- Includes *Drugs Newly Approved by the FDA*, *Drugs Currently in Clinical Research*, and *PDR Family Guides Drug Information*

Additional Drug Resources

➤ DrugInfoNet

<http://www.druginfonet.com/index.php?pageID=drug.htm>

- Includes official package inserts and patient package insert information

➤ Drugs.com <http://drugs.com/>

- Includes Pill Identifier

➤ MedlinePlus: Drugs, Supplements and Herbal Information

<http://www.nlm.nih.gov/medlineplus/druginformation.html>

- Information on thousands of prescription and over-the-counter medications, herbals and supplements

➤ PillBot.com <http://pillbot.com/>

- Prescription comparison shopping guide

➤ RxList <http://rxlist.com/>

- Includes the Top 200 list, the Top 300 list, and a Tablet/Capsule Imprint Code

DrugInfoNet

<http://druginfonet.com/index.php?pageID=drug.htm>

druginfonet.comsm

Breast Cancer Awareness

Search **Go**

- FAQ's
- Drug Info
- Disease Info
- Manufacturers
- Health News
- Health Info
- Become Panelist
- Health Orgs.
- Medical Refs.
- Gov't Sites
- Hospitals
- Med Schools

Drug Infonet provides drug and disease information for your healthcare needs. Visit our FAQ page to find answers to common health questions. Look on the Manufacturer Info page to link to pharmaceutical company pages. Click to Health Info and Health News for the latest in healthcare developments.

Drug Infonet brings this free resource to you so that you become a more informed consumer of healthcare.

Drug Information

[Official Package Inserts](#) - Official Package Insert information on pharmaceuticals for both health professionals and consumers, available by brand name, generic name, manufacturer and therapeutic class.

[Patient Package Inserts](#) - Information on pharmaceuticals for patients, in easy-to-understand notation from the pharmaceutical manufacturers available by brand name, generic name, manufacturer and therapeutic class.

Drugs.com-Pill Identifier

drugs.com

Pill Identification Wizard

Note - All fields are optional: Use this facility to identify medications

Drug Name:

Imprint(s):

Shape: ▼

Color: ▼

SEARCH NOW

Pill Identifier Results 1 - 2 of 2 for "GG249 White And Rectangle"

Below are results that match your criteria. Click on an image or generic/brand name to

[Start a new search](#)



Drug Name

[Alprazolam](#)

Strength(s)

2 mg

Imprint


GG 249

Manufacturer/Distributor

Sandoz Inc

Pillbot

pillbot.com


Show Me The Best Price For The Prescription Medication...

 Medication Name and Dosage (if 10mg enter 10)

PBRx.com is a US based pharmacy bringing Americans generic medication at a reasonable price, results from PBRx may show the "Generic" equivalent of the "Brand Name" prescription drug.

Medication	Count	Dose	Strength	Delivery	Price	PPU	Pharmacy
lipitor	30	10	MG	TAB	\$58.87	\$1.962	FAMILY MEDS
lipitor	90	10	MG	TAB	\$182.87	\$2.032	FAMILY MEDS
lipitor	90	10	MG	TAB	\$183.97	\$2.044	DRUGSTORE
lipitor	90	10	MG	TAB	\$183.97	\$2.044	Rite Aid
lipitor	30	10	MG	TAB	\$62.99	\$2.100	DRUGSTORE
lipitor	30	10	MG	TAB	\$62.99	\$2.100	Rite Aid
lipitor	100	10	MG	TAB	\$212.37	\$2.124	AARP
lipitor	90	10	MG	TAB	\$191.13	\$2.124	AARP
lipitor	60	10	MG	TAB	\$128.46	\$2.141	AARP
lipitor	30	10	MG	TAB	\$65.26	\$2.175	AARP
lipitor	100	10	MG	TAB	\$221.57	\$2.216	COSTCO
lipitor	50	10	MG	TAB	\$112.57	\$2.251	COSTCO
lipitor	30	10	MG	TAB	\$68.47	\$2.282	COSTCO
lipitor	90	10	MG	TAB	\$207.99	\$2.311	CVS
lipitor	30	10	MG	TAB	\$73.59	\$2.453	CVS
lipitor	1	10mg		(Tab)	\$2.20	\$2.196	PBRx
lipitor	30	20	MG	TAB	\$87.87	\$2.929	FAMILY MEDS
lipitor	90	20	MG	TAB	\$263.87	\$2.932	FAMILY MEDS

RxList *rxlist.com*

Side effects of Accupril

SIDE EFFECTS

Hypertension

ACCUPRIL has been evaluated for safety in 4960 subjects and patients. Of these, 3203 patients, including 655 elderly patients, participated in controlled [clinical](#) trials. ACCUPRIL has been evaluated for long-term safety in over 1400 patients treated for 1 year or more.

Adverse experiences were usually mild and transient.

In placebo-controlled trials, discontinuation of [therapy](#) because of adverse events was required in 4.7% of patients with hypertension.

Adverse experiences probably or possibly related to therapy or of unknown relationship to [therapy](#) occurring in 1% or more of the 1563 patients in placebo-controlled [hypertension](#) trials who were treated with ACCUPRIL are shown below.

Adverse Events in Placebo-Controlled Trials		
	Accupril (N=1563) Incidence (Discontinuance)	Placebo (N=579) Incidence (Discontinuance)
Headache	5.6 (0.7)	10.9 (0.7)
Dizziness	3.9 (0.8)	2.6 (0.2)
Fatigue	2.6 (0.3)	1.0
Coughing	2.0 (0.5)	0.0
Nausea and/or Vomiting	1.4 (0.3)	1.9 (0.2)
Abdominal Pain	1.0 (0.2)	0.7

Drug Information: Herbals

➤ MedlinePlus: Drugs, Supplements and Herbal Information

<http://www.nlm.nih.gov/medlineplus/druginformation.html>

- Information on thousands of prescription and over-the-counter medications, herbals and supplements provided by the *USP DI Advice for the Patient*, *MedMaster*, and the *Natural Standard*

Drug Information for PDAs

➤ Epocrates Rx

<http://www.epocrates.com>

- monographs for the most prescribed meds
- free download after registration

➤ PDA resources for UW

<http://healthlinks.washington.edu/howto/pda>

Textbooks

- Merck Manual of Medical Information
 - <http://www.merck.com/mmhe/>
- UptoDate
 - <http://www.uptodate.com/>
 - Concise comprehensive uptodate reviews of clinical topics in multiple specialties
 - Fee-based web site



The Merck Manual – Second Home Edition

Merck Manual of Medical Information

<http://www.merck.com/mmhe/>

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Section 12. Disorders of Nutrition and Metabolism

Chapter 152. Overview of Nutrition

Topics: [Introduction](#) | [Carbohydrates, Proteins, and Fats](#) | [Vitamins and Minerals](#) | [Fiber](#) | [Calories](#) | [Nutritional Requirements](#) | [Diets](#)

Vitamins and Minerals

Most **vitamins** and all minerals are essential nutrients. That is, they cannot be synthesized by the body and so must be consumed in the diet.

Vitamins are classified as water soluble--vitamin C and the eight members of the vitamin B complex--or fat soluble--**vitamins** A, D, E, and K.

Some minerals are required in fairly large quantities (about 1 or 2 grams a day) and are considered macronutrients. They include calcium, chloride, magnesium, phosphorus (occurring mainly as phosphate in the body), potassium, and sodium. Minerals required in small amounts are considered micronutrients and are called trace minerals. They include copper, fluoride, iodine, iron, selenium, and zinc. Except for fluoride, all of these minerals activate enzymes required in metabolism. Fluoride forms a stable compound with calcium, helping stabilize the mineral content of bones and teeth and helping prevent tooth decay. Trace minerals such as arsenic, chromium, cobalt, nickel, silicon, and vanadium, which may be essential in animal nutrition, have not been established as requirements in human nutrition. All trace minerals are toxic at high levels, and some (arsenic, nickel, and chromium) have been identified as causes of cancer.

Some **vitamins** and minerals (such as **vitamins** C and E and selenium) act as antioxidants, as do other substances in fruits and vegetables (such as beta-carotene). Antioxidants protect cells against damage by free radicals, which are reactive by-products of the normal

Vegetarian diets for children

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- ▶ [TYPES OF VEGETARIAN DIETS](#)
- ▶ [GROWTH OF VEGETARIAN CHILDREN](#)
- ▶ [NUTRITIONAL CONSIDERATIONS](#)
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 - [Vitamin D](#)
 - [Vitamin B12](#)
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GRAPHICS

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RELATED TOPICS

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- ▶ [Iron requirements and iron deficiency in adolescents](#)
- ▶ [Regulation of iron balance](#)
- ▶ [Zinc deficiency and supplementation in children and adolescents](#)
- ▶ [Calcium requirements in adolescents](#)
- ▶ [Risk factors for idiopathic calcium stones](#)
- ▶ [Metabolism of vitamin D](#)
- ▶ [Etiology and clinical manifestations of vitamin B12 and folic acid deficiency](#)
- ▶ [Prudent diet](#)

[e-mail this to a colleague](#)

Vegetarian diets for children

[Debby Demory-Luce, PhD, RD, LD](#)

UpToDate performs a continuous review of over 330 journals and other resources. Information is published. The literature review for version 13.2 is current through August 22, 2002. The next version of UpToDate (13.3) will be released in October 2002.

INTRODUCTION — Vegetarian diets are becoming increasingly popular. One survey of 1 million people in the United States called themselves vegetarians, compared to an estimated 1 million in the United Kingdom [1]. In addition, approximately 5 percent of people claim to be vegetarian in the United Kingdom [2].

No specific estimates of the current number of children who eat a vegetarian diet exist. In the past, approximately 10 percent of parents in the United States reported that they were choosing to rear their children on a vegetarian eating style [5,6]. An estimated 10 percent of parents in the United Kingdom [7] and 6 percent of public middle- and high-school students surveyed in the United States consume a vegetarian diet.

Reasons for choosing a vegetarian diet are varied and include potential health benefits, ethical concerns, issues related to allocation of resources and animal rights [9]. The types and components of vegetarian diets vary and have important implications for the growth and development of children and adolescents.

The nutritional quality of vegetarian diets and strategies to prevent nutritional deficiencies are reviewed here. Nutrition requirements, deficiencies, and supplementation of specific nutrients are reviewed (see appropriate topic reviews).

TYPES OF VEGETARIAN DIETS — Vegetarian diets vary according to the degree of restriction. According to the strictest definition, a vegetarian diet consists primarily of cereals, fruits, vegetables, and nuts. Animal foods, including milk, dairy products, and eggs are generally excluded [10,11]. Some vegetarian diets may include animal flesh, eggs, or milk and dairy products. Vegetarian diets are frequently categorized into the following (see also [restricted](#)):

- **Semivegetarian** — Meat occasionally is included in the diet. Some people who follow this diet may eat fish and perhaps chicken.

- **Lactoovovegetarian** — Eggs and milk and milk products (lacto = dairy; ovo = eggs)

Evaluating Web Resources



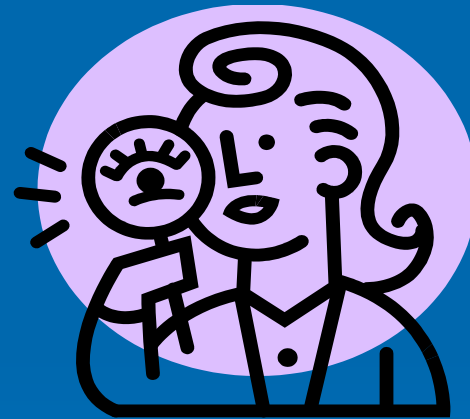
Evaluation Strategies

- Evaluate using **Criteria for Evaluating Web Resources**
- Determine the type of site by analyzing **Web Site Addresses**
- A User's Guide to Finding and Evaluating Health Information on the Web
<http://www.mlanet.org/resources/userguide.html>

Criteria for Evaluating Web Sites

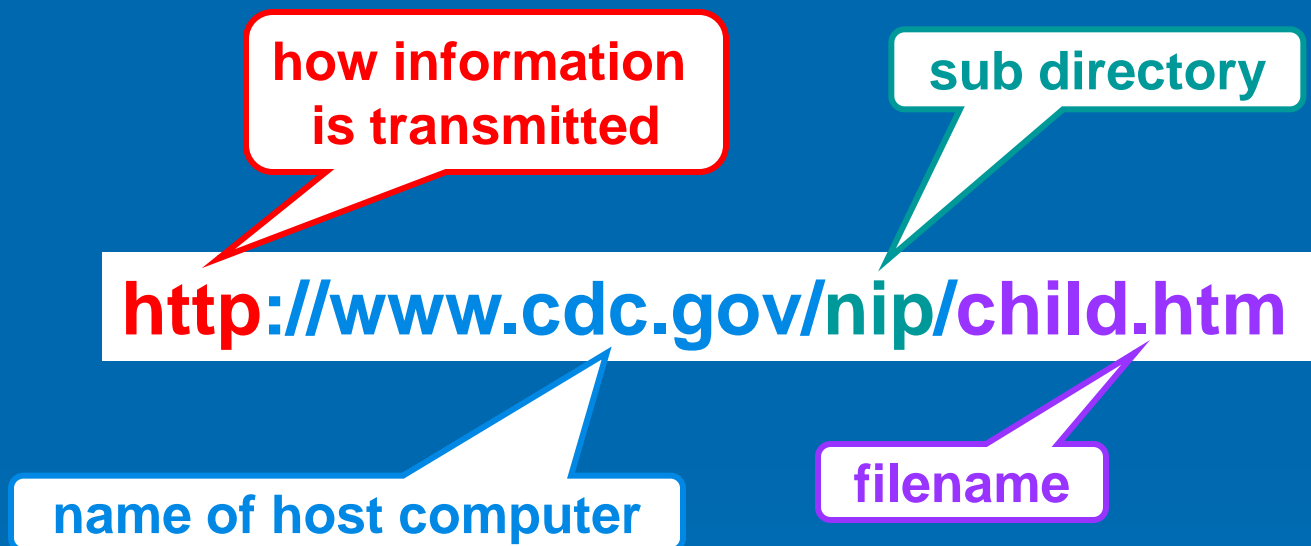
healthlinks.washington.edu/howto/navigating/criteria.pdf

- Authority
- Accuracy
- Objectivity
- Currency
- Coverage
- Design



Web Site Address: URL (Uniform Resource Locator)

- edu
- org
- com
- gov



The URL includes the name of the host computer which can indicate the purpose of the web site.

Final Thoughts

- Use *Web Sites for Dietitians*
- Navigate the web with a search engine or similar tool or **Advanced Google**
- Remember **PubMed**, **MedlinePlus**, **EthnoMed**, and nutrition sites
- Ask a **colleague** or **librarian**, your ultimate search engine!



For more information...

- If you are **affiliated with the UW**, contact:

Janet G. Schnall, MS,AHIP
206.543.7474
schnall@u.washington.edu



- Or, contact the **National Network of Libraries of Medicine (NN/LM)** for exhibits, workshops, classes, and project collaborations

NN/LM 800.338.7657
Linda Milgrom 206.221.3200
lmilgrom@u.washington.edu

Finding Nutrition Information on the Web

PowerPoint presentation:

<http://healthlinks.washington.edu/hsl/liaisons/schnall/>

