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Locating Nutrition Articles and Resources on the Web

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Health Sciences Libraries
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Objectives

- Identify **web sites** of interest to pediatric nutritionists
- Describe web resources to use for **evidence-based dietetics practice**
- Perform a **basic *PubMed* search** to find nutrition-related journal articles

What's on the Web?

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



Search Databases to Find Journal Articles

- PubMed pubmed.gov

Search *PubMed* to find citations to articles on nutrition

- FNIC (Food and Nutrition Information Center)
www.nal.usda.gov/fnic/databases.shtml

- See *Web Sites for Pediatric Nutritionists* for additional databases

healthlinks.washington.edu/hsl/liaisons/schnall/pediatricnutritionists.pdf

PubMed

pubmed.gov

- Includes MEDLINE (late 1940's to date)
- Indexes 5,000+ biomedical journals
- Covers all aspects of biosciences and healthcare
- 75%-80% of citations have abstracts
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Search PubMed for fish oils asthma

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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

J Allergy Clin Immunol. 2007 Jun;119(6):1438-44. Epub 2007 Mar 26.
PMID: 17379291 [PubMed - indexed for MEDLINE]


- 4: [Reisman J, Schachter HM, Dales RE, Tran K, Kourad K, Barnes D, Sampson M, Morrison A, Gaboury I, Blackman J.](#) 

 Treating asthma with omega-3 fatty acids: where is the evidence? A systematic review.
BMC Complement Altern Med. 2006 Jul 19;6:26. Review.
PMID: 16854238 [PubMed - indexed for MEDLINE]


- 5: [Bolte G, Kompauer I, Fobker M, Cullen P, Keil U, Mutius E, Weiland SK.](#)

 Fatty acids in serum cholesteryl esters in relation to asthma and lung function in children.
Clin Exp Allergy. 2006 Mar;36(3):293-302.
PMID: 16499639 [PubMed - indexed for MEDLINE]


- 6: [Mihirshahi S, Peat JK, Webb K, Oddy W, Marks GB, Mellis CM, CAPS Team.](#)

 Effect of omega-3 fatty acid concentrations in plasma on symptoms of asthma at 18 months of age.
Pediatr Allergy Immunol. 2004 Dec;15(6):517-22.
PMID: 15610365 [PubMed - indexed for MEDLINE]


- 7: [Peat JK, Mihirshahi S, Kemp AS, Marks GB, Tovey ER, Webb K, Mellis CM, Leeder SR.](#)

 Three-year outcomes of dietary fatty acid modification and house dust mite reduction in the Childhood Asthma Prevention Study.
J Allergy Clin Immunol. 2004 Oct;114(4):807-13.
PMID: 15480319 [PubMed - indexed for MEDLINE]


- 8: [Oddy WH, de Klerk NH, Kendall GE, Mihirshahi S, Peat JK.](#)


 Ratio of omega-6 to omega-3 fatty acids and childhood asthma.
J Asthma. 2004;41(3):319-26.
PMID: 15260465 [PubMed - indexed for MEDLINE]


- 9: [Schachter HM, Reisman J, Tran K, Dales B, Kourad K, Barnes D, Sampson M, Morrison A, Gaboury I, Blackman J.](#)

 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]

- 10: [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 infants at high risk of atopy
J Allergy Clin Immunol. 2003 Dec;112(6):1178-84.
PMID: 14657879 [PubMed - indexed for MEDLINE]

- 11: [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]

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, 0.0-15.6) 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.

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).

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 a fish oil 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 interviews. **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 did not affect 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 a beneficial 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.


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1: [Circulation](#). 2007 Feb 20;115(7):855-60.

Prehypertension and cardiovascular disease risk in the Women's Health Initiative.

[Hsia J](#), [Margolis KL](#), [Eaton CB](#), [Wenger NK](#), [Allison M](#), [Wu L](#), [LaCroix AZ](#), [Black HR](#); [Women's Health Initiative Investigators](#).

Department of Medicine, George Washington University, 2150 Pennsylvania Ave NW, Washington, DC 20037, USA. jhsia@mfa.gwu.edu

BACKGROUND: Prehypertension is common and is associated with increased vascular mortality. The extent to which it increases risk of nonfatal myocardial infarction, stroke, and congestive heart failure is less clear. METHODS AND RESULTS: We determined the prevalence of prehypertension, its association with other coronary risk factors, and the risk for incident cardiovascular disease events in 60,785 postmenopausal women during 7.7 years of follow-up using Cox regression models that included covariates as time-dependent variables. Prehypertension was present at baseline in 39.5%, 32.1%, 42.6%, 38.7%, and 40.3% of white, black, Hispanic, American Indian, and Asian women, respectively (P<0.0001 across ethnic groups). Age, body mass index, and prevalence of diabetes mellitus and hypercholesterolemia increased across blood pressure categories, whereas smoking decreased (all P<0.0001). Compared with normotensive women (referent), adjusted hazard ratios for women with prehypertension were 1.58 (95% confidence interval [CI] 1.12 to 2.21) for

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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 Dietetics Practice?

- Evidence-based dietetics practice is the use of systematically reviewed scientific evidence in making food and nutrition practice decisions by integrating best available evidence with professional expertise and client values to improve outcomes.

Approved by ADA House of Delegates February 2006

ADA Evidence Analysis Manual

www.adaevidencelibrary.com/vault/editor/File/Evidence_Analysis_Manual_January_2008.pdf

- From ADA Scientific Affairs and Research
- 2003; updated January 2008
- Steps in the Evidence Analysis Process
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- Summaries of best available research on dietetics and nutrition
- Free to ADA members
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More EBP and Guidelines Resources

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PubMed Strategies for Evidence-Based Citations

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for obesity American Indian Go Clear

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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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[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 on investigation. 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.

Search

nutrition and diabetes

20 Results ▾

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You are connected to the National Guideline Clearinghouse™ (NGC™), a public-based clinical practice guidelines. NGC is an initiative of the [Agency for Healthcare Quality \(AHRQ\)](#), U.S. Department of Health and Human Services. NGC was originated in partnership with the [American Medical Association](#) and the [American Association of Colleges of Physicians \(now America's Health Insurance Plans \[AHIP\]\)](#). Click on [About NGC](#) to learn more.

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NGC News

[New/updated AAP, ACEP, AWHONN, and Finn Med Soc guidelines. Go to "What's New" for more details.](#)

[The American Association for the Study of Liver Diseases has submitted guidelines for the diagnosis, management of ascites due to cirrhosis. Look for these in the next update.](#)

[Look for practical, ready-to-use tools for measuring and improving the quality of care in the Agency for Healthcare Research and Quality's \(AHRQ's\) QualityTools Web site.](#)

[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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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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Compare Guidelines

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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

TRIP Database

tripdatabase.com

- Metasearch engine
- Performs a simple search of more than 75 databases
- Finds evidence based resources
- Searches *Cochrane, National Guideline Clearinghouse, Bandolier, etc.*

TRIP search

The screenshot shows the TRIP database search results for the query "pressure ulcers prevention". The page features a search bar at the top right with the text "pressure ulcers prevention" and a "Search" button. Below the search bar is a navigation menu with links for "Home", "About Us", "EBM Links", "My Trip", "Trip Blog", and "Contact Us". The main content area is divided into two columns. The left column displays search results, including a list of records with titles and publication information. The right column, highlighted with a red circle, contains a "Filter by:" section with a list of categories and their corresponding counts, and a "Medline Articles:" section with a list of categories and their counts.

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Randomised, controlled trial of alternating pressure mattresses compared with alternating pressure overlays for the prevention of pressure ulcers: PRESSURE (pressure relieving support surfaces) trial.
BMJ, 2006

Pressure ulcer prevention
NHS Quality Improvement Scotland, 2005

Support surfaces for pressure ulcer prevention
Cochrane Database of Systematic Reviews, 2004

Prevention of pressure ulcers.
National Guideline Clearinghouse (USA), 2002

Prediction and prevention of pressure ulcers in adults.
National Guideline Clearinghouse (USA), 2001

Filter by:

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- Information Overload! 2 million articles published in biomedical journals each year
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- If you only read 2 articles a day, at the end of year you would be 60 centuries behind.

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- *PubMed: My NCBI* help page:
healthlinks.washington.edu/howto/myncbi.html

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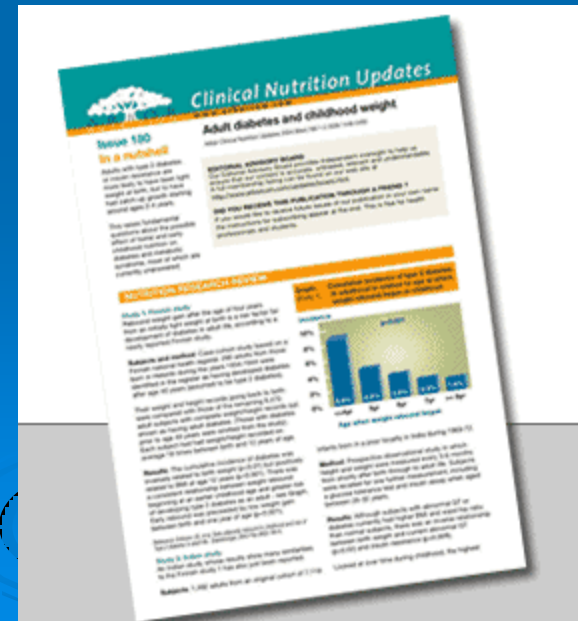
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Arbor Clinical Nutrition Updates

www.nutritionupdates.org

- Free evidence based electronic nutrition journal
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Health News

➤ CNN Health

www.cnn.com/HEALTH

➤ New York Times Health

nytimes.com/pages/health

➤ USA Today Health

www.usatoday.com/news/health/front.htm

➤ Yahoo! News

news.yahoo.com



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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 eatright.org
- Assuring Pediatric Nutrition Care in the Community depts.washington.edu/nutrped
- Food and Nutrition Information Center www.nal.usda.gov/fnic
- Food and Nutrition Service www.fns.usda.gov/fns
- Nutrition.gov nutrition.gov



- Food & Nutrition Information
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 - ➔ [Nutrition Intervention in the Treatment of Anorexia Nervosa, Bulimia Nervosa and Other Eating Disorders](#)
 - ➔ [The Roles of Registered Dietitians and Dietetic Technicians, Registered in Health Promotion and Disease Prevention](#)
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 - ➔ [Agricultural and Food Biotechnology *](#)
 - ➔ [Benchmarks for Nutrition Programs in Child Care Settings](#)
 - ➔ [Child and adolescent food and nutrition programs](#)
 - ➔ [Dietary Guidance for Healthy Children Aged 2 to 11 Years](#)
 - ➔ [Dietetics Professionals Can Implement Practices to Conserve Natural Resources and Protect the Environment](#)
Reaffirmed; an update will be published in 2007.
 - ➔ [Ethical and Legal Issues in Nutrition, Hydration and Feeding](#)
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More



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New campaign replaces 5 A Day



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Find reviewed MyPyramid education tools.



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Assistance and materials for Child Nutrition professionals.



WIC Works Resource System (WWRs)
Service tools for maternal and child nutrition providers.



Food Stamp Nutrition Connection (FSNC)
Resources for nutrition educators.



International Bibliographic Information on Dietary Supplements (IBIDS) Database



Food Safety Information Center
Information about



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Resource Lists



FNIC Resource Lists help nutrition professionals and consumers locate information and materials for specific nutrition topics. Compiled by Nutrition Information Specialists, the lists provide resources in a variety of formats including articles, pamphlets, books, audio-visuals, and website links.

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Consumer Corner

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- [Infant Nutrition and Feeding Resource List 2006 \(PDF|126 KB\)](#)
- [Childhood Obesity: A Resource List for Educators and Researchers 2008 \(PDF|163 KB\)](#)
- [Role of Nutrition in Learning and Behavior: A Resource List for Professionals 2008 \(PDF|212 KB\)](#)

Ethnic/Cultural

- [Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators 2008 \(PDF|235 KB\)](#)
- [Holiday Food and Nutrition Resources 2002](#)
- [Native American Nutrition Education Database: A Resource List for Educators 2006 \(PDF|250 KB\)](#)

Food Allergies

- [Resource List on Food Allergies and Intolerances for Consumers 2008 \(PDF|273 KB\)](#)

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Dietary Guidelines



Includes links to publications and educational materials and ordering information. Looking for old versions of the Dietary Guidelines for Americans? Find them here, along with information about the development of the guidelines over the years.

On this page...

Dietary Guidelines for Americans 2005



Dietary Guidelines for Americans 2005
Department of Health and Human Services.
Provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

- [Dietary Guidelines for Americans 2005](#). Also in PDF|4.8 MB.
- [Executive Summary](#). Also in PDF|88 KB. Also in Spanish.
- [Consumer Brochure](#). Also in PDF|229 KB.
- [Key Recommendations](#)
- [Toolkit for Professionals](#)

Ordering Information

- 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>.

Dietary Guidance

- Dietary Assessment
- Dietary Guidelines**
- Dietary Reference Intakes
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USDA Nutrient Data Laboratory



USDA Nutrient Data Laboratory (NDL)

USDA. Agricultural Research Service.
Home page for NDL, responsible for developing USDA's National Nutrient Database for Standard Reference, the foundation of most food and nutrition databases in the US, used in food policy, research and nutrition monitoring.

- Online searchable database of foods.
- [USDA National Nutrient Database for Standard Reference - Release 19](#)
- [Download software](#) to search the SR 19 database on a Window (PC or Handheld Personal Digital Assistant PDA).
- [Reports by Single Nutrients](#)
Reports are sorted by nutrient content of selected foods in alphabetical order, or in descending order by nutrient content.
- [Frequently Asked Questions](#)
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- [Dietary Supplement Ingredient Database \(DSID\)](#)

USDA National Nutrient Database for Standard Reference, Release 18 Nutrient Lists -Reports by Single Nutrients

USDA. ARS. Nutrient Data Laboratory.
Reports of selected food items and nutrients, sorted either by food description or in descending order by nutrient content in terms of common household measures. Single nutrients include protein, fat, energy (calories) carbohydrate, fiber, sugar, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, selenium, vitamin A, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, folate, cholesterol, fatty acids and various phytonutrients and antioxidants.

Nutritive Value of Foods, Home and Garden Bulletin No. 72 (HG-72)

USDA. ARS. Nutrient Data Laboratory.
Contains data on over 1,274 foods expressed in terms of common household units. The 19 nutrients in the table are water; calories; protein; total fat; saturated, monounsaturated, and polyunsaturated fatty acids; cholesterol; total dietary fiber; calcium; iron; potassium; sodium; vitamin A; thiamin; riboflavin; niacin; and ascorbic acid. This edition was developed using data from Release 13 of the USDA National Nutrient

Food Composition

- **USDA Nutrient Data Laboratory**
- **Agricultural Research Service (ARS) Food Surveys Research Group**
- **Individual Macronutrients, Phytonutrients, Vitamins & Minerals**
- **International Food Composition Resources**
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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								

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General Information and Resources



Find links to general information about dietary and nutritional supplements from both governmental agencies and non-governmental organizations. Includes resource lists, individual supplement information, and links to resources for assessing supplement use.

Regulations, Reports and Warnings

Includes information on government regulations, labeling requirements, consumer reports and industry regulation information.

Resources on Individual Macronutrients, Phytonutrients, Vitamins, & Minerals

- **Macronutrients** - includes general and specific resources on carbohydrates, proteins, fiber, fats and cholesterol, water, as well as interactive tools.
- **Phytonutrients** - includes general information, government-related sites, and resources on specific phytonutrients such as tea, lycopene, and phytoestrogens.
- **Vitamins and Minerals** - includes general information as well as resources for specific vitamins and minerals.

Herbal Information

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Databases

Non-FNIC Databases More ▶

Find on-line searchable databases such as as AGRICOLA and PubMed from Federal government agencies, scientific literature and bibliographic databases such as ERIC, databases offered by colleges and universities and more.

FNIC Databases

FNIC and its special project websites, the Food Stamp Nutrition Connection (FSNC), the Healthy Meals Resource System (HMRS), and WIC Works Resource System (WWRS), maintain databases of nutrition education materials. There is also a small Native American Education Database, and databases available from the International Bibliographic Information on Dietary Supplements (IBIDS) and the Food Safety Research Information Office (FSRIO).

Search Individual Databases

- **WIC Works Education and Training Materials Database**
- **Food Stamp Nutrition Connection Resource Finder Database**
- **Healthy Meals Resource System Resource Cafe' Database**
- **Native American Nutrition Education Database**
- **Food Safety Research Information Office Research Projects Database**
- **IBIDS - International Bibliographic Information on Dietary Supplements Database**



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- ▶ [Food Labeling](#)
- ▶ [Dietary Supplements](#)
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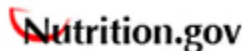
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- ▶ [Weight Management](#)
- ▶ [Shopping, Cooking & Meal Planning](#)
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More

Providing easy, online access to government information on food and human nutrition for consumers.

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

In the News

More



Tips for a Healthy Life for Men

For Men's Health Week ~ June 11-17 and Father's Day, and for every day, learn more about living healthier, starting with the web page from [CDC](#).



Insidious Consumption

Find out surprising factors that influence what we eat and how much in a new [USDA Economic Research Service \(ERS\)](#) article. You can also listen online (MP3) or [download a podcast](#).



Outdoor Eating Food Safety Tips

Protect yourself, your family, and friends from foodborne illness. Keep in mind these tips from the [FDA](#) when preparing, storing, and cooking food for picnics and barbecues.



Weight Loss Study Focuses on Dairy Foods

The relationship between low-fat dairy foods and weight loss is being studied by [USDA Agricultural Research Service \(ARS\)](#) scientists - read more. Then check out [milk group tips](#) from [MyPyramid](#).

I Want To...

- [See MyPyramid Food Guidance System](#)
- [See the 2005 Dietary Guidelines](#)
- [Look up Calories or Nutrients in a Food](#)
- [Learn about Federal Nutrition Assistance Programs](#)
- [See USDA Nutrition Education Materials](#)
- [Get Information on Food Safety](#)

Nutrition Info About...

Information about...



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Dietary Supplements Labels Database

dietarysupplements.nlm.nih.gov

- Includes ingredients of over 2,000 dietary supplements
 - Uses in humans
 - Adverse effects
 - Mechanism of action
- Can be searched by:
 - Brand names
 - Uses
 - Active ingredients
 - manufacturers

Dietary Supplements Labels Database

brands, ingredients, and references

Home | About | FAQ | Glossary | Related Resources | Contact | Help

PediaSure Lactose-Free Nutrition Drink-Vanilla

The label claims have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult your healthcare professionals before taking any dietary supplements.

Product Information

Ingredient Information

Manufacturer Information

Unit

Can

Supplement Facts

Nutritional Facts

Serving Size 8 fl oz

Servings Per Container

Calories 227

Calories from Fat

Amount Per Serving % Daily Value*

Protein 7.1 g

Total Fat 11.8 g

Total Carbohydrate 26.0 g

L-Carnitine 4.0 mg

Taurine 17.0 mg

Water 200.0 g

Fact Sheets by NIH and Other Research Centers

NIH and other research centers have developed Fact Sheets for the following ingredients in this brand:

- [Calcium](#) [ODS-Fact Sheet]
- [Carnitine](#) [ODS-Fact Sheet]
- [Chromium](#) [ODS-Fact Sheet]
- [Folic Acid \(Folate\)](#) [ODS-Fact Sheet]
- [Iron](#) [ODS-Fact Sheet]
- [Magnesium](#) [ODS-Fact Sheet]
- [Selenium](#) [ODS-Fact Sheet]
- [Vitamin A](#) [ODS-Fact Sheet]
- [Vitamin B12](#) [ODS-Fact Sheet]
- [Vitamin B6](#) [ODS-Fact Sheet]
- [Vitamin D](#) [ODS-Fact Sheet]
- [Vitamin E](#) [ODS-Fact Sheet]
- [Vitamin K](#) [ODS-Fact Sheet]
- [Zinc](#) [ODS-Fact Sheet]

More information about the uses, adverse effects, and mechanism of action of each active ingredient in this brand can be found by clicking that active ingredient on the "[Ingredient Information](#)" page.

Dietary Supplements Labels Database

brands, ingredients, and references

s

[Home](#) | [About](#) | [FAQ](#) | [Glossary](#) | [Related Resources](#) | [Contact](#) | [Help](#)

PediaSure Lactose-Free Nutrition Drink-Vanilla

Select ingredient from list below for general information, and links to information about its therapeutic use, adverse effects and mechanisms of action.

Product Information	Ingredient Information	Manufacturer Information	
▼ Active Ingredients	Amount/Unit	Units	▼ Daily Value(%) ▲
Biotin	76.00	mcg	25.0
Calcium	230.00	mg	23.0
Carnitine	4.00	mg	Not Est.
Chloride	240.00	mg	7.0
Choline	71.00	mg	Not Est.
Chromium	7.00	mcg	6.0
Copper	0.24	mg	12.0
Folic Acid (Folate)	88.00	mcg	22.0
Inositol	19.00	mg	Not Est.
Iodine	23.00	mcg	15.0
Iron	3.00	mg	19.0
Magnesium	47.00	mg	12.0
Manganese	0.24	mg	12.0
Molybdenum	8.00	mcg	11.0

Patient Education

➤ MEDLINEplus medlineplus.gov

- **#1 SOURCE** for basic quality consumer/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

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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

Current Health News

- ▶ [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](#)
- ▶ [More news](#)

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In the Spotlight

September is Prostate Cancer Awareness Month. Learn more:

- ▶ Go to [Prostate Cancer](#)
- ▶ [Prostate Cancer Interactive Tutorial](#)
- ▶ News about [Prostate Cancer](#)

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Freedom of Information Act

Page last updated: 07 September 2005
URL for this page: <http://medlineplus.gov>

Health topics (today):

750 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

Directories:

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



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Includes pictures and diagrams

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Health News from the past 30 days

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Find doctors, dentists and hospitals

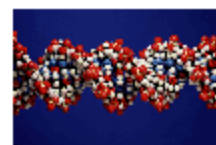
▶ **Other Resources**

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](#)
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Health Topics

Find your topic by first letter:



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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](#)
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- [Ear, Nose, and Throat](#)
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Demographic Groups

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

Health and Wellness

- [Fitness and Exercise](#)

Cystic Fibrosis

Also called: CF

Cystic fibrosis (CF) is an inherited disease of the mucus and sweat glands. It affects mostly your lungs, pancreas, liver, intestines, sinuses and sex organs. CF causes your mucus to be thick and sticky. The mucus clogs the lungs, causing breathing problems and making it easy for bacteria to grow. This can lead to problems such as repeated lung infections and lung damage.

The symptoms and severity of CF vary widely. Some people have serious problems from birth. Others have a milder version of the disease that doesn't show up until they are teens or young adults.

Although there is no cure for CF, treatments have improved greatly in recent years. Until the 1980s, most deaths from CF occurred in children and teenagers. Today, with improved treatments, people with CF live, on average, to be more than 35 years old.

National Heart, Lung, and Blood Institute

Start Here

- [Cystic Fibrosis NIH](#) (National Heart, Lung, and Blood Institute)
- [Cystic Fibrosis Interactive Tutorial](#) (Patient Education Institute) - Requires Flash Player
Also available in [Spanish](#)
- [Genetics Home Reference: Cystic fibrosis NIH](#) (National Library of Medicine)

Basics

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Overviews

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Also available in [Spanish](#)
- [Cystic Fibrosis](#) (Mayo Foundation for Medical Education and Research)

Latest News

- [Cystic Fibrosis Can Harm Kids' Bones](#) (05/04/2007, HealthDay)

Diagnosis/Symptoms

- [Sweat Test](#) (Nemours Foundation)
- [Trypsin Test](#) (American Association for Clinical Chemistry)
- [Trypsinogen Test](#) (American Association for Clinical Chemistry)

Treatment

- [Azithromycin for People with Cystic Fibrosis: Is It Right for You?](#) (Cystic Fibrosis Foundation)
- [Current Treatments \(Cystic Fibrosis\)](#) (American Association for Respiratory Care)

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Nutrition

- [Nutrition and Cystic Fibrosis: Changes through Life](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition for Your Child with Cystic Fibrosis \(Four to Seven Years\)](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition for Your Infant with Cystic Fibrosis \(Birth to One Year\)](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition for Your Toddler with Cystic Fibrosis \(One to Three Years\)](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition: Bone Health and Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition: School, Enzymes, and Sports for the Child with Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Pancreatic Enzyme Replacement in People with Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Pancreatic Enzyme Supplements: Food and Drug Administration Requirements](#) (Cystic Fibrosis Foundation)

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- [Learning about Cystic Fibrosis](#) **NIH** (National Human Genome Research Institute)

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- [Antioxidant Therapies for Cystic Fibrosis](#) (Cystic Fibrosis Foundation)
- [Drug Development Pipeline](#) (Cystic Fibrosis Foundation)

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Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Infection with Burkholderia cepacia complex bacteria and pulmonary exacerbations of...](#)
- [Article: Effect of albuterol on maximal exercise capacity in cystic fibrosis.](#)
- [Article: Economic implications of newborn screening for cystic fibrosis: a cost...](#)
- [Cystic Fibrosis -- see more articles](#)

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- [National Heart, Lung, and Blood Institute](#) **NIH**
- [National Institute of Diabetes and Digestive and Kidney Diseases](#) **NIH**

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- [Cystic Fibrosis: Diet and Nutrition](#) (Nemours Foundation)



Cystic Fibrosis

Credits & Terms

Introduction

Cystic Fibrosis

Causes

Symptoms

Diagnosis

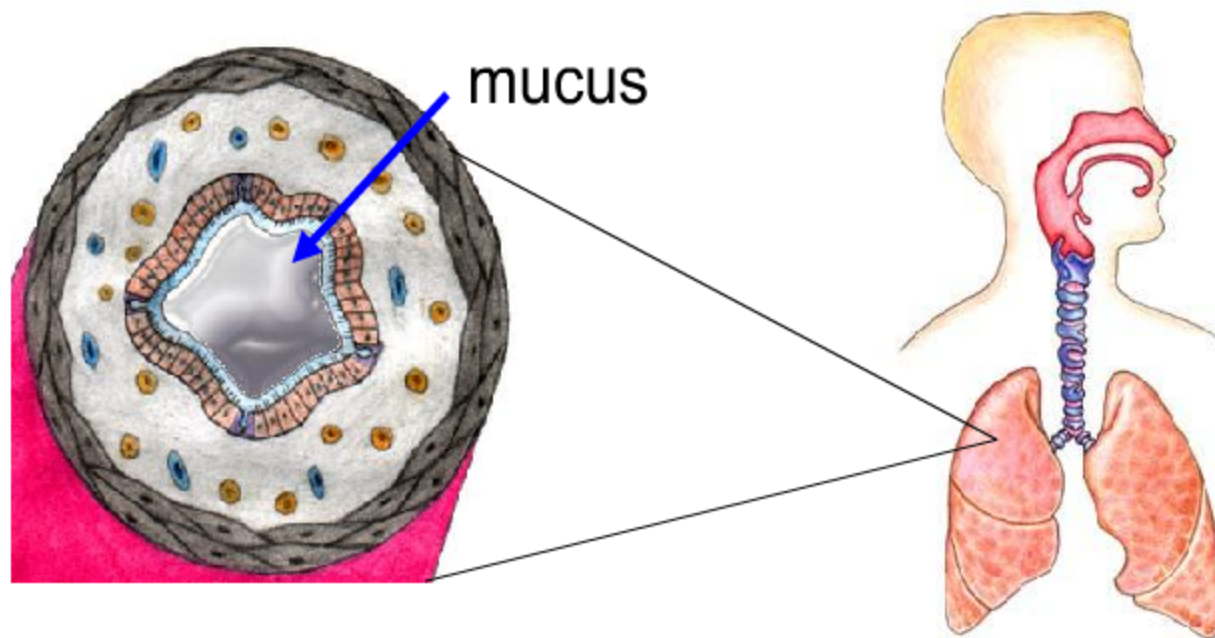
Treatment

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

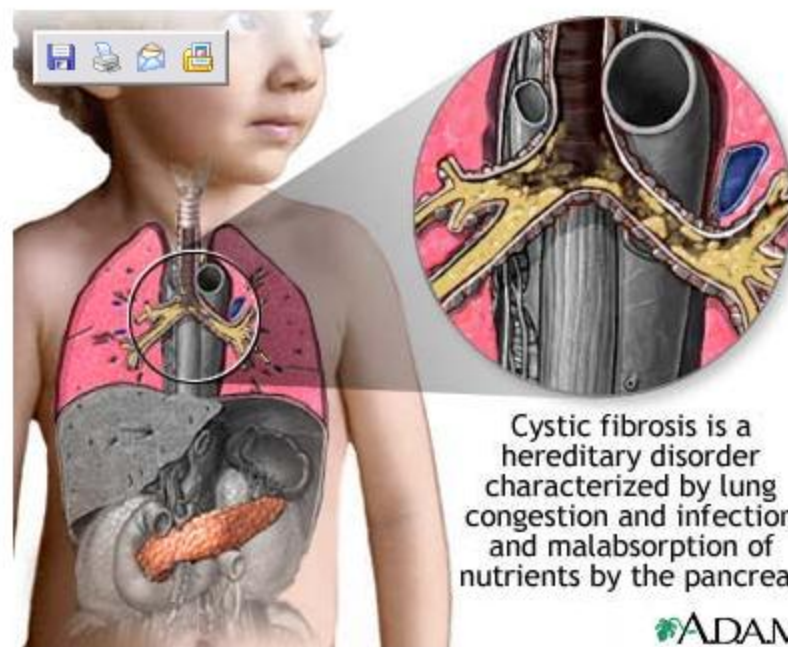
- Encyclopedia includes:
 - 4,000+ entries on diseases, tests, symptoms, injuries and surgeries
 - an extensive library of photographs and illustrations.



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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

 ADAM.

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

Drugs, Supplements & Herbal Information page

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Drug Information

Browse by first letter of generic or brand name drug:

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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

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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.

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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:

- [Description](#)
- [Before Using This Medicine](#)
- [Proper Use of This Medicine](#)
- [Precautions While Using This Medicine](#)
- [Side Effects of This Medicine](#)
- [Brand Names](#)
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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. It should not be used to relieve an asthma attack that has already started. This medicine is also used to treat the symptoms (such as sneezing, runny nose, and itchy eyes) 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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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

Peppermint oil (*Mentha x piperita* L.)

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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*)

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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

- **MLA Top 10 Most Useful Health Web Sites**

mlanet.org/resources/medspeak/topten.html

- **MyHealth Toolkit**

healthlinks.washington.edu/myhealth

Medical Library Association's Top Ten Most Useful Consumer Health Websites

www.mlanet.org/resources/medspeak/topten.html

1. Cancer.gov cancer.gov
2. Centers for Disease Control and Prevention (CDC) A-Z Topics cdc.gov
3. familydoctor.org familydoctor.org
4. healthfinder® healthfinder.gov
5. HIV InSite hivinsite.ucsf.edu

MLA's Top Ten, continued

mlanet.org/resources/medspeak/topten.html

6. Kidshealth® kidshealth.org
7. Mayo Clinic mayoclinic.com
8. MEDEM: an information partnership of medical societies medem.com
9. MedlinePlus (English | Spanish) medlineplus.gov
10. NOAH: New York Online Access to Health noah-health.org

Quick Guides

- [Living a Healthy Life](#)

Life Stages

- [Children's Health](#)
- [Men's Health](#)
- [Women's Health](#)
- [Senior Health](#)

Selected Topics

- [Cancer](#)
- [Clinical Trials/Medical Research](#)
- [Diagnostic Tests](#)
- [Drug Information](#)
- [Healthcare Delivery](#)
- [Heart Disease and Stroke](#)

Starting Places

Looking for health information? Your health care provider is your best source of information about your personal health. Library staff are not qualified to give medical advice, however there are many excellent resources we recommend when researching your health care questions. Here is a selected list of good starting places:

- [MedlinePlus](#)
Authoritative information from the National Library of Medicine to help answer your health questions.
- [Centers for Disease Control: A-Z Topics Index](#)
- [MayoClinic.com](#)
- [Merck Manual of Medical Information - Home Edition](#)
- [Merriam-Webster Medical Dictionary](#)



Need Help Now?

Immediate assistance is available if you need help dealing with a crisis:

- [Crisis Clinic of King County](#)
- [National Suicide Prevention Lifeline](#)

Find More Information at Your Library

- [Find a Health Library](#)
Consumer health libraries provide services to local residents.
- [Search for a library in Washington near you](#)
- [Search for public libraries nationwide](#)

Other Resources

- [PubMed](#)
Free resource to locate current biomedical research
- [MedlinePlus Guide to Healthy Surfing](#)

Cross-Cultural Healthcare Resources

> EthnoMed 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

depts.washington.edu/pfes/cultureclues.html

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

> SPIRAL spiral.tufts.edu

Selected Patient Information Resources in Asian Languages

> Multiple Languages

www.nlm.nih.gov/medlineplus/languages/languages.html

Culture Specific Pages

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

Cross Cultural Health

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

The EthnoMed site contains information about cultural beliefs, medical issues and other related topics of interest to recent immigrants to Seattle or the US, many of whom are refugees fleeing war-torn parts of the world.

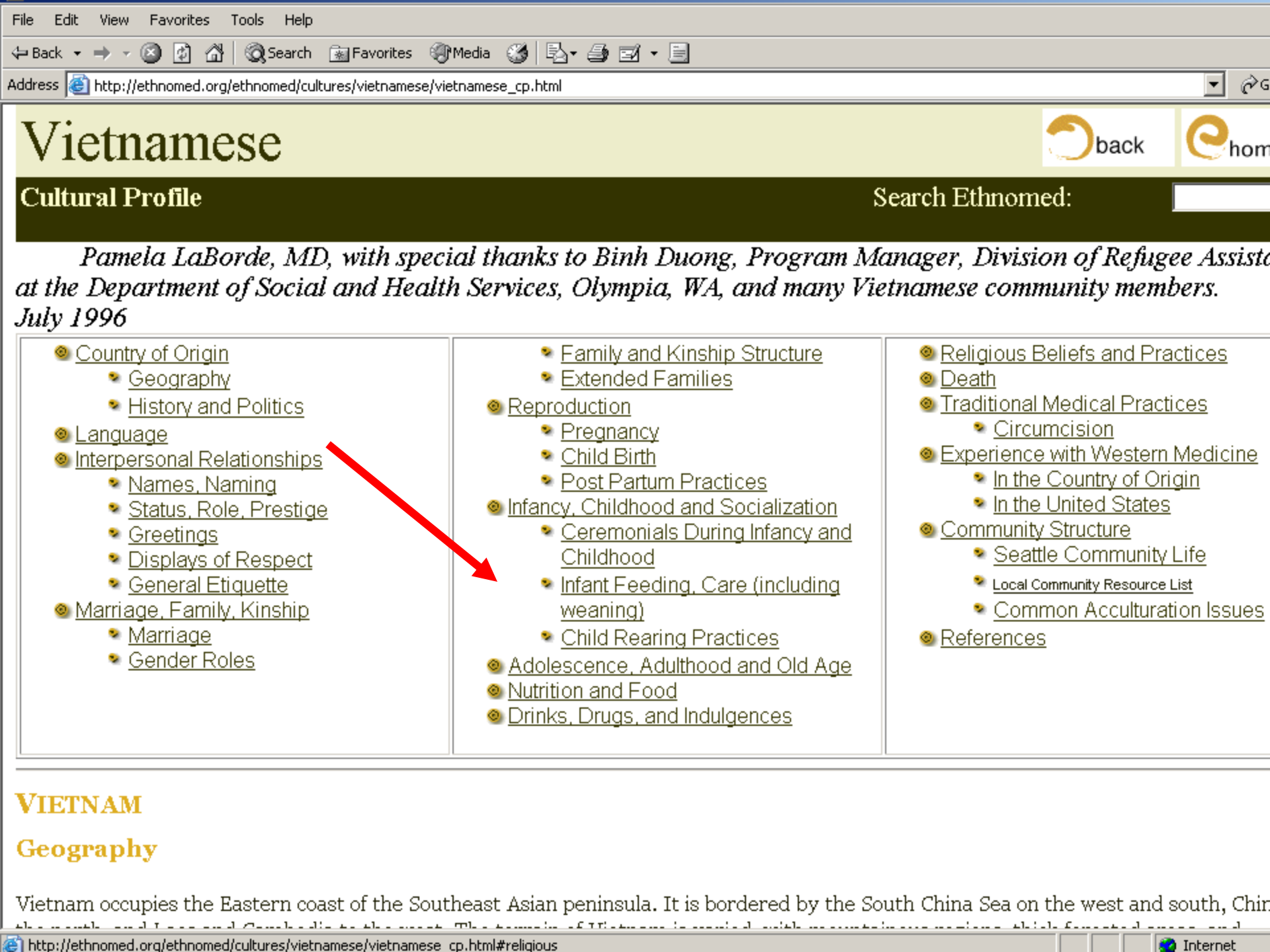
Can't find what you want? Try using the Search within EthnoMed using a word or topic.

[Printable Page](#)**May/June 2008****CANCER SURVIVORSHIP**

A message supported by a grant from the Lance Armstrong Foundation

Some people believe that having cancer means they will die, but that is not always true. Many people live for years after a cancer diagnosis. Advances in cancer treatment. And scientists expect the number of cancer survivors to increase over the coming years. Early detection (examinations that look for cancer early before symptoms), early detection (finding the cancer early without symptoms), and cancer treatment are things that allow more people to live following cancer each year. The key to surviving cancer is finding it early. The earlier the disease is diagnosed, the better chances are for living a long life. Talk to your doctor about screening tests, and ask about the warning signs of different types of cancer. Remember, early detection and treatment can make a difference.

You can view and print this "Cancer Survivorship" statement in the following languages: Spanish, Vietnamese, and English in a 1 page PDF; Funding Provided by the Lance Armstrong Foundation



Vietnamese



Cultural Profile

Search Ethnomed:

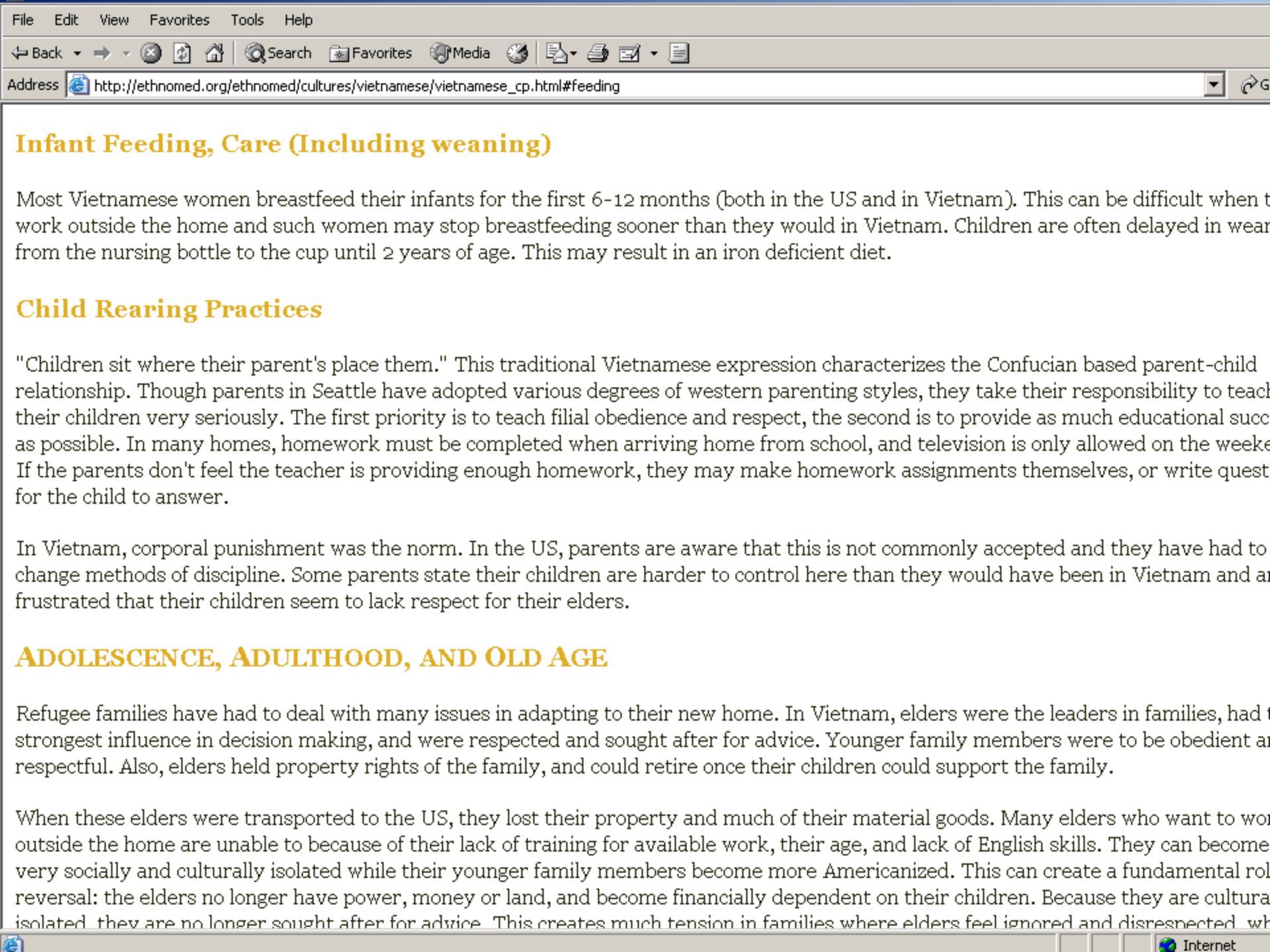
Pamela LaBorde, MD, with special thanks to Binh Duong, Program Manager, Division of Refugee Assistance at the Department of Social and Health Services, Olympia, WA, and many Vietnamese community members. July 1996

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <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

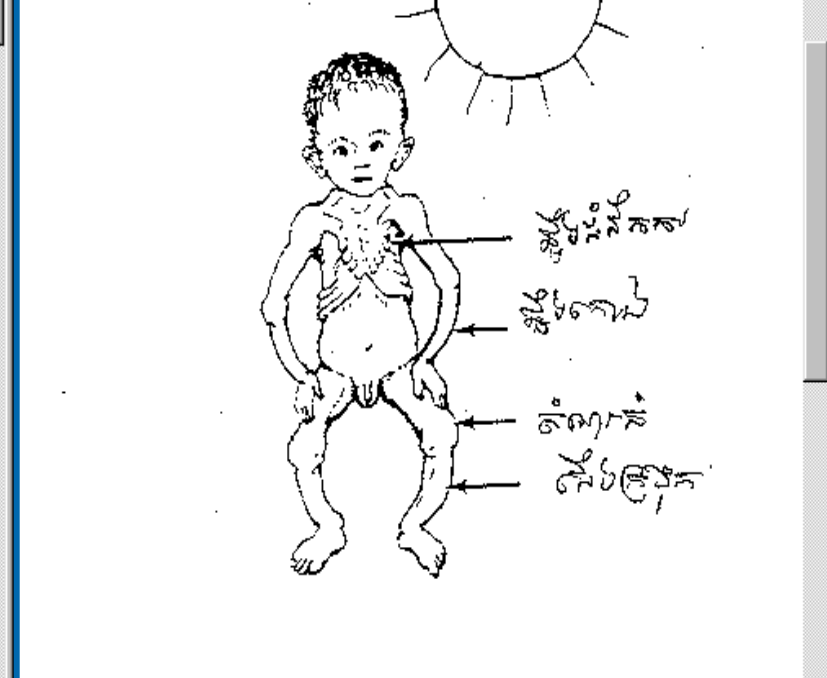
ការច្របូកច្របល់ចំពោះម្តាយដែលចម្រើនដោះស្រាយ
ពិធីការពាររោគត្រីស៊ីក្លូសក្នុងការចម្រើនដោះស្រាយរបស់អ្នក

អ្វីទៅដែលដេញចោលជាជំងឺរោគត្រីស៊ីក្លូ?
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ក្នុងក្រុង។ វាជាការខ្វះខាតនៃវីតាមីនឌីនៅ
ក្នុងក្រពះចង្កាយរបស់កុមារដែលបានផ្តល់ទឹកដោះស្រាយនេះកើតឡើងពី
ការកកស្ទះ ទទួលបាននូវថ្លៃថ្លៃពេក។

តើការកកស្ទះនឹងទទួលបានរោគត្រីស៊ីក្លូ?
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ស្រុកដែលមានការកកស្ទះត្រូវបានផ្តល់ដោះស្រាយដើម្បីទទួលបានម្ហូប
រាងជាតិសាច់, ទឹកដោះស្រាយ, រោងចាត, រោងចាត

រោងចាតត្រីស៊ីក្លូ?
រោងចាត, ទឹកដោះស្រាយ, រោងចាត, រោងចាតការយូតយាស់យើង
នឹង រោងចាតស៊ីក្លូ



ការយ៉ាងណាដែលត្រូវបានផ្តល់ដោះស្រាយពីរោគត្រីស៊ីក្លូ?
ស្តាប់ចំពោះការកកស្ទះនិងរោងចាតរោគត្រីស៊ីក្លូគឺត្រូវបានផ្តល់

Culture Clues

depts.washington.edu/pfes/cultureclues.html



Patient and Family Education Services, UWMC

Culture Clues™ are tip sheets for clinicians, designed to increase awareness about concepts and preferences of patients from the diverse cultures served by University of Washington Medical Center.

Want to Use *Culture Clues™* in Your Organization?

Permission to Reprint

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- [Korean](#)
- [Latino](#)
- [Russian](#)
- [Somali](#)
- [Vietnamese](#)

End-of-Life Care:

- [The Latino Culture](#)
- [The Russian Culture](#)
- [The Vietnamese Culture](#)



Communicating with Your Russian Patient

Perception of Illness • Patterns of Kinship and Decision Making • Comfort with Touch

Culture Clues™ is designed to increase awareness about concepts and preferences of patients from the diverse cultures served by University of Washington Medical Center. **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.

How does the Russian culture deal with illness?

Helping Your Patient Feel Comfortable with UWMC

- Remember to find out if this is your patient's first visit to University of Washington Medical Center.
 - **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.**

Explaining the Causes of Illness and Disease

- Your patient and his or her family may believe that illness is caused by weather or social experiences, such as stress from the living situation or because of arguing with the family.
 - **Ask your patient if they have experienced stresses or strains recently.**
- Your patient may not like to take excessive medications. When an option, ask your patients if they prefer over-the-counter or homeopathic medicine.
- Spend time with the patient to show that the patient is cared for.

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



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Dietary Sodium – Multiple Languages

[Hmong](#) (Hmoob)

[Spanish](#) (español)

[Vietnamese](#) (Tiếng Việt)

Hmong (Hmoob)

- [Cut Down on Salt and Sodium! – English](#)
Txu Noj Dlaw Ntsev hab Sodium! – [Hmoob](#) (Hmong) Multimedia
Healthy Roads Media

Spanish (español)

- [Sodio en la dieta](#)

Vietnamese (Tiếng Việt)

- [Cut Down on Salt and Sodium! – English](#)
Giảm bớt sự dùng Muối và Bột nêm! – [Tiếng Việt](#) (Vietnamese) Multimedia
Healthy Roads Media

Drug Information: Basic Compilations

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

fda.gov/cder

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

➤ **CenterWatch Drug Directories**

www.centerwatch.com/patient/drugs/drugdirectories.html

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

Additional Drug Resources

➤ DrugInfoNet

www.druginfonet.com/index.php?pageID=drug.htm

- Includes official package inserts and patient package insert information

➤ Drugs.com drugs.com

- Includes Pill Identifier

➤ MedlinePlus: Drugs, Supplements and Herbal Information

www.nlm.nih.gov/medlineplus/druginformation.html

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

➤ PillBot.com pillbot.com

- Prescription comparison shopping guide

➤ RxList rxlist.com

- Includes the Top 200 list and a Pill Identification

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

Textbooks

➤ Medical Nutrition Handbook

- www.naa.medicine.wisc.edu

➤ Merck Manual of Medical Information

- www.merck.com/mmpe

➤ eMedicine

- emedicine.com

➤ UptoDate (fee)

- www.uptodate.com
- Concise comprehensive uptodate reviews of clinical topics in multiple specialties
- Fee-based web site



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Diabetes: Nutrition Evaluation and Management

BRIEF NUTRITION COUNSELING TOOLS — for Diabetes

- [Five Minute](#)
- [Fifteen Minute](#)

GOAL

RATIONALE

EVALUATION

- ASSESS
 - [Weight—BMI, waist circumference and weight history](#)
 - [Laboratory values and blood pressure](#)
 - [Risk for Metabolic Syndrome](#)
 - [Diet history](#)
 - [Alcohol intake](#)
 - [Physical activity history and limitations](#)
 - [Readiness for lifestyle change](#)

MANAGEMENT

- [ADVISE](#): Medical nutrition therapy and physical activity to reach treatment goals
- [AGREE](#): Determine diet and physical activity goals with patient
- [ASSIST](#): Provide diet and physical activity resources
- [ARRANGE](#): Schedule follow-up and make referrals for assistance and support

WEB RESOURCES

[Downloadable Diabetes web page - \(PDF Format\)](#)

SECTION	Nutritional Disorders
SUBJECT	Vitamin Deficiency, Dependency, and Toxicity

Vitamins may be fat soluble (vitamins A, D, E, and K) or water soluble (B vitamins and vitamin C). The B vitamins include biotin, folate, niacin, pantothenic acid, riboflavin (B₂), thiamin (B₁), B₆ (eg, pyridoxine), and B₁₂ (cobalamins). For dietary requirements, sources, functions, effects of deficiencies and toxicities, blood levels, and usual therapeutic dosages for vitamins, see Table 1: [Vitamin Deficiency, Dependency, and Toxicity: Recommended Daily Intakes for Vitamins*](#) and Table 2: [Vitamin Deficiency, Dependency, and Toxicity: Sources, Functions, and Effects of Vitamins](#).

Dietary requirements for vitamins (and other nutrients) are expressed as daily recommended intake (DRI). There are 3 types of DRI:

- **Recommended daily allowance (RDA):** RDAs are set to meet the needs of 97 to 98% of healthy people.
- **Adequate intake (AI):** When data to calculate an RDA are insufficient, AIs are based on observed or experimentally determined estimates of nutrient intake by healthy people.
- **Tolerable upper intake level (UL):** ULs are the largest amount that of a nutrient most adults can ingest daily without risk of adverse health effects.

In developed countries, vitamin deficiencies result mainly from poverty, food faddism, drugs (see [Nutrition: General Considerations: Nutrient-Drug Interactions](#) and Table 3: [Vitamin Deficiency, Dependency, and Toxicity: Potential Vitamin-Drug Interactions](#)), alcoholism, or prolonged and inadequately supplemented parenteral feeding. Mild vitamin deficiency is common among frail and institutionalized elderly people who have protein-

Table 1

[Recommended Daily Intakes for Vitamins*](#)

This table is presented as a PDF and requires the free Adobe PDF reader. [Get Adobe Reader](#)

Table 2

[Sources, Functions, and Effects of Vitamins](#)

This table is presented as a PDF and requires the free Adobe PDF reader. [Get Adobe Reader](#)

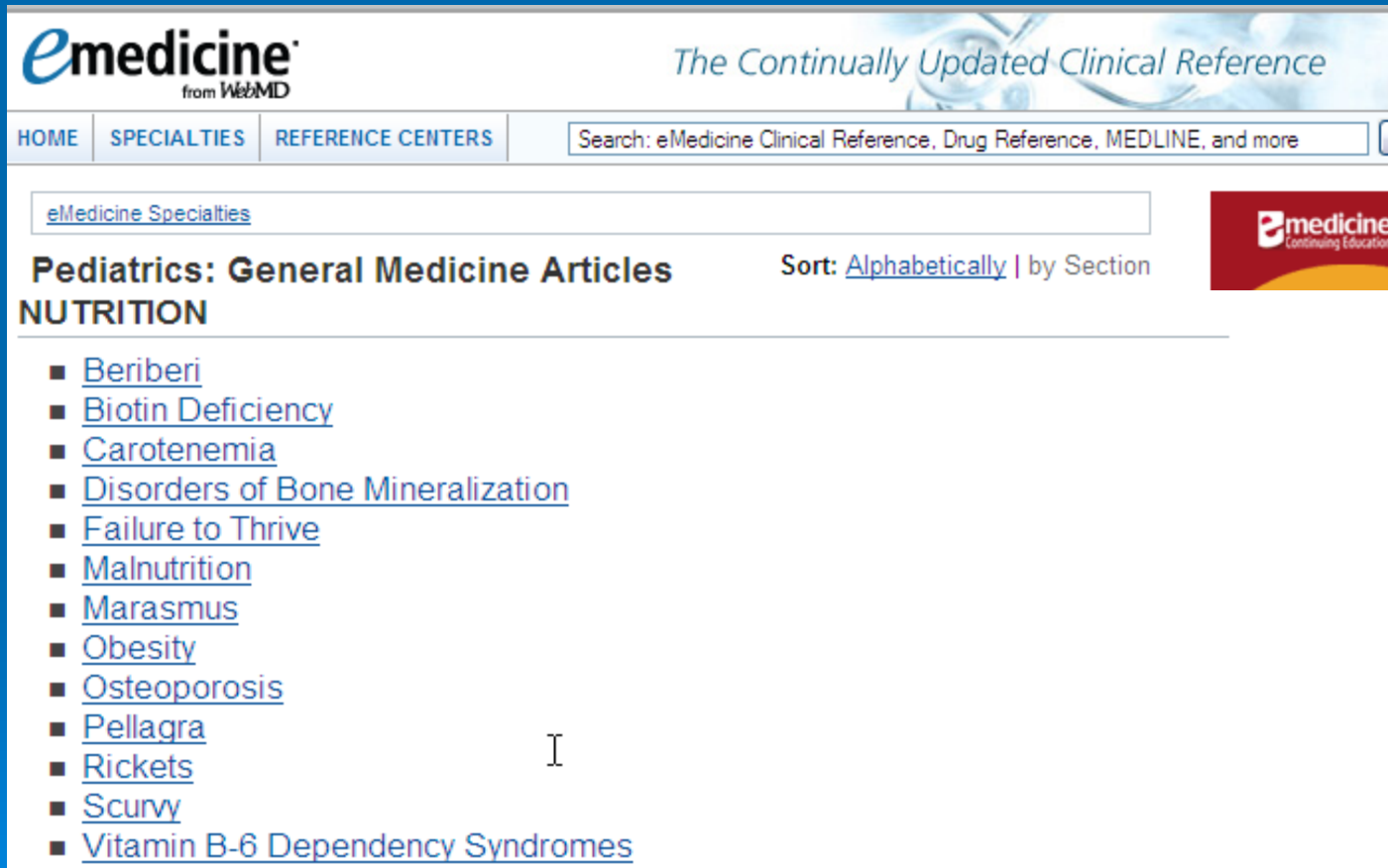
Table 3

Potential Vitamin-Drug Interactions

Nutrient	Drug
Biotin	Antibiotics, anticonvulsants

eMedicine

emedicine.com



The screenshot shows the eMedicine website interface. At the top left is the logo "eMedicine from WebMD". To the right is the tagline "The Continually Updated Clinical Reference". Below this is a navigation bar with links for "HOME", "SPECIALTIES", and "REFERENCE CENTERS", followed by a search box containing the text "Search: eMedicine Clinical Reference, Drug Reference, MEDLINE, and more". A secondary search box below contains the text "eMedicine Specialties". The main content area is titled "Pediatrics: General Medicine Articles" and "Sort: Alphabetically | by Section". A sub-section titled "NUTRITION" contains a list of 14 items, each preceded by a square bullet point and underlined as a link. A mouse cursor is visible over the link "Rickets".

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eMedicine Specialties

Pediatrics: General Medicine Articles Sort: [Alphabetically](#) | by Section

NUTRITION

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- [Biotin Deficiency](#)
- [Carotenemia](#)
- [Disorders of Bone Mineralization](#)
- [Failure to Thrive](#)
- [Malnutrition](#)
- [Marasmus](#)
- [Obesity](#)
- [Osteoporosis](#)
- [Pellagra](#)
- [Rickets](#)
- [Scurvy](#)
- [Vitamin B-6 Dependency Syndromes](#)

Vegetarian diets for children

TOPIC OUTLINE

INTRODUCTION

TYPES OF VEGETARIAN DIETS

GROWTH OF VEGETARIAN CHILDREN

NUTRITIONAL CONSIDERATIONS

- Energy
- Protein
- Iron
- Zinc
- Calcium
- Vitamin D
- Vitamin B12
- Fiber

SUMMARY AND RECOMMENDATIONS

REFERENCES

GRAPHICS

BLOOD SMEARS

- Macroovalocytes

FIGURES

- Protein intake and stones
- Vitamin D synthesis

TABLES

- Iron bioavailability
- Comparison absorbable calcium

RELATED TOPICS

Dietary energy requirements in adolescents

Iron deficiency in infants and young children

Iron requirements and iron deficiency in adolescents

Regulation of iron balance

Zinc deficiency and supplementation

Vegetarian diets for children

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Alison

Last literature review version 16.1: January 2008 | **This topic last updated:** March 14, 2006 **(More)**

INTRODUCTION — Vegetarian diets are becoming increasingly popular [1-4]. One survey suggested that in the United States called themselves vegetarians, compared to an estimated 6.5 million people in 1985 [5]. In addition, a claim to be vegetarian in the United Kingdom, Germany, and Australia [6-8].

No specific estimates of the current number of children who eat a vegetarian diet exist, but it is known that many parents rear their children on a vegetarian eating style [9,10]. An estimated 8 percent of adolescents in the United Kingdom and high-school students surveyed in the midwestern United States [12] consume a vegetarian diet. A poll conducted among American youth aged 6 to 17 years do not eat meat; 2 percent do not eat meat, fish, or poultry; and 0.5 percent do not eat eggs [13].

It is difficult to establish a specific estimate of the number of children who eat a vegetarian diet because studies using the term "vegetarian" used to classify individuals—whether the individual considers himself or herself as vegetarian ("strict" vegetarian) or lives by the strict definition (never consuming meat, fish, and poultry). One review of dietary patterns and health outcomes (aged 6 years and older), for example, found that patterns ranged from those who consumed reduced amounts of animal products to those who excluded all animal foods [14].

Reasons for choosing a vegetarian diet are varied and include potential health benefits and sociopolitical, economic, and ethical concerns, allocation of resources and animal rights [4,15-18]. The types and composition of vegetarian diets also are varied and may affect the growth and development of children and adolescents.

The nutritional quality of vegetarian diets and strategies to prevent nutritional deficiencies while consuming vegetarian diets, requirements, deficiencies, and supplementation of specific nutrients are discussed separately. (See appropriate topic.)

TYPES OF VEGETARIAN DIETS — Vegetarian diets vary according to the degree of avoidance of foods of animal origin. In the strictest definition, a vegetarian diet consists primarily of cereals, fruits, vegetables, legumes, and nuts; animal foods, generally are excluded [1,19]. Several less restrictive vegetarian diets may include animal flesh, eggs, or milk products. These diets frequently are grouped as follows (less to more restricted):

- **Semivegetarian** — Meat occasionally is included in the diet. Some people who follow such a diet may also include perhaps chicken.

Navigation Difficulties

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



Navigating the Web Beyond Google

➤ Google google.com

- Largest search engine: over **11.5 billion** pages
- **Relevance ranking** based on link analysis

➤ Google Advanced Search

www.google.com/advanced_search?hl=en

➤ Google Scholar scholar.google.com

food pyramid vegetarian

Search

Advanced Image Search Preferences

Moderate Safe Search is on

Images

Results 1 - 20 of about 86 for food py

Show:



Vegetarian Pyramid.gif

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vegetarian-food-pyramid.jpg

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www.weight-loss-i.com/vegetarian-food-pyramid.htm

Pyramid-Vegetarian-01.jpg

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www.sdada.org/GCNC_Position_Statement_on_Veg...



vegp.gif

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www.andrews.edu/NUFS/veggiediet.html



vegetarian pyramid.gif

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www.state.sd.us/.../vegetarian%20pyramid.htm

Google Advanced Search Features

www.google.com/advanced_search?hl=en

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- **Date**, *i.e.* pages updated in last 3 months
- **Occurrences**, *i.e.* terms appear in title
- **Domain**, *i.e.* .gov, .edu
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Find web pages that have...

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this exact wording or phrase:

one or more of these words:

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vitamin d supplementation breastfeeding expert

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

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

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... 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](#)

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... **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](#)

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

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... 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](#)

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... 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](#)

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- "**Cited by**" link identifies # that have cited the original
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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)
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- + [Fruit, Family](#) (8)
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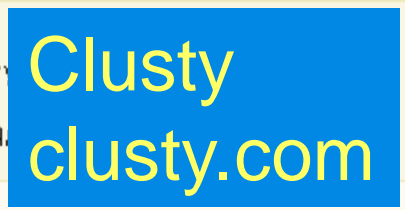
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2. [apple-history.com](#)

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3. [Apple Developer Connection](#)

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About · LookSmart ·*

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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 ...

infant GERD Go Fetch!

Google Yahoo! Live Search Ask Advanced Search [Edit] Preferences Close

All of these words: infant GERD Language: Any Language

The exact phrase:

Any of these words: edu

None of these words:

Include Domain Exclude Domain

Go Fetch!

Web Search Results

GERD and Aspiration
GERD and Aspiration
 Francis B Quinn, MD
www.utmb.edu/otor
 Live

Gastroesophageal reflux disease and heartburn

Experts strongly recommend that all healthy infants sleep on their backs to help prevent sudden **infant** death syndrome (SIDS). For babies with GERD, however, ...

www.umm.edu/patiented/articles/who_gets_gastroesop... • Found on Google, Yahoo! Search, Windows Live

Gastroesophageal reflux disease

... point in their lives, persistent reflux and severe heartburn may indicate GERD. ... If an **infant** has the following symptoms, however, call a physician as ...

www.umm.edu/altmed/articles/gastroesophageal-reflu... • Found on Yahoo! Search, Windows Live, Ask.com

Pediatric GERD (10/2000)

Thus, the incidence of **GERD** is similar in infants, older children, and adults, Sudden **Infant** Death Syndrome: Can Gastroesophageal Reflux Cause Sudden ...

www.utmb.edu/otoref/grnds/Pedi-GERD-0010/Pedi-gerd... • Found on Google, Windows Live

Disease, Condition, & Injury Fact Sheets | NYU Langone Medical Center

The herb carob may be helpful for **infant** GERD. 7. Many naturopathic physicians believe that the supplement betaine hydrochloride can aid **GERD** by ...

www.med.nyu.edu/patientcare/library/article.html?C... • Found on Windows Live, Ask.com

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?

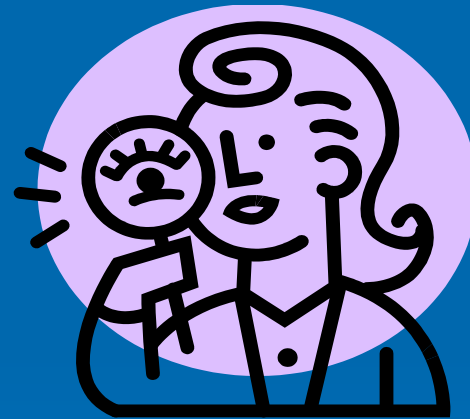
Evaluating Web Resources: Evaluation Strategies

- 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
www.mlanet.org/resources/userguide.html

Criteria for Evaluating Web Sites

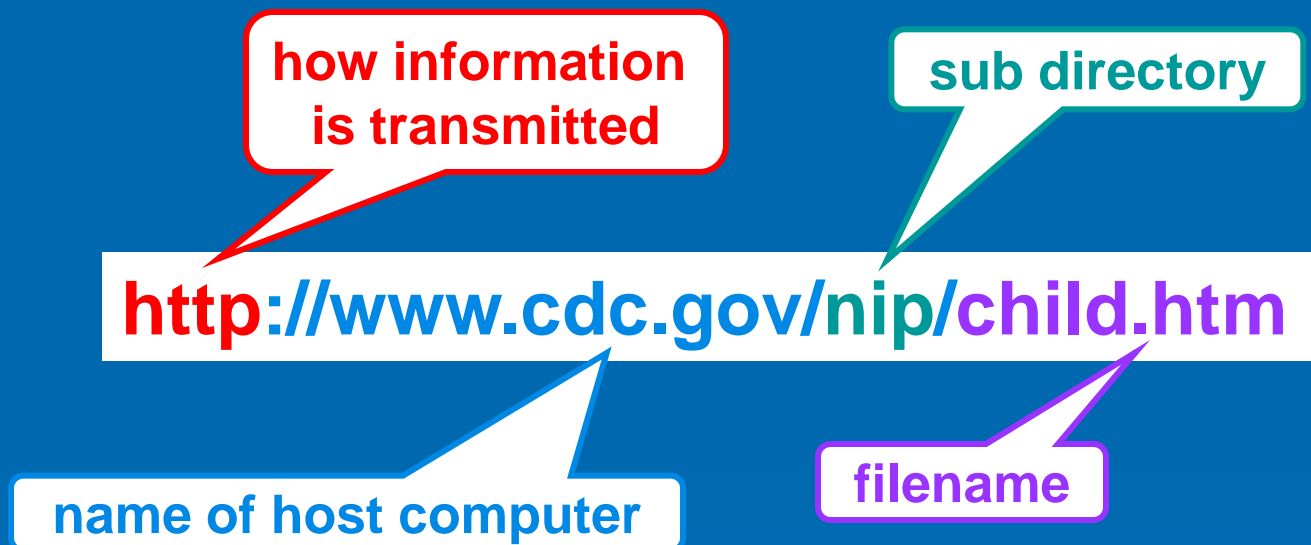
healthlinks.washington.edu/howto/navigating/criteria.pdf

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



Web Site Address: URL (Uniform Resource Locator)

- edu
- org
- com
- gov
- net



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

Final Thoughts

- Use *Web Sites for Pediatric Nutritionists*
- Navigate the web efficiently with a meta-search engine, *Advanced Google*, or *Google Scholar*
- 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 206.221.3400
lmilgrom@u.washington.edu

Locating Nutrition Articles and Resources on the Web

PowerPoint presentation:

healthlinks.washington.edu/hsl/liaisons/schnall

Web Sites for Pediatric Nutritionists:

[healthlinks.washington.edu/hsl/liaisons/schnall/
pediatricnutritionists.pdf](http://healthlinks.washington.edu/hsl/liaisons/schnall/pediatricnutritionists.pdf)

Clicking Your Way to Nutrition Resources on the Web

Nutrition Focus 2007 Jan/Feb 22(1):1-9

[depts.washington.edu/cshcnnut/download/resources/
nutfocus.pdf](http://depts.washington.edu/cshcnnut/download/resources/nutfocus.pdf)