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Practical Uses of the Web in the Ambulatory Care Setting

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Objectives

- Identify **10 ways** to improve ambulatory care nursing using internet resources
- Describe **web resources for evidence-based** ambulatory care nursing practice
- Identify **authoritative consumer materials** on the web to support patient education
- Describe **different tools to navigate** the web to find health care resources

#1

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



Databases

- PubMed <http://pubmed.gov>
- CHID <http://chid.nih.gov>
- NLM Gateway
<http://gateway.nlm.nih.gov/gw/Cmd>
- TOXNET <http://toxnet.nlm.nih.gov>

PubMed

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

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- To get started, enter one or more search terms.
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Can easily *limit* your search to:

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

Read the [PubMed Help](#) to explore other PubMed search options.

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 resources.

for hispanic attitude tuberculosis [Save Search](#)

Limits

Limits: **English, Humans**

Display Show: 20 Sort

All: 11 Review: 1

Items 1 - 11 of 11

1: [Ailinger RL, Armstrong R, Nguyen N, Lasus H.](#)

Latino immigrants' knowledge of tuberculosis.
Public Health Nurs. 2004 Nov-Dec;21(6):519-23.
PMID: 15566556 [PubMed - indexed for MEDLINE]

2: [Coreil J, Lauzardo M, Heurtelou M.](#)

Cultural feasibility assessment of tuberculosis prevention among persons of Haitian origin in South Florida.
J Immigr Health. 2004 Apr;6(2):63-9.
PMID: 15014223 [PubMed - indexed for MEDLINE]

3: [Rodriguez-Reimann DI, Nicassio P, Reimann JO, Gallegos PI, Olmedo EL.](#)

Acculturation and health beliefs of Mexican Americans regarding tuberculosis prevention.
J Immigr Health. 2004 Apr;6(2):51-62.
PMID: 15014222 [PubMed - indexed for MEDLINE]

4: [Berg J, Blumberg EJ, Sipan CL, Friedman LS, Kelley NJ, Vera AY, Hofstetter CR, Hovell MF.](#)

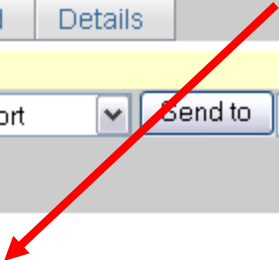
Somatic complaints and isoniazid (INH) side effects in Latino adolescents with latent tuberculosis infection (LTBI).
Patient Educ Couns. 2004 Jan;52(1):31-9.
PMID: 14729288 [PubMed - indexed for MEDLINE]

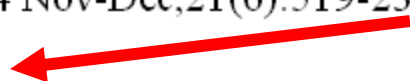
5: [D'Lugoff MI, Jones W, Kub J, Glass N, Thompson D, Brinkley-Laughon S, Chaisson RE.](#)

Tuberculosis screening in an at-risk immigrant Hispanic population in Baltimore city: an academic health center/local health department partnership.
J Cult Divers. 2002 Fall;9(3):79-85.
PMID: 12484001 [PubMed - indexed for MEDLINE]

6: [Poss JE.](#)

Developing an instrument to study the tuberculosis screening behaviors of Mexican migrant farmworkers.



Limits Limits: **English, Humans**Display Show: Sort 1: Public Health Nurs. 2004 Nov-Dec;21(6):519-23.[Related Articles](#)

Latino immigrants' knowledge of tuberculosis.

Ailinger RL, Armstrong R, Nguyen N, Lasus H.

George Mason University, Fairfax, Virginia 22030-4444, USA. railinge@gmu.edu

This study examined tuberculosis (TB) knowledge in Latino immigrants receiving latent TB infection (LTBI) therapy. The design was descriptive correlational. Knowledge was measured using the LTBI Knowledge Instrument. The sample included 82 Latino immigrants primarily from Central America and Bolivia who attended a public health clinic for TB therapy. The mean TB knowledge score was 66%. Knowledge scores were correlated with years of education, years of residence, or number of years in the United States. More than 80% of study participants correctly answered questions about the importance of keeping monthly appointments and how Isoniazid works to eradicate TB germs in the human body. Questions about the contagiousness of active TB and how the disease spreads received the most incorrect responses. Public health interventions should focus on increasing Latino immigrants' knowledge of TB, both in public health clinics and in the community.

PMID: 15566556 [PubMed - indexed for MEDLINE]

Latino Immigrants' Knowledge of Tuberculosis

Rita L. Ailinger, R.N., Ph.D.,
Rachel Armstrong, M.S.N.,
Nga Nguyen, M.P.H., R.N., and
Howard Lasus, Ph.D.

Abstract This study examined tuberculosis (TB) knowledge in Latino immigrants receiving latent TB infection (LTBI) therapy. The study design was descriptive correlational. Knowledge was measured using the LTBI Knowledge Instrument. The convenience sample included 82 Latino immigrants primarily from Central America and Bolivia who attended a public health clinic for their LTBI therapy. The mean TB knowledge score was 66%. Knowledge scores were correlated with years of education, but not with age or number of years in the United States. More than 80% of study participants correctly answered questions about the importance of keeping monthly appointments and how Isoniazid works to eradicate TB germs in the human body. Questions that pertained to the contagiousness of active TB and how the disease spreads received the most incorrect responses. Public health nursing interventions should focus on increasing Latino immigrants' knowledge of TB, both in public health clinics and in the community.

Key words: knowledge, Latino, LTBI, tuberculosis.

the United States, particularly among immigrant and refugee populations, the elderly, and those with human immunodeficiency virus infection. While the number of TB cases in the United States decreased by 7% from 1999 to 2000, 46% of those cases were foreign-born individuals. Among the foreign born, individuals from Central and South America and the Caribbean account for 41% of the TB cases in the United States [Centers for Disease Control and Prevention (CDC), 2002].

Those individuals who are infected with *Mycobacterium tuberculosis*, but do not have active TB and therefore cannot spread the infection to others, are said to have LTBI. Treatment for LTBI is often indicated to ensure that the infection does not become active TB. LTBI therapy consists of a 9-month course of daily Isoniazid (INH) and monthly clinic visits to be monitored for side effects of the medication. If left untreated, approximately 10% of LTBI cases turn into active TB. Active cases of TB infect about 20% of contacts, and the rate of TB among contacts is 75 times higher than that among the general population (CDC, 2000). An estimated \$700 million per year is spent in the United States on health care for TB (Brown et al., 1995).

The objective of this study was to assess knowledge of

Advantages of *PubMed*

- **Free**
- **Links** to publisher's sites for full-text journals
- Or, can **order** full-text journal articles
- **Clinical Queries/Systematic Reviews** section limits retrieval to evidence-based citations

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PubMed provides access to all of MEDLINE back to the mid-1960's and to additional life sciences journals. Updated daily. VIDEO

Basic Search Techniques VIDEO

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



- **For a Subject Search:** Enter one or more words (e.g., *asthma drug therapy*) in the **query box** and click on **Go**. PubMed automatically combines (**ANDs**) terms together so that all terms or concepts are present and "translates" your words into MeSH terms.
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- **For a Journal Search:** To retrieve articles from a specific journal use *PubMed's Journals Database* or *Single Citation Matcher* features (available from the left

Instructional Video Clips

- [Introduction](#) (1:54)
- [Basic search](#) (0:40)
- [Truncation](#) (0:15)
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- [Printing and saving](#) (1:31)
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- [Documenting your search strategy](#) (0:31)
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- [Clinical queries](#) (2:46)
- [MeSH Browser](#) (3:04)
- [Additional Help](#) (0:28)

E-Journals

- Check with your library for access to full-text e-journals
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<http://healthlinks.washington.edu/howto/connect/>

Open Access Journal Sites

➤ BioMed Central



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

- Independent publishing house providing immediate free access to peer-reviewed biomedical research
- Includes *BMC Nursing*

➤ PubMed Central



<http://pubmedcentral.gov/>

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

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TOXNET

<http://toxnet.nlm.nih.gov>

- Databases in toxicology and environmental health, including:
 - TOXLINE: toxicology bibliographic information
 - HSDB: Hazardous Substances Data Bank
 - DART: Developmental and Reproductive Toxicology
 - TRI: Toxics Release Inventory
 - IRIS: human health risk assessment
 - GENE-TOX: mutagenicity test data
 - CCRIS : carcinogenicity and mutagenicity data
 - ITER: chemical risk information



#2

Search for Evidence



What is evidence-based practice?

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

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

EBP and Guidelines Resources

- *PubMed Clinical Queries/Systematic Reviews*

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

- *Cochrane Library* (fee): gold standard

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

- *National Guideline Clearinghouse*

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

PubMed Strategies for Evidence-Based Citations

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

PubMed Limits

PubMed Nucleotide Protein Genome Structure

for obesity American Indian

Limits Preview/Index History Clipboard Details

Limit your search by any of the following criteria.

Languages

- English
- French
- German
- Italian
- Japanese
- Russian
- Spanish

More Languages

- Afrikaans
- Albanian

Subjects

Topics

- AIDS
- Bioethics
- Cancer
- Complementary Medicine
- History of Medicine
- Space Life Sciences
- Systematic Reviews
- Toxicology

Journal Groups

Type of Article

- Clinical Trial
- Editorial
- Letter
- Meta-Analysis
- Practice Guideline
- Randomized Controlled Trial
- Review

More Publication Types

- Addresses
- Bibliography

Ages

- All Infant: birth-23 months
- All Child: 0-18 years
- All Adult: 19+ years
- Newborn: birth-1 month
- Infant: 1-23 months
- Preschool Child: 2-5 years
- Child: 6-12 years
- Adolescent: 13-18 years
- Adult: 19-44 years
- Middle Aged: 45-64 years

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This page provides the following specialized PubMed searches for clinicians:

- [Search by Clinical Study Category](#)
- [Find Systematic Reviews](#)
- [Medical Genetics Searches](#)

After running one of these searches, you may further refine your results using PubMed's [Limits](#) feature.

Results of searches on these pages are limited to specific clinical research areas. For comprehensive searches, use [PubMed](#) directly.

Search by Clinical Study Category

This search finds citations that correspond to a specific clinical study category. The search may be either broad and sensitive or narrow. The search filters are based on the work of [Haynes RB et al.](#) See the [filter table](#) for details.

Search

obesity American Indians



Category	Scope
<input type="radio"/> etiology	<input checked="" type="radio"/> narrow, specific search
<input type="radio"/> diagnosis	<input type="radio"/> broad, sensitive search
<input checked="" type="radio"/> therapy	
<input type="radio"/> prognosis	

Find Systematic Reviews

For your topic(s) of interest, this search finds citations for systematic reviews, meta-analyses, reviews of clinical trials, evidence-based consensus development conferences, and guidelines.

For more information, see [Help](#). See also [related sources](#) for systematic review searching.

Search

obesity american indians



Medical Genetics Searches

[Save Search](#)

All: 16

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

Impact of the Pathways intervention on physical activity in American Indian schoolchildren.
 Prev Med. 2003 Dec;37(6 Pt 2):S62-9.
 PMID: 14636810 [PubMed - indexed for MEDLINE]

[The Cochrane Library 2005, Issue 2](#)

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

[PDF](#) (Size 340K)

- [Abstract](#)
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- [Search strategy for identification of studies](#)
- [Methods of the review](#)
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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. *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

adhd

20 Results

Search

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Browse

- » [Disease / Condition](#)
- » [Treatment / Intervention](#)
- » [Organization](#)

Compare

- » [View My Collection](#)
- » [Guideline Syntheses](#)

NGC Search Results

Your search criteria:

Keyword: *adhd*

Your search found 7 related guidelines, which are listed below.

To view a guideline summary, click on a title. The default view is the Brief Summary, from which you can view the Full Summary, XML View, Full Text, Palm Download, MS Word, Adobe PDF, or Guideline Synthesis by choosing the appropriate Summary Box on the side menu.

To prepare a Guideline Comparison, add any of the guidelines listed to "My Collection" by selecting that guideline and clicking the "Add to My Collection" button. For additional help, see [Guideline Comparison Help](#).

Remember - Check the box next to a guideline to add it to "My Collection". Then click on the "Add to My Collection" button on the page.

Search Results:

The following guidelines were retrieved because they are linked to [concepts related to your query](#) or because they are [in your query](#). Search results are listed in order of [relevance](#), unless otherwise specified in a Detailed Search.

Display results 1 to 7 of 7

Title

- [Diagnosis and management of attention deficit hyperactivity disorder in primary care for school age children](#)
Institute for Clinical Systems Improvement - Private Nonprofit Organization. 1997 Oct (revised 2001)
- [Clinical practice guideline: diagnosis and evaluation of the child with attention-deficit/hyperactivity disorder](#)
Pediatrics - Medical Specialty Society. 2000 May. 13 pages. NGC:001506
- [Clinical practice guideline: treatment of the school-aged child with attention-deficit/hyperactivity disorder](#)
Pediatrics - Medical Specialty Society. 2001 Oct. 12 pages. NGC:002298
- [Practice parameters for the assessment and treatment of children, adolescents, and adults with mental disorders](#).
American Academy of Child and Adolescent Psychiatry - Medical Specialty Society

Brief Summary

GUIDELINE TITLE

Clinical practice guideline: diagnosis and evaluation of the child with attention-deficit/hyperactivity disorder.

BIBLIOGRAPHIC SOURCE(S)

American Academy of Pediatrics. Clinical practice guideline: diagnosis and evaluation of the child with attention-deficit/hyperactivity disorder. Pediatrics 2000 May; 105(5):1158-70. [60 references]

BRIEF SUMMARY CONTENT

[RECOMMENDATIONS](#)

[EVIDENCE SUPPORTING THE RECOMMENDATIONS](#)

[IDENTIFYING INFORMATION AND AVAILABILITY](#)

[Go to the Complete Summary](#)

RECOMMENDATIONS

MAJOR RECOMMENDATIONS

Excerpted by the National Guideline Clearinghouse:

RECOMMENDATION 1: In a child 6 to 12 years old who presents with inattention, hyperactivity, impulsivity, academic underachievement, or behavior problems, primary care clinicians should initiate an evaluation for attention-deficit/hyperactivity disorder (**ADHD**) (*strength of evidence: good; strength of recommendation: strong*).

Presentations of **ADHD** in clinical practice vary. Symptoms may not be apparent in a structured clinical setting that is free from demands and distraction of the home and school. The following general questions may be useful at all visits for school-aged children to heighten attention about **ADHD** and as an initial screening for school performance:

1. How is your child doing in school?
2. Are there any problems with learning that you or the teacher has seen?
3. Is your child happy in school?
4. Are you concerned with any behavioral problems in school, at home, or when your child is playing with friends?
5. Is your child having problems completing classwork or homework?

Alternatively, a previsit questionnaire may be sent to parents or given while the family is waiting in the reception area.

RECOMMENDATION 2: The diagnosis of **ADHD** requires that a child meet *Diagnostic and Statistical Manual of Mental Disorders*

Search NGC:

[Search Help](#)[Detailed Search](#)

Browse NGC:

[Disease/Condition](#)[Treatment/Intervention](#)[Organization](#)

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

#3


***Keep Current with
Email Alert Services and
Health News***



Information Overload!

- 2 million articles published in biomedical journals each year
- considering everything of potential biomedical importance would require perusing about 6,000 articles per day...
- If you only read 2 articles a day, at the end of year you would be 60 centuries behind.

What are Email Alert Services?

- Deliver current citations into your email
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 - In most cases, abstracts of the articles are provided
 - May provide links to *PubMed* and full-text articles
- 

PubMed: MY NCBI

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<http://www.cnn.com/HEALTH/>

➤ New York Times Health

<http://www.nytimes.com/pages/health/>

➤ USA Today Health

<http://www.usatoday.com/news/health/front.htm>

➤ Yahoo! News

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



health > story page

More children suffering from back pain, study says

February 20, 1999
Web posted at: 12:36 p.m. EST (1736 GMT)

From Reporter Joan MacFarlane

(CNN) -- Carol Gray, 15, suffers from back pain -- a condition becoming increasingly common among young people. According to researchers at a University of Michigan spine program, up to 60 percent of children will experience back pain by the time they reach age 18.

A study recently published in the journal Spine found that 6 percent of 10-year-olds complained of back pain, while 10 to 15 percent of 12-year-olds reportedly had back pain.



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#4

Use e-Textbooks



e-Textbooks


- Merck Manual of Medical Information
 - <http://www.merck.com/mmhe/>
- UpToDate (fee)
 - Concise comprehensive uptodate reviews of clinical topics in multiple specialties
- HealthLinks Textbooks page
 - 500+ e-texts
 - <http://healthlinks.washington.edu/textbooks/>

SECTION	Children's Health Issues
SUBJECT	Digestive Disorders
TOPICS	Introduction · Appendicitis Diverticulum · Peptic Ulcer

Search 

Appendicitis

Appendicitis is inflammation and infection of the appendix.

The appendix is a small finger-length portion of intestine that does not appear to have any essential bodily function (see [Digestive System](#) ). Appendicitis is a medical emergency that requires surgery. Appendicitis is rare in children younger than 1 year but becomes more common as children grow older and is most common in adolescents.

Appendicitis seems to develop when the appendix becomes blocked either as a result of infection in the digestive tract or elsewhere in the body or, less commonly, as a result of obstruction with hard feces. In either case, the appendix becomes infected. If an infected appendix is unrecognized or untreated, the appendix can rupture, creating a pocket of infection outside the intestine (abscess) or spilling contents of the intestines into the abdomen (peritonitis).

Symptoms and Diagnosis


Appendicitis almost always causes pain. The pain may start in the middle of the abdomen, near the navel, and gradually move to the lower right area of the abdomen. However, children younger than 2 years are often not able to complain of pain and are therefore more likely to be irritable or listless. They may lose consciousness partly or completely if a delay in diagnosis has led

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Pronunciations

-  [appendicitis](#)
-  [computed tomography](#)
-  [enteritis](#)
-  [gastroenteritis](#)
-  [intussusception](#)

Learn about participating in clinical trials at this government website:
www.clinicaltrials.gov

Index Sections

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S	T	U	V	W	X	Y	Z	

In This Topic

- [Appendicitis](#)
 - [Symptoms and Diagnosis](#)
 - [Treatment](#)

[Back to Top](#) 

Overview of the management of osteoporosis in women

- ▶ [INTRODUCTION](#)
- ▶ [NONPHARMACOLOGIC THERAPY](#)
 - [Calcium/Vitamin D](#)
 - [Diet](#)
 - [Exercise](#)
 - [Intensity of exercise](#)
 - [Cessation of smoking](#)
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 - [Monitoring the response to therapy](#)
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 - [Premenopausal women with hypothalamic amenorrhea](#)
 - [Parathyroid hormone](#)
 - [PTH plus bisphosphonate therapy](#)
 - [Calcitonin](#)
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 - [Sodium fluoride](#)
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 - [Isoflavones](#)
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- ▶ [OTHER POTENTIAL THERAPIES](#)
 - [Androgens](#)
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GRAPHICS

- ▶ [FIGURES](#)
 - [Alendronate dose osteoporosis](#)
 - [Alendronate prevents bone loss](#)
 - [Continuous alendronate and BMD](#)
 - [HRT and hip fracture WHI](#)
 - [CT and osteoporotic bone pain](#)
 - [Estrogen plus CT osteoporosis](#)
- ▶ [TABLES](#)
 - [Cost of Rx of osteoporosis](#)

RELATED TOPICS

- ▶ [Overview of osteoporosis in men](#)
- ▶ [Epidemiology and causes of osteoporosis](#)

Overview of the management of osteoporosis in women

[Hillel N Rosen, MD](#)
[Marc K Drezner, MD](#)

UpToDate performs a continuous review of over 330 journals and other resources. Updates are added as important new information is published. The literature review for version 13.3 is current through August 2005; this topic was last changed on September 13, 2005. The next version of UpToDate (14.1) will be released in February 2006.

INTRODUCTION — Prevention and treatment of osteoporosis consists of non-drug and drug or hormonal therapy [1,2]. This topic review will provide an overview of the approach to therapy of osteoporosis in postmenopausal women. The treatment of osteoporosis in men, and the pathogenesis, causes, and diagnosis of osteoporosis are discussed separately. (See "[Overview of osteoporosis in men](#)", see "[Epidemiology and causes of osteoporosis](#)", and see "[Pathogenesis of osteoporosis](#)" and see "[Clinical manifestations and diagnosis of osteoporosis](#)", section on Suggested approach to exclude secondary causes).

In the past, estrogen replacement was considered a primary therapy for the prevention of postmenopausal osteoporosis. Estrogen had the additional advantages of controlling menopausal symptoms and presumptive prevention or delay of cardiovascular disease. However, data from the Women's Health Initiative (WHI) revealed that estrogen-progestin therapy does not reduce the risk of coronary heart disease, and increases the risk of breast cancer, stroke, and venous thromboembolic events [3]. (See "[Postmenopausal hormone therapy: Benefits and risks](#)").

As a result of these findings, other antiresorptive agents are now the drugs of choice, and are prescribed more frequently for the prevention and treatment of osteoporosis in postmenopausal women [4].

NONPHARMACOLOGIC THERAPY — There are three components to the nondrug therapy of osteoporosis: diet, exercise, and cessation of smoking. In addition, affected patients should avoid, if possible, drugs that increase bone loss, such as glucocorticoids. (See "[Glucocorticoids and osteoporosis: Pathogenesis and clinical features](#)" and see "[Drugs that affect bone metabolism](#)").

Calcium/Vitamin D — An optimal diet for treatment (or prevention) of osteoporosis includes an adequate intake of calories (to avoid malnutrition), calcium, and [vitamin D](#).

Postmenopausal women (and older men) should take adequate supplemental elemental calcium (generally 500 to 1000 mg/day), in divided doses, at mealtime, such that their total calcium intake, inclusive of food calcium, approximates 1500 mg/day [5]. (See "[Calcium supplementation in osteoporosis](#)"). In addition to its beneficial effects on the skeleton, calcium supplementation may favorably affect serum lipids [6]. Furthermore, there is some evidence that calcium intake is inversely associated with cardiovascular disease in postmenopausal women. (See "[Lipid lowering with diet or dietary supplements](#)", section on Calcium).

Women should also ingest a total of 800 IU of [vitamin D](#) daily. Higher doses are required if they have malabsorption or rapid metabolism of vitamin D due to concomitant anticonvulsant drug therapy. Data on the efficacy of vitamin D replacement for osteoporosis are discussed in detail elsewhere. (See "[Vitamin D therapy in osteoporosis](#)", section on Recommendations).

Diet — When celiac disease is a major contributor to osteopenia, a gluten-free diet will result in improvement in bone mineral density [7]. (See "[Management of celiac disease in adults](#)").

Protein intake may be an important component of the diet, particularly in women who already have osteoporotic fractures. This was

Patient information: Prevention and treatment of osteoporosis

*WHAT ARE THE RISK FACTORS FOR OSTEOPOROSIS?

- *Preventing falls
 - Hip pads

*SHOULD CERTAIN PEOPLE BE SCREENED FOR OSTEOPOROSIS?

*WHAT NON-DRUG MEASURES ARE AVAILABLE TO HELP PREVENT OR TREAT OSTEOPOROSIS?

- *Diet
 - Calcium intake
 - Vitamin D intake
 - Protein supplementation
 - Alcohol, caffeine, and salt intake

- *Exercise

- *Smoking cessation

*WHAT OTHER MEASURES ARE AVAILABLE TO HELP PREVENT OR TREAT OSTEOPOROSIS?

- *Bisphosphonates

- Alendronate (Fosamax)
- Risedronate (Actonel)

- *"Estrogen-like" medications

- *Estrogen/progestin therapy

- *Calcitonin

- *Parathyroid hormone (PTH)

- *Monitoring response to hormonal or drug therapy

- *Potential new therapies

- *Recommendations

*WHERE TO GET MORE INFORMATION

*ACKNOWLEDGMENT

*REFERENCES

RELATED TOPICS

- *Patient information: Overview of osteoporosis

- *Patient information: Postmenopausal hormone therapy

- *Postmenopausal hormone therapy: Benefits and risks

Patient information: Prevention and treatment of osteoporosis

[Hillel N Rosen, MD](#)

Harvard Medical School

UpToDate performs a continuous review of over 330 journals and other resources. Updates are added as important new information is published. The literature review for version 13.3 is current through August 2005; this topic was last changed on July 30, 2004. The next version of UpToDate (14.1) will be released in February 2006.

These materials are for your general information and are not a substitute for medical advice. You should contact your physician or other healthcare provider with any questions about your health, treatment, or care. Do not contact UpToDate or the physician authors of these materials.

Osteoporosis is a common skeletal disorder characterized by a progressive decrease in bone mass and density, causing bones to become abnormally thin (osteopenic), weakened, and easily broken (fractured). Although bone density naturally begins to decrease at approximately age 35, women are disproportionately at risk for osteoporosis after menopause due to declining production of estrogen, a female hormone that helps to maintain bone mass. Osteoporosis typically causes no symptoms; instead, the first sign is usually a fracture, most commonly in the spine (vertebrae), hip, or forearm near the wrist (Colles' fracture). Osteoporosis results from accelerated bone loss due to an imbalance between the rate of new bone formation and the normal breakdown and removal of bone (resorption). ([See "Patient information: Overview of osteoporosis"](#)).

Fortunately, preventive steps are available that may help to maintain or increase bone density. In addition, for those already affected by osteoporosis, prompt diagnosis and assessment of bone loss and associated fracture risk are essential, since therapies are available that may slow further loss of bone or increase bone density, reversing the progression of osteoporosis.

In the past, estrogen or estrogen-progestin therapy was considered a primary therapy for the prevention of postmenopausal osteoporosis and was often used for the treatment of this disease. Estrogen had the additional advantages of controlling menopausal symptoms and, it was thought, prevented or delayed cardiovascular disease. However, data from the Women's Health Initiative (WHI), a large clinical trial, found that estrogen (given with a progestin) does not reduce the risk of coronary heart disease, and increases the risk of breast cancer, stroke, and venous thromboembolic events. The details of the WHI are discussed elsewhere. ([See "Patient information: Postmenopausal hormone therapy"](#)).

Care Provider Toolkit: for UW staff and students

http://healthlinks.washington.edu/care_provider



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[HealthLinks](#) > Care Provider

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Care Provider Toolkit

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Cumulative Index to Nursing and Allied Health Literature

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- Primary Care eJournals
- Order copies of articles or books
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- BMJ (International Edition)
- JAMA 
- New England Journal of Medicine 


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

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

CLINICAL TOOLS AND CALCULATORS

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

PDA DOWNLOADS

DRUGS

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

PATIENT EDUCATION

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

UW PATIENT EDUCATION

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

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R_x

#5

Keep up with Drug Resources



Drug Information: Basic Compilations

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

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

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

➤ **CenterWatch Drug Directories**

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

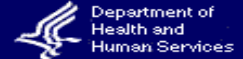
- Includes *Drugs Newly Approved by the FDA*, *Drugs Currently in Clinical Research*, and *PDR Family Guides Drug Information*

CDER

www.fda.gov/cder



U.S. Food and Drug Administration



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News from CDER

- March 30. FDA issues a [Public Health Advisory](#) and Patient and Healthcare Safety Sheets for Diastat AcuDial (diazepam rectal gel). [Diastat AcuDial Information](#)
- March 28. FDA approves first-time generic zidovudine capsules, 100 mg, to be used in combination with other anti-retroviral medications to treat

Drug Safety

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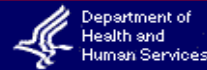
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- Drug approval letters, labels, and review packages

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Advanced Search

- Application Number (NDA, ANDA, BLA)
- Action Dates of Application Approvals and Supplements

CenterWatch Drug Directories

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



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www.cfpie.com

CenterWatch Drug Directories

[Drugs Newly Approved by the FDA](#)

This is a comprehensive listing of drugs that have recently been approved by the Food and Drug Administration. The drugs are organized by therapeutic area.

[NMT Weekly Trial Results](#)

This database is designed to provide easy access to information about the results of recently completed and ongoing clinical trials. The information in this resource is based on published materials from medical conferences and journals and from company reports and interviews.

[Drugs Currently in Clinical Research](#)

If you are a patient interested in learning more about drugs in clinical trials, please visit the [New Medical Therapies](#) section of our web-site, or contact our Drug Intelligence Department at cw.drugintel@centerwatch.com

Health professionals should [click here](#) for information about a subscription to our online [Drugs in Clinical Trials Database](#).

[PDR Family Guides Drug Information](#)

This database provides comprehensive consumer-friendly information on prescription and over-the-counter drugs available through pharmacies. Developed by the Physicians Desk Reference staff, this information includes descriptions of side effects and drug interactions.



FAQ's

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[About the FDA Approved Listings](#)

Drugs Approved by the FDA (2006)

Approval Year:

[2006](#) | [2005](#) | [2004](#) | [2003](#) | [2002](#) | [2001](#)
| [2000](#) | [1999](#) | [1998](#) | [1997](#) | [1996](#) | [1995](#) |
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The following drugs have been approved this year by the Food and Drug Administration.

Cardiology/Vascular Diseases



- [Ranexa \(ranolazine\)](#); For the treatment of chronic angina in patients failing first-line therapy; CV Therapeutics; Approved January 2006



FAQ's

[Description of Medical Areas](#)

[About the FDA Approved Listings](#)

Drugs Approved by the FDA

Drug Name: Ranexa (ranolazine)

The following information is obtained from various newswires, published medical journal articles, and medical conference presentations.

Company: CV Therapeutics
Approval Status: Approved January 2006
Treatment for: Chronic Angina

General Information

Ranexa (ranolazine) is an orally-available, extended release anti-ischemic/anti-anginal drug, designed to act without reducing heart rate or blood pressure.

Ranexa is specifically indicated for the treatment of chronic angina in patients who have failed to respond to prior angina therapy. It is contraindicated in patients with pre-existing QT interval prolongation (see Side Effects section, below).

Ranexa is supplied as a film-coated extended release tablet. Recommended initial dosing is 500 mg twice daily; this may be escalated to a maximum dose of 1000 mg twice daily, based on disease response.

Clinical Results

FDA Approval

Approval of Ranexa was based on a pair of clinical trials, dubbed ERICA (Efficacy of Ranolazine In Chronic Angina) and CARISA (Combination Assessment of Ranolazine In Stable Angina).

Drug Information for NPs

➤ MerckMedicus

<http://www.merckmedicus.com>

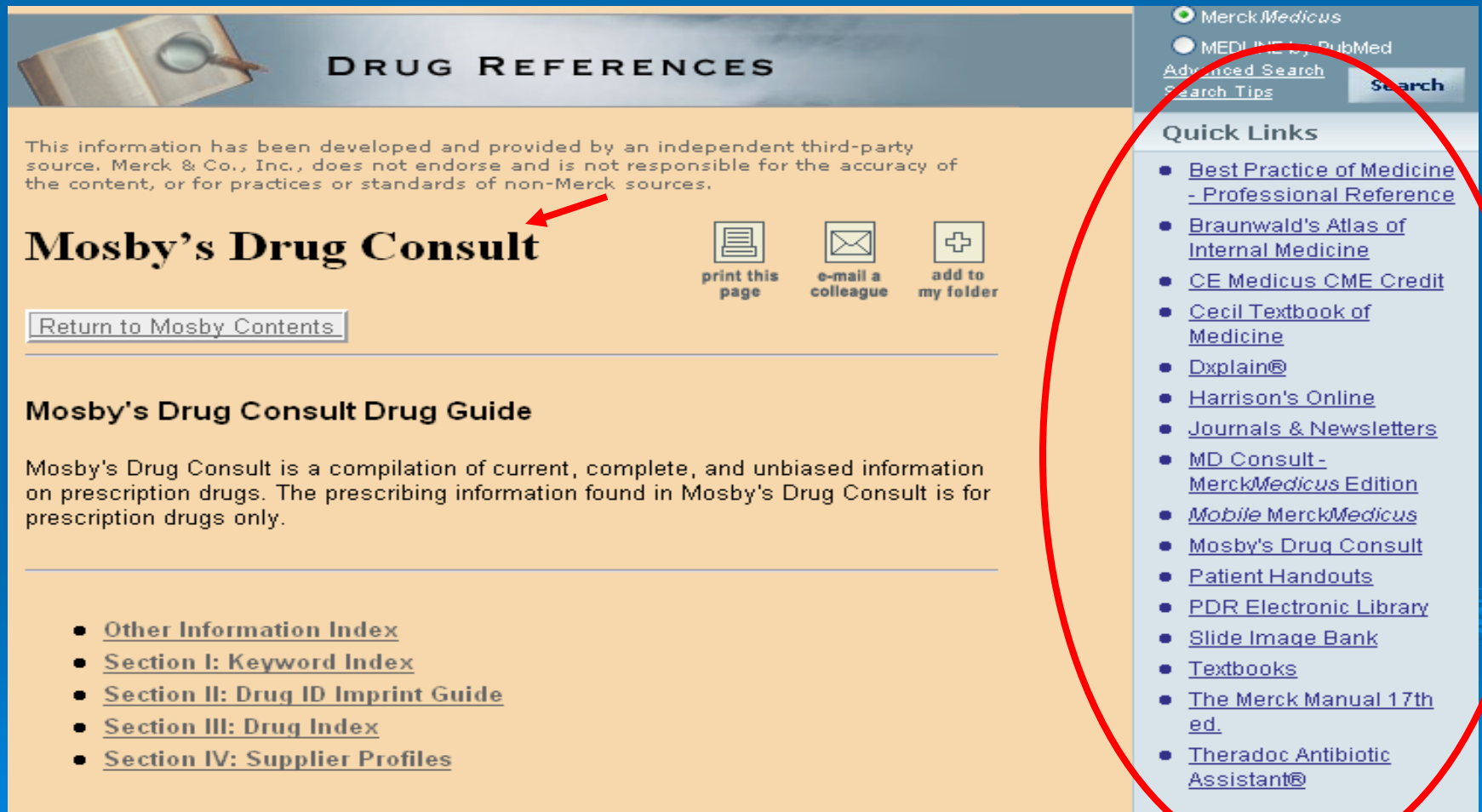
- Includes *Mosby's Drug Consult*, the *Physicians Desk Reference Electronic Library*, textbooks, and patient handouts

➤ PDRnet.com

<http://www.pdr.net>

MerckMedicus

www.merckmedicus.com



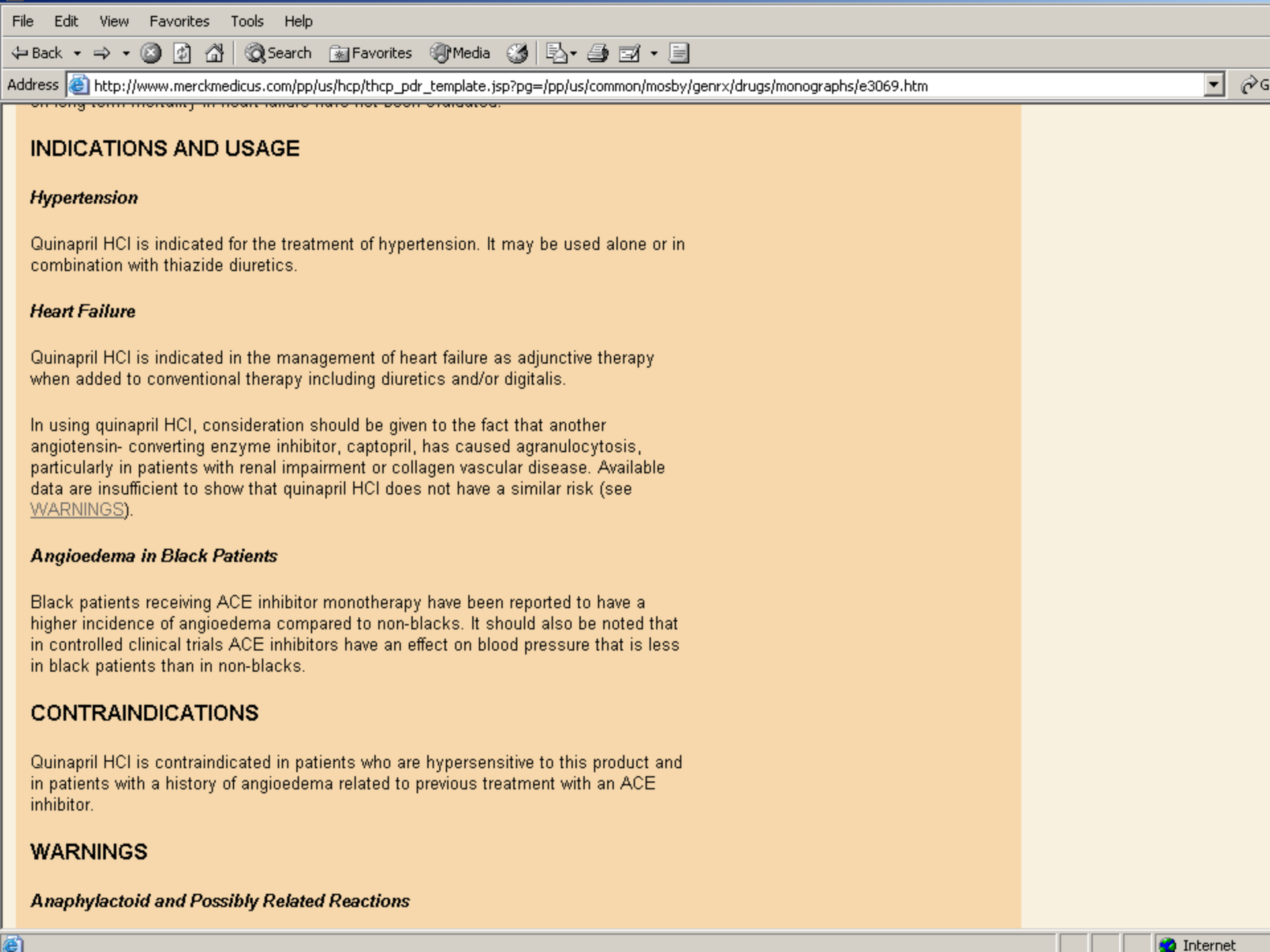
The screenshot shows the MerckMedicus website interface. At the top left, there is a header with an image of a book and a magnifying glass, and the text "DRUG REFERENCES". Below this, a disclaimer states: "This information has been developed and provided by an independent third-party source. Merck & Co., Inc., does not endorse and is not responsible for the accuracy of the content, or for practices or standards of non-Merck sources." A red arrow points to the "Mosby's Drug Consult" link. To the right of this link are three icons: "print this page", "e-mail a colleague", and "add to my folder". Below the link is a button labeled "Return to Mosby Contents".

On the right side of the page, there is a search bar with the text "MerckMedicus" and "MEDLINE by PubMed". Below the search bar are links for "Advanced Search" and "Search Tips", and a "Search" button. Below the search bar is a "Quick Links" section with a list of links:

- [Best Practice of Medicine - Professional Reference](#)
- [Braunwald's Atlas of Internal Medicine](#)
- [CE Medicus CME Credit](#)
- [Cecil Textbook of Medicine](#)
- [Dxplain@](#)
- [Harrison's Online](#)
- [Journals & Newsletters](#)
- [MD Consult - MerckMedicus Edition](#)
- [Mobile MerckMedicus](#)
- [Mosby's Drug Consult](#)
- [Patient Handouts](#)
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- [The Merck Manual 17th ed.](#)
- [Theradoc Antibiotic Assistant@](#)

At the bottom left of the page, there is a list of links:

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- [Section I: Keyword Index](#)
- [Section II: Drug ID Imprint Guide](#)
- [Section III: Drug Index](#)
- [Section IV: Supplier Profiles](#)



INDICATIONS AND USAGE

Hypertension

Quinapril HCl is indicated for the treatment of hypertension. It may be used alone or in combination with thiazide diuretics.

Heart Failure

Quinapril HCl is indicated in the management of heart failure as adjunctive therapy when added to conventional therapy including diuretics and/or digitalis.

In using quinapril HCl, consideration should be given to the fact that another angiotensin- converting enzyme inhibitor, captopril, has caused agranulocytosis, particularly in patients with renal impairment or collagen vascular disease. Available data are insufficient to show that quinapril HCl does not have a similar risk (see [WARNINGS](#)).

Angioedema in Black Patients

Black patients receiving ACE inhibitor monotherapy have been reported to have a higher incidence of angioedema compared to non-blacks. It should also be noted that in controlled clinical trials ACE inhibitors have an effect on blood pressure that is less in black patients than in non-blacks.

CONTRAINDICATIONS

Quinapril HCl is contraindicated in patients who are hypersensitive to this product and in patients with a history of angioedema related to previous treatment with an ACE inhibitor.

WARNINGS

Anaphylactoid and Possibly Related Reactions

Welcome Bill Schnall

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Search the PDR

Enter a drug name below :

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Interactions Search

Find all interactions for this food or drug:

Search within : **Drug** **Food**

For this name :

SEARCH

Browse by Name

Drug **Food**

Select:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 1-9

Create A Regimen of multiple drugs and foods and check for interactions between them. (select drug or food and enter name)

1	Drug	▼	lexapro
2	Drug	▼	accupril
3	Drug	▼	actonel
4	Drug	▼	
5	Drug	▼	

Browse Drug and Food Database

Interaction Search > List of Interactions for L > Interaction summary

You Searched For:

Lexapro Tablets

Choose a Category:

Interaction Summary
Drug-Drug Interactions
Drug-Food Interactions

Check drug or food interactions

▶ CREATE A REGIMEN

▶ FIND DOCUMENT

Important Note:The results display drug-drug and drug-food interactions cited in the FDA approved product labeling that is published in the current edition of the PDR only. Check all available and updated product labeling for complete interactions as contained in the FDA labeling.

Lexapro Tablets

Interaction Summary

[back to top](#)

Lexapro Tablets(Escitalopram Oxalate) may interact with anticoagulants, cytochrome p450 2d6 substrates (selected), lithium preparations, monoamine oxidase inhibitors, non-steroidal anti-inflammatory agents, and certain other agentsand certain other agents.

Compounds in these categories include:

Lexapro Tablets

Drug-Drug Interactions

[back to top](#)

Amitriptyline Hydrochloride

Results:(Caution is indicated in the co-administration of escitalopram and drugs metabolized by CYP2D6)

Amphetamine Aspartate

Results:(Caution is indicated in the co-administration of escitalopram and drugs metabolized by CYP2D6)

Additional Drug Resources

➤ DrugInfoNet

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

- Includes official package inserts and patient package insert information

➤ Drugs.com <http://drugs.com/>

- Includes Pill Identifier

➤ MedlinePlus: Drugs, Supplements and Herbal Information

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

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

➤ PillBot.com <http://pillbot.com/>

- Prescription comparison shopping guide

➤ RxList <http://rxlist.com/>

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

DrugInfoNet

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

druginfonet.comsm

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

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

Drug Information

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

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

Drugs.com Pill Identifier

drugs.com

Pill Identification Wizard

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

Drug Name:

Imprint(s):

Shape: ▼

Color: ▼

SEARCH NOW

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

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

[Start a new search](#)



Drug Name

[Alprazolam](#)

Strength(s)

2 mg

Imprint


GG 249

Manufacturer/Distributor

Sandoz Inc

Pillbot

pillbot.com


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

 Medication Name and Dosage (if 10mg enter 10)

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

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

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rxlist.com

RxList The Internet Drug Index

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Providing fast, reliable information to both the consumer and the medic

Drug-Search

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my.webmd.com

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Search For a Drug Name

RXLIST ADVANCED SEARCH improved!
 Search for keywords, side effects, drug interactions, drug information, drug names, pill id, imprint codes, NDC codes, medical terminology, and Patient Information from a single page.

- [TOP 300 DRUGS OF 2004 By Prescriptions Dispensed](#) Drug Information for the most prescribed products with links to Side Effects, Drug Interactions, Dosage, Usage, Warnings and Precautions.
- [TOP 200 DRUGS of 2004 by US Sales](#)
- [PATIENT DRUG INFORMATION](#) Powered by [First Databank](#) NEW!

Top 150 Drug Name Searches on RxList

1. Hydrocodone*	2. Lexapro	3. Vicodin	4. Xanax	5. Adderall
6. Effexor	Zoloft	Paxil	Wellbutrin	Bextra
Neurontin	Lipitor	Percocet	Oxycodone	Viiox
Valium	Naproxen	Tramadol	Ambien	Morphine
Oxycontin	Celebrex	Prednisone	Celexa	Tylenol
Ultracet	Protonix	Soma	Atenolol	Prozac
Lisinopril	Lortab	Darvocet	Cipro	Levaquin

RxList

Top by Prescriptions dispensed

Top by U.S. sales

The Top 300 Prescriptions for 2004 by Number of US Prescriptions Dispensed

[Click here for Alphabetical sort](#)

*NDCHealth Pharmaceutical Audit Suite (PHAST) Prescription Monthly**

Drug Name	Total Prescriptions
HYDROCODONE W/APAP	92,719,975
LIPITOR	69,766,431
LISINAPRIL	46,206,563
ATENOLOL	44,162,229
SYNTHROID	44,056,176
AMOXCILLIN	41,393,538
HYDROCHLOROTHIAZIDE	41,345,733
ZITHROMAX	37,171,754
FUROSEMIDE	36,508,251
NORVASC	34,729,004
TOPROL XL	32,794,562
ALPRAZOLAM	32,404,743
ALBUTEROL	31,219,862
ZOLOFT	29,877,707
ZOCOR	27,234,005
METFORMIN HCL	25,472,580
IBUPROFEN	25,188,051
TRIAMTERENE W/HCTZ	24,616,014
AMBIEN	24,494,669
CEPHALEXIN	23,665,172
NEXIUM	23,641,811
PREVACID	23,628,587
LEXAPRO	22,597,383

The Top 200 Prescriptions for 2004 by U.S. Sales (\$billions)

Data furnished by NDCHealth

Integrated WAC Dollars Rank	Product	Corporation	Integrated WAC Dollars (in billions)
1	LIPITOR	PFIZER, INC	\$7.10
2	ZOCOR	MERCK & CO.,INC	\$5.50
3	PREVACID	TAP PHARMA	\$4.00
4	NEXIUM	ASTRAZENECA PHARM. LP	\$3.60
5	PROCRIT	JOHNSON & JOHNSON	\$3.30
6	ZOLOFT	PFIZER, INC	\$3.00
7	PLAVIX	BRISTOL-MYERS SQUIBB CORP	\$2.90
8	ADVAIR DISKUS	GLAXOSMITHKLINE	\$2.80
9	ZYPREXA	ELI LILLY	\$2.70
10	CELEBREX	PFIZER, INC	\$2.70
11	NEURONTIN	PFIZER, INC	\$2.50
12	EPOGEN	AMGEN	\$2.50
13	EFFEXOR XR	WYETH	\$2.50
14	PROTONIX	WYETH	\$2.40
15	NORVASC	PFIZER, INC	\$2.30
16	SINGULAIR	MERCK & CO.,INC	\$2.10
17	ARANESP	AMGEN	\$2.10
18	RISPERDAL	JOHNSON & JOHNSON	\$2.00
19	SEROQUEL	ASTRAZENECA PHARM. LP	\$2.00
20	FOSAMAX	MERCK & CO.,INC	\$1.90
21	PRAVACHOL	BRISTOL-MYERS SQUIBB CORP	\$1.90
22	REMICADE	JOHNSON & JOHNSON	\$1.80
23	AMBIEN	SANOFI-AVENTIS	\$1.80
24	NEULASTA	AMGEN	\$1.80
25	OXYCONTIN	PURDUE-FREDERICK	\$1.80
26	ACTOS	TAKEDA	\$1.80
27	ACIPHEX	EISAI CO	\$1.70
28	ZITHROMAX	PFIZER, INC	\$1.70
29	LEVAQUIN	JOHNSON & JOHNSON	\$1.70

RxList

Accupril side effects

SIDE EFFECTS

Hypertension

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

Adverse experiences were usually mild and transient.

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

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

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

Drug Information: Herbals

➤ MedlinePlus: Drugs, Supplements and Herbal Information

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

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

Drug Information for PDAs

➤ Epocrates Rx

<http://www.epocrates.com>

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

➤ PDA resources for UW

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

#6

***Explore Patient Education
Sites***



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

Health Topics
Start here with over 700 topics on conditions, diseases and wellness

Drug Information
About your prescription and over-the-counter medicines

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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](#)

Featured Site

Hurricane Katrina links: [Disasters and Emergency Preparedness](#), [Coping with Disasters](#), [NIH Response](#), [Recovery Information](#)

In the Spotlight

September is Prostate Cancer Awareness Month. Learn more:

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

Interactive Tutorials
Over 165 slideshows with sound and pictures

ClinicalTrials.gov
Studies for new drugs and treatments

NIH SeniorHealth
Health information for older adults

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Health topics (today):

704 English

657 Spanish

3 drug and herbal databases:

approx **1700** monographs

ADAM.com encyclopedia:

approx **4000** monographs

Health news:

Approx **15-20** new stories added per day

Directories:

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



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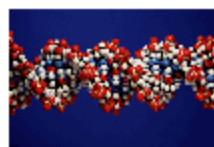
▶ **Other Resources**

Local libraries, health organizations, international sites and more

Current Health News

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

Featured Site



New from the National Human Genome Research Institute:

[Policy and Legislation Database](#)

In the Spotlight 



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

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


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I	J	K	L	M	N	O	P
Q	R	S	T	U	V	W	XYZ

Find your topic by broad group:

Disorders and Conditions - Body Location/Systems

- [Blood/Lymphatic System](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nervous System](#)
- [Cancers](#)
- [Digestive System](#)
- [Ear, Nose, and Throat](#)
- [Endocrine System \(Hormones\)](#)
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- [Infections](#)
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- [Women's Health](#)

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- [Fitness and Exercise](#)

Cystic Fibrosis



Latest News

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

From the National Institutes of Health

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

General/Overviews

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

Clinical Trials

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

Diagnosis/Symptoms

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

Disease Management

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

Nutrition

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

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Cystic Fibrosis

Credits & Terms

Introduction

Cystic Fibrosis

Causes

Symptoms

Diagnosis

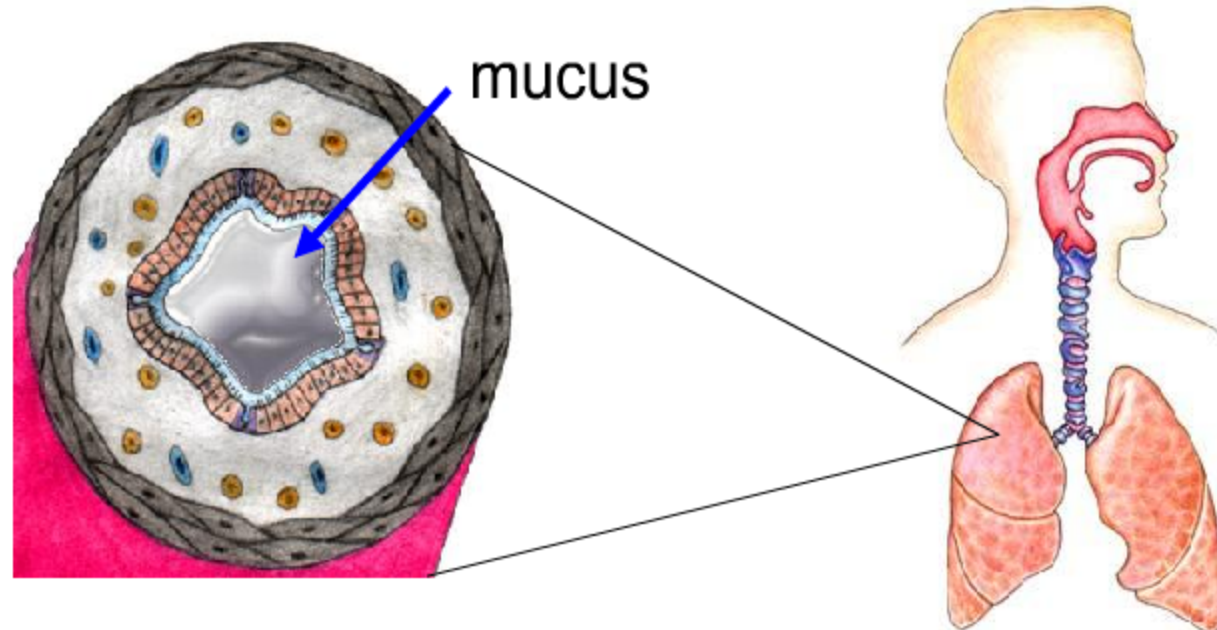
Treatment

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.

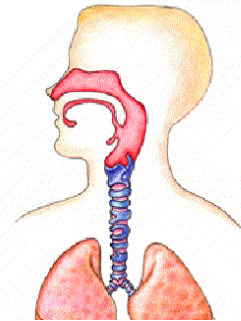


New Interactive Tutorials

➤ New titles:

- Bronchoscopy
- Amniocentesis
- Low testosterone
- Upper GI endoscopy
- Pneumonia

Pneumonia is an inflammation of the lung. Inflammation is the immune system's normal response to contaminants or injury.



Germ such as bacteria or viruses cause People 65 year of age and older are at an increase risk of getting pneumonia.

TRUE

FALSE

Correct.



Medical Encyclopedia & Dictionary

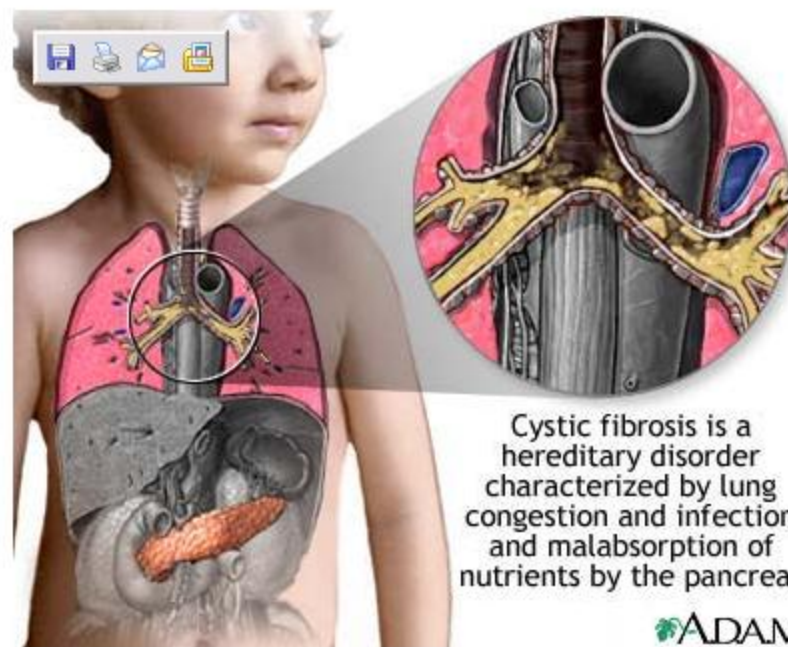
- Encyclopedia includes:
 - 4,000+ entries on diseases, tests, symptoms, injuries and surgeries
 - an extensive library of photographs and illustrations.



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Medical Encyclopedia

Cystic fibrosis



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

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

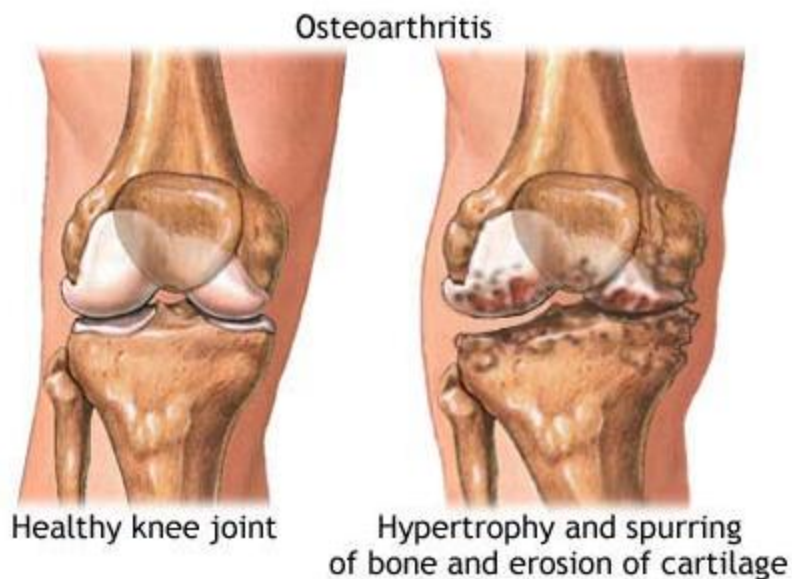
Update Date: 3/23/2001

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

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Medical Encyclopedia

Osteoarthritis



ADAM.

Osteoarthritis is a chronic disease of the joint cartilage and bone, often thought to result from "wear and tear" on a joint, although the congenital defects, trauma and metabolic disorders. Joints appear larger, are stiff and painful and usually feel worse the more they

Update Date: 7/3/2004

Updated by: Jonathan Harding, MD, CPE, Department of Medicine, University of Massachusetts Medical School, Worcester, MA. Review provided by Ve

New Drugs, Supplements & Herbal Information page

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Drug Information

Browse by first letter of generic or brand name drug:

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

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

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

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

Herbs and Supplements

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

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

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

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

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

Montelukast (Systemic)

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Contents of this page:

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

Description [Return to top](#)

Montelukast (mon-te-LOO-kast) is used in mild to moderate asthma to decrease the symptoms of asthma and the number of asthma attacks. 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, 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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- [Precautions While Using This Medicine](#)
- [Side Effects of This Medicine](#)



Side Effects of This Medicine

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

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

Rare

Pus in the urine

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

More common

Headache

Less common

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

105 Herbs and Supplements Monographs in English & Spanish Peppermint oil

Peppermint oil (*Mentha x piperita* L.)

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Commercial distribution prohibited. This monograph is intended for informational purposes only, and should not be interpreted as specific medical advice. You should consult with a qualified healthcare provider before making decisions about therapies and/or health conditions.



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

Related Terms:

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

Aceite de menta (*menta piperita*)

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



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

Términos relacionados:

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

Evidence [Return to top](#)

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

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

Recently added OR-Live: Surgical Webcasts

- Pre-recorded webcasts of surgical procedures
- Actual operations performed at medical centers in U.S.
- One-hour programs with printable transcripts



Search MedlinePlus

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Directories

[Doctors and Dentists--General](#) | [Doctors and Dentists--Specialists](#) | [Hospitals and Clinics--General](#) | [Hospitals and Clinics--Specialized Services](#) | [Other Healthcare Providers](#) | [Libraries](#)

Doctors and Dentists--General

- [AMA Physician Select: Online Doctor Finder](#) (American Medical Association)
- [DocFinder](#) (Administrators in Medicine)
- [Find a Dentist](#) (Academy of General Dentistry)
- [Find a Dentist: ADA Member Directory](#) (American Dental Association)
- [Medicare Participating Physician Directory](#) (Centers for Medicare & Medicaid Services)

Hospitals and Clinics--General

- [Find a Hospital](#) (American Hospital Association) - Information on over 6,000 hospitals in the United States, including driving directions

Doctors and Dentists--Specialists

- [AAACE Physician Finder](#) (American Association of Clinical Endocrinologists)
- [ACOG's Physician Directory](#) (American College of Obstetricians and Gynecologists)
- [American Academy of Child and Adolescent Psychiatry Referral Directory](#) (American Academy of Child and Adolescent Psychiatry)
- [American Academy of Pediatrics Pediatrician Referral Service](#) (American Academy of Pediatrics)
- [American Board of Ultrasound and Diagnostic Medicine Physician Directory](#) (American Board of Ultrasound and Diagnostic Medicine)

Do you need...

- Articles or research studies:

Go to *PubMed*

- Information written for consumers/patients:

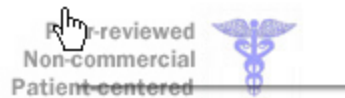
Start with *MedlinePlus*

Additional Patient Ed Resources

- Healthfinder <http://healthfinder.gov/>
- Lab Tests Online <http://labtestsonline.org/>
- MEDEM <http://www.medem.com/>
- NIH Health Information <http://health.nih.gov/>
- ToxTown <http://toxtown.nlm.nih.gov/>
- Household Products Database
<http://hpd.nlm.nih.gov/>

Lab Tests Online®

A public resource on clinical lab testing from the laboratory professionals who do the testing



Box and menus below to quickly navigate the Lab Tests Online site:

Go

Lipid Profile

[email this page](#) 
[print this page](#) 

Related tests: [Cholesterol](#), [HDL](#), [LDL](#), [Triglycerides](#)

What is a lipid profile?

The lipid profile is a group of tests that are often ordered together to determine risk of [coronary heart disease](#). The tests that make up a lipid profile are tests that have been shown to be good indicators of whether someone is likely to have a [heart attack](#) or [stroke](#) caused by blockage of blood vessels (hardening of the arteries).

- [Overview](#)
- [Treatment](#)
- [Risk Factors](#)
- [Common](#)
- [Questions](#)
- [Sources](#)

What tests are included in a lipid profile?

The lipid profile includes [total cholesterol](#), [HDL-cholesterol](#) (often called good cholesterol), [LDL-cholesterol](#) (often called bad cholesterol), and [triglycerides](#). Sometimes the report will include additional calculated values such as HDL/Cholesterol ratio or a risk score based on lipid profile results, age, sex, and other risk factors.

How is a lipid profile used?

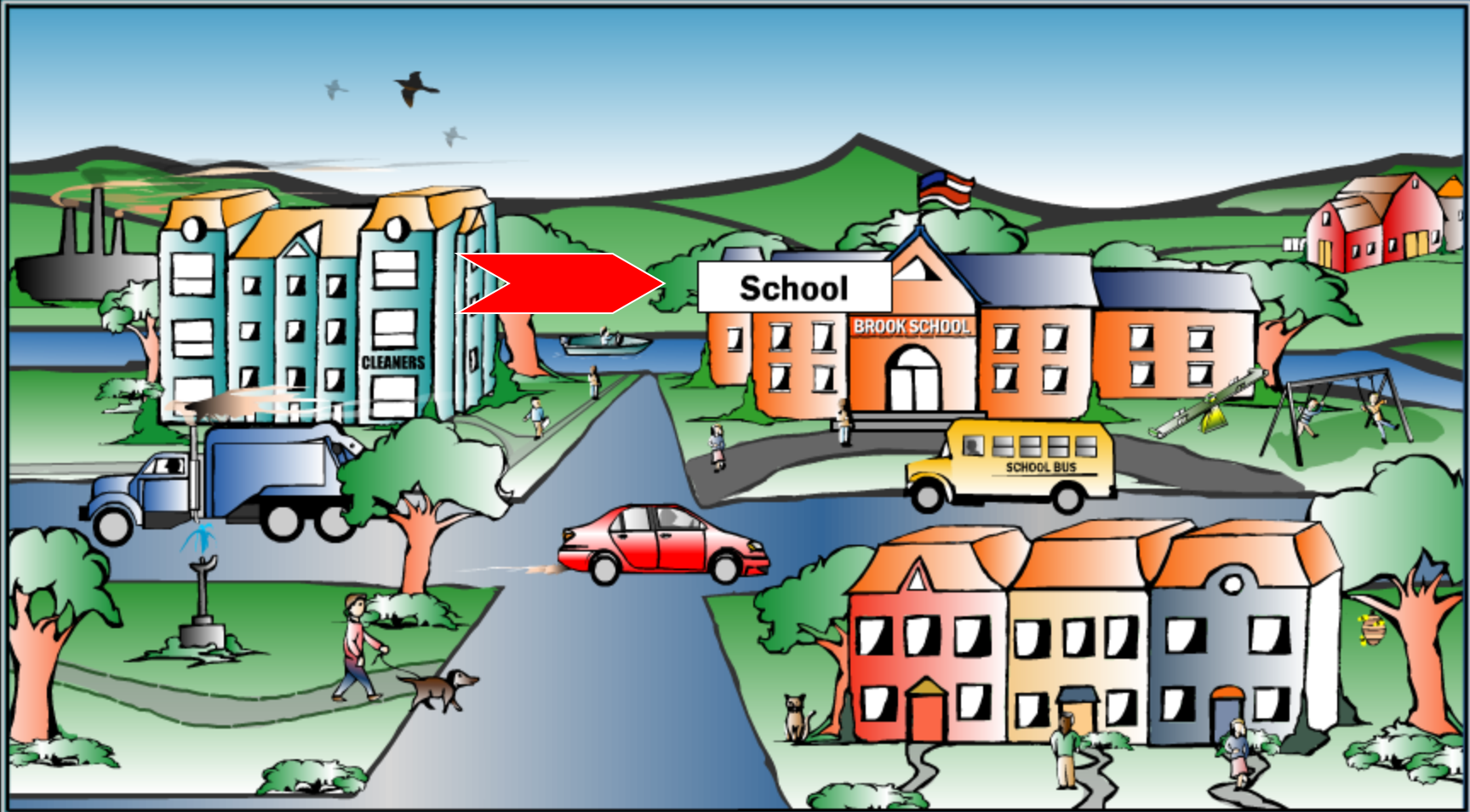
The lipid profile is used to guide providers in deciding how a person at risk should be treated. The results of the lipid profile are considered along with other known risk factors of [heart disease](#) to develop a plan of treatment and follow-up.

Search by disease
or
name of test

Tox Town

<http://toxtown.nlm.nih.gov/>

Home ((Sound ON)) Town Map Help About Español Tox & Health Neighborhoods



Drinking Water Factory Farm Homes Offices & Stores School All Locations

Arsenic Asbestos Benzene Carbon Monoxide Chromium Lead All Chemicals

- **Wel**
An in
and
migh
ever
- **Neig**
Sele
US-I
urba
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- **Loc**
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- **Are**
com

<http://hpd.nlm.nih.gov/>

Home

Products

Ingredients

MSDS

Browse by
Categories

Browse
Alphabetically

Search

Choose a Product Category



Auto Products

Brake Fluid, De-icer,
Lubricant, Sealant, and
more...



Inside the Home

Air Freshener, Bleach,
Toilet Bowl Cleaner,
and more...

Pesticides

Animal Repellent, Fungicide,
Herbicide, Insecticide,
and more...



Landscape / Yard

Fertilizer, Lawn Care,
Swimming Pool Products,
and more...



Personal Care / Use

Antiperspirant, Hair Spray,
Makeup, Shampoo, Soap,
and more...

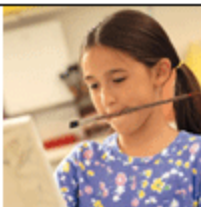


Home Maintenance

Caulk, Grout, Insulation,
Paint, Putty, Stain,
and more...

Arts & Crafts

Adhesive, Glaze, Glue,
Primer, Varnish,
and more...



Pet Care

Flea & Tick Control, Litter,
Stain/Odor Remover,
and more...



Miracle Gro for Roses 18-24-16

Health Effects

Search TOXNET

The following information (Health Effects, Handling/Disposal, and Ingredients) is taken from the product label and/or the [Material Safety Data Sheet \(MSDS\)](#) prepared by the manufacturer. The National Library of Medicine does not evaluate information from the product label or the Material Safety Data Sheet.

Acute Health Effects: From MSDS:

Potential Health Effects: CAUTION! High dust concentrations may cause mild upper respiratory tract irritation with coughing and nasal discharge. Eye or skin contact may cause mild, transient irritation.

Information for Medical Care Personnel: There are limited data regarding this product. Exposure to this product can occur by eye and skin contact, ingestion, or inhalation of dusts. Eye contact may cause slight, temporary irritation. Skin contact may cause mild irritation. High dust concentrations may cause mild respiratory tract irritation with coughing and nasal discharge.

Eye contact with urea powder has caused reversible corneal opacity along with irritation as a foreign body in the eye with tearing and blinking. Skin contact with powdered urea may cause only mild irritation. Dermal absorption is expected to be minimal (6-11 %). Ingestion is expected to cause nausea, vomiting, and possible excitement and convulsions. These high exposure levels are not considered relevant to occupational or normal use exposure situation. All materials contained in this product are considered to have low toxicity by the expected routes of exposure.

Possible target organs: All tissue (possibly irritation).

Medical Conditions that May be Aggravated by Exposure: NDA

Chronic Health Effects: MSDS: GENERAL COMMENTS: Eye contact with urea powder has caused reversible corneal opacity along with irritation as a foreign body in the eye with tearing and blinking. Skin contact with powdered urea may cause only mild irritation. Dermal absorption is expected to be minimal (6-11 %). Ingestion is expected to cause nausea, vomiting, and possible excitement and convulsions. These high exposure levels are not considered relevant to occupational or normal use exposure situation. All materials contained in this product are considered to have low toxicity by the expected routes of exposure.

Carcinogenicity: MSDS: CARCINOGENICITY: None as per OSHA, NTP, IARC, or California Proposition 65.

First Aid: MSDS: FIRST AID PROCEDURES

#7

***Use Cross-Cultural Healthcare
Resources***



Cross-Cultural Healthcare Resources

➤ EthnoMed

<http://ethnomed.org/>

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

➤ Culture Clues

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

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

Ethnic medicine information from Harborview Medical Center

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

Search Ethnomed

Culture Specific Pages

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

Cross Cultural Health

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

About Ethnomed

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

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

Featured Materials or Links on EthnoMed

NEW! [March 2005](#)

COMMON QUESTIONS ABOUT BLOOD

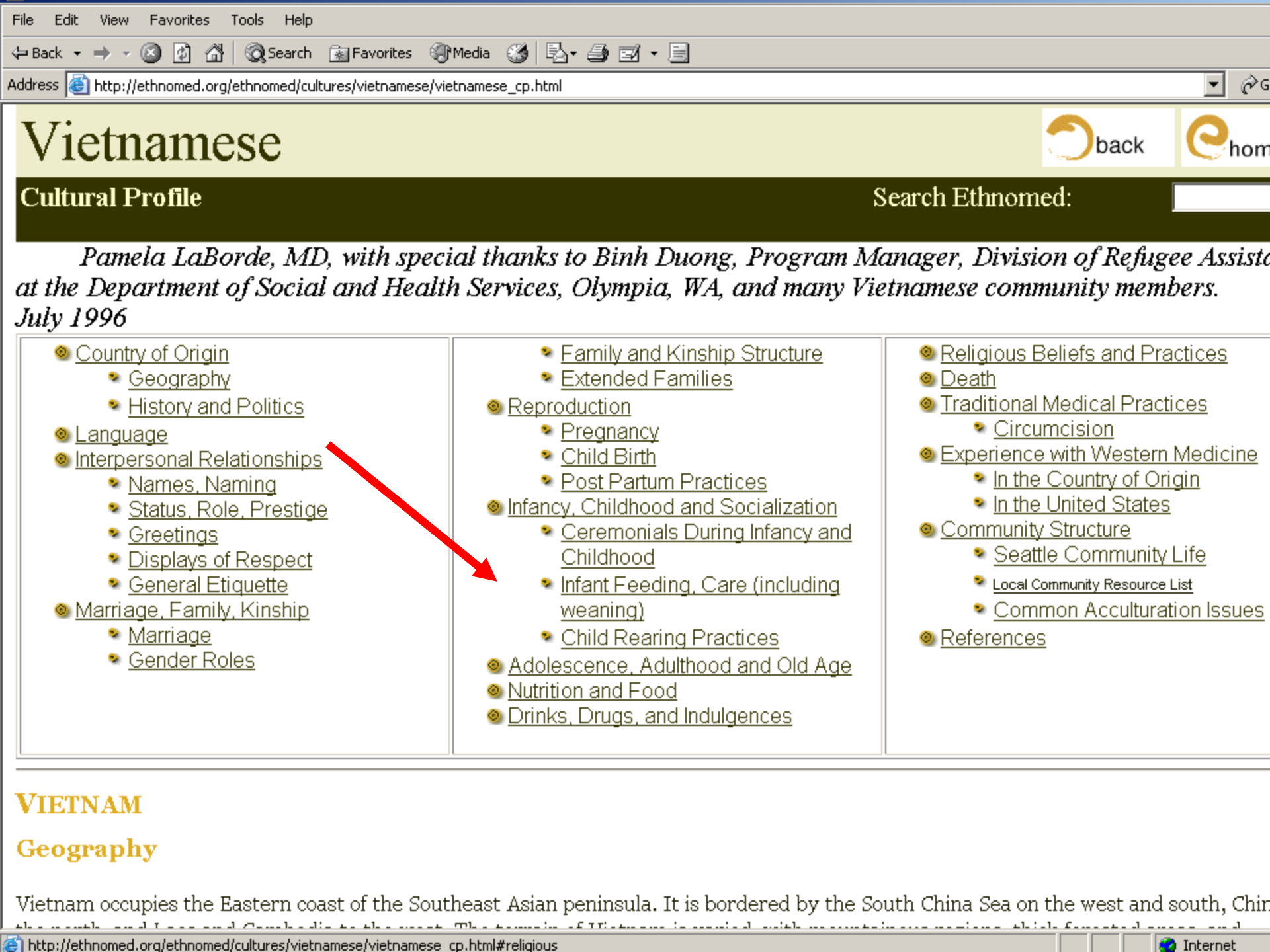
The need to draw blood can prompt a number of questions about how and why. These are some simple

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

CANCER

What is Mammography?

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



Vietnamese



Cultural Profile

Search Ethnomed:

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

Country of Origin

- Geography
- History and Politics

Language

Interpersonal Relationships

- Names, Naming
- Status, Role, Prestige
- Greetings
- Displays of Respect
- General Etiquette

Marriage, Family, Kinship

- Marriage
- Gender Roles

Family and Kinship Structure

- Extended Families

Reproduction

- Pregnancy
- Child Birth
- Post Partum Practices

Infancy, Childhood and Socialization

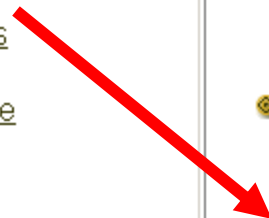
- Ceremonials During Infancy and Childhood
- Infant Feeding, Care (including weaning)
- Child Rearing Practices

Adolescence, Adulthood and Old Age

- Nutrition and Food
- Drinks, Drugs, and Indulgences

Religious Beliefs and Practices

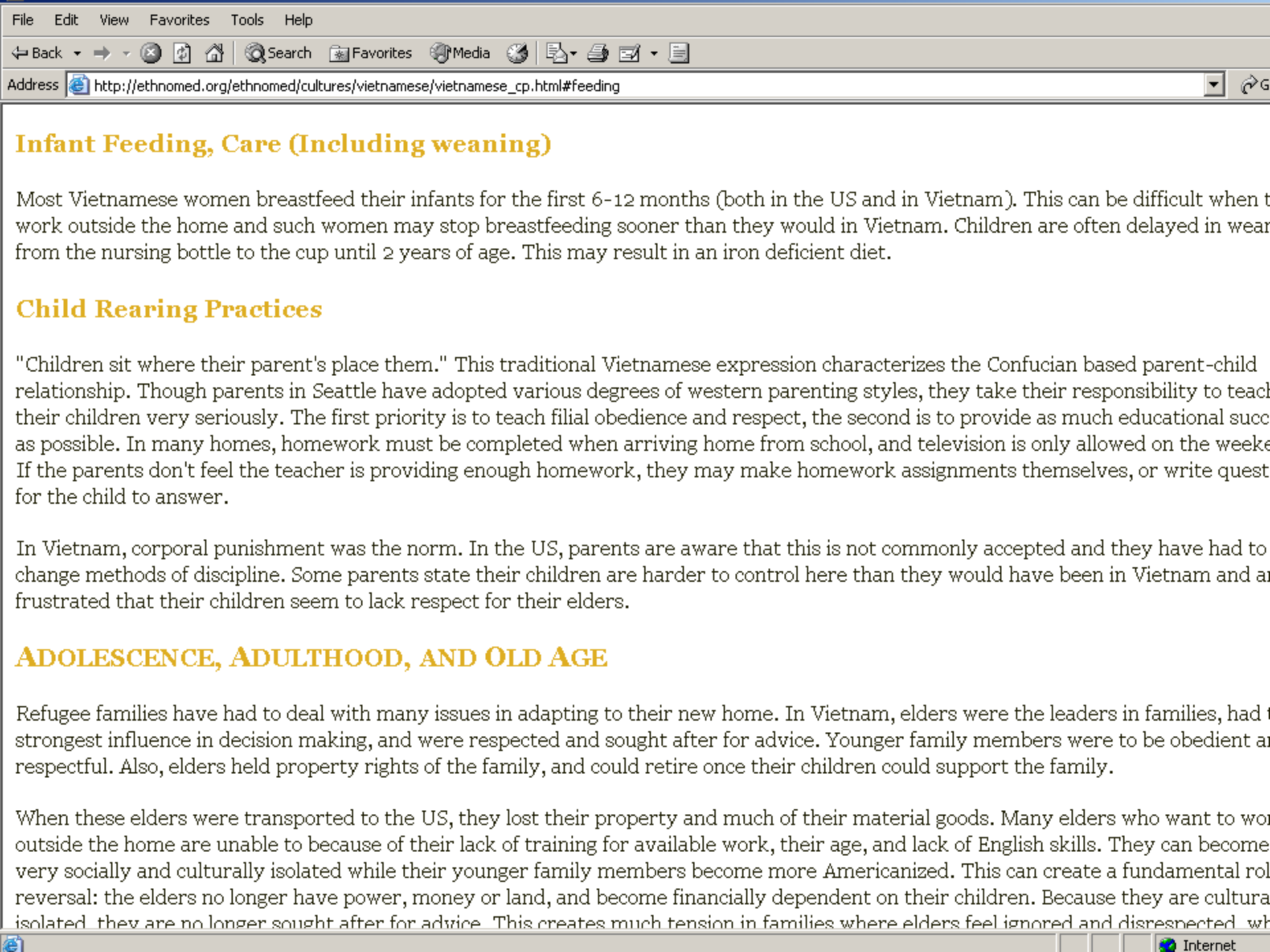
- Death
- Traditional Medical Practices
 - Circumcision
- Experience with Western Medicine
 - In the Country of Origin
 - In the United States
- Community Structure
 - Seattle Community Life
 - Local Community Resource List
 - Common Acculturation Issues
- References



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

ការច្រកច្រឡោតចំពោះម្តាយដែលចំប្រែដោះកូន
ពិធីការពាររោគត្រីសក្នុងការចំប្រែដោះកូនរបស់អ្នក

អ្វីទៅដែលហៅថា រោគត្រីស?

វាគឺជាជំងឺដែលផ្តើមក្នុងភាពចាំបាច់ចេញមកពីការខ្វះខាតជាតិវីតាមីនឌីនៅក្នុងកូន។ នៅក្នុងកូនភាគច្រើនដែលរៀនរាល់តាមច្បាប់នៃរោគត្រីសនេះកើតឡើងពីការកបាច់ ទទួលបានថ្លៃថ្លៃតិចតួច។

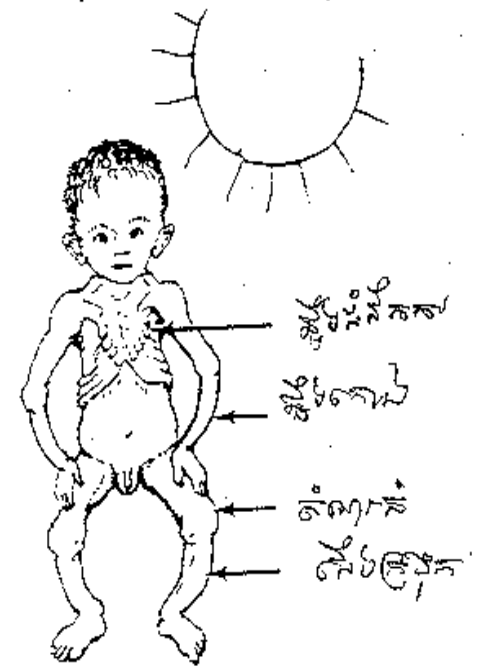
តើការកណ្តាលនឹងទទួលរោគត្រីស?

តើការកក់ក្តៅក្នុងរយៈពេលទទួលបានថ្លៃថ្លៃតិចតួចនោះម្តាយដោះកូនដែលចំប្រែដោះកូនដែលកើតមិនគ្រប់គ្រាន់នឹងការកែលម្អវាបាននោះដើម្បីទទួលបានកូន

គ្រប់គ្រងការកែលម្អវាបាននោះដើម្បីទទួលបានកូន
រោគជាតិសាច់, ទឹកដោះគោ, រោងចាន, រោងទា

រោគត្រីស?

ខ្សោយ, មិនអាចដើរបាន, ដើរបាន, មានការយូតយាស់យើង
នឹង រោគសីស្រុក



ការយ៉ាងណាឱ្យកូនអ្នកជៀសវាងពីរោគត្រីស?

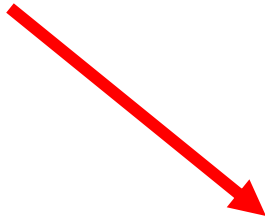
ស្តាប់ចំណុចក្នុងការការពារមិនឱ្យមានរោគត្រីសគឺត្រូវឱ្យការកបាច់

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

Culture Clues™

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

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





Patient and Family Education Services



Culture Clues™: Communicating With Your Russian Patient

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

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

1. How does the Russian culture deal with illness?

A. HELPING YOUR PATIENT FEEL COMFORTABLE WITH UWMC

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

Nutrition

SPIRAL

<http://spiral.tufts.edu>

- Asian Food Pyramid (Nutrition Education for New Americans Project)
 Documents:  [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](#)

#8

Navigate the Web Beyond Google



Navigation Difficulties

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



Google

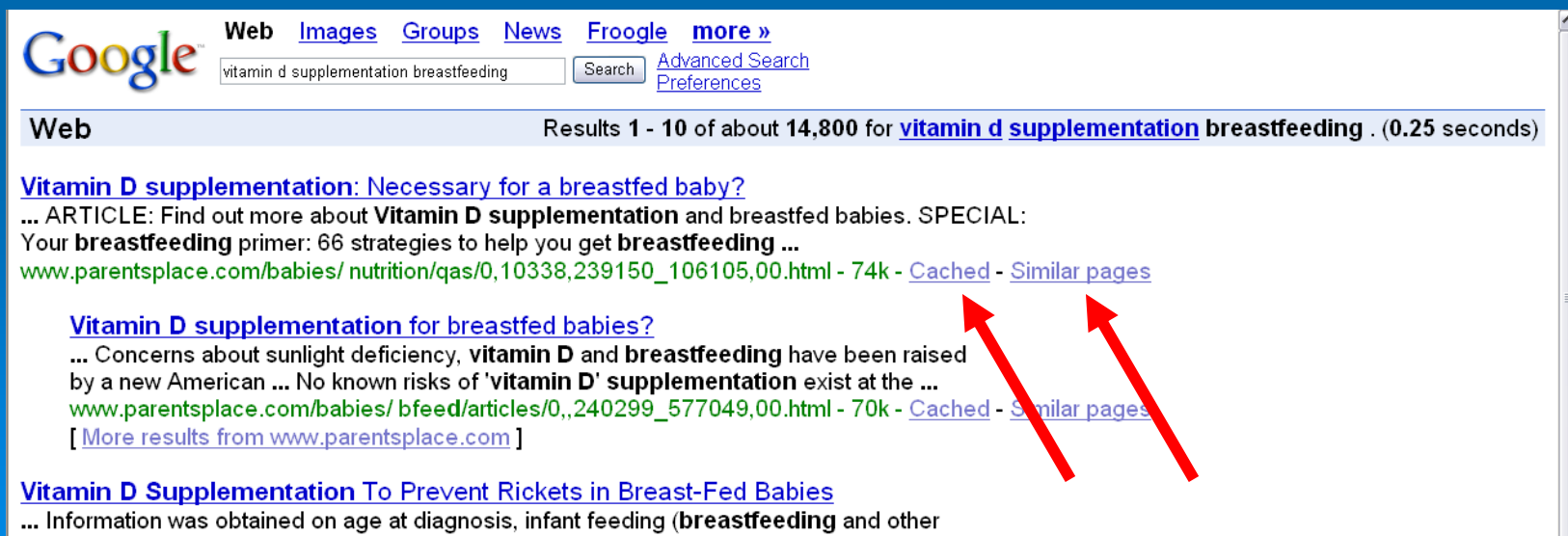
<http://www.google.com/>

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

Google Special Features

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

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



Google Web Images Groups News Froogle more »

vitamin d supplementation breastfeeding Search Advanced Search Preferences

Web Results 1 - 10 of about 14,800 for [vitamin d supplementation breastfeeding](#) . (0.25 seconds)

[Vitamin D supplementation: Necessary for a breastfed baby?](#)
... ARTICLE: Find out more about **Vitamin D supplementation** and breastfed babies. SPECIAL:
Your **breastfeeding** primer: 66 strategies to help you get **breastfeeding** ...
[www.parentsplace.com/babies/nutrition/qas/0,10338,239150_106105,00.html](#) - 74k - [Cached](#) - [Similar pages](#)

[Vitamin D supplementation for breastfed babies?](#)
... Concerns about sunlight deficiency, **vitamin D** and **breastfeeding** have been raised
by a new American ... No known risks of '**vitamin D**' **supplementation** exist at the ...
[www.parentsplace.com/babies/bfeed/articles/0,,240299_577049,00.html](#) - 70k - [Cached](#) - [Similar pages](#)
[[More results from www.parentsplace.com](#)]

[Vitamin D Supplementation To Prevent Rickets in Breast-Fed Babies](#)
... Information was obtained on age at diagnosis, infant feeding (**breastfeeding** and other

lice

Search

[Advanced Image Search](#)

[Preferences](#)

[Moderate](#) SafeSearch is on

Images

Results 1 - 20 of about 13,000

Show:



lice.jpg

547 x 643 pixels - 99k
[www.hsph.harvard.edu/
headlice/photos.html](http://www.hsph.harvard.edu/headlice/photos.html)



lice.jpg

504 x 331 pixels - 23k
[quickcare.org/
img/art/lice.jpg](http://quickcare.org/img/art/lice.jpg)



lice-nits.jpg

151 x 141 pixels - 18k
[www.westchestergov.com/.../
images/lice-nits.jpg](http://www.westchestergov.com/.../images/lice-nits.jpg)



lice.jpg

232 x 400 pixels - 23k
[www.ecy.wa.gov/.../
upest/images/lice.jpg](http://www.ecy.wa.gov/.../upest/images/lice.jpg)



nityhair.gif

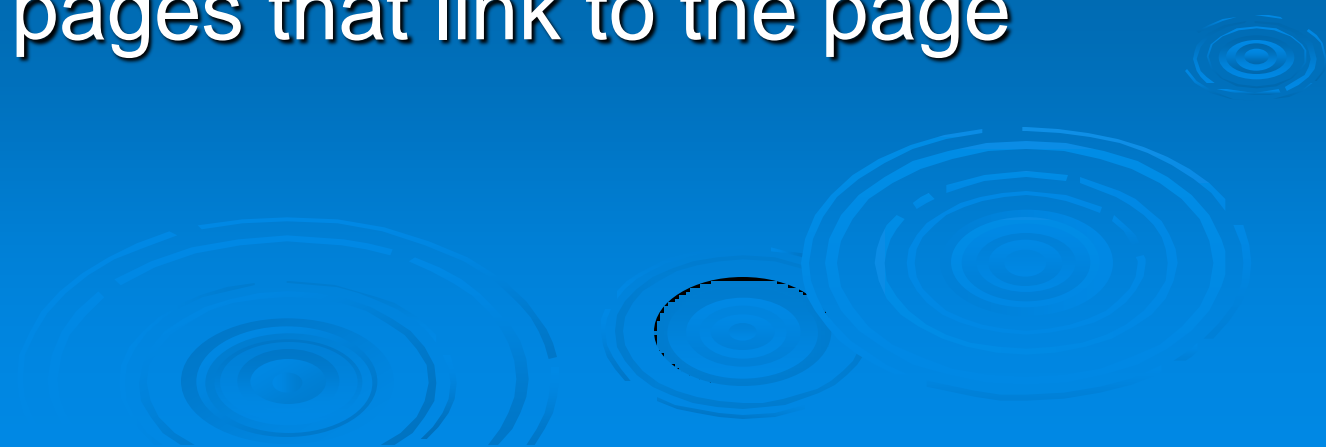
170 x 214 pixels - 19k
[www.msosquito.com/
headlice.html](http://www.msosquito.com/headlice.html)



louse1a.jpg

320 x 240 pixels - 22k
[lancaster.unl.edu/.../
Insects/lice/louse1a.jpg](http://lancaster.unl.edu/.../Insects/lice/louse1a.jpg)
[[More results from
lancaster.unl.edu](#)]

Google Advanced Search Features

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



Find results

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

teenage contraception

10 results

Language

Return pages written in

English

File Format

return results of the file format

Adobe Acrobat PDF (.pdf)

Date

Return web pages updated in the

anytime

Occurrences

Return results where my terms occur

anywhere in the page

Domain

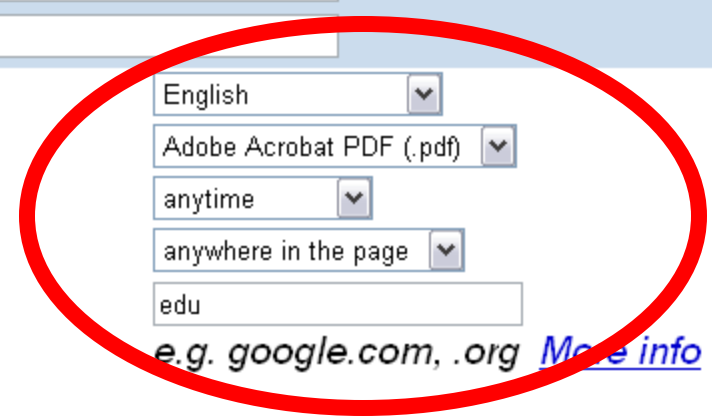
return results from the site or domain

edu

e.g. google.com, .org [More info](#)

SafeSearch

- No filtering Filter using [SafeSearch](#)



Froogle Product Search (BETA)

Products

Find products for sale

To browse for products, start at the

Page-Specific Search

Similar

Find pages similar to the page

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

Links

Find pages that link to the page

Topic-Specific Searches



teenage contraception site:edu filetype:pdf

Search

[Advanced Search](#)
[Preferences](#)

Search the Web Search English pages

Web Results 1 - 10 of about 614 English pages for **teenage contracepti**

[\[PDF\] PREVENTING TEENAGE PREGNANCY](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)
... goes to families that started with a **teenage** birth. **Contraception**. ... While **contraceptive** use has increased among **teenagers** and is almost as prevalent ...
[www.education.pitt.edu/ocd/publications/sr1995-03.pdf](#) - [Similar pages](#)

[\[PDF\] background](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)
... pregnancy rates among **teens**. **Contraception**, the most effective. strategy to date, is often wrapped in. controversy. High Costs ...
[www.education.pitt.edu/ocd/publications/backgrounds/TeenPregnancy.pdf](#) - [Similar pages](#)

[\[PDF\] The Contraception Report Volume VI, Number 3 Facts about Teenage ...](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)
... Many **teens** are afraid to use **contraception** because they fear it is dangerous. • Most **teens** don't realize that using **contraception** is safer than having a ...
[uuhs.c.utah.edu/pated/handouts/pdfs/handout1335.pdf](#) - [Similar pages](#)

[\[PDF\] What to Know About Teen Sexuality](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)
... their older peers to use **contraceptives**. Given this, many **teens** are at risk ... **teens** use **contraception** the. first time they have sexual. intercourse. ...
[www.utextension.utk.edu/publications/spfiles/sp491c.pdf](#) - [Similar pages](#)

[\[PDF\] Teenage Pregnancy in the United States](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)
... (Kann L)' Evidence in itself why there are so many **teenage** ... **Contraception** needs to be taken within 72 hours and the quickest way to obtain it is via ...
[web.bvu.edu/students/moreabb/Morey%20Project%202a.pdf](#) - [Similar pages](#)

Meta-Search Engines

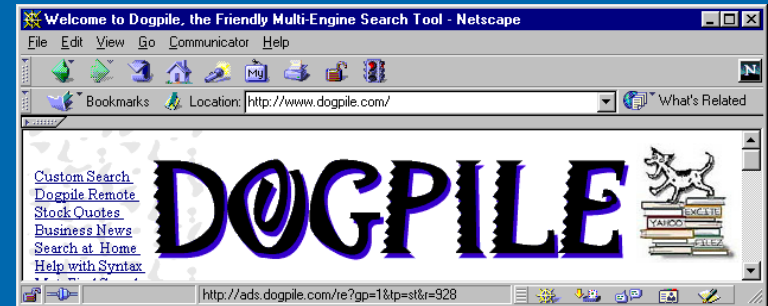
Allow you to send searches to more than one search engine at a time



Meta -Search Engines

DogPile

<http://dogpile.com/>



Clusty

<http://clusty.com/>



Clusty

<http://clusty.com/>

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



apple

Cluster by: Topics

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

All Results (275)

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

[more](#) | [all clusters](#)

Tell us what you think.
clusty@clusty.com

- Open in new window
- Show in clusters
- Toggle preview frame
- Expand clusters

News

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

Clusty
<http://clusty.com>

[Official iPod Store](#)

Buy the new iPod, now with videos. Get free engraving & free shipping. www.apple.com/ipod

[Apple](#)

Shop J&R - An **Apple** Authorized Reseller for all your **Apple** items. www.JR.com

1. [Apple](#)

... Visit other **Apple** sites around the world: Choose... Asia Australia Austria Belgium Brazil Europe Finland France Germany Hong Kong India Ireland Italy Japan Korea Latin America
www.apple.com - [cache] - GigaBlast, MSN, Wisenut, MSN Search, Ask Jeeves, Open Directory
2. [apple-history.com](#)

...Look in the gallery for a description and picture of every **Apple** computer ever made. The topic.....Sorry, this site no longer supports browsers incapable of frames..
www.apple-history.com - [cache] - Looksmart, Ask Jeeves, MSN, GigaBlast, Open Directory
3. [Apple Developer Connection](#)

... The definitive online catalog of Mac products. Membership Gets You More Join the **Apple** started today. Pre-Release Software Code-Level Support Marketing Services Hardware ...

Dogpile

<http://dogpile.com/>

- Makes searching the web easier by returning the best results from these leading search engines:

*Google · Yahoo · Ask Jeeves
About · LookSmart · Teoma
Overture · FindWhat*

- Search for audio, images, and multimedia formats

Getting results for query: infant GERD

AltaVista: 10 references returned

Webcrawler: 10 references returned

Thunderstone: 8 references returned

Lycos: 1 references returned

Excite: 10 references returned

Infoseek: 10 references returned

Looksmart: 0 references returned

Finished sending hits ...



Web Pages
 Images
 Audio
 Multimedia
 News
 Shopping

infant GERD

Go Fetch!

[Advanced Search](#)
[Preferences](#)
[Tools & Tips](#)

Dogpile Searches: [Google](#) • [Yahoo](#) • [Ask Jeeves](#) • [About](#) • [Overture](#) • [Teoma](#) • [Learn More](#)

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

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

▼ Refine Your Results

- "infant GERD"

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

View By Relevance
 View By Search Engine

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

Tips and Strategies

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

#9

Evaluate Web Resources



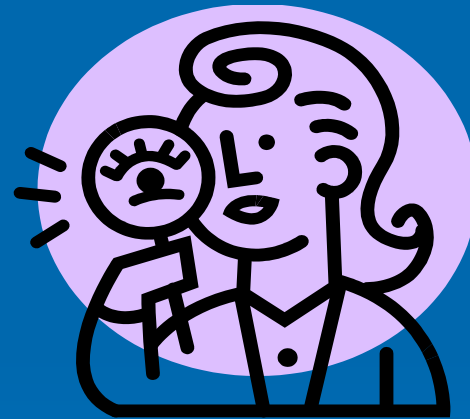
Evaluation Strategies

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

Criteria for Evaluating Web Sites

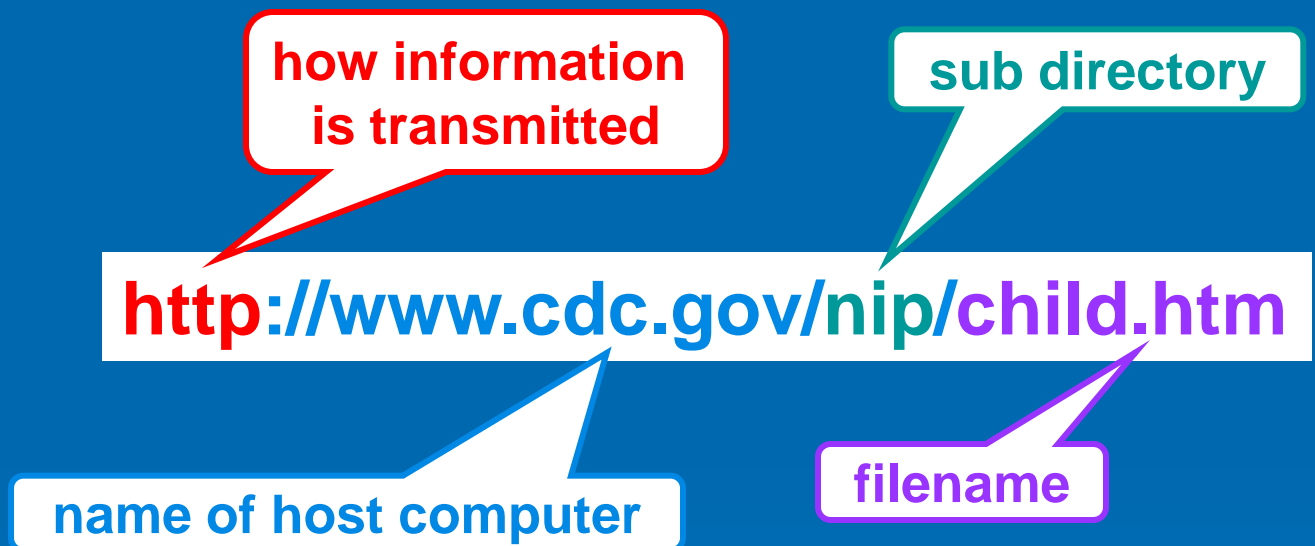
healthlinks.washington.edu/howto/navigating/criteria.pdf

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



Analyze the Website Address: URL (Uniform Resource Locator)

- edu
- org
- com
- gov




#10

***Contact Your
Ultimate Search Engine...
a librarian!***



Final Thoughts: Key Resources

- PubMed, including Clinical Queries and My NCBI
 - MedlinePlus
 - EthnoMed
 - Advanced Google
- 

For more information...

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

Janet G. Schnall, MS, AHIP

206.543.7474

schnall@u.washington.edu



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

NN/LM 800.338.7657

Linda Milgrom 206.221.3200

lmilgrom@u.washington.edu

Practical Uses for the Web in the Ambulatory Care Setting

*PowerPoint presentation and Web Sites of
Interest to Ambulatory Care Nursing located:
<http://healthlinks.washington.edu/hsl/liaisons/schnall/>*