

Health Information for Seniors

April 12, 2006

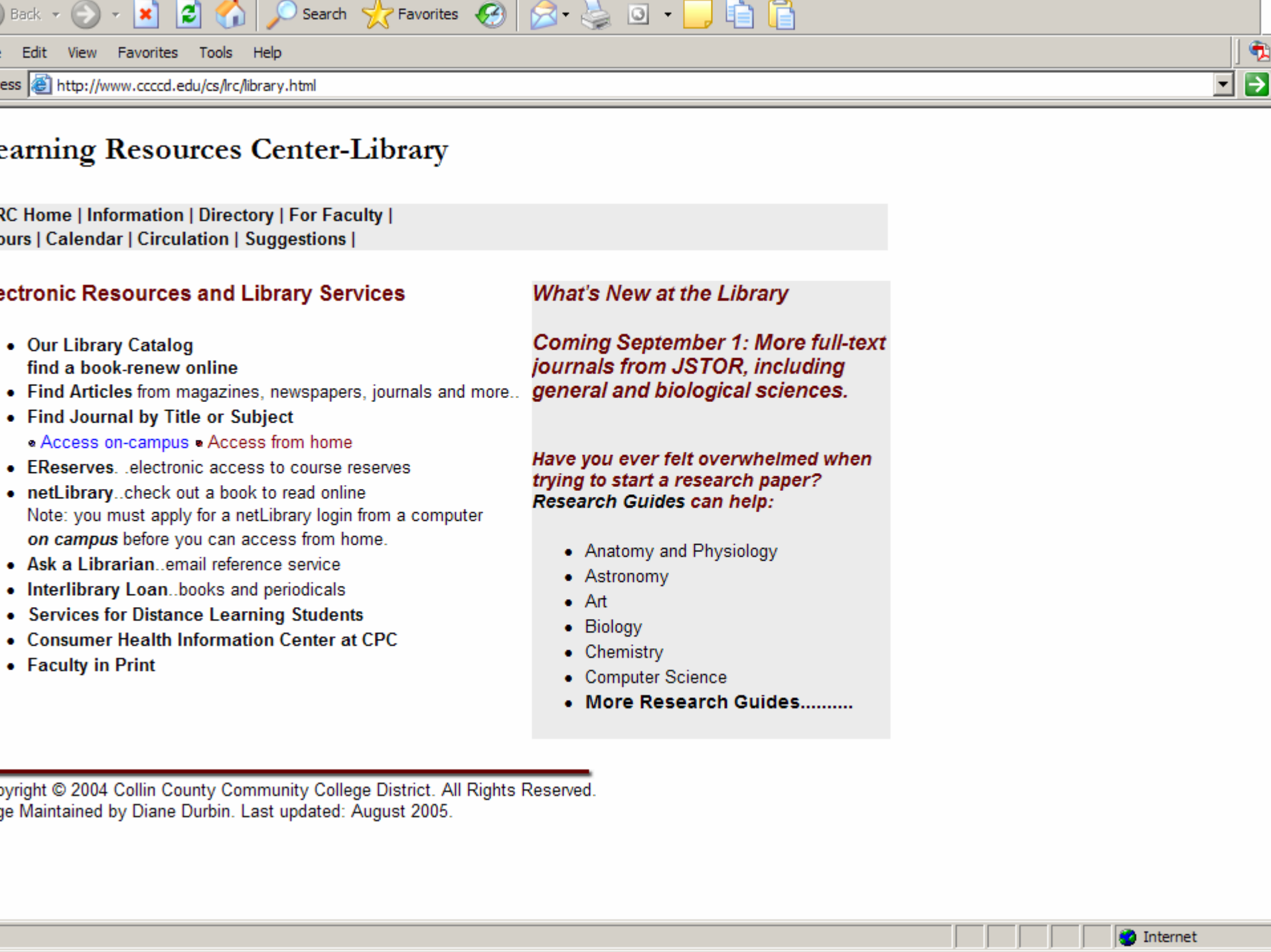
CYC-SAIL

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Consumer Health Information Center

- Opened up in Feb. 2005
- Located at 2200 W. University Dr.
- Inside the Central Park Campus Library
- Open to all library users
- Hours



Learning Resources Center-Library

[LRC Home](#) | [Information](#) | [Directory](#) | [For Faculty](#) | [Hours](#) | [Calendar](#) | [Circulation](#) | [Suggestions](#) |

Electronic Resources and Library Services

- **Our Library Catalog**
find a book-renew online
- **Find Articles** from magazines, newspapers, journals and more..
- **Find Journal by Title or Subject**
 - [Access on-campus](#) • [Access from home](#)
- **EReserves**..electronic access to course reserves
- **netLibrary**..check out a book to read online
Note: you must apply for a netLibrary login from a computer *on campus* before you can access from home.
- **Ask a Librarian**..email reference service
- **Interlibrary Loan**..books and periodicals
- **Services for Distance Learning Students**
- **Consumer Health Information Center at CPC**
- **Faculty in Print**

What's New at the Library

Coming September 1: More full-text journals from JSTOR, including general and biological sciences.

Have you ever felt overwhelmed when trying to start a research paper? Research Guides can help:

- Anatomy and Physiology
- Astronomy
- Art
- Biology
- Chemistry
- Computer Science
- **More Research Guides.....**

Services offered

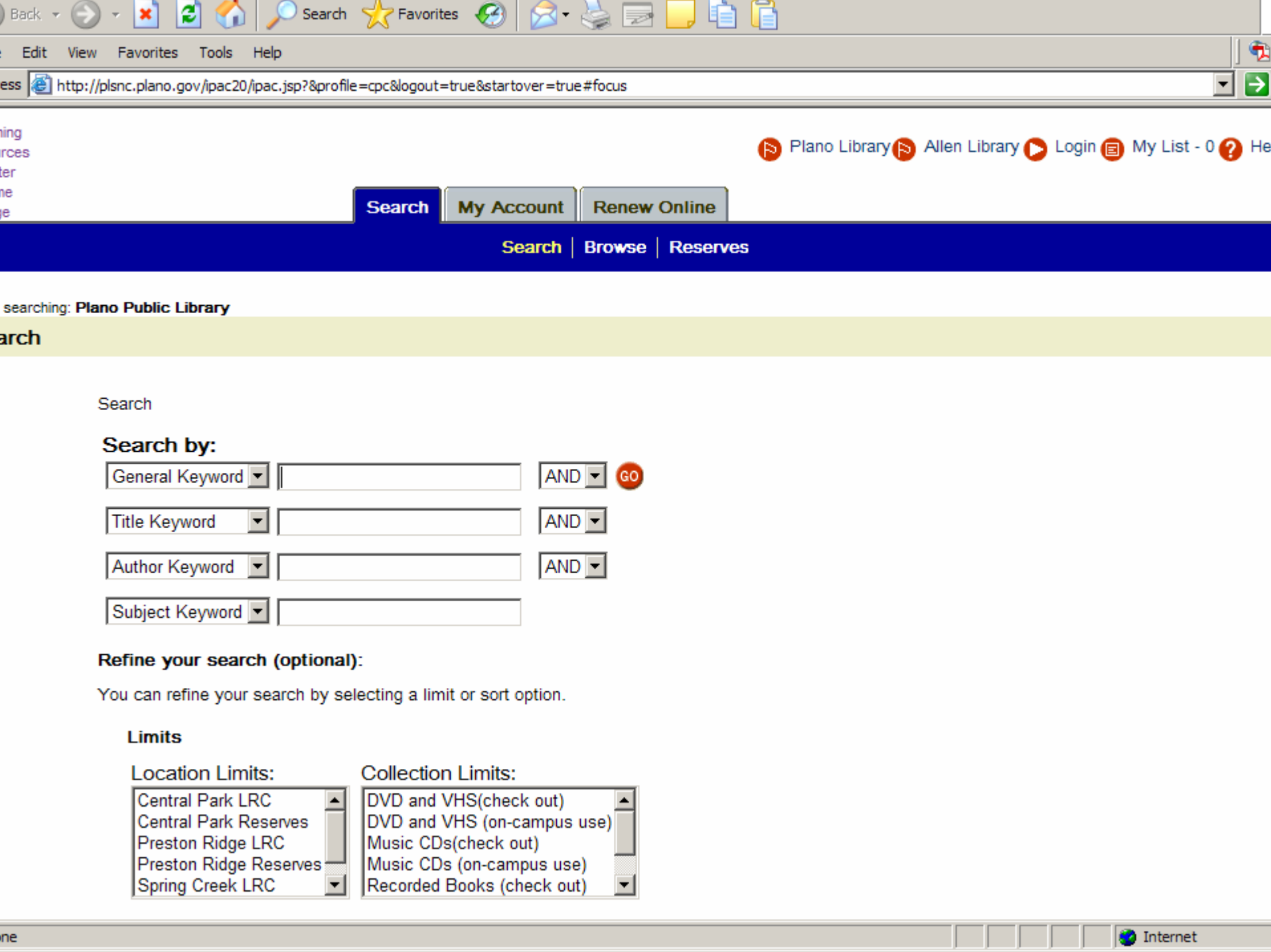
- Access to medical books
- Access to journals
- Access to multimedia (vhs/dvds/software)
- Electronic databases
- Materials in Spanish
- Brochures/Pamphlets/Handouts

Questions



The Catalog

- Accessible via Internet connection
- Tells you what we do have
- Request items or place items on hold



searching: Plano Public Library

Search

Search

Search by:

General Keyword AND

Title Keyword AND

Author Keyword AND

Subject Keyword

Refine your search (optional):

You can refine your search by selecting a limit or sort option.

Limits

Location Limits:

- Central Park LRC
- Central Park Reserves
- Preston Ridge LRC
- Preston Ridge Reserves
- Spring Creek LRC

Collection Limits:

- DVD and VHS(check out)
- DVD and VHS (on-campus use)
- Music CDs(check out)
- Music CDs (on-campus use)
- Recorded Books (check out)

Health Resources

- Excellent websites for health subjects
- Descriptions of each health website
- Open to new health subjects



Consumer Health Information Center

Collin County Community College District

Central Park Campus

2200 West University Drive in McKinney, Texas

[Mission](#)

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Drug Information

The following is a list of excellent web sites for locating information on prescription and/or over the counter drugs.

DRUGDIGEST.ORG

<http://www.drugdigest.org>

DrugDigest is the most comprehensive source of noncommercial, evidence-based, consumer-oriented drug information on the Internet. At DrugDigest you can access easy-to-read reference materials on topics ranging from drugs, vitamins, and herbs to breakthrough medical research and state-of-the-art disease management.

MEDLINEPLUS.GOV-DRUG INFORMATION

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

MedlinePlus is sponsored by the National Library of Medicine. It offers no advertising nor does it endorse any drug or company on its' website. Consumers can search for drug information via the generic or brand name. Information is available in Spanish.

FOOD AND DRUG ADMINISTRATION (FDA)

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

The Food and Drug Administration oversees pharmaceuticals as well as medical devices and their approval. The FDA's Center for Drug Evaluation and Research (CDER)

What is....?

- List of 25 health conditions, diseases
- Includes definition of health condition, disease
- Resources (books, journals, websites, media) available to you

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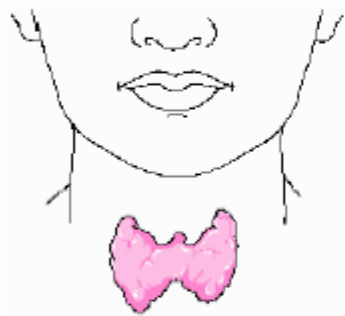
[Location](#)

What is .. ?

Interested in learning more about a specific condition? Below find a list of 25 common ailments or diseases and the resources, such as books, journals and other periodicals, available to you at the Consumer Health Information Center at Central Park Campus Library.

- [Acid Reflux](#)
- [Allergies](#)
- [Alzheimer's Disease](#)
- [Anorexia](#)
- [Asthma](#)
- [Arthritis](#)
- [Autoimmune Diseases](#)
- [Back Pain](#)
- [Breast Cancer](#)
- [Bulimia](#)
- [Depression](#)
- [Glaucoma](#)
- [Heart Attack](#)
- [Hepatitis](#)
- [High Blood Pressure](#)
- [Juvenile Diabetes](#)
- [Kidney Stones](#)
- [Lung Cancer](#)
- [Obesity](#)
- [Prostate Cancer](#)
- [Sexually Transmitted Diseases](#)
- [Stress](#)
- [Stroke](#)
- [Thyroid Disorders](#)
- [Tuberculosis](#)
- [Type II Adult Diabetes](#)





Thyroid Disorders

Your thyroid gland is one of the endocrine glands, which make hormones to regulate physiological functions in your body. The thyroid gland manufactures thyroid hormone, which regulates the rate at which your body carries on its necessary functions. Other endocrine glands are the pancreas, the pituitary, the adrenal glands, the parathyroid glands, the testes, and the ovaries.

The thyroid gland is located in the middle of the lower neck, below the larynx (voice box) and just above your clavicles (collarbones). It is shaped like a "bow tie," having two halves (lobes): a right lobe and a left lobe joined by an "isthmus.". You can't always feel a normal thyroid gland.

Diseases of the thyroid gland are very common, affecting millions of Americans. The most common diseases are an over- or under- active gland. These conditions are called

Questions/Comments



What is the Internet?

- Internet:
 - worldwide collection of interconnected networks
 - allows sharing of resources

Brief History

- The Internet began in 1968 as a U.S. research project funded by a branch of the Department of Defense.
- It was originally used for sharing data files.
- Electronic mail soon followed.
- By 1973, the first medically related research computer was added to the network.

Brief History

- During the 1980s, the National Science Foundation took over the network in the U.S. and hospitals and academic centers began to connect to the Internet.
- By 1995, the Internet in the U.S. became a fully commercialized operation and did not depend solely on the U.S. government.
- The World Wide Web was introduced in the late 1990s and the Internet became extremely popular.

Internet Services

- World Wide Web (WWW) protocol
 - http://
 - URL: Uniform Resource Locator: Internet address
 - <http://www.nlm.nih.gov>
 - hypertext: linkable text or graphics
- File Transfer Protocol (FTP)
 - transferring files between computers
 - ftp://

Connecting to the Internet

- Internet access
 - Internet Service Providers (ISPs)
 - America Online, EarthLink, etc.
 - Dial up, DSL, Cable Modem, etc.
 - Direct Network Connection
- Browsers
 - Netscape, Internet Explorer, Mozilla, Firefox, etc.

Searching for information

- Millions of people use the Internet to gather health information.
- As healthcare professionals, it is crucial that the information we find and the patient education information we give patients is accurate.
- How do we know information we read on the Internet is reliable?
- Is everything free on the Internet? Information?

Evaluation of Information on the Internet

- Why is this so important?
 - more use of Web-based resources
 - quality of resources varies greatly
 - commercial sites vs. informational sites

In a nutshell...

- Accuracy – peer reviewed, detailed, factual
- Authority – author's name, affiliation, title
- Credibility – sources for info, bibliography
- Objectivity – fair, consistent, confirmed
- Currency – dates created, updated, revised
- Coverage – audience, purpose, complete

10 Things to Know...

- ...about evaluating medical resources on the Web.
- Adapted from the National Center for CAM
<http://nccam.nih.gov/health/webresources/>
- Also, take a look at the MedlinePlus Guide to Healthy Web Surfing:
http://www.nlm.nih.gov/medlineplus/healthyweb_surfing.html

Who runs this site?

- It should be easy to identify who is responsible for the site and the information contained on the site.
- Organization name should be clearly marked on each web page.

Who pays for this site?

- The source of the web site's funding should be apparent.
- This source can affect the content – what is presented and how it is presented.
- Is there advertising on the site?
- Is there a difference: .com, .net, .org, .edu, or .gov?

What is the purpose of the site?

- See if there is an “About Us” page.
- This can help you see the mission of the site and if it is trustworthy.

Where does the information come from?

- Is this information original to the author of the site?
- Or, is it a collection of other web sites? If it is a collection, then the original sources should be clearly labeled.

What is the basis of the information?

- Information can be based on opinion or medical facts and figures (evidence-based).
- See if there are references or citations to medical literature or to research results.

How is the information selected?

- Is there an editorial board?
- Does someone review the material before posting it to the web site?
- What are the qualifications of those on the editorial board?

How current is the information?

- Content on web sites should always be reviewed on a regular basis and the medical information should remain current.
- The date it was last reviewed should be clearly visible, even if the information was not changed.
- Site should also be evaluated for broken links.

How does the site choose links?

- Do they have a clearly stated policy on how they include links from other sites?
- No links to other sites?
- Links from anyone who asks or pays for a link?
- Links from sources they have evaluated or that meet certain criteria?

Does the site collect information from you? If so, why?

- Before using the site, are you asked to “subscribe” or “become a member?”
- Do they require a fee or personal information?
- They should tell the user exactly why this information is collected and what will be done with the information (sell it?).
- Don’t sign up if you don’t fully understand what will be done with the information.

How does site manage interactions with visitors?

- Can you contact the site owner?
- Can you send in questions or feedback?
- If there is a chat room or an online discussion forum, are the terms clearly stated or is there someone moderating the forum?
- Feel comfortable with the environment before participating.

Evaluation Web Sites

- Evaluating Health Information on the Internet
 - <http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>
 - This links to MedlinePlus.gov.
 - A list of helpful evaluation sites and resources.

“Quacky” Web Sites

- QuackWatch
 - www.quackwatch.org
 - “purpose is to combat health-related frauds, myths, fads, and fallacies”
 - Contains “quackery” information that is hard to obtain elsewhere
 - Founded by Dr. Stephen Barrett

Quacky Sites - examples

- Cancer Detector:

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

- Quackwatch:

<http://www.quackwatch.org/01QuackeryRelatedTopics/Tests/lec03.html>

Quacky Sites - examples

- Colloidal Silver:

<http://www.all-natural.com/silver-1.html>

- FDA:

<http://www.fda.gov/bbs/topics/ANSWERS/ANS00971.html>

Quacky Sites - examples

- Coral Calcium:

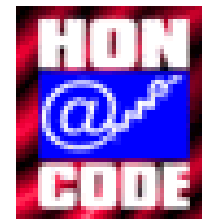
<http://www.cureamerica.net/index.html>

- QuackWatch:

<http://www.quackwatch.org/01QuackeryRelatedTopics/DSH/coral.html>

Ethical Standards

- Health On the Net Foundation
 - <http://www.hon.ch/home.html>
- HONcode's mission is “to guide the growing community of healthcare consumers and providers on the World Wide Web to sound, reliable medical information and expertise...”



Red Flags for Information About Medical Treatments:

- findings based on single study or expert
- findings based on casual observations or research
- no areas of uncertainty
- no mention of potential risks
- no positive mention of other treatments
- no description of how treatment will impact quality of life

Searching the Web

- search engines
- meta search engines
- subject directories
- subject guides
- specialized databases

Search Engines

- A search engine has a database of sites collected by a software program called a spider/robot/bot.
- It searches a database and matches keywords in full-text pages.
- The results are usually ranked by relevancy.

Search Engines

- AlltheWeb
 - <http://www.alltheweb.com>
- Yahoo
 - <http://search.yahoo.com>
- Google
 - <http://www.google.com>

Meta Search Engines

- Meta search engines search several search engines/indexes, simultaneously and combine the results.
- They sort by algorithms, e.g. frequency of use or relevancy of topic.
- They typically lose control over advanced searching features.
- You may receive duplicate results with meta search engines.

Meta Search Engines

- Dogpile
 - <http://www.dogpile.com>
- Metacrawler
 - <http://www.metacrawler.com>
- Vivisimo
 - <http://www.vivisimo.com>

Subject Directories

- Sites listed on subject directories are selected and reviewed by editors.
- They are organized into hierarchical subject categories.
- Some contain annotated descriptions.

Subject Directories

- Yahoo
 - <http://www.yahoo.com>
- Librarians' Index to the Internet
 - <http://lii.org>
- Open Directory Project
 - <http://www.dmoz.org>

Subject Guides / Portals

- A subject guide is a collection or catalog of hypertext links on a specific subject – a “directory of directories”.
- It is compiled by expert subject specialists.
- It can sometimes be a part of a subject directory or a search engine.

Subject Guides

Hardin MD – Hardin **M**eta **D**irectory

<http://www.lib.uiowa.edu/hardin/md/index.html>

MedWeb

<http://www.medweb.emory.edu/MedWeb>

Thank you!

Questions/Comments?

Contact Information:

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