Check the library’s catalog for books and other materials. Begin with some basic **keyword** searches, combining a few terms that relate to your topic, for example:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Call Number</th>
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<tbody>
<tr>
<td>Self-Care Health</td>
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<td>Alternative Medicine</td>
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<td>Diet</td>
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<td>Physical Fitness</td>
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<td>Stress Management</td>
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<td>Hygiene</td>
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<td>Holistic Medicine</td>
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<td>Medicine Popular</td>
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<td>Health Attitudes</td>
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<td>Mental Health</td>
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<td>Nutrition</td>
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<td>Public Health</td>
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</tbody>
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### DICTIONARIES, ENCYCLOPEDIAS, INDEXES AND DIRECTORIES

<table>
<thead>
<tr>
<th>Title</th>
<th>Call Number</th>
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<tbody>
<tr>
<td>The alternative advisor: The complete guide to natural therapies &amp; alternative treatments</td>
<td>REF R733 .A454 1997</td>
</tr>
<tr>
<td>The complete self-care guide to holistic medicine: Treating our most common ailments</td>
<td>R733 .I94 1999</td>
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<tr>
<td>Eight weeks to optimum health: A proven program fortaking full advantage of your body's natural healing power</td>
<td>RA776.95 .W45 1997</td>
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<td>Health online: how to find health information, support groups, and self-help communities in cyberspace</td>
<td>R859.7.D36 F47 1996</td>
</tr>
<tr>
<td>Smart choices in alternative medicine</td>
<td>R733 .S63 1999</td>
</tr>
<tr>
<td>Take care of yourself: The complete illustrated guide to medical self-care</td>
<td>RC81 .V5 1995</td>
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<tr>
<td>The Gale Encyclopedia Of Alternative Medicine</td>
<td>REF R733.G34</td>
</tr>
<tr>
<td>American College of Physicians complete home medical guide</td>
<td>RC81 .A5386 2003</td>
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<tr>
<td>DK encyclopedia of healing therapies</td>
<td>REF R733 .W65 1997</td>
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<tr>
<td>Everything you need to know about diseases</td>
<td>REF RC81 .E915 1995</td>
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<tr>
<td>Everything you need to know about medical tests</td>
<td>REF RC81 .E9155 1995</td>
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<td>Everything you need to know about medical treatments</td>
<td>REF RC81 .E9156 1995</td>
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<tr>
<td>Family health for dummies</td>
<td>RA777.7 .I55 1998</td>
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<tr>
<td>Medical tests you can do yourself: More than 250 simple, at-home examinations and observations</td>
<td>REF RC71.6 .H34 1998</td>
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The Merck manual of medical information
REF RC81 .M535 2003

The Encyclopedia Of Work-Related Illnesses, Injuries, And Health Issues
REF RC963.A3 K348 2004

Human Diseases And Conditions
REF RC81A2 H752 2001

Mayo Clinic Family Health Book
REF RC81 .M473 2003

Medical And Health Information Directory
REF R118.4 U6 M43 1998

Nutrition And Well-Being A To Z
REF RA784 .N838 2004

The Oxford Illustrated Companion To Medicine
REF R121 O884 2001

Physicians’ Desk Reference (PDR)
REF RS75 P5 2004

Medical tests sourcebook
RC71.3 .M45 1999

ELECTRONIC RESOURCES / DATABASES

Ageline
Index of articles, books and other publications on older adults and aging from the AARP.

CINAHL
Contains indexing for journals in nursing and allied health. Records date back to 1982.

Facts on File On-Line
Curriculum and reference resources in the sciences, history, geography, health, and careers. Targeted to students, teachers, and general readers.

JerseyClicks
Anyone with a library card from a New Jersey public library can use this collection of business, health, and newspaper databases. Montclair State students, faculty and staff can get a library card from the Montclair Public Library to use this database.

Lexis-Nexis Academic
Full text database of news, business, and legal sources with some medical information as well.

ReferenceUSA
This database contains information on over 1.3 million U.S and Canadian businesses, residential information compiled from white pages of telephone directories and information on U.S. health care providers.

Nursing and Allied Health Collection
Contains the full text of many of the articles indexed in CINAHL. Subjects covered include nursing, biomedicine, health sciences, consumer health and allied health.

INTERNET RESOURCES

Centers for Disease Control
http://www.cdc.gov
The lead federal agency for protecting the health and safety of people, at home and abroad, providing credible information to enhance health decisions, and promoting health through strong partnerships.

DIRLINE
http://dirline.nlm.nih.gov/
A directory of organizations and other resources in health and biomedicine.

CHID – Combined Health Information Database
http://chid.nih.gov/
A bibliographic database produced by health related agencies of the Federal government. CHID lists a wealth of health promotion and education materials and program descriptions that are not indexed elsewhere.

Drug Information
http://www.rxlist.com
A concise preliminary source of prescription drug information.
Genetics Home Reference
The National Library of Medicine’s website about genetic conditions and the genes responsible for those conditions.

HealthyNJ
www.healthynj.org
A product of the University Libraries at the University of Medicine and Dentistry of New Jersey and was develop to meet the health care information needs of consumers, particularly the citizens of New Jersey. Information in Spanish.

Medline Plus
www.medlineplus.gov
Access to NIH consumer health information, clearinghouses, medical dictionaries, health-related organizations and clinical trials, and over 25 databases including MEDLINE. Also included is a guide to more than 9,000 prescription and over-the-counter medications.

National Center for Complimentary and Alternative Medicine
http://nccam.nih.gov
A division of the National Institutes of Health, NCCAM explores complementary and alternative healing practices in the context of rigorous science, and disseminates authoritative information to the public and professionals.

National Women's Health Information Center
http://www.4woman.gov/
This web site and toll-free call center were created to provide free, reliable health information for women everywhere.

New Jersey Health Care Profile
http://state.nj.us/lps/ca/home.htm
http://state.nj.us/lps/ca/bme.hem
Licensing information about New Jersey professionals and service providers, health and otherwise.

NIH Senior Health
http://nihseniorhealth.gov
A website for older adults developed by the National Institute on Aging and the National Library of Medicine, both part of the National Institutes of Health.

Noah (New York Online Access to Health)
http://www.noah-health.org/
NOAH provides access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased.

Office of Minority Health
http://www.omhrc.gov/
The mission of the Office of Minority Health (OMH) is to improve and protect the health of racial and ethnic minority populations through the development of health policies and programs that will eliminate health disparities.

Partners in Information Access for the Public Health Workforce
http://phpartners.org/
Information resources and services for those working in the broad field of public health.

QuackWatch
http://www.quackwatch.org
Quackwatch is a nonprofit corporation whose purpose is to combat health-related frauds, myths, fads, and fallacies. Its primary focus is on quackery-related information that is difficult or impossible to get elsewhere.

Tox Town
Tox Town is an interactive guide to commonly encountered toxic substances, your health, and the environment.

United States Department of Education
www.ed.gov
Included in this wealth of information are the United States Department of Education resources for health education (including sex education).

Web MD
http://www.webmd.com
WebMD Health’s content offerings include access to health and wellness news articles and features, and decision-support services that help consumers make better informed decisions about treatment options, health risks and healthcare providers.

Prepared by:
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Sprague Library - Montclair State University
Summer 2005