

## Medical Sources to Help Cure What Ails You

Happy late fall from your Public Library! We hope you are feeling well as we approach the holiday season. However, if you're not feeling so well, we hope we can provide you with some medicine in the form of information. As a library devoted to providing resources for life-long learning and enjoyment, we feature materials and sites for learning more about your health and enjoying life.

First of all, our non-fiction collection spanning from call number 610 to 620 is devoted to health and medicine. If you browse this area, you will see there are easily over 1,000 books. There are general health books that allow you to research many different symptoms or illnesses, such as *The Mayo Clinic Family Health Book*, *Current Medical Diagnosis and Treatment*, and *The Merck Manual Home Health Handbook*. In addition, we feature plenty of books focusing on more specific needs, such as *John Hopkins Patients' Guide to Breast Cancer*, *Your Brain: a User's Guide*, and *The 15-Minute Heart Cure*. Finally, we keep additional well-respected sources for "ready reference," meaning that are always available at the library for patrons to find in-depth information on medications. *Consumer Reports Drug Reference* features large and bright pictures of medications and is more accessible for patients, while *Physician's Desk Reference* has more in-depth information that may be of particular interest to those studying medicine.

There are great medical sources to be found online as well, sources that go beyond a keyword search on Google that could be littered with misinformation. MedlinePLUS (<http://medlineplus.gov>) is a website from the National Institutes of Health that features easy-to-read descriptions of medications, illnesses, injuries, and diseases. NIH Senior Health (<http://nihseniorhealth.gov>) is a site from the same institution that is specifically aimed at senior citizens, who may have less experience in assessing information online. The Mayo Clinic website (<http://mayoclinic.com>) also publishes clinically reviewed articles on diseases and symptoms and features a symptom checker, tips for living a healthier lifestyle, and even healthy recipes.

All of the preceding online sources were single websites. INSPIRE, the free online portal located at <http://inspire.net>, features current issues and archives of hundreds of health and medical journals aimed at both patients and medical professionals. INSPIRE has database sources such as Health and Wellness Resource Center, Health Source: Consumer Edition, and Nursing Resource Center. Within each of these databases are searchable archives of hundreds of respected journals in the medical field. Basically, this means you could find 20 different doctor-reviewed journals on heart surgery, from many different journals, all in one spot! The INSPIRE health databases also include sources such as the Lexi-PALS drug guide and *Stedman's Medical Dictionary*, and the INSPIRE site features links at the top of its page to a nice list of medical websites to consult.

Speaking of things you can find online, I'd like to point out that the library now offers a free downloadable music service called Freegal through our website, <http://barth.lib.in.us>. It's called Freegal because the MP3s are free and legal. The site features hundreds of thousands of songs from the Sony library. To demonstrate the genres represented, I'll point out that the "Featured Artists" as I write this are Neil Diamond, Avril Lavigne, Broken Bells, Beyonce, Chris Brown, and Bruce Springsteen. There is a weekly download limit, but remember- it's free! And legal!

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