Exploring the Internet
an organized approach to finding reliable health information

St. John’s Community Health Library
Topics

- Introduction to St. John’s Community Health Library

- Locating quality information on the internet:
  1. How to evaluate websites
  2. How to locate quality websites
  3. How to use search engines
Location and Hours

Physical Location:
2055 South Fremont
St. John’s Cancer Center
Springfield, Missouri

Hours of Service:
Monday - Tuesday, 9 a.m. - 5:30 p.m.
Wednesday - Friday, 8 a.m. - 4:30 p.m.
Library Mission

- Devoted to providing accurate health-related information
- Provide assistance to patients, family members, and members of the community in making informed health decisions
Who Can Use the Library

- Available to the public
- Majority of the collection is available to be borrowed by registered patrons
- Springfield or Greene County residency is not required
- Patrons over 18 can register for a library card and borrow materials
Reference & Information Assistance

- Requests accepted:
  - person 👤
  - phone 📞
  - toll-free number
  - mail ⚡️
  - fax 📄

- Quick & in-depth reference questions
- Computer instruction available
- Confidentiality
Collection Topics

- Alternative Medicine
- Alzheimer’s Disease
- Arthritis
- Asthma
- Cancer & Cancer Care
- Child Development
- Communicable Diseases
- Death, Dying, Bereavement
- Diabetes
- Diet & Nutrition
- Exercise & Fitness
- Heart & Lung Diseases
- Men’s & Women’s Health
- Mental/Behavioral Health
- Parenting
- Prenatal Care
- Senior Health
- Social Issues
- Stroke
- Wellness & Prevention
- And much more...
Library Collection

- Books
- Videos
- Audiocassettes
- Pamphlets
- Magazines, newsletters, journals
- Posters, models
Electronic Resources

- Public computer workstations available
- Internet access
- Assistance and training available
- Electronic indexes to magazines
- Electronic databases containing a variety of information
Using the Internet to find Health Information
What is Quality Health Information?

**Authority** – Who wrote it? Who published it?

**Accuracy** – Are references cited? Verification

**Objectivity** – Is there a motive?

**Currency** – When was it published?

**Coverage** – Reading level? Depth?
Quality Information on the Internet

**Authority** – Who posted it?

**Accuracy** – Where did the info. come from?

**Objectivity** – Domain / motive

**Currency** – Revised regularly?

**Coverage** – Field of rapid change?
Providing consumers and professionals with responsible, evidence-based information on the integration of alternative and conventional medicine.

Find out about AskMed our fee-based service

Find out about our free and fee-based information services and resources

More than half of the United States population, approximately 125 million Americans, suffers from a chronic illness -- conditions such as arthritis, allergies, pain, hypertension, depression, and digestive problems.

Conventional western medicine often cannot provide satisfactory solutions so people with chronic conditions increasingly turn to alternative therapies, such as acupuncture, herbs, mind/body techniques, homeopathy, massage, and more, to improve their quality of life.

Click to find out more
Here are two web pages dealing with the additional screening at airports. Both have the same information, but are in different formats. Either one will open in a new window, I did this because the procedures may change at any time and so that we would have the most current rules.

The Department of Transportation (In Text Format)

The Transportation Security Administration (In table Format)

We receive many requests about hints on traveling with a disability and what to do or how to do it.

This page lists the most common FAQ, none of them are
we receive many requests about hints on traveling with a disability and what to do or how to do it.

This page lists the most common FAQ, none of them are about specific locations. They are basic suggestions so they can be used anywhere.

Do you have information you would like to share?
New Scandinavian herbal formula shrinks fat cells!

- Have you tried starvation diets with little or no success?
- Is your schedule too busy for daily trips to the gym?
- Have you lost weight only to put it back on?
- Do you have trouble slimming down your hips, thighs, buttocks and waistline?
- Do you get hungry late in the afternoon or in the evening?
- Do you suffer from cellulite?

Regular diets work for some, but if you answered YES to three or more questions, you already know they don’t work for you. NordiCalite offers:

- No dangerous pills
- No “diet meals” to buy
- No expensive doctor visits
- No rabbit food

NordiCalite AS LOW AS $24.99, per unit. Click Here

Start Now With A Free Profile And Newsletter
If you respond to an ad like this one...

YOU COULD GET SCAMMED!!!

File a Complaint

NordiCalite is not a real weight-loss product.

The ad is a fake, posted by the Federal Trade Commission to raise awareness about the false and deceptive advertising claims made by many so-called "weight-loss" products.

DON'T BE A VICTIM OF WEIGHT-LOSS SCAMS!

- Claims for diet products and programs that promise effortless weight loss are false.
- To lose weight, you have to lower your intake of calories and increase your physical activity.
- As a rule, the faster you lose weight, the more likely you'll gain it back. Unless you're under a physician's care, don't go for programs that promise quick weight loss.
- Claims that you'll keep weight off permanently or for a long time usually are baloney. To maintain weight loss, change how you eat and how much you exercise.

For more information:
- Consumer Alert Paunch Lines: The Skinny on Dieting
Natural Health and Longevity Resource Center

What Your Doctor Hasn't Shared With You About PMS and Menopause

Check back here often at the Natural Health and Longevity Resource Center for the latest in natural health, alternative medicine, holistic medicine, alternative therapies, herbal medicine, natural healing, herbs, fitness, medicinal herbs, nutritional therapies, complementary therapies, longevity research, physical health, mental health, and spiritual health. Many health experts agree that once the body is cleansed, nourished, and balanced, it has the ability to heal and recover from disease, as well as maintain health and long life. Now you can keep informed on some of the latest discoveries and healing methods from all over the world. Add this site to your bookmarks and check here weekly for news and updates!
Colloidal Silver -

The Rediscovery of a Super Antibiotic?

Colloidal silver appears to be a powerful, natural antibiotic and preventative against infections. Acting as a catalyst, it reportedly disables the enzyme that one-celled bacteria, viruses and fungi need for their oxygen metabolism. They suffocate without corresponding harm occurring to human enzymes or parts of the human body chemistry. The result is the destruction of disease-causing organisms in the body and in the food.

Early Research

Colloidal silver was in common use until 1938. Many remember their grandparents putting silver dollars in milk to prolong its freshness at room temperature. At the turn of the century, scientists had discovered that the body’s most important fluids are colloidal in nature: suspended ultra-fine particles. Blood, for example, carries nutrition and oxygen to the body cells. This led to studies with colloidal silver. Prior to 1938, colloidal silver was used by physicians as a mainstream antibiotic treatment and was considered quite "high-tech." Production methods, however, were costly. The pharmaceutical industry moved in, causing colloidal research to be set aside in favor of fast-working and financially lucrative drugs.

The Food and Drug Administration today classifies colloidal silver as a pre-1938 drug. A letter from the FDA dated 9/13/91 states: "These products may continue to be marketed . . . as long as they are advertised and labeled for the same use as in 1938 and as long as they are manufactured in the original manner." Some of the manufacturing methods used before 1938 are still used today. An electro-colloidal process, which is known to be the best method, is used.

Contemporary Studies

While studying regeneration of limbs, spinal cords and organs in the late 1970s, Robert O. Becker, M.D., author of The Body Electric, discovered that silver ions promote bone growth and kill surrounding bacteria. The March 1978 issue of Science Digest, in an article,
News and Events

Mayo Clinic College of Medicine to Hold 2004 Commencement Ceremony more...

Frozen sperm just as viable for IV fertilization more...

Laparoscopic colon cancer surgery safe, effective more...

Reconnecting Severed Spinal Cord: the First Steps more...

Imaging Advance to Aid Alzheimer’s Diagnosis more...

Surgery Proven Effective in Hard-to-Treat Epilepsy more...

Visit Our Schools

Discover the extraordinary resources of Mayo Clinic - offering medical and graduate research education, residencies and fellowships, health-care career programs and continuing education ...

Learn About Our Research

Meet the faculty, get the peer-reviewed publications, volunteer for a clinical trial, apply for a postdoctoral opening, or read about our research focus areas.

Support medical discoveries and caregivers of the future

The world-renowned excellence of Mayo Clinic research and education programs is the direct result of the support of generous benefactors. Private gifts contribute to, and improve, the service and the resources that help us deliver outstanding care to patients.

Related Mayo Clinic Web Sites

→ Medical Services
   Located in Florida, Minnesota, and Arizona

→ Make an Appointment
Carbs, low-carbs: A Mayo Clinic specialist cuts through the confusion

Need help cutting through the carb craze? A Mayo Clinic expert answers common questions about carbs and low-carb diets.

Timely Topics

- Lyme disease
- West Nile virus
- Genetic testing: Weighing its benefits and risks

Healthy appetite

Visit Food & Nutrition Center

Health Tools

Slide Shows
From allergies to weight training, arthritis to stretching, let us tell you the story in pictures.

Health Decision Guides
Use our tools to help you make the best treatment choice.

Personal Health Scorecard
What's your score? Take 10 minutes to rate your health.

Today from Ask a Specialist

Q: I'm 72 years old. My wife thinks I'm too old to be thinking of sex. Is this true?

Read the answer

More Ask a Specialist

Submit a question

Mayo Clinic Health Tip

- To help manage stress, time your workout for after work or school
Websites don’t make it easy...

Study by Consumers International

- 26% gave no information about ownership
- Over 30% provided no address, 33% no phone number
- 40% made statements about their commercial relationship(s)
- 55% said nothing about how up-to-date their information was
- 61% that collected personal information had a privacy policy
Where to Find Quality Health Websites

- Community Health Libraries
- Public Libraries
- Non-profit, established organizations
- Hospitals and Health Systems
St. John’s, CMH team to add air ambulance service in Bolivar

St. John’s Life Line air ambulance medical service has based an aircraft at Citizens Memorial Healthcare in Bolivar to enhance quick access to emergency care. Read more.

St. John’s Health System ranked No. 20 among America’s Top 100 Health Systems

Through a focus on delivering the best clinical outcomes for patients, St. John’s

St. John’s expands eye services in region

St. John’s Clinic - Eye Specialists opened a fourth location April 12 in the Lebanon Orthopedics and Rehabilitation Building at 331 Hospital Drive in Lebanon. Services include ophthalmology, optometry and an optical shop. Cylinnda Euler, O.D., provides optometric services Monday through Friday.

St. John’s Medical Research

St. John’s Clinic - Ear, Nose & Throat

St. John’s School of Radiologic
Welcome to St. John’s Medical Library Services

St. John's provides two distinct libraries to service the community. Staffed by professional librarians, a wide variety of health information resources and library services are available at both libraries.

St. John’s Medical Library
Serves St. John's affiliated physicians and employees. The Medical Library's services and resources are directed primarily toward health care professionals to enable them to provide excellent patient care and to support their continuing education needs. Phone (417) 820-2795.

Van K. Smith Community Health Library
Serves patients, family members and members of the community. The Community Health Library's services and resources are directed toward the health consumer and general public to enable them to make informed health decisions and become active participants in their health care and total well being. Phone (417) 820-2539.

Quick Links
- CoolCat
- Gale *
- MD Consult *
- MEDLINEplus
- Micromedex *
- Ovid *
- PubMed
- Tronet

* Requires ID and Password
No one knows you better.

CoxHealth

Catalyst Scripts
Prescription Discount Program proves to be a Senior Advantage.

Joint Commission Survey Results
JCAHO returns successful survey results to CoxHealth. Hospitals receive 97. Only 15 percent of hospitals nationwide score this high.

Health Information

Not sure which source to trust for health information? Go with the experts. No one knows health care better than one of the region’s leaders. Trust CoxHealth.

Health Library
Search alphabetically or by key word for illnesses/conditions, drugs, new FDA approvals, medical tests and more.

Health Topics
Find information on a range of topics from allergies to weight management.

Health News
The country’s latest health news, features and alerts/product recalls.

CoxHealth Libraries
Find books, journals and reference assistance at two locations that are open to the public.

Healthy Living
Improve and enhance your life with these helpful articles and tips.

Services
Providing the best care for our patients through accredited programs, the latest technology and world-class customer service.

Personal Health Tools
Take charge of your health care with easy-to-use tools for tracking accessing and improving your health.
St. Mary's Health Center

6420 Clayton Road
Richmond Heights, MO 63117
(314) 768-8000 | FAX 768-8011

Health Quizzes

- Heart
- Osteoporosis
- Safety
- Sleep
- Stroke

Health Information

- AIDS/HIV
- Alcohol Abuse
- Allergies
- Arthritis
- Blood Disorders
- Brain & Nervous System
- Cancer
- Child Health
- Circulatory Health
- Common Health Tests

Medical Library from A - Z:

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

Search our Medical Library:

Privacy | Employment | Diversity | Contact Us
Using Web Search Engines

Google
Yahoo
Ask Jeeves
Dogpile
Using Web Search Engines

- Think about your concepts
- Be as specific as possible
- Use quotations marks to create phrases
- Look for advanced search options
- Read the search engine’s help screens
Tips for searching the Internet

Domain Names

.edu    Academic Institution
.org    Non-profit organization
.com    Commercial, company
.net    Commercial
Searching the Internet

Examples
Consumer Health Education and Promotion Project

Supported by a grant from the National Network of Libraries of Medicine Midcontinental Region
Contact Information

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