



This database is a comprehensive collection of authoritative medical information from the scholarly and popular journals and magazines available online for RDPL patrons.

### **Step 1**

In your Internet browser open the Red Deer Public Library Web site – [www.rdpl.org](http://www.rdpl.org)

### **Step 2**

Click on “[Research & Homework Help](#)”

### **Step 3**

Under Magazine databases choose “**Health**”:

#### **Health and Wellness Resource Center**

[In Library](#) | [From Home](#) (*Valid RDPL Card required for home access*)

Use this Resource Center to find magazines, journals, newspapers, definitions, directories, videos, & reference information on: Medicine, Nutrition, Diseases, Public Health, Pregnancy, Prescription Drugs, etc. Included are links to diet, cancer, health assessment sites & government databases.

### **Step 4**

If you are at home, click on “**From Home**” link. You will see this message:

### **Licensed Databases**

A valid library card from you is required to access these resources.

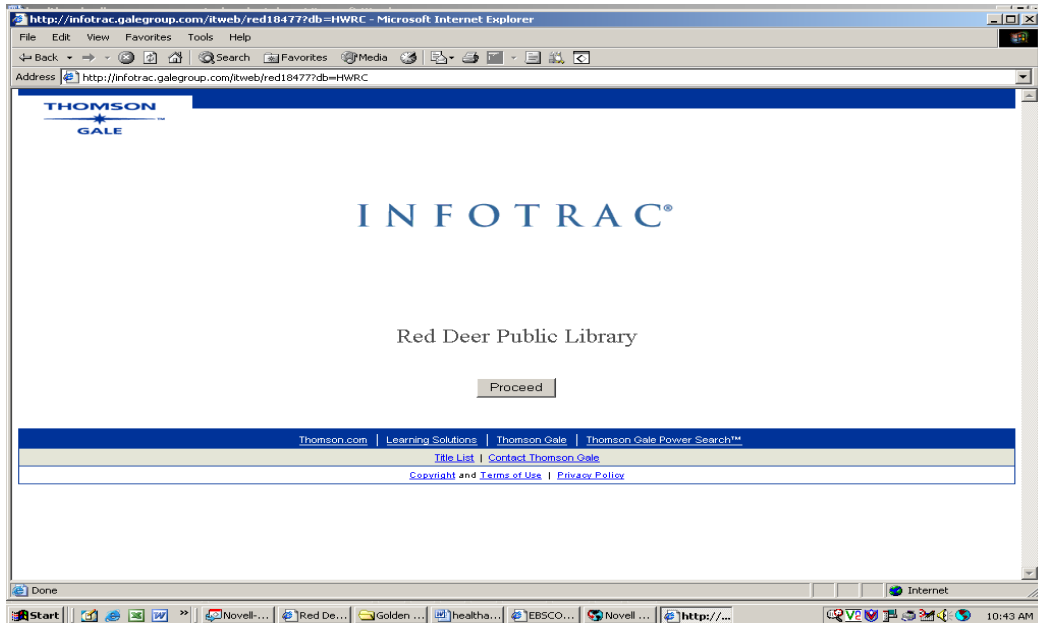
**Please enter your barcode:**

tip: 13 or 14 digits with no spaces

**Cancel**

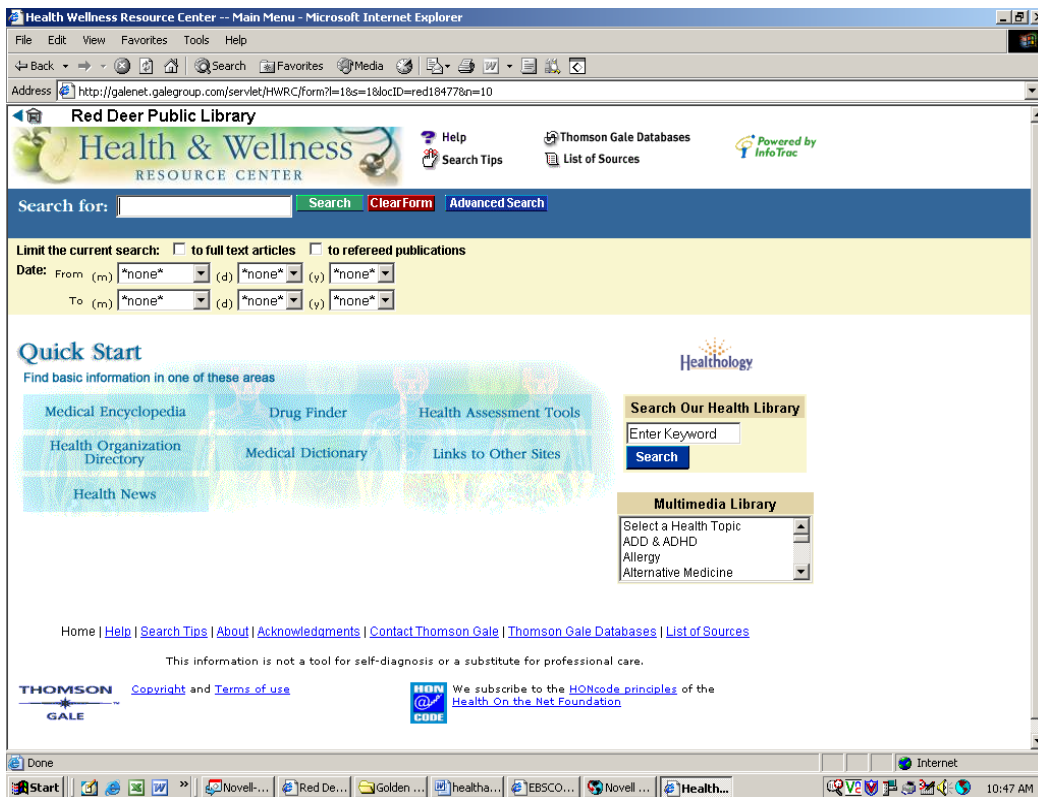
Type your library card number in the box.

## Step 5



## Step 6

Click "Proceed".



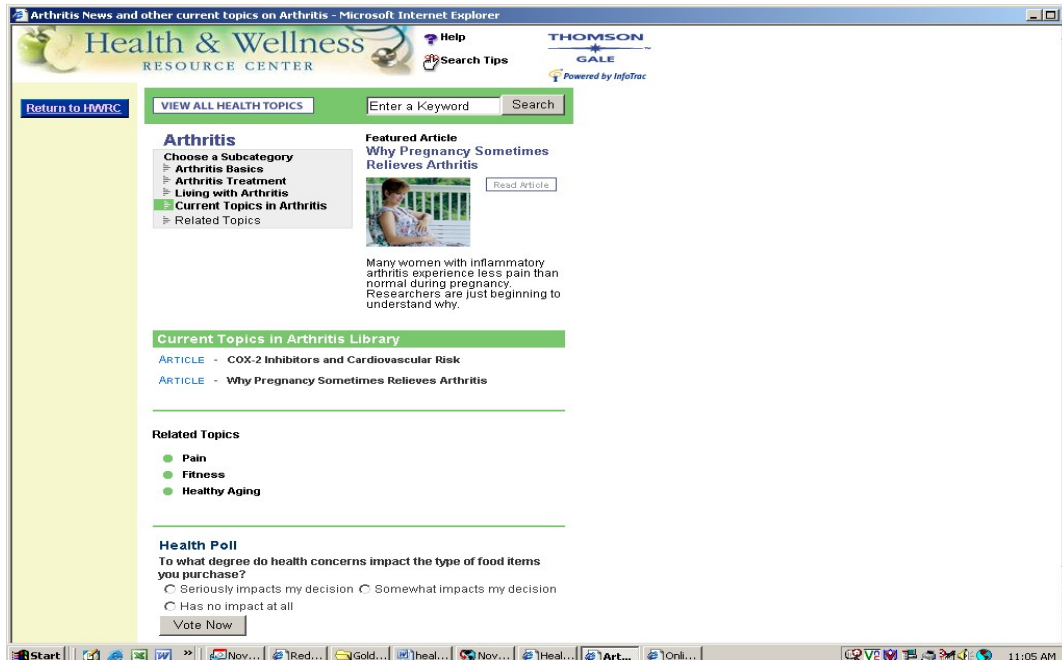
## Step 7

From the **Health & Wellness Resource Center** main page you can search the entire database, choose an area, in which you can search, search in the health library and/or browse the topics in multimedia library.



## Step 8

Choose a subcategory and browse through the topics



## Step 9

Click on an article you would like to read. You can now read the article or print it out.

The screenshot shows a Microsoft Internet Explorer browser window displaying the Health & Wellness Resource Center website. The page title is "Current Topics in Arthritis - COX-2 Inhibitors and Cardiovascular Risk". The article is by Christine Haran, medically reviewed on August 10, 2005. The text discusses the safety of COX-2 inhibitors like Celebrex and Bextra, which were pulled from the market in 2004 and 2005 respectively due to increased risks of heart attacks and stroke. It explains that these drugs are part of a class called COX-2 inhibitors, which are newer forms of non-steroidal anti-inflammatory drugs (NSAIDs). Traditional NSAIDs block both forms of an enzyme called cyclooxygenase, or COX, in order to reduce pain and inflammation. But because a form of the enzyme called COX-1 also protects the stomach, COX-2 inhibitors were developed to block more of COX-2 than COX-1. These drugs seemed to be a good solution for pain management with fewer side effects.

## Step 10

You can go back to **Health and Wellness Resource Center** main page and do another search.

The screenshot shows the main page of the Health & Wellness Resource Center. The page features a search bar with a "Search" button and a "Clear Form" button. Below the search bar, there are options to limit the current search to "full text articles" or "refereed publications". The "Date" filter is set to "From (m) \*none\*" and "To (m) \*none\*". The "Quick Start" section provides links to various resources: Medical Encyclopedia, Drug Finder, Health Assessment Tools, Health Organization Directory, Medical Dictionary, Links to Other Sites, and Health News. There is also a "Search Our Health Library" section with a search bar and a "Search" button. A "Multimedia Library" dropdown menu is visible, showing options like Alzheimer's Disease, Arthritis, Asthma, and Body Aches and Pains. The footer includes the Thomson Gale logo, copyright information, and a link to the HONcode principles of the Health On the Net Foundation.