

About This Guide

The Guilderland Public Library Research Guides are intended to help you find resources available in the Library's collection, through electronic databases provided by the Library, and on the Internet that can be useful when researching a particular subject. If you don't have Internet access at home, you can use one of the computers in the Library that are connected to the Internet.

Where possible, we've also included contact information for local organizations that might provide additional information. For obvious space reasons, this is not an exhaustive list. If you need more help with your research, **JUST ASK A LIBRARIAN!**

About the Library

Getting a Library Card: Library cards are issued to individuals ages 5 and older (for children ages 5-16, a parent's or legal guardian's signature is required.) Come to the Library and fill out a registration form. You'll need identification showing your name, signature and current address, such as a valid New York State driver's license. If your mailing address is a post office box, you'll need proof of your actual physical address, such as a utility or phone bill. Some registration restrictions may apply.

Using Your Library Card: You can use your Library card at any of the 29 libraries in Albany and Rensselaer counties that belong to the Upper Hudson Library System. The first time you use your card, you are limited to four items. After that, the maximum number of items allowable on a patron's account at any given time is 50, or a maximum dollar value of \$1500, whichever comes first. Certain materials can be renewed, and renewals can be done over the phone. Call the Circulation Department at 456-2400 x 8 if you would like to renew items or have more questions.

The information in this research guide is intended for educational purposes and should not be construed as medical advice or instruction. Always consult with your health professional for advice relating to a medical problem or condition.

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GUILDERLAND PUBLIC LIBRARY
2228 Western Avenue, Guilderland NY 12084
518.456.2400 ~ www.guilpl.org

*Guilderland Public
Library Research Guides*

Health and Wellness



Health and Wellness Materials at the Guilderland Library

Circulating Materials for Adults: Consumer health information is one of the fastest growing sections of the public library collection. Generally, most books and videos on health and wellness (both physical and mental) are found in the **600s** section of non-fiction, particularly **610-619**. The collection is organized primarily by topic, which means books and videos on chronic fatigue syndrome, for instance, are shelved together, as are materials on breast cancer or how to do Pilates. A Librarian can help direct you to a specific call number for a particular health topic.

Reference materials for Adults: Most health reference books are found in the **REF 600s**. These include encyclopedias of medicine and surgery, sourcebooks on specific diseases, the *Physicians Desk Reference (PDR)* and *Current Medical Diagnosis and Treatment*, as well as the *The Official American Board of Medical Specialties (ABMS) Directory*, for looking up the educational background, training and certification of physicians. In the **REF 362s**, you will find reference books such as consumer guides to hospitals and directories for health-related organizations.

Materials for Kids: Children searching the Library for health and wellness-related topics can find materials in the non-fiction section **J610-619** and in the same call number range in the children's video section. Some CD-ROMS, such as the *Jump Start* series, *Ranger Trail*, and *My Amazing Human Body* teach children about health and safety.

Periodicals: The Library subscribes to several magazines and journals covering health and wellness issues, including *Journal of the American Medical Association (JAMA)*, *New England Journal of Medicine*, *Berkeley Wellness Letter*, *Harvard Women's Health Watch*, *Health*, *Johns Hopkins Medical Letter Health After 50*, *Mayo Clinic Health Letter*, *Men's Health*, *Natural Health*, *Nutrition Action Newsletter*, *Prevention*, *Runner's World*, and *Shape*. These are found on the shelves in the periodical room. Older issues may be available; ask a librarian. The Library also has access to other medical journals through its affiliate membership in the National Network of Libraries of Medicine.

Library Databases: Electronic databases available through the Library's website (www.guilpl.org) offer resources for researching health and wellness topics. These include:

ProQuest Platinum — a searchable file of more than 2,000 magazines and journals, with many articles in full text.

Health & Wellness Resource Center — Up-to-date reference material as well as full-text magazines, journals and pamphlets from a wide variety of authoritative medical sources.

Health and Wellness on the 'Net

There are many excellent resources on the Web for researching topics on health and wellness. A few suggested websites:

www.medlineplus.gov An extensive sources of authoritative information on more than 650 diseases and conditions, from the National Library of Medicine. Includes lists of hospitals and physicians, a medical encyclopedia and dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs and links to clinical trials and related health organizations.

www.familydoctor.org This site is maintained by the American Academy of Family Physicians. Offers health information for

parents, teens and kids.

www.cancer.org The National Cancer Institute is your first stop to find the most current information on cancer topics, clinical trials, statistics, research and funding, and the latest news. For patients, families, friends, survivors and professionals.

www.docboard.org Visit DocFinder to check physician licensure outside NYS. State government licensing boards provide this free information.

www.health.state.ny.us New York State Department of Health's official website offers vital records, hospital and nursing home profiles, a consumer health section called the Center for Consumer Health Care Information, records of physician discipline and more.

Local Organizations

Under the category "Associations" in The Yellow Pages of the phone book, you'll find listings of many local chapters of national health organizations, such as the American Heart Association and the American Cancer Society, as well as listings for local groups such as the Capital Region Association for Eating Disorders. Additionally, the following local organizations may offer immunization clinics, workshops on smoking cessation, nutrition and exercise, or information on obtaining health insurance for your family :

Albany County Department of Health
175 Green Street
Albany, NY 12202
518-477-4580
www.albanycounty.com/departments/health/

Cornell Cooperative Extension of Albany County
P.O. Box 497
24 Martin Road
Voorheesville, NY 12186-0497
518-765-3500
www.ccealbany.com

Guilderland YMCA
250 Winding Brook Drive
Guilderland, NY 12084
518-456-3634
www.cdymca.org