

Special points of interest:

- There are several online pharmaceutical web sites, which can give a layperson information about their prescription drugs. One such site is: [www.rxlist.com/script/main/hp.asp](http://www.rxlist.com/script/main/hp.asp).
- A useful medical web site is: [www.mayoclinic.com](http://www.mayoclinic.com).
- For those who wish to do in-depth research on a medical issue, the local area is fortunate to have the *Robert Wood Johnson Library of the Health Sciences* nearby in New Brunswick, NJ. For more information call it at 732-235-7610, Fax: 732-235-7826, email it at [meplib@umdnj.edu](mailto:meplib@umdnj.edu), or visit their Web URL at [www.umdnj.edu](http://www.umdnj.edu).
- The National Institutes of Health (NIH) is the country's federal web site to go to for a plethora of medical and health-related issues. Visit it at [www.nih.gov](http://www.nih.gov).



Symbols for medicine or physicians.

Plainfield Public Library  
800 Park Ave.  
Plainfield, NJ 07060  
908-757-1111

# Resources for Health & Medical Research

Plainfield Public Library Pathfinder

May 2010

## Overview Commentary

*The Plainfield Public Library Reference staff can help you find information on a new prescription you have received from your physician, locate a certain diet, help you research a medical or health topic for a school report, locate pre- and postnatal pregnancy/childrearing information, check a medical definition for you, and help you find information on a certain kind of exercise your doctor suggested you take up.*

**Whether you are trying to start Transcendental Meditation (TM) to lower your blood pressure, researching a vegan lifestyle to cut meat out of your eating plan, trying to quit smoking, seeking a greater understanding of the *Aciphex* prescription your doctor gave you, or researching *Lamaze* pregnancy and childbirth techniques/services, a stop at the Library can yield a successful visit.**

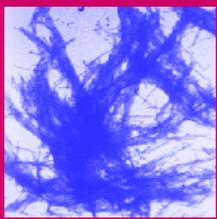
**If you need help, you can go to the *Information & Research Assistance Desk* located on the first floor of the Library. The *Reference Librarians* can help you locate the subject of your information quest. Good luck and good health to you, Dear Patron!**



*Viruses mutate faster than their host's cells. They also have high reproductive rates. When the cells of a host organism change their receptors to thwart the attaching of viruses, the viruses can reciprocate by changing their surface proteins to enable them to attach to the newly altered receptors. This is why it is so hard for science and medicine to create a way to combat ailments such as the common cold.*

## Some Highlighted Resources on Medicine & Health

- [www.diabetes.org](http://www.diabetes.org)
- [www.umdnj.edu](http://www.umdnj.edu)
- *The Merck Manual of Diagnosis and Therapy*, published by Merck & Company, call # R 616.02 MER 2006
- *Mosby's Medical Dictionary*, published by Mosby, call # R 610.3 MOS
- *DSM-IV-TR*, call # R 616.89 DIA
- *The Cornell Illustrated Encyclopedia of Health*, by Antonio M. Gotto, call # R 616.003 COR

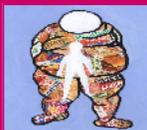


The memory problems that bedevil the elderly can be attributed to a breakup of transport proteins called **tau proteins**. When these proteins deteriorate, they loosen the structure of the **microtubules** which extend between brain neurons. This disrupts the flow on synaptic functioning in the brain and thwarts cognition and reasoning abilities in a person with a condition such as **Alzheimer's Disease**. These tau proteins exhibit the characteristic of being **tangled**.

**"Eat an apple on going to bed, and you'll keep the doctor from earning his bread."**



**Welsh Proverb,  
circa 1866**



As of early 2009, **Reuters** reported that more than 34 % of Americans are **obese**. 6% are **extremely obese**. 32.7 % are **overweight**.

### ***In-house Books***

- *Knockout: Interviews with Doctors Who Are Curing—and How to Prevent Getting It in the First Place*, by **Suzanne Somers**, call # **362.196 SOM** (this title is about curing cancer)
- *The Coming Plague: Newly Emerging Diseases in a World Out of Balance*, by **Laurie Garrett**, call # **614.4 G19**
- *The AIDS Survival Guide: Information and Comfort for Grieving Family and Friends and Professionals Who Seek to Help Them*, by **Joani Nelson Horchler**, call # **155.93 H78**
- *Outpatient Weight-loss Surgery: Safe and Successful Weight Loss with Modern Bariatric Surgery*, by **Kent Sasse**, call # **617.43 SAS**

### ***Articles***

- *Frist Joins Michelle Obama's Obesity Fight*. **Chattanooga Times/Free Press (TN); 04/01/2010.**
- *Stem Cell OK Should Be Law, Backers Say*. **McGuire. Kim. St. Louis Post-Dispatch (MO); 01/24/2010.**
- *Drug Giants Tackle 'Neglected' Effort*. **Kupper, Thomas. San Diego Union-Tribune, The (CA); 04/11/2010.**
- *TM Makes the Grade*. **Marsa, Linda. Natural Health; Jul/Aug2007, Vol. 37 Issue 7, p94-106, 2p, 1 Color Photograph.**

### ***Online Resources***

- [www.ama-assn.org](http://www.ama-assn.org)
- [www.doctorswithoutborders.org](http://www.doctorswithoutborders.org)
- [www.cancer.org/docroot/home/index.asp](http://www.cancer.org/docroot/home/index.asp)
- [www.apa.org](http://www.apa.org)
- [www.diabetes.org](http://www.diabetes.org)
- [www.psych.org](http://www.psych.org)
- [www.cdc.gov](http://www.cdc.gov)
- [www.geron.org](http://www.geron.org)
- [www.cdc.gov/hiv/resources/factsheets](http://www.cdc.gov/hiv/resources/factsheets)
- [www.leukemia.org/hm\\_lls](http://www.leukemia.org/hm_lls)
- [www.who.int/en](http://www.who.int/en)
- [www.ascaa.org](http://www.ascaa.org)
- [www.preventblindness.org](http://www.preventblindness.org)