

## Did you know...

that Health Canada has a fantastic website that is freely available to the general public? In both French and English, it provides a wealth of information on a wide variety of health related topics, such as:

- Consumer Product Safety with product recall information
- Drugs and Health products, including a drug product database
- Environmental and Workplace Health
- First Nations, Inuit and Aboriginal Health
- Food & Nutrition
- Healthy Living
- And more!

Access this information at the Health Canada website:

[www.hc-sc.gc.ca/index-eng.php](http://www.hc-sc.gc.ca/index-eng.php)

## To access E-Resources...

- Go to the Northern Lights Library System website:

<http://www.nlls.ab.ca>

- Click on the “TRAC” library catalogue link in the shortcuts menu on the left
- Click to login to your account (top right), using your library barcode and PIN (the last four digits of your phone number)
- Either do a general keyword search, or click on the “E-Resources” tab to select the subject area you wish to search
- Search to your heart’s content! (If you need assistance, be sure to talk to your local library staff!)

Another service brought to you by your local public library and:



*Northern Lights Library System*

Postal Bag 8  
Elk Point, AB T0A 1A0  
Phone: 1-800-561-0387  
Fax: 780-724-2597

## Health & Wellness

### *A guide to resources*



*A world of information at your fingertips!*



*Northern Lights Library System*

[www.nlls.ab.ca](http://www.nlls.ab.ca)



# Health & Wellness Resources



**Warning:** information found in these resources, should not be used in place of professional medical advice, diagnosis, or treatment. Before starting any new health regime, consult your physician.

Guess what! Through your local library and your online library catalogue, TRACpac ([www.tracpac.ab.ca](http://www.tracpac.ab.ca)), you have access to thousands of items related to health and wellness.

In your library, look in the non-fiction section in the number range 610-619 for the section on Medical Sciences. In this range you should find information on the promotion of health, diet and exercise, diseases and therapies, dentistry, experimental medicine, as well as other areas of health. You may find information on, say Yoga, in the 181 section, so ask your librarian if you can't find what you're looking for.

In the online catalogue (TRACpac), typing in "health" in the search bar yields over 7800 hits in all formats, including books and magazines. You can narrow it down by using the menu bar on the left, or type in a more specific term.

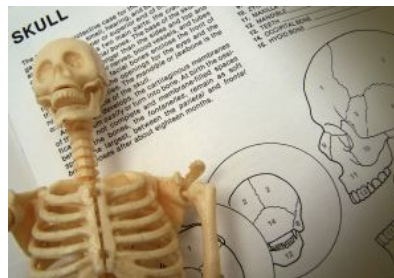
Remember: if your library doesn't own the book, or you can't find the one you're looking for, your library staff will help you borrow it from another library.

## Online E-Resources

**ALT Health Watch** contains information on alternate, holistic and integrated approaches to health care and wellness, with full text articles from over 180 full text serials, including 33 peer-reviewed journals. It covers subjects such as: acupuncture, aromatherapy, childbirth, Chinese medicine, chiropractic, cross-cultural therapies, energy medicine, herbalism, homeopathy, naturopathy, nutrition and osteopathy.

**Health Source Nursing/Academic** provides more than 550 scholarly journals focusing on many medical disciplines. Features include abstracts and indexing for nearly 822 journals, 542 full-text journals and 441 peer-reviewed, full text journals. It also include a drug guide with 1300 generic drug patient education sheets for more than 4700 brand name drugs.

**Health Source Consumer** is the rich collection of consumer health information available to libraries worldwide. It features searchable full text for nearly 80 consumer health magazines, pamphlets, and more than 130 health reference books. Topics include AIDS, cancer, diabetes, drugs & alcohol, aging, fitness, nutrition & dietetics, children's health, women's health, and more.



**MEDLINE** provides authoritative medical information on medicine, nursing, dentistry, veterinary medicine, the health care system, pre-clinical sciences and much more. Using MEDLINE you can search full text of more than 1450 journals, with coverage going back to 1965, and abstracts from over 4,800 current biomedical journals.

**Psychology & Behavioral Sciences**, the world's largest full-text psychology database, provides coverage of nearly 560 journals. It covers topics such as emotional and behavioral characteristics, psychiatry and psychology, mental processes, anthropology, and observational and experimental methods.



*Stuart MacPherson Public  
Library*

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Lac La Biche, Alberta

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