

Wellness resources for faculty, staff, and students

Resources brought to you by



Benner Library subscribes to a number of high-quality health-related materials for lay-people.

Topics covered are appropriate for singles, expectant parents, parents, middle-aged, and ageing individuals.

These resources are available to anyone who comes into the library and are available off-campus to current Olivet faculty, staff, and students.

Disclaimer: The information you find is not intended to replace communication with a physician or other health care provider and is offered as an information service. Benner staff cannot diagnose or otherwise provide medical advice. The information in Library databases is licensed for personal and academic use only.

1. To access any of the databases listed below, go to the Benner Library homepage, <http://library.olivet.edu>
2. Click on the “**Subject Guides**” tab
3. Click on the gray button, “**All Subject Guides**”
4. Click on the link for the “**Health**” Subject Guide



From on-campus: When you click on one of the databases linked from the Health Subject Guide, you’ll get right into the content. You can browse, search, and see all available fulltext.



From Off-campus: When you click on one of the databases linked from the Health Subject Guide, you’ll be prompted to log-in. Use your ONU Net username and password (the same login that you use to access your office or other on-campus computer or wireless network). Once you are logged-in, you’ll be able to browse, search, and see all available fulltext.



Need help?

We are available to assist you in-person on the first-floor of Benner Library



By phone 815-939-5355

By email ONULibrary@olivet.edu

Typical Reference Desk hours (when traditional undergraduate classes are in session):


Monday-Thursday	9am-10pm	Friday	9am-5pm
Saturday	No Services	Sunday	7:30pm-10:00pm

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Database	Featured resources within database & sample articles															
<p>Credo Reference: Medical</p>  <p>Credo Reference is a collection of eBooks. These books are called “reference” books because they are mostly dictionaries & encyclopedias.</p> <p>The special content from Harvard Medical School is detailed and easy to read.</p>	<p><u>Harvard Medical School Commentaries on Health</u></p> <p>Sample articles:</p> <p>“Breakfast...Don't Leave Home Without It” [6-pages. Includes menu & reasons you may not feel hungry]</p> <p>“Body-art and your teen”</p> <p>“Breaking down bone myths”</p> <p>“Children’s headaches what parents need to know”</p> <p>“Foods that fight inflammation”</p>  <p><u>Harvard Medical School Guides</u></p> <p>Sample article:</p> <p>“Controlling Acid Reflux and Chronic Heartburn” [18-pages. Includes diagrams, causes, drugs, and herbal remedies]</p> <p><u>Harvard Medical School Health Topics A-Z</u></p> <p>In-depth descriptions of the most common diseases, symptoms, procedures, and Tests including:</p> <table border="0"> <tr> <td>Hay fever</td> <td>Hernia repair</td> <td>Tendonitis</td> </tr> <tr> <td>Alzheimer’s</td> <td>Iron deficiency</td> <td>Vertigo, etc..</td> </tr> <tr> <td>Bunions</td> <td>Pre-diabetes</td> <td></td> </tr> <tr> <td>Eczema</td> <td>Sleep apnea</td> <td></td> </tr> <tr> <td>Gall stones</td> <td></td> <td></td> </tr> </table> <p><u>Harvard Medical School Special Health Reports</u></p> <p>Sample articles:</p> <p>“A Guide to Men's Health Fifty and Forward”</p> <p>“Hypertension: Controlling the ‘silent killer’”</p> <p>“Improving Memory: Understanding age-related memory loss”</p> <p>“Improving Sleep: A guide to a good night's rest”</p> <p>“The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles”</p>	Hay fever	Hernia repair	Tendonitis	Alzheimer’s	Iron deficiency	Vertigo, etc..	Bunions	Pre-diabetes		Eczema	Sleep apnea		Gall stones		
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Tips for using this database

1. When you click on the link from the Health Subject Guide, you’ll go straight to a list of 60+ fulltext eBooks.
2. Click on “H” to jump to the Harvard titles.
3. Click on the title that you want to read.
4. You’ll see an alphabetical list from the Table of Contents.
5. Click the article you want to read.
6. You can **email** or **print** each article as a .pdf for your own personal use.


Name of database	Featured resources within database
<p data-bbox="96 164 380 188">Nutrition Care Manual</p> <p data-bbox="96 233 464 258">Sports Nutrition care Manual</p>  <p data-bbox="96 456 716 513">These databases contains research-based nutrition information.</p>	<p data-bbox="737 164 1220 188">Diets in the Nutrition Care Manual include:</p> <ul style="list-style-type: none"> <li data-bbox="737 204 842 228">Anemia <li data-bbox="737 245 932 269">Cardiovascular <li data-bbox="737 285 926 310">Food Allergies <li data-bbox="737 326 947 350">Normal Nutrition <li data-bbox="737 367 898 391">Older Adults <li data-bbox="737 407 869 431">Oncology <li data-bbox="737 448 827 472">Renal <li data-bbox="737 488 911 513">Reproductive <li data-bbox="737 529 1115 553">Weight Management, and more <p data-bbox="737 610 1293 634">Diets in the Sports Nutrition Care Manual include:</p> <ul style="list-style-type: none"> <li data-bbox="737 651 1058 675">Iron Deficiency in Athletes <li data-bbox="737 691 982 716">Endurance Athletes <li data-bbox="737 732 989 756">Older Adult Athletes <li data-bbox="737 773 1178 797">Rehabilitation from injury or Surgery <li data-bbox="737 813 1121 837">Sport-specific fueling Strategies <li data-bbox="737 854 1108 878">Team Sport Athletes, and more <p data-bbox="737 919 1955 976">“Each nutrition therapy handout includes a rationale for prescribing the diet, lists of foods allowed and foods to avoid, and a sample 1-day menu.”</p>

Tips for using this database

1. When you click on the link from the Health Subject Guide, youll go to a page with details about our library’s subscription.
2. Click on the ClientEd/Diets tab in the green bar at the top of the page
3. Choose a topic from the left-side column

In **Nutrition Care Manual**, use the browser tools (Internet Explorer, Firefox, etc.) to print the articles for your own personal use.

In **Sports Nutirion Care Manual**, use the Adobe Acrobat tools to save, or print for your own personal use.

Name of database	Featured resources within database
<p data-bbox="107 164 285 188">Salem Health</p> 	<p data-bbox="747 164 1031 188"><u>Magill's Medical Guide</u></p> <p data-bbox="747 196 1955 285">Contains 1,000+ essays which provide readers with an authoritative reference source bridging the gap between medical encyclopedias for professionals and popular self-help guides. Up-to-date and easy-to-use by patients and caregivers.</p> <p data-bbox="747 334 1461 358">Salem Health also searches the fulltext of these books:</p> <p data-bbox="747 367 1146 391"><u>Addictions & Substance Abuse</u></p> <p data-bbox="747 399 1247 423"><u>Complementary & Alternative Medicine</u></p> <p data-bbox="747 431 1157 456"><u>Genetics & Inherited Conditions</u></p> <p data-bbox="747 464 1173 488"><u>Infections Diseases & Conditions</u></p> <p data-bbox="747 496 1108 521"><u>Psychology & Mental Health</u></p>

Tips for using this database

1. When you click on the link from the Health Subject Guide, the Advanced Search page opens.
2. Click on the "home" tab within the database.
3. Type a search word in the "find" box at the top of the page. It will automatically search thorough all of the titles listed to the left.
4. By default your search word(s) will be highlighted in yellow. To turn this off, click on one of the highlighted words. Click on one of those words again to turn highlighting back on.

You can print the web version of the fulltext or email it for your own personal use.