

# MEDLI E-News

*Fall/Winter 2010 Issue 4*

## News from the Medical & Scientific Libraries of Long Island

### President's Message

Happy 2010! I hope that everyone has enjoyed the holidays. I am honored to serve as your president this year, and it has certainly been a learning experience and privilege. I hope that we have the opportunity to accomplish more at the upcoming spring meeting.

The fall program was successful in recruiting new members, as we offered for the first time, free membership with registration to attend the program. Recruiting new members continues to be important to me in serving MEDLI, as it allows us to grow and meet new people, learn new things, and use those shared experiences to contribute to our field. It is my hope that we can again attract some new members for our spring program, as well as from the Long Island Library Conference, for which we will again have a table.

In other news, I think it's worth mentioning that Marlene Horowitz, upcoming President for 2010-2011, is hard at work collaborating with BQSI/MB to bring back the Mini-Med School Experience to our members in the fall of 2010. I would encourage anyone with ideas for continuing education programs to contact Marlene or me. (Contact info is on the back page.)

Thank you for allowing me to serve you this year!

*Christina Rivera*

MEDLI President 2009-2010

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## Highlights of *Conversations with Anahad O'Connor* 2009 MEDLI Fall Program

**October 19, 2009**—The Fall MEDLI Program welcomed a number of new members and kicked off with a raffle of the guest speaker's newest book, *Always Follow the Elephants: More Surprising Facts and Misleading Myths About Our Health and the World We Live In*.

Anahad O'Connor, reporter for *The New York Times* covering breaking national news and "Really?" columnist for the Science Times section conversed with MEDLI members, providing a thought-provoking—at times humorous—look at reporting on health and science, working on the *Breaking News* desk and much more. The conversation also included a discussion on the inspiration for his books, which focus on finding out whether there is any truth in old wives' tales and any efficacy in homemade cures, ultimately revealing the "truth" behind the book's title, *Always Follow the Elephants*.

Our conversation with Anahad ended with a Q&A session, which delved into the behind-the-scenes research process at the New York Times, and praised the researchers so eloquently referred to by Anahad as the "unsung heroes."

Special thanks to our guest speaker Anahad O'Connor, the Merrick Library for hosting our program, and to all who attended.



### CAPHIS Update



#### Top 100 List: Health Websites You Can Trust

The CAPHIS section of MLA has updated the **Top 100 List: Health Websites You Can Trust** resource. The list is divided into topics including: General Health, Parenting & Kids, For Health Professionals, Women's Health, Senior Health, Drug Information Resources, Men's Health, Specific Health, and Other Useful Health Sites, all of which can be downloaded free of charge online at: <http://caphis.mlanet.org/consumer>.



### Library Lobby Day 2010

**Tuesday, March 2, 2010**

Join your colleagues and other library advocates in Albany. Meet your legislators and show your support for libraries. Details at [www.nyla.org/index.php?page\\_id=148](http://www.nyla.org/index.php?page_id=148). Please note that NCLA and SCLA will be sponsoring buses for attendees.

# 2010 MEDLI Spring Meeting



## ***Dance Dance Revolution, Guitar Hero, Wii Fit @ Northport VA Medical Center Library***

Much of the focus of games for health has been on gaming psychology and behavior: How do people feel when they play? Is it fun? Does game play change your behavior (e.g. make you more fit, or coordinated, or healthy)? However, the complex interactions between humans and computers are not well understood. The effect of gaming on the brain is of interest to the military, parents, educators, and soft-hardware developers.

We will present functional brain imaging (fMRI) in healthy adults and adults with Parkinson's disease while playing *StepMania*, an open-source dance video game similar to *Dance Dance Revolution*. We will discuss why dance and other music video gaming are effective for rehabilitation and exercise, giving specifics of behavioral and cognitive change. We will also discuss the implications of our research for other populations, as well as other exer-games. Participants will have the opportunity to experience exer-gaming for themselves.

**Presented by Shaw Bronner PhD, PT & J. Adam Noah PhD,  
ADAM Center, Long Island University Brooklyn**

*Shaw & Adam are one of nine research teams chosen to investigate how digital games can improve patients' health behaviors and outcomes. Their project, "Dance Video Game Training and Falling in Parkinson's Disease" was chosen by the Health Games Research national program, which is funded by the Robert Wood Johnson Foundation.*

**SAVE THE DATE  
APRIL 27th**

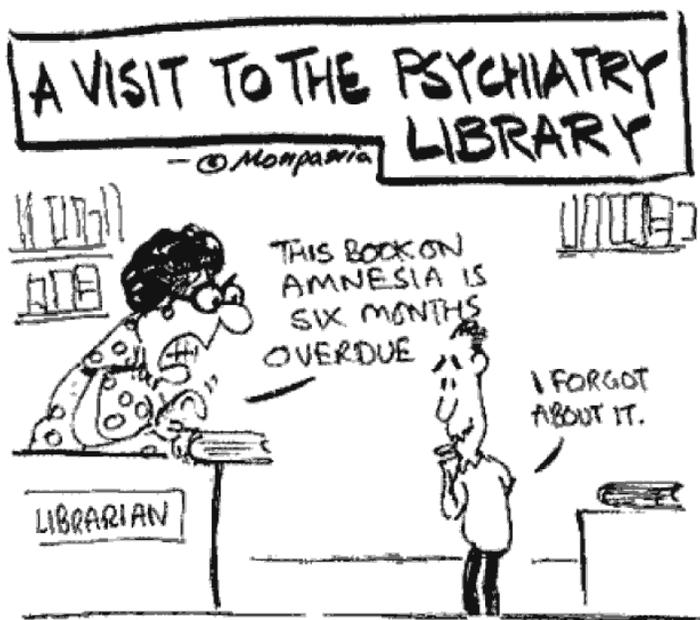
## Laughter and Laughing Is It Good For Your Health?

Is it true that laughing is good for your health? According to *Health Day News*, recent studies show that laughter can reduce stress, boost heart health, and ward off high blood pressure. The two studies, which were presented at the American College of Sports Medicine's annual meeting in May of 2009, found that laughter's beneficial effects on the participants lasted for twenty four hours. Read more online at: <http://www.healthday.com/Article.asp?AID=627577>.

Laughter has no side effects, is cost-free, readily available—and best of all—contagious! Have you laughed today? Be sure to test your own sense of humor through the University of Maryland's "Humor Survey: How Well Does Your Sense of Humor Protect You from Heart Disease?" online at: [http://www.umm.edu/news/releases/humor\\_survey.html](http://www.umm.edu/news/releases/humor_survey.html).

For more information on studies linking laughter and good health, refer to the following articles:

- "Laughter is Good for Your Heart, According to a New University of Maryland Medical Center Study." (2004): <http://www.umm.edu/news/releases/laughter.html>
- "Laughter: The Best Medicine" (2005). *Oncologist*. <http://theoncologist.alphamedpress.org/cgi/reprint/10/8/651>



## About MEDLI Membership Information

The purpose of MEDLI is to initiate, sponsor, and contribute to educational programs pertaining to medicine and related subjects. Keeping with this educational goal, MEDLI strives to bring to the medical library community continuing education seminars for both educational advancement in the profession and Medical Library Association certification and/or recertification.

Twice yearly general membership meetings, e-mails, and our website keep the active medical librarian abreast of new ideas, changing roles, and technological advances in the library field.

Membership in MEDLI is open to anyone interested in the exchange and dissemination of medical and scientific information. Our members currently include librarians, hospitals, library suppliers, and others interested in libraries and medicine.

Networking of medical librarians through the regional medical library network, interlibrary loan, and educational meetings will continue to be an important objective of the Medical and Scientific Libraries of Long Island.

**Don't wait. Join today. The membership application is available online at: <http://www.medli.net/membership/index.html>.**

## MedlinePlus Goes Mobile with January 14th Kick-off Day

On January 14, 2010, MedlinePlus released **Mobile MedlinePlus**, with links on the MedlinePlus and MedlinePlus en español home pages. Mobile MedlinePlus can be accessed in both English and Spanish from mobile devices by visiting:

<http://m.medlineplus.gov> (English version)

<http://m.medlineplus.gov/spanish/> (Spanish version)

Mobile MedlinePlus includes many of your favorite MedlinePlus and MedlinePlus en español pages in a display that is optimized for mobile devices (including the iPhone and Blackberry).

Mobile MedlinePlus includes:

- Topic summaries—“snackable” pieces of information, you can access and digest quickly
- News—the latest in treatment, medical research, and healthy living tips
- Images—visual appeal is important
- Encyclopedia articles & drug information—heavily-used content.

Mobile MedlinePlus does not include:

- External links—these pages are not optimized for mobile; they are “regular” Web pages
- Interactive tutorials—Flash doesn’t work on many mobile devices
- Some licensed content—we’ll work on adding in the future

There is an FAQ available on the full MedlinePlus site at <http://www.nlm.nih.gov/medlineplus/faq/mobile.html> that includes special instructions for Blackberry users. In addition, a *Technical Bulletin* article and press release are forthcoming.



## Wait...Even More Mobile Versions

In addition to Mobile MedlinePlus, more and more websites are creating mobile counterparts as a growing number of people turn to their phones for access to information on the web.

- **PubMed for Handhelds** (<http://pubmedhh.nlm.nih.gov/>): provides a handheld-friendly interface for searching MEDLINE and special PICO search feature.
- **Unbound MEDLINE** (<http://www.unboundmedicine.com/medline/ebm/iphone?dua=iphone>): Provides access MEDLINE with an iPhone-friendly interface.

# Apps Corner

## Mobile Applications for Medical Professionals

In addition to using your mobile phone's browser feature to access information on your device, you can download apps that provide instant access with a single, convenient, click. Whether using an iPhone, Blackberry, or other smartphone, a number of applications have been developed specifically for medical professionals.

### Top Picks for FREE Medical Apps (iPhone and iPod Touch)

Visit the iTunes App Store (<http://www.apple.com/iphone/apps-for-iphone>) for more information and to download the following apps.



#### ACC Pocket Guidelines

This clinical practice support tool set from the American College of Cardiology Foundation provides concise, portable reference tools for the busy clinician. Pocket guideline material is adapted and enhanced for the iPhone and iPod Touch from the full text version of ACC/AHA Practice Guidelines.



#### MedCalc (Medical Calculator)

This free medical calculator gives you easy access to a wide array of medical formulas, scores, and classifications.



#### ePSS

Electronic Preventive Services Selector allows you to search and browse the U.S. Preventive Services Task Force (USPSTF) recommendations on your PDA or mobile device.



#### Skyscape Medical Resources

Collection of free medical information and decision support resources for Healthcare Professionals, including RxDrugs, Outlines in Clinical Medicine, Archimedes Medical Calculator, and MedAlert.



#### BoardReview

Expanded study tool offered by PEPID for medical and nursing students.



#### Anatomy Pronunciations Lite

Provides accurate pronunciations of over 100 anatomy terms.

Want more information? Be sure to check out Software Advice's Medical Blog, which posted an extensive list of iPhone apps: 18 categories of the "Best Medical iPhone Apps for Doctors and Med Students." The complete list is available online at: <http://www.softwareadvice.com/articles/medical/the-best-medical-iphone-apps-for-doctors-and-med-students-1100709/>. You will also find a link to a Google spreadsheet of over 700 apps related to medicine.

Let's not forget about the Blackberry, which still dominates the Smartphone market, according to market analysts ([http://money.cnn.com/2009/06/17/technology/rim\\_blackberry\\_preview/index.htm](http://money.cnn.com/2009/06/17/technology/rim_blackberry_preview/index.htm)). There is a number of apps that can be downloaded onto Blackberry devices for medically related information and resources. (continued on Page 7)

## Top Picks for FREE Medical Apps (Blackberry)

Visit the Blackberry App World (<http://appworld.blackberry.com/webstore>) for more information and to download the following apps.



### Skyscape Medical Resources

Free resources include: Rx Drug Information; Outlines in Clinical Medicine; Archimedes medical calculator; MedWatch current medical info from FDA and other public sources; and continuing medical education (CME) activities

### AuntMinnie

An online resource for medical imaging professionals, that also provides radiology news and more.



### Epocrates RX:

Mobile drug reference providing drug information, pill identification, medical calculators, drug interactions, and formulary information (<http://www.epocrates.com/products/blackberry/rx.html>).

## 10 Ways You Can Stay Healthy at Work: For this Year's Flu Season

As we face this extraordinary flu season, consider these ten things you can do to protect yourself and others:

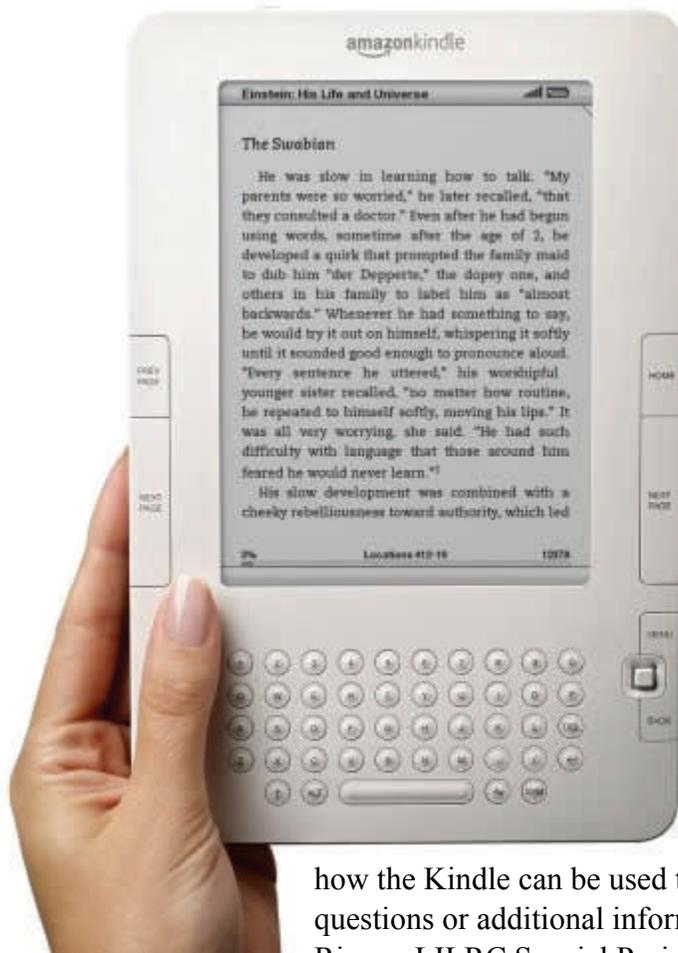
1. **Wash your hands** often with soap and water for 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
2. **Avoid touching your nose, mouth, and eyes.** Germs spread this way.
3. **Cover your coughs and sneezes with a tissue,** or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.
4. **Keep frequently touched common surfaces clean,** such as telephones, computer keyboards, doorknobs, etc.
5. **Do not use other workers' phones, desks, offices, or other work tools and equipment.** If you need to use a coworker's phone, desk, or other equipment, clean it first.
6. **Don't spread the flu!** If you are sick with flu-like illness, stay home. Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, tiredness, and sometimes vomiting and diarrhea. CDC recommends that people with flu-like illness stay home for at least 24 hours after they are free of fever without the use of fever-reducing medicines. If supervisors or employees have questions about use of leave for illness or to care for an ill family member, please contact your local Human Resources office or your office's leave administrator.
7. **Get vaccinated against seasonal flu.** It can protect you against seasonal influenza viruses, but not against 2009 H1N1.
8. **Ask your doctor if you should get the 2009 H1N1 flu vaccine.** People recommended to receive the 2009 H1N1 flu vaccine are health care workers, children, pregnant women, and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about who should get vaccinated, visit <http://www.cdc.gov/h1n1flu/vaccination/acip.htm>.
9. **Maintain a healthy lifestyle through rest, diet, and exercise.**
10. **Learn more.** Visit <http://www.flu.gov>.



# Calling All Medical Librarians

## Kindle-d on-the-go Health News

The Long Island Library Resources Council has been awarded a **Small Projects Award** from NN/LM MAR, for the project **Kindle-d on-the-go Health News**. This project aims to utilize an emerging technology—the portable hand-held device—for discovery and innovative dissemination of health-related information and news. The chosen device to accomplish this is the Kindle, Amazon's 6" wireless reading device.



LILRC is loaning two (2) Amazon Kindles for a 3-week (21-day) period. Each device is packed with:

- Health-related news articles
- Selected readings on Kindles and libraries
- Subscription to AP Science (Kindle Edition)
- Top Sciences News Blog
- Podcasts
- Bookmarks for basic web browsing of health-related info

Please visit the Kindle-d on-the-go Health News page online at:

[www.kindledhealthnews.wordpress.com](http://www.kindledhealthnews.wordpress.com) for additional resources including the Kindle Loan Form, Evaluation Form, Help Guide, and Additional Resources.

Don't wait, sign up today! Learn about and test this emerging technology and explore

how the Kindle can be used to deliver health-related information. For questions or additional information on this project, please contact Christina Rivera, LILRC Special Projects Librarian, at 631-675-1570, ext. 205.

**This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. NO1-LM-6-3501 with the New York University School of Medicine.**

## MEDLI Listserv

### Stay Connected

Do you have a question or want to share some information? Then be sure to use the MEDLI listserv. You can subscribe to the listserv at: <https://lists-1.liu.edu/mailman/listinfo/cwp-medli>.

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**Visit MEDLI on the web @  
[www.medli.net](http://www.medli.net)**

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2009-2010

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**MEDLI**

MEDICAL & SCIENTIFIC LIBRARIES OF LONG ISLAND

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