



CHRC News

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Introduction

It always seems to happen on the day before a holiday. Your patron is not looking for the **American Heart Association cookbook** (New York : Ballantine, 1994) but for recipes and information about less-frequently encountered dietary problems requiring specialized resources. In *Medical Conditions and Special Dietary Needs*, we have highlighted selected web sites and print sources to assist you in finding this information.

In the News

MBLC Issues New CHRC Contract

We are very pleased to announce that for the second time, Treadwell Library of the Massachusetts General Hospital has been awarded the contract to serve as the Consumer Health Reference Center (CHRC) for the Commonwealth of Massachusetts. The contract with the Massachusetts Board of Library Commissioners (MBLC), provides funding for two years with opportunity for two renewals over a five year period. This means that Treadwell Library will continue to serve as the Consumer Health Reference Center library for members of the regional library systems until at least June 30, 2003. We at Treadwell would like to take this opportunity to say a sincere and hearty "thank you" to those of you who have used the CHRC services and expressed your

satisfaction to the MBLC. We are delighted to be able to continue to offer this service to all member libraries.

Upcoming CHRC/Gale Health & Wellness Resource Center Workshops

The CHRC will join with Gale Group representatives to offer combined workshops covering CHRC resources and the new Gale Health and Wellness Resource Center database on the following dates:

- October 15, 1:00-3:45pm, WMRLS - Hatfield
- October 17, 1:00-3:45pm, MWRLS - Waltham
- October 23, 1:00-3:45pm, CMRLS - Shrewsbury
- October 25, 1:00-3:45pm, Boston Region - Boston Public Library

Mark your calendars now, and watch for flyers from the MBLC, set to arrive early in September. Keep in mind that members of a regional library system may attend workshops in any location.

CHRC at WMRLS Basic Reference Series

CHRC will be joining with the Statewide Legal Reference Service (SLRS) and MassBedrock on Tuesday, October 17 in Hatfield at the Western Regional Office, and Thursday, October 18 at the Lee

Library, to offer joint workshops in the WMRLS Basic Reference Training Series for library directors in towns under 10,000. Both sessions will run from 10:00am to 1:00pm. Contact the Western Regional Office at 413-247-9306 for further details.

CHRC Web Site

<http://www.mgh.harvard.edu/library/chrcindex.html>

The CHRC web site has undergone some design changes that we hope you will like. The site has always been ADA (American with Disabilities Act) compliant but now carries the "Bobby Approved" icon as proof of this. As part of our new contract with the state we aim to improve the organization and content of the site, so please share with us any ideas or comments you may have.

The *CHRC News* is now archived in PDF format, making it easy for you to print extra copies. A text version of the *CHRC News* will also be available to comply with ADA requirements.

Special Health Library Coalition Meeting

Martha Stone, Treadwell Library's Coordinator for Reference Services, presented "Strategies for Finding Health Information in Languages Other Than English" at the Special Health Library Coalition (SHLC)'s quarterly meeting in April, 2001. Topics covered included ways to evaluate web sites when you are not familiar with the language; use of Google's Advanced mode to search for non-English language health information, at http://www.google.com/advanced_search;

consumer health web sites in non-English languages, such as Yahoo in Spanish, <http://espanol.dir.yahoo.com/Salud/>, and the extensive polyglot site from the NSW (New South Wales, Australia) Multicultural Health Communication Service, available at <http://mhcs.health.nsw.gov.au/health-public-affairs/mhcs/index.html>.

Web sites in the News

CAPHIS

<http://caphis.mlanet.org>

The newly redesigned web site of the **Consumer and Patient Health Information Section (CAPHIS)** of the Medical Library Association contains links to carefully selected "web sites you can trust." Click on **Link to the CAPHIS Top 100** and arrow down to **Total List of all Recommended Web Sites** to find <http://yoursurgery.com/index.cfm>, a multimedia database of operative procedures designed to educate consumers about their surgery, using diagrams and animation. The CAPHIS web site also includes much collection development information ranging from materials suitable for a small public library to specialized collection development bibliographies for areas such as pediatrics.

Closing the Gap

<http://www.omhrc.gov/OMH/sidebar/omh-publications.htm>

Closing the Gap is a newsletter from the **Office of Minority Health of the U. S. Department of Health and Human Services**. Click on **Archived CTG Issues** for past issues, available full text to 1995. The

February/March issue covers topics such as standards for cultural and linguistic competence in health care, a bibliography of cultural competency assessment tools, and more.

Health Information on the Internet

<http://jama.ama-assn.org/issues/v285n20/rfull/joc02274.html>

With its subtitle "Accessibility, Quality, and Readability in English and Spanish" this article from the May 23-30, 2001 issue of *JAMA* was the focus of media attention when it was published. Using the topics of breast cancer, obesity, depression, and childhood asthma, the authors assessed fourteen search engines for accuracy, comprehensiveness and consistency. Sites were evaluated by thirty-seven physicians from around the United States. They also evaluated Spanish-language web sites for the same topics. You can read the full study as well as other information and links to media coverage, at <http://ehealth.chcf.org/view.cfm?section=Industry&itemID=3973>

Multilingual Health Education Network

<http://www.multilingual-health-education.net/index2.html>

Please note that this excellent web site, Canada's multi-language resource for professional health care providers, has a new URL, listed above.. (Its previous URL, <www.healthtrans.org>, now links to a pornography site.) Farsi and Hindi are some of the nine languages available. Click on Vietnamese, for instance, to link to PDF files on childhood diseases or common surgical procedures, and vaccination.

Medical Conditions and Special Dietary Needs

AIDS/HIV

Nutrition for Healthy Living (NFHL)

http://www.tufts.edu/med/nutrition_HIV/newletter/Newsletter.html

Since 1996, **Tufts University's School of Medicine Nutrition/Infection Unit** has been providing information on nutrition and HIV to over 15,000 people worldwide via the *NFHL Newsletter*. Though there is no search engine, it is easy to see the topics listed in the table of contents of each issue. For example, the Spring, 2000 issue includes an article, "Chillin' in the Freezer Lane" listing price, protein, and fat for a number of popular frozen dinners. The same issue includes several recipes. There are over a dozen links to governmental, educational and commercial **Nutrition and Fitness** sites related to AIDS/HIV at http://www.tufts.edu/med/nutrition_HIV/links/HIVLinks.html#nutrition

Cancer

American Cancer Society

<http://www.cancer.org>

The **American Cancer Society (ACS)**'s site includes information on nutrition for children and adults. Click on **Living with Cancer**, then **Coping with Cancer**, and from the drop-down menu box, choose **Nutrition for the Child with Cancer**. Information available includes suggestions for increasing calories and proteins, as well as recipes. For adults, choose **Nutrition for**

the Person with Cancer. Many topics are available; choose, for instance, **Managing Eating Problems during Treatment.** From the options listed, click on **Nutrition for Individuals with Altered Immune Function.** There is information on foods to avoid, food-handling tips, grocery shopping, and dining out.

Oncolink

<http://www.oncolink.upenn.edu/support/nutrition/>

Once again, Oncolink makes an appearance in the *CHRC News*, this time for its many links to books and FAQs about nutritional support during cancer treatment. For example, click on **OncoTip of the Day: Esophagitis**, for foods to eat and avoid in coping with esophagitis, an inflammation of the esophagus that causes pain and discomfort with swallowing. It is a common side effect of radiation treatment for lung cancer, Hodgkin's Disease, Non-Hodgkin's Lymphoma, and head and neck cancers. Chemotherapy may also cause esophagitis.

Digestive Diseases

Crohn's and Colitis Foundation of America (CCFA)

<http://www.ccfa.org/medcentral/library/diet/>

CCFA's mission is to cure and prevent Crohn's Disease and ulcerative colitis through research, and to improve the quality of life of children and adults affected by these digestive diseases. The **Library: Diet, Nutrition and Fitness** section of the CCFA site covers a wide variety of nutritional and dietary information. Included are links to food sources for vitamins and minerals; alcohol and inflammatory bowel

disease (IBD); and specific diets (e.g. low residue, low fiber) for increasing calories and proteins and recipes.

National Digestive Diseases Information Clearinghouse

<http://www.niddk.nih.gov/health/digest/pubs/lactose/lactose.htm>

The NIDDK's **Lactose Intolerance** page includes help in planning a high-calcium and low-lactose diet, as well as "hidden lactose" foods, and a link to an easy-to-read brochure, "Why Does Milk Bother Me?"

Food Allergies

Celiac and Gluten-Free Diet Support Page

<http://www.celiac.com/>

The purpose of this site is to provide people who have celiac disease or gluten intolerance, and are not aware of it, with a means of figuring out what their problem is, and to help those who know they have it lead more comfortable and healthy lives. Arrow down the page to find links to **Safe and Forbidden Foods for Gluten-Free Diets.** These are lengthy, alphabetic lists, some of which contain links. There are **Recipes and Cooking Tips** as well as links to **Gluten-Free Specialty Food Companies.**

Food Allergy & Anaphylaxis Network

<http://www.foodallergy.org/>

The **Food Allergy & Anaphylaxis Network (FAAN)** was established in 1991. Its membership includes families, dietitians, nurses, physicians, school staff,

representatives from government agencies, and the food and pharmaceutical industries. Click on **Managing Food Allergies in Schools** to view information relevant to parents, teachers, bus drivers, school nurses, and young students, including an **Emergency Health Care Plan**, suitable for displaying in public places, in both English and Spanish. Click on **Recipe of the Month** for milk-free, egg-free, wheat-free, peanut-free, soy-free, or nut-free recipes. The home page includes links to up-to-the-minute allergy alerts.

Osteoporosis and Related Bone Disease National Resource Center (ORBD~NRC)
<http://www.osteoporosis.org>

ORBD~NRC is a resource center funded by a grant from the National Institute of Arthritis and Musculoskeletal and Skin Diseases of the National Institutes of Health. Click on **Newsletters** to see Parts I and II of **Nutrition and the Skeleton**, including information about calcium absorption. To use the **search engine**, enter a word, preceded by a plus sign (e.g. **+bread**). **Osteoporosis Overview** lists bread fortified with calcium as an example of a good food source. Click on **Bone Links** for other resources providing information about osteoporosis, Paget's disease, osteogenesis imperfecta, and related metabolic bone diseases.

General Information
Tufts University Nutrition Navigator
<http://navigator.tufts.edu/about.html>

Tufts University nutritionists apply rating and evaluation criteria developed by the

Tufts University **Nutrition Navigator** Advisory Board to each of the web sites included at this site. Governmental, academic and organizational sites are represented, and are grouped under broad headings. Click on **Special Dietary Needs**. Choose, for example, **Meals for You**, which rates 23 out of a possible 25 points. This less-than-perfect score is due to the Tufts nutritionists caveat that "the recipes appear to be sorted by a nutrient analysis program, meaning that no person selected and placed recipes into the specific nutrient categories. While the numbers are all correct, such a focus on a single nutrient can often skew how healthy (or unhealthy) a dish really is." This review links to the site itself. Click on **Diet** to find recipes for, among others, Kosher, Vegetarian, or Wheatless and Dairyless diets. The **Advanced Search** for recipes allows you to check off a wide range of ingredient categories to exclude, for example, yeast, corn products, and gluten. You can also choose to look for recipes with high or low levels of vitamins or minerals.

In Print

Coping with prednisone : (and other cortisone-related medicines) : it may work miracles, but how do you handle the side effects? / Eugenia Zukerman and Julie R. Ingelfinger / New York : St. Martin's Griffin, 1997

"An estimated one million people in the United States take high doses of prednisone and related drugs (glucocorticoids) yearly" state the authors. These drugs, effective in alleviating many illnesses and conditions, also have side effects ranging from possible

weight gain to redistribution of body fat. Several chapters are devoted to nutritional guidelines and recipes for various age groups.

Everything you need to know about medical treatments / Springhouse, PA : Springhouse Corp., 1996

One of this popular book's chapters, **Treating Nutritional and Metabolic Disorders** includes diets for a wide variety of problems. There are instructions for low-purine diets, fiber-modified diets, low-phenylalanine diets, and more.

Finding recipes and nutritional information for less-commonly encountered illnesses and conditions can be time-consuming. Don't hesitate to ask us for assistance on this or any other subject. Please let us know if there's a topic you'd like to see covered in the *CHRC News*.

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<http://www.mgh.harvard.edu/library/chrcindex.html>