

Healthy Hearts through Healthy Lives
Pathfinder

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R 610.3 Mag		Magill's Medical Guide
R 612 Guy	Guyton, Arthur C.	Textbook of Medical Physiology
R 612.04 Wil	Wilmore, Jack H.	Physiology of Sport and Exercise
R 613 Lev	Levchuck, Caroline M.	Healthy Living
R 616 Med		The Medical and Health Encyclopedia
613.7 Pre		Precision Heart Rate Training
616.1075 Car		Cardiopulmonary Exercise Testing and Cardiovascular Health
575.1 Ede	Edelson, Edward	Genetics and Heredity
R 616 Sic		Sick! Diseases and Disorders, Injuries and Infections

616.1 Mye	Myers, Jonathan	Essentials of Cardiopulmonary Exercise Testing
R 616.003 Hum	Volumes 1, 2, & 3	Human Diseases and Conditions
Vertical File		Check the Vertical File for information from U. S. Government sources Ex. Heart Disease in Women High Blood Pressure How to Keep Your Heart Healthy Let's Eat for the Health of it

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Databases:

[TEL](#) (Tennessee Electronic Library)

- No passwords needed.
- All of TEL can be cross-searched from one easy search; however, this sometimes takes a long time for the search to be completed. It is recommended that you use the shortcuts.
- Use the Advanced Search to choose specific databases.
- Search by keywords and Boolean operators.
- APA citations provided. In the Tool Box, click on Citation Tools
- Hint: [The Gale Virtual Reference](#) database provides excellent resources, especially those from the [Gale Encyclopedia of Medicine](#).
 - Search within 'Medicine'
- TEL Shortcuts
 - Homework shortcut → Student Resource Center in Context
 - References include pamphlets
 - News, magazines and academic journals, podcasts, video, statistics (charts & tables) and images
 - Don't use Plot Summaries & Critical Essays
 - Recommended websites
 - Research shortcut → Gale PowerSearch
 - Research Hint: Click on the Books tab to get to the Gale Virtual Reference articles
 - Search by keyword then you can search by publication type. Also see related subjects on the left
 - See citation tools on the right. Change style to APA 6th Edition

[IPL2](#) (Internet Public Library) Great Internet sources

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Recommended Websites:

[Aetna IntelliHealth](http://www.intelihealth.com/) (www.intelihealth.com/)

Aetna IntelliHealth's mission is to empower people with trusted solutions for healthier lives.

[American Heart Association](http://www.americanheart.org/) (www.americanheart.org/)

The American Heart Association's mission is to reduce disability and death from cardiovascular diseases and stroke.

[Body Mass Index Calculator](http://health.howstuffworks.com/wellness/diet-fitness/weight-loss/bmi1.htm) (<http://health.howstuffworks.com/wellness/diet-fitness/weight-loss/bmi1.htm>)

Established by the federal government as a standard to determine obesity.

[Centers for Disease Control and Prevention](http://www.cdc.gov/) (CDC) (<http://www.cdc.gov/>)

[Food and Nutrition Center](http://www.nal.usda.gov/fnic/) (<http://www.nal.usda.gov/fnic/>)

The Food and Nutrition Information Center is part of the [U.S. Department of Agriculture](#) (USDA) and the [Agricultural Research Service](#) (ARS) and is partners with the [University of Maryland's Department of Nutrition and Food Science](#) and [Howard University's Department of Nutritional Sciences](#).

[The Franklin Institute](http://sln.fi.edu/biosci/healthy/exercise.html) (<http://sln.fi.edu/biosci/healthy/exercise.html>)

Exercise information. Click Home button for more healthy heart information.

[Health](http://www.health.com) (www.health.com)

The online version of [Health](#), a health and wellness magazine that covers well-being, fitness, nutrition, and beauty.

[Healthfinder](http://healthfinder.gov/) (<http://healthfinder.gov/>)

A Service of the National Health Information Center

[Healthy Heart Foundation](http://heart.kumu.org) (<http://heart.kumu.org>)

The Healthy Heart Handbook online.

[Healthy Heart Guide](http://www.healthy-heart-guide.com/index.html) (<http://www.healthy-heart-guide.com/index.html>)

[The Heart Information Network](http://www.heartinfo.org/) (www.heartinfo.org/)

Patient guides about heart attack, blood pressure, cholesterol, stroke, diet and more.

[Kid's Health](http://kidshealth.org/) (<http://kidshealth.org/>)

Provides doctor-approved health information about children from before birth through adolescence. It is sponsored by The Nemours Foundation's Center for Children's Health Media.

[MayoClinic.com \(www.mayoclinic.com/\)](http://www.mayoclinic.com/)

Useful and up-to-date information and tools that reflect the expertise and standard of excellence of Mayo Clinic.

[Memorial Hospital \(http://www.memorial.org\)](http://www.memorial.org)

Local information. Memorial always features healthy heart info in February.

[National Institute of Health \(www.nih.gov\)](http://www.nih.gov)

Founded in 1887, the National Institutes of Health today is one of the world's foremost medical research centers, and the Federal focal point for medical research in the United States. The NIH, comprising 27 separate Institutes and Centers, is one of eight health agencies of the Public Health Service which, in turn, is part of the U.S. Department of Health and Human Services.

[National Heart, Lung and Blood Institute \(www.nhlbi.nih.gov/index.htm\)](http://www.nhlbi.nih.gov/index.htm)

The National Heart, Lung, and Blood Institute (NHLBI) provides leadership for a national program in diseases of the heart, blood vessels, lung, and blood; blood resources; and sleep disorders. Since October 1997, the NHLBI has also had administrative responsibility for the NIH Woman's Health Initiative.

[Stay Young at Heart: Cooking the Heart Healthy Way](http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm)

[\(http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm\)](http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm)

From appetizers to dessert --heart-healthy recipes from the National Institute of Health

[U. S. Food and Drug Administration \(http://www.fda.gov/default.htm\)](http://www.fda.gov/default.htm)

Use the search box or go to the A-Z index.

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References:

[Son of Citation Machine](#)

This will make your title page and open in MS Word. Let Citation Machine make your citations AND your internal documentation entries.

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