

FootNotes

WINTER 2015, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

New Dietary Guidelines Draw Praise, Criticism!

Diet and nutrition are considered two of the foundations of good health and something that can be controlled for better individual health. Published every five years, the [2015-2020 Dietary Guidelines for Americans](#) is the go-to source for nutritional information and guidance.

The Dietary Guidelines were first released in 1980. Then Congress mandated that starting in 1990 both the Health and Human Service (HHS) and USDA would jointly review, update, and then publish them every five years. Its evolution now encompasses the addressing of pressing public health concerns along with the nutritional needs of specific populations creating evidence-based food and beverage recommendations promoting health, chronic disease prevention, and the achieving of healthy weight and ways to maintain it.

Much criticism came from [True Health Initiative](#), a coalition of more than 250 world-renowned health experts from 30 countries. The coalition members include physicians, nutritionists, scientists, and authors. The main focus of their work is on the concept of “lifestyle as medicine”.

Bottom line, healthy eating patterns along with a regular exercise regimen goes a long way in achieving and maintaining good health while reducing some chronic disease risks.

Welcome Back Online Access to JAMA!

Online access to [JAMA](#) was recently re-established with an electronic subscription through the Stanley K. Davis Library at Samaritan Albany General Hospital. All issues from 1998 - present calendar year are available but only when on the SHS Intranet. You will find print issues available in the GSRMC, SAGH and SLCH libraries, as well.

The [JAMA](#) issues available online through the subscription have all been “tagged” in the [PubMed](#) database of the medical literature with the SHS Logo appearing in the ABSTRACT display format.

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The National Library of Medicine provides the option of submitting citations prior to their publication in its published or print form. This option is used for those publications in which the date of the article's electronic publishing predates publication in the journal issue or volume. When articles are initially made available on a website (publishers' or others), the publisher or provider sends the same citation data made available to the public for its inclusion in the [PubMed](#) database.

As stated on the [PubMed](#) database site, many of these citations contain only partial citation information --- perhaps it may be an article title with full abstract but without volume, issue or page numbers. That is the perfect moment for you to contact one of the Samaritan librarians who possess the expertise and knowledge to verify, locate, order (if need be), then deliver the article to you in its full text.

Contact us via the [Medical Library Gateway](#) again using our [Requests](#) Form choosing Article Request from the drop-down menu by Request Type. If you are unable to use the Request Form or your preference is to [email us directly](#), feel free to do so!

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which is easily obtainable by contacting one of the library staff members who will be happy to set up your ClinicalKey account. In addition, the American Osteopathic Association (AOA) has approved ClinicalKey for AOA Category 2-B CME credit.

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We offer in-service to anyone wanting to know how to make use of the many services and resources made available to all through your libraries. From the steps involved in researching a topic to finding articles or even locating images for a presentation, we can help.

Feel free to contact any library staff member via telephone, email, or use our Request Form. Contact information for any of the three medical libraries can be found directly below.

Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200 / 80-6200

Stanley K. Davis Library at SAGH - 541.812.4446 / 82-4446

Medical Library at SLCH - 541.451.7173 / 81-7173