

# FootNotes

SPRING 2016, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

## **A MIND Diet May Help Prevent Alzheimer's? Possibly!**

MIND Diet? Newly published research by a group of researchers from the Rush University Medical Center in Chicago, Illinois has created and studied this new diet known simply by its acronym, MIND. Led by Rush Nutritionist Martha Claire Morris, PhD along with her colleagues (all from Rush, as well) developed the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet with amazing results. The MIND diet study lowered the risk of developing Alzheimer's Disease (AD) in study participants by as much as 53 percent in those participants that adhered to the diet in the strictest sense, with those that followed it moderately well lowering their risk by nearly 35%! Again, those participants would need to be independent of any Alzheimer's disease risk.

So, just what is the MIND Diet? Think of it as a cross between both the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. These two diets have been found to significantly reduce the risk from cardiovascular conditions like hypertension, stroke and heart attack. Researchers also found that these two diets have a positive effect on protecting an individual against dementia, as well. Both of these diets also have shown reductions in AD with DASH reducing AD by 39% and the Mediterranean Diet by 54%! Just one catch, these diets must be strictly adhered to while the MIND Diet has shown success with only moderate adherence to it.

As you see table below, The MIND Diet is easier to follow than the other two as it has only 15 dietary components consisting of 10 brain-healthy food groups with 5 unhealthy groups which include red meat, butter or margarine, pastries and sweets, and fried or fast foods. Limiting the intake of these unhealthy foods is crucial to good neurological health with the MIND Diet providing benefits when only moderately followed. That cannot be said for the other two diets.

Adherence to the diet to gain the benefit from the MIND diet, one would need to eat at least 3 daily servings of whole grains, a green leafy vegetable and one other vegetable every day, drink a glass of wine daily, snack mostly on nuts, have beans every other day or so, eat poultry and berries at least twice per week, and eat fish at least once per week. Sounds like a lot of work to achieve adherence, but as an example the three daily servings of whole grains can be achieved by having oatmeal for breakfast (one serving) and a sandwich for lunch (two slices of

whole grain bread makes two servings) providing you the three daily servings. Not as difficult as it would seem.

Include These	Limit These
<ul style="list-style-type: none"><li>• <b>Green leafy vegetables:</b> every day</li><li>• <b>Other vegetables:</b> at least once per day</li><li>• <b>Nuts:</b> every day</li><li>• <b>Berries:</b> at least twice per week</li><li>• <b>Beans:</b> every other day</li><li>• <b>Whole grains:</b> three times per day</li><li>• <b>Fish:</b> at least once per week</li><li>• <b>Poultry:</b> at least twice per week</li><li>• <b>Olive oil</b></li><li>• <b>Wine:</b> one glass per day</li></ul>	<ul style="list-style-type: none"><li>• <b>Red meats</b></li><li>• <b>Butter and stick margarine:</b> less than 1 tablespoon per day</li><li>• <b>Cheese:</b> less than one serving per week</li><li>• <b>Pastries and sweets:</b> limit</li><li>• <b>Fried or fast food:</b> less than one serving per week</li></ul>

Dr. Morris said that it seems like the longer a person eats using the MIND Diet; the less risk a person will have developing Alzheimer's Disease. One point Dr. Morris and her research group stressed is that results in various populations must be confirmed along with the need for randomized controlled trials.

The Consumer Bookstore located in the Good Samaritan Regional Medical Center's Murray Memorial Library has cookbooks for both the Mediterranean and DASH Diets, with MIND Diet cookbooks on order. Check with us and we'll let you know if and when they are available.

## Your Link to Federal Statistics – [FedStats!](#)

Since 1997 access to Federal statistics has never been easier to locate. [FedStats](#) provides access to official statistical information from over 100 agencies that supply data and trend information on topics from economics and health care to aviation safety and farm production; and more. [FedStats](#) is your one location for access to the full breadth of statistical information that emanates from Federal government agencies and departments.

[FedStats](#) can be found on the [Government Agencies](#) page under [Statistical Resources](#) (national and state) of the [Medical Library Gateway](#).

## Author, Author, Want to Get a Paper Published?

Have you ever wanted to publish a paper based on your research? It can be accomplished quickly and easily. You can find the information you need to publish that paper with some simple steps!

From your laptop, PC, mobile device or tablet simply access the [Reference Section](#) page of the [Online Textbooks](#) page on the [Medical Library Gateway](#). There you will find style manuals, dictionaries, bibliographic citation tools, and for this purpose, perhaps the most important link for those wanting to publish, the [Instructions to Authors in the Health Sciences](#).

[Instructions to Authors in the Health Sciences](#) provides the information needed for you to publish in over 6,000 journals in the health and life sciences. The University of Toledo's Mulford Health Science Library has compiled the links to each of the over 6,000 journals' author instruction page. There at each journal website author page is the information for submission, format requirements, and overall instructions required is provided.

Good luck, and then let us know when you have accomplished this feat by getting published.

## I Still Want To Request An Article but.... (Reprised)

In our last issue of [FootNotes](#), we covered this topic and with the Libraries of Samaritan Health Services filling close to 550 article requests per month, we wanted to remind you the best method for your request to reach us and, ultimately, get it into your hands. Therefore, here it is once again.

Many of the requests for information that flows into the libraries are for articles that come from a [PubMed](#) search result or through a received email alerting the requestor of recently published research. Many requests of this sort are listed as *"epub ahead of print"*.

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!

## Free Access to Publishers' Zika Virus Information

Many of the major journal publishers in the health sciences have jointly made the commitment to share their Zika Virus content collections! This global emerging pandemic is spreading at an alarming rate on the planet with no cure or vaccine in sight.

Free access has been granted to articles, guidelines, reports, commentaries, and news. The most recent updated information can be found at the [Disaster Information Management Research Center \(DIMRC\)](#) of the [National Library of Medicine \(NLM\)](#).

The [Zika Virus Health Information Resource Guide](#) is your one-stop place for the latest information available on the Zika Virus. Information found here is made available from U.S. Federal Government Agencies, non-U.S. national governments, research, journal articles, surveillance, travel information, social media, and even maps! You will find the information on this website quite inclusive, updated weekly, and easy to navigate.

The [Disaster Information Management Research Center \(DIMRC\)](#) website has been available on our [Emergency Preparedness](#) page located under the [U. S. Department of Health and Human Services](#) section.

## Help Us Help You!

When you are looking for information of any kind, there is no better place to begin than with the libraries of Samaritan Health Services. The library staff is pleased to meet with you one-on-one, attend research or planning meetings, participate in department meetings, or any other presentation or instructional moments that would aid in the information process.

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