



## [Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging](#)

This free book available to you online from the [National Institutes on Aging \(NIA\)](#) is described by the agency as the centerpiece of [Go4Life](#), which is the NIA's national campaign to help you fit exercise and physical activity into your daily life. Available as a [PDF](#) download, also in [HTML](#) (directly at website), or in its hardcopy book form (which you would need to [order](#) this format directly from NIA directly).

The Go4Life program along with this book provides you a safe and healthy way in getting started with essentials for setting a path to good health. Along with exercise, goal setting and healthy eating are cornerstones to help you get there.

Don't worry if you've never exercised, or if you stopped exercising for some reason, this book and the program are aiming to help you get moving. [Exercise & Physical Activity: Your Everyday Guide](#) from the National Institute on Aging is for everyone—those who are already healthy and those who live with an ongoing health problem and would like to remain or get healthier.

By clicking on the book's title, you've just taken the first step toward good health now and in the future.

## Exercise May Cut Your Risk to 13 Cancer Types!

A [study](#) of over 1.44 million people by the National Cancer Institute (NCI) published in the [June, 2016 issue of JAMA Internal Medicine](#) (available only in print in Murray Memorial Library) reported that physical activity is associated with a lower risk of 13 cancer types, including three of the most common cancers – breast, colon, and lung cancers. By meeting the stated recommended amount of physical activity such as 150 minutes per week of moderate exercise to 75 minutes of vigorous exercise was shown to be associated with a lower risk.

So, just what are some of these lower risk percentages of some of these cancers? Greater levels of physical activity showed a lower risk in breast cancer by 10%, 16% for colon cancer, and 26% for lung cancer.

It is not clear just how exercise and physical activity (in general) might provide protection against cancer. Lead author Steven Moore, PhD stated that exercise might be beneficial in changing hormone levels, inflammation levels, digestion and an overall balance in energy levels. What was clear was the connection between excess weight and cancer. In fact, obese participants in the study who exercised were less likely to develop most cancers than those peers that remained sedentary.

So get up and get moving!



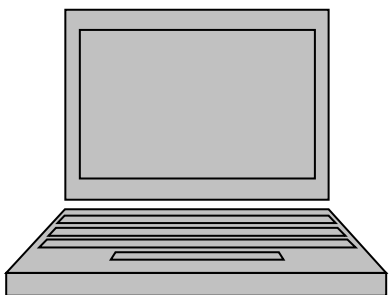
So, just what is MeSH? Why should I know? Should I care? And why should I use [MeSH on Demand](#)?

All good questions to ask; however, if you are looking for medical information published in the health sciences literature, then yes!, you should know and should care.

Let's begin with just what MeSH is. [MeSH \(Medical Subject Headings\)](#) is the controlled vocabulary thesaurus of the National Library of Medicine. It consists of sets of terms naming descriptors in a hierarchical order permitting searching. These descriptors are arranged then presented in both alphabetical as well as, hierarchical order. The MeSH thesaurus is utilized by the National Library of Medicine for indexing articles in the 5400+ journals in the PubMed/Medline database along with its use in the cataloging of books and other materials in the LocatorPlus online catalog of the National Library of Medicine.

One of the main reasons to know about and how to use [MeSH](#) is that search queries utilize this vocabulary to find items on a desired topic.

[MeSH on Demand](#) identifies MeSH Terms in the text you use as you type your topic sentence into the MeSH on Demand search box. After processing what has been input by you, MeSH on Demand returns a list of MeSH Terms relevant to your text. Keep in mind that this is all performed and generated by a machine rather than a human.



## Journal Moves

A number of journals subscribed to by the Libraries of Samaritan Health Services have moved or will be in the process of moving as the calendar year ends and a new one begins. One of the journal titles that has moved is CHEST which is now available on [ScienceDirect](#). Another journal that is in the process of moving to another online platform is Journal of Bone & Joint Surgery-American; (better known as JBJS-A) will now be found on [OvidSP](#). The full-text links which show up in the Abstract Display Format of our [PubMed](#) link will reflect the move to their new online homes. Please keep in mind that some journals still reside on the two different online services, such as the two mentioned. The reason that may be is that we have purchased archives of numerous titles that go back beyond their current online home. It would be the same journal, simply older back issues.



**NCBI**  
National Center for  
Biotechnology Information

## NCBI: National Center for Biotechnology Information has Webinars

Did you know that [NCBI](#), home of the National Library of Medicine (NLM) and its [PubMed](#) database of the medical literature creates a variety of educational products including webinars (amongst others) which are freely available educational materials to use, re-use, and distribute all without a cost. Some webinars can be as short as fifteen minutes. A tab can be found on the homepage for [archives](#) of webinars and courses that link to materials and / or recordings from previous programs.

## Have a Case Report and Want to Publish It?

Have you ever wanted to publish a case report? It can be accomplished quickly and easily. You can find the information you need to publish that case report with some simple steps!

The Himmelfarb Health Sciences Library at George Washington University created a webpage that may offer some assistance. Point your browser to [Case Reports: Where to Publish Case Reports](#). At the top of the page are tabs for helping you write then publish case reports. Since many of the journals that publish case reports are Open Access journals, meaning that the author may have to pay an article processing fee in exchange for having the article made readily available for all without the need for a subscription. There is table of many of these journals by title (which links to the journal, just click on it) providing the charge to the submitting author. This table gets updated when required.

One of the best known and highly visible publications to submit your case report to is the [Journal of Medical Case Reports](#) where the peer-review process, swift publication timeline, and article indexing in such databases as PubMed, CINAHL, Scopus, among others just to name a few. One nice aspect of submission to this publication is that you (the submitting author) will hold the copyright on your submitted article providing you the opportunity to freely reproduce and disseminate your work.

Still not sure if Open Access journals are the right place for you to publish? Then read on and see where and how you may find a more appropriate journal to submit to.

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 discussion, 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](#)

provide 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 an overall instruction required is provided.

Good luck, and then let us know when you have accomplished the feat of getting your research published.

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

In a past 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

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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!



## 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