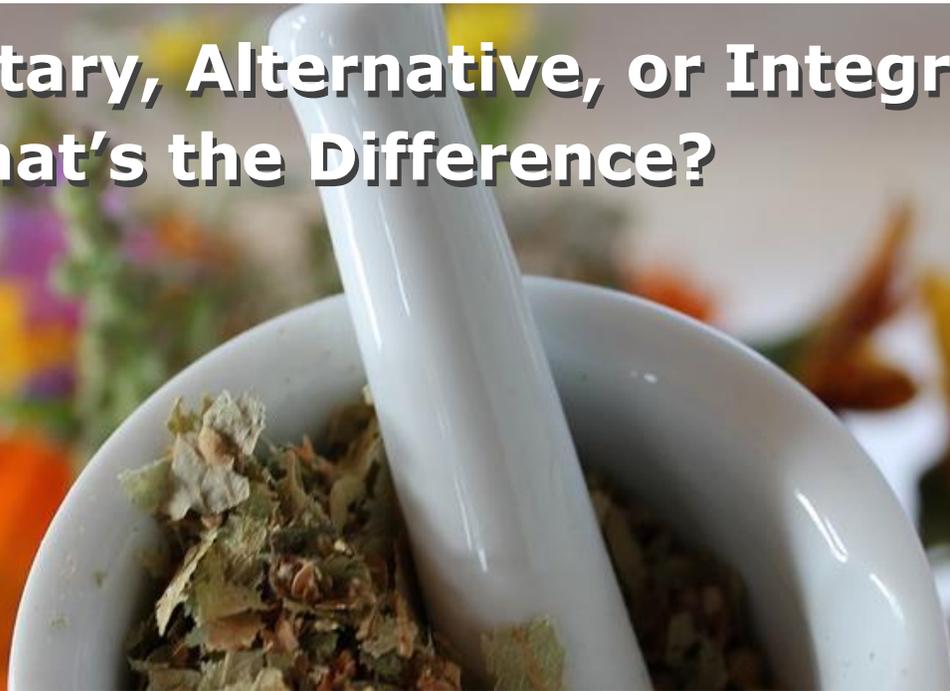




Complementary, Alternative, or Integrative Health – What’s the Difference?



It seems that we have all been bombarded with the words complementary, alternative and integrative but what do they mean in terms of healthcare? We will attempt to provide the information that looks at these three words and help you understand them better.

More than 30 percent of adults and about 12 percent of children—use health care approaches developed outside of mainstream Western, or conventional, medicine. The most popular of these words are alternative and complementary which seem to be used interchangeably but in reality, are very different from how each is used within the scope of healthcare. When a non-mainstream practice is used with conventional medicine it is considered [complementary](#). When this non-mainstream practice is used in place of conventional medicine, it is then considered [alternative](#). Most people utilize non-mainstream practices in conjunction with conventional medicine (complementary), rather than to the exclusion of it (alternative).

[Integrative](#) medicine involves the bringing together of both conventional and complementary medicine approaches together in a coordinated manner. The utilization of this integrative medicine approach to both health and wellness has been gaining a greater share of care in healthcare settings. Medical school students and residents are not only taught the principles of integrative medicine but how to incorporate it into medical practice. As healing-oriented medicine in practice, it takes into account and emphasizes the whole person including their lifestyle. The therapeutic relationship born out of this between physician and patient creates this partnership in healing. It utilizes both the complementary and conventional methods of healing. More importantly though, are the broader concepts of health promotion and the prevention of illness contribute as important components of the principles of the integrative approach to individual health and wellness. One very important aspect as well is the evidence and research involved in the advocated therapies.

The [Medical Library Gateway](http://www.samlib.com) (www.samlib.com) has many resources to assist you with comprehensive researching or a simple lookup of a topic.

January is Thyroid Awareness Month

Ask the average American what they know about their thyroid and they will tell you that they know we have one. Beyond that, they know it has a function but what it is, they do not know. There are over 30 million Americans who have a thyroid condition with half of that number not knowing it and then there are those who are unaware of their issue (redundant) or have been misdiagnosed. The American Association of Clinical Endocrinologists created this informative [AAACE Thyroid Awareness](#) website. There is information on various thyroid conditions and disease including self-check option among others.

Take the time to get the facts and see just how many organs and their functions are influenced by a healthy and unhealthy thyroid.

Pillbox

Pillbox

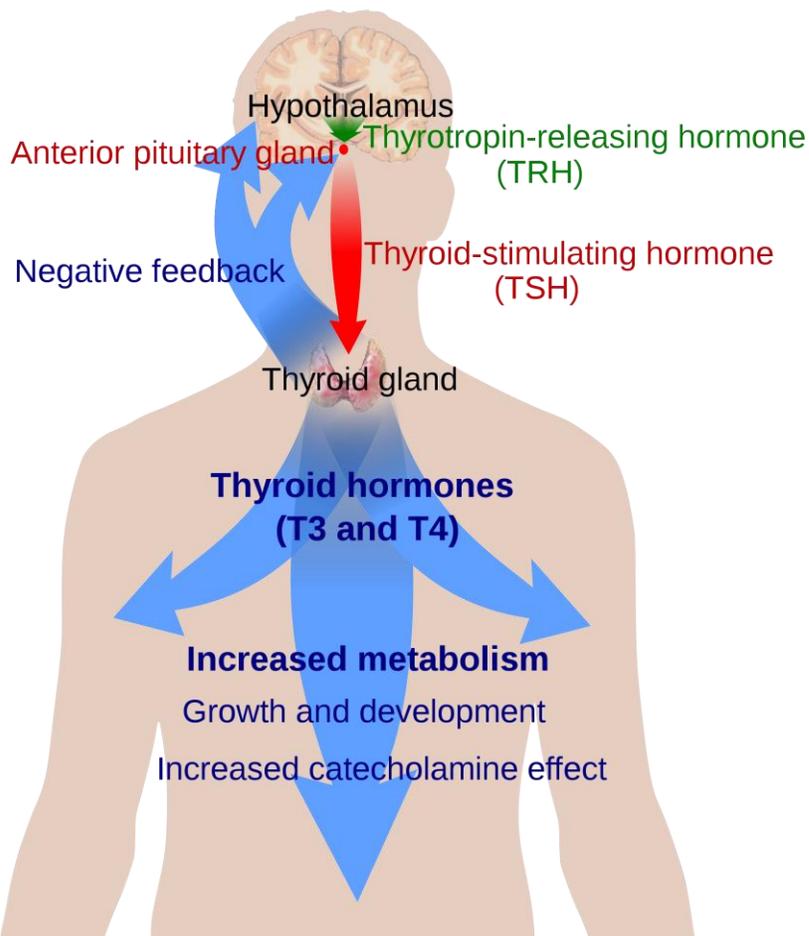
The National Library of Medicine developed [this website](#) as an aid in identification of unknown pills. According the website, this is only for oral solid dosage medications, referred to as pills. With the combination of images of pills with appearance and other information to enable users to visually search for and identify oral solid dosage form medications.

Once a pill has been identified, the additional information that is provided includes brand/generic name, ingredients, and the National Drug File identification number. Links are provided to NLM drug information resources, such as drug labels from [DailyMed](#) and the [Drug Information Portal](#), which searches NIH and FDA drug information resources. Presently, there are over 5,500 pill images and growing!

If you still cannot find what you may be looking for, not to worry, the Library staff is quite adept at working with you to formulate a strategy using both MeSH Terms and additional keywords to research then locate just what you want regardless of the amount of information made available to us.

Simply contact us by using the [Request Form](#) found on www.samlib.com which will provide the appropriate boxes for you to fill in with the information we need to obtain it for you. You may also use the [Outlook Mail Address Book](#) looking for the **SHS Library Group** which will send the request to all library staff as does the [Request Form](#). Call us if you need to, as well.

Thyroid system



Continue to Protect Yourself From the Flu!

Flu season is in full swing and what you don't know could hurt you! The flu should be taken seriously as it is not only contagious but could also lead to hospitalization and in some instances, even death. Getting vaccinated is the best way to be protected from the flu.

In addition, there are some simple steps you can take every day to help protect yourself from the flu. One of the easiest and best ways is to wash your hands with soap and water or an alcohol-based hand rub. Simply put, if you are sick with flu-like symptoms, stay home for a minimum of 24 hours after your fever is gone.

The Centers for Disease Control and Prevention also has great Seasonal Flu information to protect yourself and others from the flu. To find out the facts or where you can get your influenza vaccination (if not a Samaritan employee) Flu.gov is a great place to get what you need to help protect you and others from the flu!



Winter Driving Skills You Need To Know!

This may seem like a “no-brainer” but sometimes we’re in such a rush to get where we are going you start the car and go! Before you hit the road you should clear snow and ice from all windows and lights – even the hood and roof before getting behind the steering wheel. And when behind the wheel, leave plenty of room for stopping between you and that vehicle ahead of you.

You should use your brakes carefully by braking early and braking correctly depending on the conditions of both the road and immediate weather. Keep in mind that in adverse conditions it takes more time and distance to stop.

There are many more tips on the web for you to keep in mind but you should never attempt to out drive the conditions. Keep in mind that the posted speed limits are for dry road conditions. To find more tips for yourself, check out these websites:

[AAA-Winter Driving Tips](#)

[National Traffic Safety Institute \(NTSI\)-Winter Driving Safety Tips](#)

[Oregon-Winter Travel Tips and Information](#)

Winter driving can be safe with proper planning while using extra caution.



Walking on “Thin Ice”

During these winter months how often have you found yourself heading out of your home or workplace for a walk? And as you did, were the sidewalks and streets covered with ice?

With the slippery aspects that ice brings, falling is a major concern. With this concern comes the possibility of broken bones, sprains, strains, and other trauma. Well, there is someone that has it figured out and we can learn from them. It is the penguin!

So, the key to what the penguin does is so simple and straightforward we wanted all of our readers to know the technique. The penguin seems to waddle but what really is occurring is the center of gravity of the penguin remains over their front leg with their “arms” at their sides. We may look a bit funny doing it but it works! Try it and stay safe (and upright).

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