

A guide to *Health Source* *Consumer Edition*

What is Health Source: Consumer Edition?

Health Source Consumer Edition is a consumer health database that includes full text to consumer health periodicals, pamphlets, and reference books. A medical dictionary is also available.

What can I do with it?

You can use this database to find health information aimed at the general public, including over 5 000 patient handouts (“Clinical Reference Systems”) that are available in English, Spanish, German and Portuguese. Articles from popular magazines such as *American Fitness*, *Better Nutrition*, *Harvard Health Letter*, *HealthFacts*, *Men's Health*, *Muscle & Fitness*, and *Prevention* are also available.

How do I get to it?

To get to Health Source: Consumer Edition:

- 1) Go to www.shirp.ca
- 2) Click on the “Search for articles on your topic” link under the heading “Find an Article”
- 3) Scroll down the page until you see “Health Source: Consumer Edition” in the alphabetical list
- 4) Click on the heading above the description
- 5) If you are accessing this database from outside a health region facility, you may be asked to log in if you have not done so already



The main search screen for Health Source: Consumer Edition is made up of:

1. **Search box:** for searching for articles by keyword.
2. **Search History:** keeps track of what you've looked for and how many results you got. This is where you can combine searches to narrow down your results.
3. **Limits:** lets you narrow down your results to items that fit specific criteria, such as year of publication.

The screenshot shows the EBSCO Health Source search interface. At the top, there is a navigation bar with links for 'New Search', 'Subjects', 'Publications', 'Medical Dictionary', and 'More'. On the right, there are links for 'Sign In to My EBSCOhost', 'Folder', and 'New Features!'. Below the navigation bar, the search area includes the EBSCO logo, a search box containing the text 'Health Source - Consumer Edition', and a 'Search' button. A red box with the number '1' highlights the search box. To the right of the search box is a 'Clear' button and a help icon. Below the search box, there are links for 'Basic Search', 'Advanced Search', 'Visual Search', 'Search History/Alerts', and 'Preferences'. A red box with the number '2' highlights the 'Search History/Alerts' link. Below the search area is a 'Search Options' section with various filters. A red box with the number '3' highlights the 'Limit your results' section, which includes options for 'Full Text', 'Publication Type', 'Number Of Pages', 'Image Quick View Types', 'Apply related words', 'Also search within the full text of the articles', 'Scholarly (Peer Reviewed) Journals', 'Publication', 'Published Date from', 'Cover Story', 'Image Quick View', and 'PDF Full Text'.

This example illustrates a step-by-step approach to searching Health Source: Consumer Edition for information about **children and sunscreen**. It is usually a good idea to look for different concepts one at a time, and link them in the Search History later on. Type the first term you are looking for - *sunscreen* - into the search box, then click the “Search” button.

The screenshot shows the EBSCO Health Source search interface. At the top, there is a navigation bar with links for 'New Search', 'Subjects', 'Publications', 'Medical Dictionary', and 'More'. On the right, there are links for 'Sign In to My EBSCOhost', 'Folder', and 'New Features!'. Below the navigation bar, the search area includes the EBSCO logo, a search box containing the text 'sunscreen', and a 'Search' button. A red circle highlights the search box and the 'Search' button. To the right of the search box is a 'Clear' button and a help icon. Below the search box, there are links for 'Basic Search', 'Advanced Search', 'Visual Search', 'Search History/Alerts', and 'Preferences'.

The results are listed below the Search box. Take a look at the area on the left. If there is a subject listed that describes what you are looking for, click on that subject to narrow down the results

The screenshot shows the EBSCO search interface. At the top, there are navigation links: "New Search", "Subjects", "Publications", "Medical Dictionary", and "More". On the right, there are links for "Sign In to My EBSCOhost" and "Folder". The search bar contains the text "sunscreen" and has "Search" and "Clear" buttons. Below the search bar, there are links for "Basic Search", "Advanced Search", "Visual Search", "Search History/Alerts", and "Preferences". On the left side, under "Narrow Results by", the "Subject" category is expanded, and "SUNSCREENS (Cosmetics)" is circled in red. The main results area shows "Results: 1-10 of 1036" and "Page: 1 2 3 4 5 Next". The search mode is "Boolean/Phrase". Two results are listed: 1. "Sun Guard Oil-Free Very Water/Sweat Resistant Sunscreen \$16/4." and 2. "Sun-Light Protection Creme." Each result includes a brief description, author information, and a "HTML Full Text" link.

In this example clicking on “SUNSCREENS (cosmetics)” reduces the number of results from over 1000 to just over 600.

The screenshot shows the EBSCO search interface after clicking on "SUNSCREENS (Cosmetics)". The search bar now contains "sunscreen + SUNSCREENS (Cosmetics)". The "Narrow Results by" sidebar on the left shows "SUNSCREENS (Cosmetics)" circled in red. The main results area shows "Results: 1-10 of 607" and "Page: 1 2 3 4 5 Next". The search mode is "Boolean/Phrase". Two results are listed: 1. "news briefs." and 2. "Protect These Parts Too!" Each result includes a brief description, author information, and a "PDF Full Text" link.

Clear the Search box and repeat the same process for the next concept. In this case, search for *children*.

The screenshot shows the EBSCO search interface. At the top, there are navigation tabs: "New Search", "Subjects", "Publications", "Medical Dictionary", and "More". On the right, there are links for "Sign In to My EBSCOhost" and "Folder". The search bar contains the text "children". The "Search" button and the "Clear" button are circled in red. Below the search bar, there are links for "Basic Search", "Advanced Search", "Visual Search", "Search History/Alerts", and "Preferences". The search results are displayed in a list format. The first result is "news briefs" with a description: "The article reports developments related to dermatology in the U.S. The facial injectable Sculptra Aesthetic have been approved by the U.S Food and Drug Administration (FDA). 'Consumer Reports' r... Dermatology Times, Aug2009, Vol. 30 Issue 8, p31-31, 1p; (AN 43928104) Database: Health Source - Consumer Edition". Below this result is a "PDF Full Text (632KB)" link. The second result is "Protect These Parts Too!" with a description: "The article recommends ways to ageproof three frequently forgotten body areas that are exposed to sunlight and are at risk of ultraviolet (UV) damage from New York City dermatologist Amy Wechsler... By: George, Rebekah. Prevention, Aug2009, Vol. 61 Issue 8, p66-66, 1/2p, 1 color; (AN 43392195)".

The results for this search are listed below the Search box. To combine your two searches, click on the "Search History/Alerts" link below the Search box.

The screenshot shows the EBSCO search interface. At the top, there are navigation tabs: "New Search", "Subjects", "Publications", "Medical Dictionary", and "More". On the right, there are links for "Sign In to My EBSCOhost" and "Folder". The search bar contains the text "children". The "Search" button and the "Clear" button are visible. Below the search bar, the "Search History/Alerts" link is circled in red. The search results are displayed in a list format. The first result is "the little house that could" with a description: "The article presents the benefits acquired by the author of living in a small house. It notes that their decision to prefer small house exempts them from being affected by the tough economy, decl... By: Erickson, Lori. Woman's Day, 9/15/2009, Vol. 72 Issue 15, p22-26, 3p; (AN 43952091) Database: Health Source - Consumer Edition". Below this result is a "Find it!" button. The second result is "just you and me" with a description: "The article presents the author's insights on how to spend a one-on-one moment between parent and child. It narrates the author's experiences regarding her bonding moments with her 12-year-old ch... By: Spencer, Paula. Woman's Day, 9/15/2009, Vol. 72 Issue 15, p30-32, 2p; (AN 43952092) Database: Health Source - Consumer Edition".

Select the searches you want to combine by checking the boxes beside them, and click on the "Search with AND" button. **Note:** we choose the *second* sunscreen search because this is the one that looked for SUNSCREEN (Cosmetics)

The screenshot shows the EBSCO search interface. At the top, there are navigation tabs: "New Search", "Subjects", "Publications", "Medical Dictionary", and "More". On the right, there is a "Sign In to My EBSCOhost" link. Below the navigation, the search context is "Health Source - Consumer Edition". A search box contains the term "children". Below the search box are buttons for "Search", "Clear", and a help icon. There are also links for "Basic Search", "Advanced Search", "Visual Search", "Search History/Alerts", and "Preferences".

The "Search History/Alerts" section is highlighted in green. It contains links for "Print Search History", "Retrieve Searches", "Retrieve Alerts", and "Save Searches / Alerts". Below these links are three buttons: "Search with AND" (circled in red), "Search with OR", and "Delete Searches".

	Search ID#	Search Terms	Search Options
<input checked="" type="checkbox"/>	S3	children	Search modes - Boolean/Phrase
<input checked="" type="checkbox"/>	S2	sunscreen	Narrow by Subject - SUNSCREENS (Cosmetics) Search modes - Boolean/Phrase
<input type="checkbox"/>	S1	sunscreen	Search modes - Boolean/Phrase

The combined search is listed in the search history. To see the results, scroll down the page or click on the "View Results" link.

The screenshot shows the EBSCO search interface after the combined search. The search box now contains "S2 and S3". The "Search with AND" button is highlighted with a red box. The "Search History/Alerts" section is highlighted in green. It contains links for "Print Search History", "Retrieve Searches", "Retrieve Alerts", and "Save Searches / Alerts". Below these links are four buttons: "Search with AND", "Search with OR", "Delete Searches", and "Refresh Search Results".

	Search ID#	Search Terms	Search Options	Actions
<input type="checkbox"/>	S4	S2 and S3	Search modes - Boolean/Phrase	View Results (40) Revise Search View Details
<input type="checkbox"/>	S3	children	Search modes - Boolean/Phrase	View Results (41431) Revise Search View Details
<input type="checkbox"/>	S2	sunscreen	Narrow by Subject: - SUNSCREENS (Cosmetics) Search modes - Boolean/Phrase	View Results (607) Revise Search View Details
<input type="checkbox"/>	S1	sunscreen	Search modes - Boolean/Phrase	View Results (1036) Revise Search View Details

If a full text link is available for an article you are interested in, click on it to read the article. If there is no full text link available, click on the yellow "Find it!" button to find out if we have a subscription to the journal.


[Q What's the best *sunscreen* for kids?](#) 

The article presents information on protecting children's skin from sunburn. Pediatric dermatologist Amy S. Pollar suggests to make children wear sunscreen, a hat, sunglasses and protective cloth...

By: Pollar, Amy S.. Natural Health, Jul2009, Vol. 39 Issue 7, p22-22, 1/6p, 1 color; (AN 43203389)

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[is adult *sunscreen* safe to use on *children*?](#) 

The article provides an answer to a question whether an adult sunscreen is safe to use on children.

By: Behen, Madonna. Woman's Day, 6/1/2008, Vol. 71 Issue 10, p76-76, 1/2p, 1 color; (AN 31903309)

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Title: is adult sunscreen safe to use on children?

Source: Woman's day [0043-7336] Behen yr:2008 vol:71 iss:10 pg:76

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Publisher	<input type="text" value="Hachette Filipacchi Magaz"/>
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