

Guide to Using Alt HealthWatch

What is Alt HealthWatch? Alt HealthWatch is a full text EBSCOhost database which focuses on the many perspectives of complementary, holistic and integrated approaches to health care and wellness.

What's in Alt HealthWatch? In this database, you can access articles from nearly 180 international and often peer-reviewed journals and reports. In addition, there are hundreds of pamphlets, booklets, special reports, original research and book excerpts. Full text titles include American Journal of Chinese Medicine, American Journal of Homeopathic Medicine, California Journal of Oriental Medicine, European Journal of Clinical Hypnosis, International Journal of Medicinal Mushrooms, Journal of Alternative & Complementary Medicine, Journal of Asian Natural Products Research, Journal of the Australian Traditional-Medicine Society, Journal of the Canadian Chiropractic Association and many others. Alt HealthWatch provides in-depth coverage across the full spectrum of subject areas covered by complementary and alternative medicine.

Accessing the Alt HealthWatch database: The Library provides access to **Alt HealthWatch** through EBSCOhost. The easiest way to access the database is to go to the library home page at <http://www.deltastate.edu/pages/177.asp> and click on the **“Quick jump to a database”** drop-down menu at the very bottom of the page.

The screenshot shows the Delta State University Library website. At the top, there is a navigation bar with links for QUICKLINKS, Library, Directory, A-Z Index, and Contact Us. Below this is a search bar labeled 'Search DSU'. The main content area is divided into several columns: Find, Services, About the Library, and News & Updates. The 'Find' column lists various resources like Books & More, Articles & More, and Government Documents. The 'Services' column lists options for Students and Faculty. The 'About the Library' column includes General information, Faculty & Staff, and Other Units. The 'News & Updates' column shows Regular Hours, Special Hours, and Announcements. At the bottom of the page, there is a 'Quick jump to a database' section with a dropdown menu and a search bar. The dropdown menu is circled in red, and the text 'Click on name of database:' is visible next to it.

Scroll down the list until you see **Alt HealthWatch** and click to highlight. The computer will automatically “jump” to the **Alt HealthWatch** search screen.

Accessing the Alt HealthWatch database off-campus:

If you are logging in at home or anywhere off-campus, you will need to pick up the *Guide to Accessing Databases Off-Campus* available in the Reference area of Roberts-LaForge Library or online at <http://www.deltastate.edu/pages/2237.asp>.

Performing an Advanced Search in Alt HealthWatch

The advanced search screen provides three search boxes into which you can type search terms. Also, there are three search option drop-down menus which allow you to specify what type of search you wish to perform:

- “TX All Text”
- “AU Author”
- “TI Title”
- “SU Subject Terms.”

Using Boolean Operators

Boolean operators are the words **and**, **or**, and **not**. Clicking on a drop-down menu containing the word “and” will display the Boolean operators (See Figure above). For an explanation of how these operators can effect your search, consult the table below:

Boolean Operator	Explanation (using search terms obesity and heart disease)
obesity and heart disease	To find resources about obesity and heart disease
obesity or heart disease	To find resources about obesity, resources about heart disease, and resources about both topics
obesity not heart disease	To find resources about obesity only

Limiting Results

An added benefit in the *Advanced Search* is the presence of more specific limiters. For instance, if a researcher knew he needed to find a Scholarly, peer-reviewed articles, articles in a certain publication, or article published within the previous three years, the special limiters section in the *Basic* and *Advanced Search* screens would be most useful.

Understanding the Search Results: When performing a *Basic* or *Advanced Search*, citations are in chronological order, with the most recent articles first. Click on the title (underlined and in blue) to see the complete citation which includes an abstract. Full text is indicated by a blue link titled “HTML Full Text,” or “PDF Full Text.”

The screenshot displays search results for 'vitamin D'. At the top, it shows 'All Results: 11-20 of 1376' and 'Page: Previous 1 2 3 4 5 Next'. The 'Sort by' dropdown is set to 'Date' with 'Add (11-20)' next to it. The search results list includes:

- 11. [Questions and Answers on *Vitamin D*](#). (cover story) By: Cannell, John. Townsend Letter for Doctors & Patients, Jul2008 Issue 300, p82-86, 5p; (AN 32827409). PDF Full Text (2.5MB). Add to folder. Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source.
- 12. [Editorial: What Is the Safe Upper Limit for *Vitamin D* Supplementation?](#) By: Gaby, Alan R.. Townsend Letter for Doctors & Patients, Jul2008 Issue 300, p104-105, 2p; (AN 32827416). PDF Full Text (223KB). Add to folder. Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source.
- 13. [Sun-Blocking the Benefits of *Vitamin D*](#). By: Duff, Katherine. Townsend Letter for Doctors & Patients, Jul2008 Issue 300, p113-113, 1p; (AN 32827419). PDF Full Text (107KB). Add to folder. Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source.
- 14. [Get Adequate *Vitamin D* for Improved Artery Health](#). Tufts University Health & Nutrition Letter, Jul2008, vol. 26 Issue 5, p8-8, 1/2p; (AN 33228436). HTML Full Text PDF Full Text (133KB). Add to folder. Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source.

The right sidebar shows 'Limit your results' with checkboxes for 'DELTA STATE UNIV' and 'Full Text'. Below it is a 'Filter by Publication Date' section with a range from 1984 to 2008 and an 'Update Results' button.

If full-text is not available, and the library does not subscribe to the journal, you may request it through Interlibrary Loan. To make a request, click on the “Request this Item through Interlibrary Loan” link and fill in the online form.

Example:

The screenshot displays search results for 'PRODUCT spotlight'. The results list includes:

- 2. [PRODUCT spotlight](#). Better Nutrition, Feb2011, Vol. 73 Issue 2, p63-63, 1p. Subjects: DERMATOLOGIC agents; DIETARY supplements; OMEGA-3 fatty acids; SKIN -- Care & hygiene; VITAMIN B complex. Database: Alt HealthWatch. Add to folder. HTML Full Text PDF Full Text (643KB). Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source.
- 3. [Targeting Cell Signaling and Apoptotic Pathways by Dietary Agents: Role in the Prevention and Treatment of Cancer](#). By: Shanmugam, Muthu K.; Kannayan, Radhamani; Sethi, Gautam. Nutrition & Cancer, 2011, Vol. 63 Issue 2, p161-173, 13p, 2 Diagrams, 1 Chart; DOI: 10.1080/01635581.2011.523502. Database: Alt HealthWatch. Add to folder. Display library holdings for this source Request this item through interlibrary loan. Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source.

The right sidebar shows 'Request this item through interlibrary loan'.

Result #3 in the figure does not have links to full text articles as in Result #2 above.

Also, the Notes section in Result #3 states that “The library DOES NOT CURRENTLY SUBSCRIBE to this source.

In this case, to obtain a copy of the article you must make an Interlibrary Loan request. You can do this by clicking on the “Request this item through Interlibrary Loan” link and filling in the online form.

Interlibrary Loan normally takes three to ten business days depending upon the source.

Alt HealthWatch is one of many databases provided by *EBSCOhost*. *EBSCOhost* provides many advanced features for the researcher, including the ability to print, email or save searches either to an external drive or online in its *My EBSCOhost* space. To learn more about these advanced features click the **HELP** link which is positioned in the top right and corner of the Advanced Search Page above the words Delta State University or consult the “Guide to Using *EBSCOhost*” available in the Roberts-LaForge library and online at <http://www.deltastate.edu/docs/library/ebSCOhost.pdf>