



Health Sciences Information Service

Alaska's Medical Library

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Q: I'd like to routinely examine the contents pages of several journals in order to stay abreast of advances in my field.

A: The **Table of Contents** service allows users to electronically receive the contents pages of selected medical and health-related journals. Users may also receive this service via USPS; the fee is slightly higher. (This service is included in all organizational contracts. To see a list of organizations which have this inclusive contract, check the table at <http://www.lib.uaa.alaska.edu/hsis/fees.html>) HSIS will provide copies of articles requested from the table of contents.

NOTE: Copying of articles for this

service is limited by the Copyright Law.

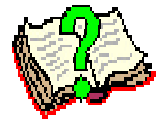
To begin this service:
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❖ Select titles from HSIS' list of journal subscriptions* (actively received titles only, which are indicated by an open hyphen. For example, JAMA 142-. 1965-)

❖ Complete the table of contents service request form (select Table of Contents Request from the drop down menu).

❖ Allow approximately four weeks for the initial processing of your request.

To obtain articles from this service, either circle the page number(s) of the article(s) you would like to read and return the page(s) to HSIS or use the online form (choose Journal Article Request from drop down menu). The articles you select will be mailed in batches once a month.



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HIP HELMETS Finnish researchers have found that little oval-shaped plastic bumpers that fit into undergarments can protect fragile hipbones. In a study of seniors, nearly all the oldsters who wore the protectors over their hips survived a fall with joints intact.



(Good thing, because up to 30% of the elderly who break a hip can be

expected to die within a year.) The crash helmets for hips are recommended for people with osteoporosis, especially those who suffer dizzy spells or are otherwise tumble prone.

[Source: *NEJM* 11-23-00, p. 1506]



SHINGLED OUT For most people the particularly painful form of herpes known as shingles clears

up in a matter of weeks. But for 10% of sufferers, the burning stabbing pain persists, sometimes for decades. Now there's new hope. Doctors have found that a series of spinal injections of lidocaine combined with a type of steroid called methylprednisolone relieved pain in 90% of patients.

[Source: *NEJM* 11-23-00, p.1514
Time 12-4-00, p.182]

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