

Complementary and Alternative Medicine (CAM) Resources

Complementary and Alternative Medicine (CAM), as defined by NCCAM, the National Center for Complementary and Alternative Medicine, “is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.”

Definition from the NCCAM web site at: <http://nccam.nih.gov/health/whatisacam/>

This class will focus on 4 sources of reliable CAM information:

1. the **CAM subset of PubMed**
2. the **IBIDS database**
Both of these databases are free and are available without paid subscription.
3. the **Alt HealthWatch database**
4. the **Natural Standard database**
The Ehrman Medical Library subscribes to both of these databases, and they must be accessed via the Library web site.

CAM Subset in PubMed

There are about 300,000 citations from PubMed in the CAM subset, which go back to 1966.

Connecting

This website from the NCCAM links to the CAM subset of PubMed that automatically searches just the CAM literature: <http://www.nlm.nih.gov/nccam/camonpubmed.html>.



If searching directly from PubMed (www.pubmed.gov), click on the **LIMITS** function, then go to Subsets and select the Complementary Medicine subset on the pull down menu:



Searching

Since this CAM subset will narrow searches down to complementary and alternative medicine modalities, there is no need to qualify a search any further than, e.g. “prostatic neoplasms” or “prostate cancer” to retrieve the clinical medical literature on CAM and the particular subject.

Please see the Ehrman Library publication, “Introduction to PubMed” for specific PubMed search help:

<https://library.med.nyu.edu/library/instruction/handouts/pdf/pubmedintro.pdf>

IBIDS Database

The IBIDS database, International Bibliographic Information on Dietary Supplements, is a free database from NIH, which provides reliable information from the published scientific literature on dietary supplements, including vitamins, minerals, and botanicals. IBIDS contains over 730,000 citations from over 3300 journals spanning from 1986 to the present, and is updated quarterly. Full-text is not available from this database.

Connecting

Go to <http://ods.od.nih.gov/showpage.aspx?pageid=48> and click on this button:



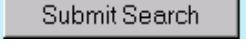
Select one of these 3 different databases to search IBIDS:

1. **All IBIDS References** – all citations from both the Peer Reviewed and Consumer databases as well as citations that may not be from either peer reviewed or consumer-based journals. This is the default search mode.
2. **Consumer References** – citations from 50 consumer publications with citations written in easily understandable and non-technical language.
3. **Peer Reviewed References** – research papers that have been evaluated by a peer review referee board in order to be accepted for publication.

After selecting one of these three databases to search, choose the fields you wish to search. The default is to search all of these fields: **“TITLE, ABSTRACT, YEAR of PUBLICATION”**

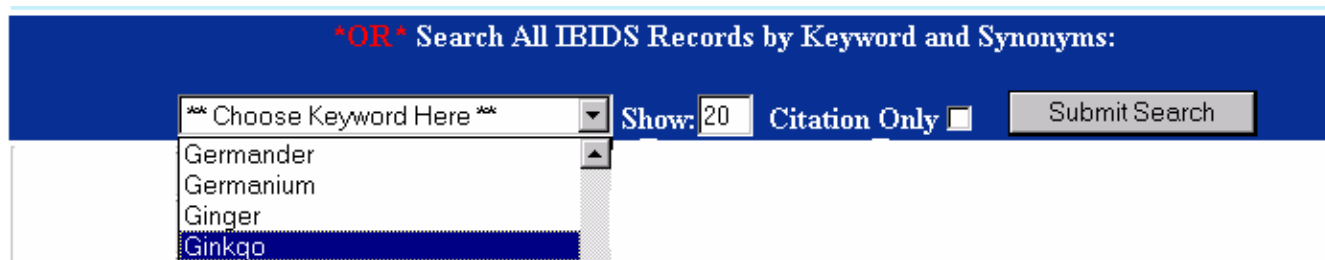
You may choose to search by **Title** or **Author** or **Abstract** or **Year of Publication** by clicking on that option.

Creating Search Sets:

- Type your search term (s) in the search dialog box and then click on the  button to run the search.
- Search terms do not need to be case sensitive.
- Use the + symbol for the Boolean Operator “AND”
- For the Boolean “OR” command just include all the terms, e.g., ginkgo ginkgo
- Use the * **wildcard** character to broaden your search, e.g. alzheimer*, “tocopher*” will search for tocopherol, tocopherols, tocopheryl, tocopherone, etc.
- Use quotation marks for an exact phrase search.
- Two-letter words are not recognized. Search using quotation marks, e.g. “ma huang”
- Click on “Search History” on the navigation bar and receive a summary of previous searches, including the search query and number of results. Your search history may be emailed to you by entering your email address here.

IBIDS Keyword/Synonym Search

Under the Search Dialog Box is a preset method of searching through all three of the IBIDS databases, “Search ALL IBIDS Records by Keyword or Synonym.”



The screenshot shows a search dialog box with a blue header that reads “*OR* Search All IBIDS Records by Keyword and Synonyms:”. Below the header is a search input field with the placeholder text “*:* Choose Keyword Here *:*”. To the right of the input field are two controls: “Show: 20” and “Citation Only” with an unchecked checkbox. A “Submit Search” button is located to the right of these controls. A dropdown menu is open below the input field, displaying a list of keywords: Germander, Germanium, Ginger, and Ginkgo. The word “Ginkgo” is highlighted in blue.

Select a term from the list in the drop-down menu captioned, **“Choose Keyword Here.”**

IBIDS Journal List

While it is not possible to limit a search to a specific journal title in the IBIDS database, the journal list is available to see by clicking on **Journal Info** in the top navigation bar for the alphabetical list of journals indexed. You can view the full journal list, the peer reviewed list, or the Consumer list.

Displaying in IBIDS

Search results are displayed with the most recent record first. Abstracts are available (or not) depending on the individual databases accessed, and the current copyright policies of each journal.

A gold star indicates articles that have been cited in and abstracted by the Office of Dietary Supplements for the Annual Bibliography of Significant Advances in Dietary Supplement Research.

Twenty records are displayed per page.

Navigating IBIDS

It is recommended that you use the IBIDS commands to navigate around the site, and not your browser buttons. Click on the “NEW SEARCH” button to start over.

Exporting Documents

The IBIDS database allows you to save, print, or email your search results.

- Check the Save box in front of the title of each record you wish to save
- Click on the “SAVE CHECKED RECORDS” button at the bottom of each page.
- Complete the “Email to” Box and click on “SEND” or “SEND as EndNote File.”

IBIDS Help

Click on the button for HELP & FAQs in the top navigation bar menu for IBIDS search help.

Disconnecting from IBIDS

IBIDS does not require a logoff and no longer restricts users on time limits.

Alt HealthWatch

This full text database focuses on the complementary, holistic, and integrated approaches to health care and wellness. It indexes 142 periodicals, of which 27 are peer reviewed. The list of the publications covered in this database is located at: http://www.epnet.com/TitleLists/html/aw_h1.htm. Coverage dates back to 1990. It is one database in the EBSCO host system of databases.

Connecting

Via MEDCat	Via E-Resources
<ul style="list-style-type: none">• Go to http://medcat.med.nyu.edu• Select Title Search.• Search for Alt HealthWatch• Click on the link Connect to: Alt HealthWatch in the catalog record.	<ul style="list-style-type: none">• Go to http://library.med.nyu.edu• Under E-Resources, select Biomedical Databases by Title.• Scroll through the alphabetical list to the entry for Alt HealthWatch.• Click on the Alt HealthWatch link to access the database.

Searching

The default search mode in Alt HealthWatch is to the Advanced Search Mode.

You can change to the basic search mode by clicking on the Tab at the very top of the page to search in either the Basic or Advanced Search mode.



The **Basic Search** lets you enter your search terms in just one search dialog box. You may use Boolean operators, and may also use the available “**Limiters**” and “**Expanders**” in the “Refine Search” sub-tab directly below the search box.

The **Advanced Search** uses keyword searching, search history, expanders, and limiters to help you focus your search in as many as three different search boxes. Each search box defaults to the basic “default fields” which contain Periodical Title, Article Title, Article Subject Headings, Author. You may also click on a specific field to search just this field by itself from the drop-down menu. The fields you may choose are: “All Text,” “Author,” “Article Title,” “Subject,” “Abstract,” “Geographic Terms,” “ISSN,” “Journal Name,” or “Accession Number.”

Creating Search Sets:

- Enter your search terms in the Find field. Your search terms can be keywords or selections from search history.
- Boolean commands (**And**, **Or**, **Not**) can be included in your search.
- You can also use field codes with your search terms.
- Add limiters or expanders from the Refine Search sub-tab. To select multiple values from a list, press the Ctrl key (or Command key) and click the left mouse button.
- Click **Search**. Your search results are displayed below the Results sub-tab.

Displaying

- Each result is numbered, and the available formats for the article are displayed -- HTML Full Text, PDF Full text, or Linked Full Text.
- Click the linked page numbers to move through the Result List.
- Sort results using the drop-down list by author, date, relevance, etc.
- To save results, click the **Add** folder icon for the article.
- To add all items on a page to your folder, click **Add (1-5)** at the top of the Add column.

Exporting Documents

- Collect results from your searches and keep them in the folder.
- Print, save, or e-mail collected results from your folder.
- From an open result, or from the folder, click **PRINT**, **E-MAIL**, or **SAVE to DISK**.



[Print](#)



[E-mail](#)



[Save to Disk](#)

- To save search results for future use, set up an EBSCOhost account by clicking on the link to [Sign In to My EBSCOhost](#) and set up an account via the [I'm a new user](#) link.

Alt HealthWatch Help

General help on using the Ebsco system of databases is available by clicking on the [Help](#) link in the top right corner.

Click on the [Database Help](#) link directly above the Find search box for specific help on this Alt HealthWatch database.

Disconnecting

Alt HealthWatch does not require a logoff and does not restrict users on time limits.

Natural Standard

Natural Standard was founded by clinicians and researchers to provide high quality, evidence-based information about complementary and alternative therapies.

Validated rating scales are used to evaluate the quality of available evidence.

Ratings are from A (strong scientific evidence) to F (strong negative scientific evidence) or no rating for no evidence – described as “lack of evidence.”

Information is incorporated into comprehensive monographs that are designed to facilitate clinical decision-making. All monographs undergo blinded editorial and peer review prior to inclusion in Natural Standard databases.

Connecting to Natural Standard

Via MEDCat	Via E-Resources
<ul style="list-style-type: none">• Go to http://medcat.med.nyu.edu• Select Title Search• Search for Natural Standard• Click on the link Connect to: Natural Standard in the MEDCat catalog record.	<ul style="list-style-type: none">• Go to http://library.med.nyu.edu• Under E-Resources, select Biomedical Databases by Title.• Scroll through the alphabetical list to the entry for Natural Standard.• Click on the Natural Standard link to access the database.

Searching Natural Standard

1. Search by typing directly into the Search Box on top right.
2. Select one of 6 search modalities by clicking on one of these six Icons on the homepage.
 - Herbs & Supplements
 - Condition Center
 - Complementary Practices
 - Dictionary
 - Interactions
 - Brand Names

3. Click on the button on the top of the page after one modality has already been selected – the Interactions modality is not yet a button.

HERBS & SUPPLEMENTS

CONDITION CENTER

COMPLEMENTARY PRACTICES

DICTIONARY

BRAND NAMES

Disconnecting from Natural Standard

Natural Standard does not require a logoff and does not restrict users on time limits.

Database Search Assistance

For assistance with all database searching:

- Call the Library Search Services Helpline at (212) 263-8483
- Email library@library.med.nyu.edu
- Use the electronic Ask A Librarian web form at <http://library.med.nyu.edu/library/services/askus.html>.

Some Useful CAM Web Resources:

◆ National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/>

Center of the NIH, National Institutes of Health, dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training complementary and alternative medicine (CAM) researchers, and disseminating authoritative information to the public and professionals.

◆ NOAH Complementary and Alternative Medicine Resources

<http://www.noah-health.org/en/alternative/index.html>

NOAH (New York Online Access to Health) is a website of quality filtered links developed in collaboration with NYC library groups. NOAH provides access to high quality consumer health information in English and Spanish. Librarians and health professionals find, select, and organize full-text consumer health information that is current, relevant, accurate and unbiased.

◆ The Alternative Medicine Homepage from the Falk Library of the Health Sciences, University of Pittsburgh

<http://www.pitt.edu/~cbw/altm.html>

Website created and updated since 1994 by a medical librarian, Charles Wessel, from the Health Sciences Library of the University of Pittsburgh. Annotated links to databases, web resources, and directories of practitioners included.

◆ Rosenthal Center for Complementary and Alternative Medicine at Columbia University

<http://www.rosenthal.hs.columbia.edu/>

Columbia University's College of Physicians & Surgeons, Department of Rehabilitation Medicine, and an NIH funded specialty center, the Rosenthal Center is one of the first comprehensive programs at a major medical center to examine alternative therapies with academic focus and scientific rigor, with a focus on the fields of botanical medicine, women's and minority health, and aging.

There is a link to the professional version of the free **HerbMed database** on the Rosenthal Center site: <http://www.herbalgram.org/rosenthal/herbmedpro/index.asp>.

HerbMed is a free web resource, which provides evidence-based information for professionals and the public.