

How to Use *Natural Medicines Comprehensive Database*

Login
information
on back

Dear Library Users,

Texas Tech University Health Sciences Library continues to provide web access to *Natural Medicines Comprehensive Database*...a real time saver to stay up-to-date on natural meds.

The *Natural Medicines Comprehensive Database* website gives instant answers on herbal and dietary supplements, complete with brand name searches and Patient Handouts. The *Database* saves your time by offering highly researched information like...

- Patients on *Coumadin* could have their levels thrown off when they take ginger or garlic, or any of more than 65 different herbs.
- Women on oral contraceptives risk unwanted pregnancy when taking St. John's wort.
- Patients on omeprazole can have levels decreased 40% when they take ginkgo.
- Soy might decrease the effectiveness of tamoxifen for breast cancer.
- Echinacea might interact with lovastatin and other cholesterol drugs.

This information is especially important considering many people use, or have used, natural products...whether they say so or not. With the *Natural Database* you can easily provide helpful, scientific info on natural medicines.

U.S. News & World Report calls the *Database* "the scientific gold standard." Other terrific reviews in *JAMA*, *American Journal of Pharmaceutical Education*, and others make it clear this is the best resource to use.

The *Natural Database* website is updated daily. Access to the *Natural Database* lets you search natural meds and learn more detailed, scientific information about:

- Safety and effectiveness ratings
- Brand names and product ingredients
- Interactions with drugs, foods, lab tests, and diseases
- Dosages and mechanism of action, and much more

Plus, you can easily link to journal abstracts with just one click if you need more info. If you would like more info on accessing the site, please give us a call. You'll always get a prompt, personal response.

Sincerely,



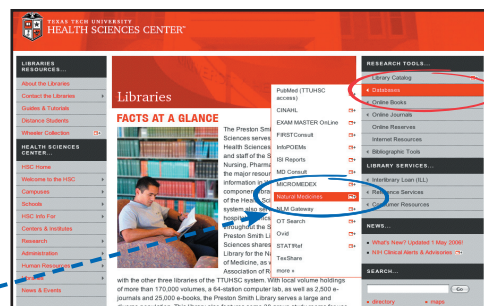
Jeff M. Jellin, Pharm.D.
Editor-in-Chief

P.S. See reverse for access info and tips on how to use the Natural Database.

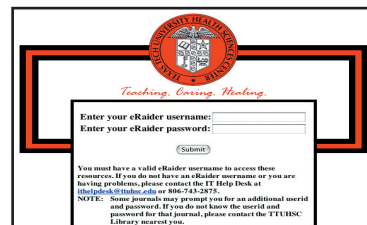


To Use the *Natural Database* Online:

1. Using a computer connected to the Texas Tech University Health Sciences Library, go to www.ttuhsc.edu/libraries
2. Mouse over the “Databases” link (circled in red) and then click on “Natural Medicines” on the resulting menu (circled in blue).
3. If you are on-campus, you’ll be logged in automatically! (If you are off-campus, you’ll be prompted for your University Login)
4. Click any link to access the latest info on natural meds and Patient Handouts. Sign up for email alerts and CE with *eUPDATE* and *eCE*.



Off-Campus Login Prompt



To Use the Special Features on *Natural Database*:

Find info on safety, interactions, dosage, effectiveness, Patient Handouts, and more. You can also read the *Clinical Management Series*, covering natural meds usage in such areas as depression, PMS, and insomnia.

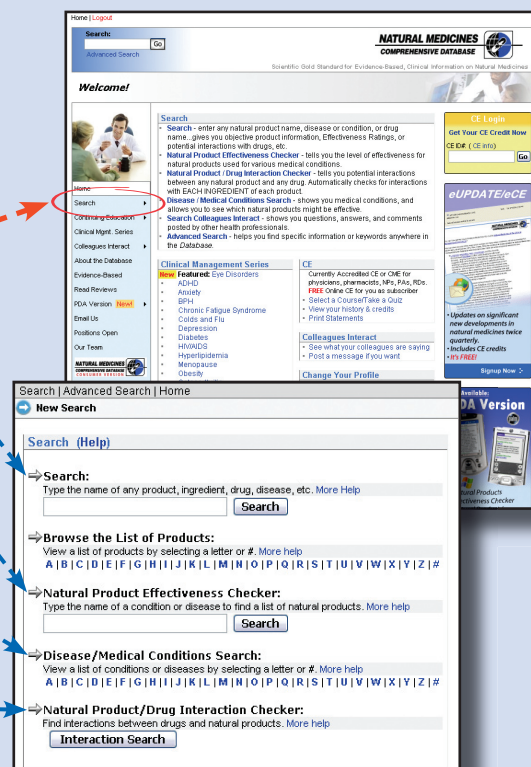
Click the **Search** button (circled in red). Then use any of these searches...

Search – By name of product, ingredient, drug, disease, etc.

Natural Product Effectiveness Checker – Enter the name of a medical condition or disease to find a list of natural products and their effectiveness.

Disease / Medical Conditions Search – Shows medical conditions and which natural products might be effective for the condition.

Natural Product / Drug Interaction Checker – Shows potential interactions between any natural product, its ingredients, and any drug.



To Get the *Natural Database* CE:

When you click on the **Continuing Education** button, the next screen will ask for your CE ID#. [CLICK HERE](#) to obtain your own CE ID#, if you don't already have one.

You will receive your CE ID# and be able to take CE courses online.

