

## Easy to use and find

*Consumer Health Complete can be found under the Health and Wellness section of the Research Center. Remember you will need a library card to access this database. Please go to the Circulation Desk for assistance.*

### Health and Wellness

- *Consumer Health Complete* (new to the Research Center) Consumer oriented health information designed to support the health needs of our patrons. Information covers all areas of health and wellness, including mainstream, holistic, and integrated treatments. Provided by 4CLS.
- *Health Reference Center Academic*-A medical database with journal articles, reference books, pamphlets, and online videos covering medicine, health, and nursing topics.

Providing consolidated services to public libraries in Broome, Chenango, Delaware, and Otsego Counties since 1960.



Four County Library System

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Vestal, NY 13850

Phone: 607.723.8236  
Fax: 607.723.1722  
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**Consumer Health Complete**  
powered by EBSCOhost

# Now at the Research Center

Your new stop for  
traditional and  
alternative health  
information.



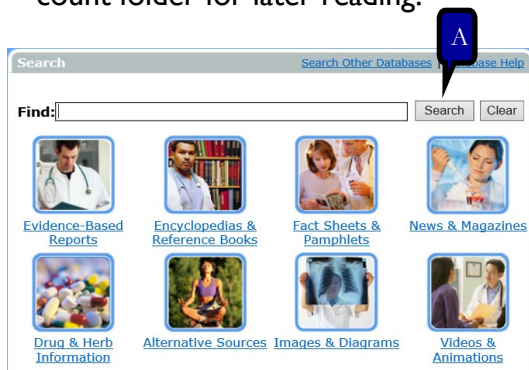
[www.4cls.org](http://www.4cls.org)



What makes Consumer Health Complete unique is its focus on all forms of health information, both traditional and alternative.

Start your search at the main page, enter your query and hit the search button (A).

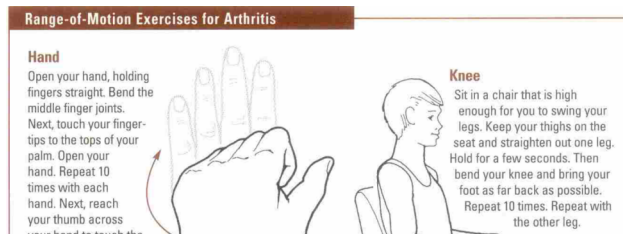
A listing of articles will appear, they are ranked by relevance and are either HTML or PDF format. Click on the title for the source information, including an abstract, and the article itself. The user can email, print, save, or add the article to a personal account folder for later reading.



Articles are peer reviewed with subject heading available to help guide the user to new information.

**Alternative sources are also available.** To find articles click on the Alternative Sources button, a new window will appear, enter your search term and hit search.

As with the Evidence Based Reports, Alternative Sources will be in either HTML or PDF format. To access PDF files click on the PDF link under the title, the information will be similar to a magazine layout, with photos and charts.



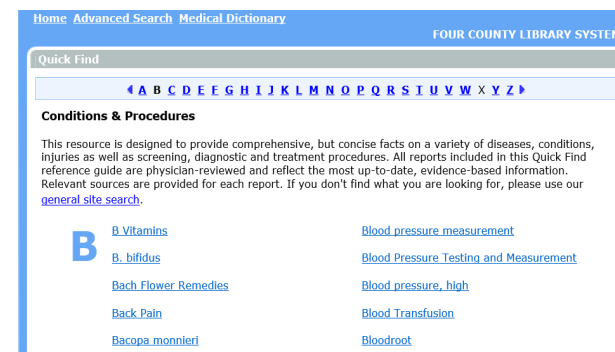
Consumer Health Complete is much more than just articles.

Other sources available:

- Encyclopedia and Reference Books
- Fact Sheets and Pamphlets
- News and Magazines
- Drug and Herb Information
- Images and Diagrams
- Videos and Animations

As with the other searches click on the appropriate title and enter your search term in the **Find** box.

There is also a Quick find feature for those searches in which you are not sure of the spelling or what information you really need.



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