

Consumer Health Complete Guide

Based out of the United States, Consumer Health Complete provides reliable health information for the general public, patients and health professionals. Includes mainstream medical information and holistic/alternative health information from popular and professional magazines, journals, reference books and reports.

After logging in, the homepage (as seen below) will appear. On this page note the eight options for types of different health resources (“evidence-based reports”; “encyclopedias & reference books”; “Fact Sheets & Pamphlets”; “News & Magazines”; “Drug & Herb Information”; “Alternative Sources”; “Images & Diagrams”; and “Videos & Animations”). At the bottom of the page are links to access useful health magazines. Also note the “Quick Find” on the right side of the screen which allows users to “finds a disease, condition, injury or procedure” by alphabetized categorization. In this tutorial the “Quick Find” section will be demonstrated.

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Home Advanced Search Medical Dictionary

Search Search Other Databases Database Help

Find: [input] Search Clear

Evidence-Based Reports
Encyclopedias & Reference Books
Fact Sheets & Pamphlets
News & Magazines
Drug & Herb Information
Alternative Sources
Images & Diagrams
Videos & Animations

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Quick Find
Find a disease, condition, injury or procedure:
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z


Health Highlight

Zika Birth Defects
The consequences of the Zika virus could be far worse than previously thought, with microcephaly in newborns merely the most immediately visible effect, scientists in the US and Brazil have warned.
[Click here](#)

Browse Popular Sources
yoga MEN FITNESS fitpregnancy

Search by Topic
[Alternative Treatments](#)
[Beauty](#)
[Children's Health](#)

If the letter b is selected, the following page will come up. Each one of the options on the page leads to a physician-reviewed encyclopedia entry, designed to provide concise fact-based information.


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[Exit](#)
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[Home](#)
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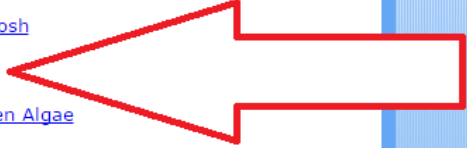
Quick Find

[A](#)
[B](#)
[C](#)
[D](#)
[E](#)
[F](#)
[G](#)
[H](#)
[I](#)
[J](#)
[K](#)
[L](#)
[M](#)
[N](#)
[O](#)
[P](#)
[Q](#)
[R](#)
[S](#)
[T](#)
[U](#)
[V](#)
[W](#)
[X](#)
[Y](#)
[Z](#)

Conditions & Procedures

This resource is designed to provide comprehensive, but concise facts on a variety of diseases, conditions, injuries as well as screening, diagnostic and treatment procedures. All reports included in this Quick Find reference guide are physician-reviewed and reflect the most up-to-date, evidence-based information. Relevant sources are provided for each report. If you don't find what you are looking for, please use our [general site search](#).

<p>B</p> <ul style="list-style-type: none"> B Vitamins B. bifidus Bach Flower Remedies Back Pain Bacopa monnieri Bacterial arthritis Bacterial Endocarditis Bacterial Meningitis Bacterial sore throat (Strep throat) Bacterial Vaginosis Bactrim Baicalin 	<ul style="list-style-type: none"> Blood pressure measurement Blood Pressure Testing and Measurement Blood pressure, high Blood Transfusion Bloodroot Bloody nose Blue Cohosh Blue Flag Blue-green Algae Borderline personality disorder Body fat removal Boil
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For example, if the “Blue Flag” option is selected, the following page will appear:

 [Citation](#)
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 [Add to folder](#)

Title: *Blue Flag* Natural & Alternative Treatments, September 2014
Database: *Consumer Health Complete*

Blue Flag

<p>Herb & Supplements Report <i>Iris versicolor, Iris caroliniana</i> Watson</p> <p>Principal Proposed Uses</p> <ul style="list-style-type: none"> • Not recommended for internal use. <p>Other Proposed Uses</p> <ul style="list-style-type: none"> • Impetigo (Topical) <p>Page Navigation</p> <ul style="list-style-type: none"> What is Blue Flag Used for Today? Dosage Safety Issues References 	<p>Related Information</p> <ul style="list-style-type: none"> • Reference Books • News & Magazines • Drugs & Herbs • Alternative Sources
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(the screenshot of this web-page continues on the following page)

Notice the option to “save” at the top of the page. This allows the entry’s abstract and citation to be saved to a user’s account for future reference. HTML full text can also be saved, if available.

Title: Blue Flag Natural & Alternative Treatments, September 2014
Database: Consumer Health Complete

Blue Flag

Herb & Supplements Report

Iris versicolor, Iris caroliniana Watson

Principal Proposed Uses

- Not recommended for internal use.

Other Proposed Uses

- Impetigo (Topical)

Page Navigation

- [What is Blue Flag Used for Today?](#)
- [Dosage](#)
- [Safety Issues](#)
- [References](#)

Related Information

- [Reference Books](#)
- [News & Magazines](#)
- [Drugs & Herbs](#)
- [Alternative Sources](#)

Blue flag, a member of the iris family, is found throughout North America. It was widely used by Native Americans for digestive problems. In the nineteenth century, physicians of the Eclectic school of medicine also used blue flag for digestive problems, as well as to treat thyroid enlargement, enhance immunity, stimulate the liver, and "detoxify" the body. ¹ A topical preparation of the herb was used for impetigo (a skin infection caused by *Streptococcus* bacteria). The rhizome (underground stem) is the part used medicinally.

Blue flag has undergone no meaningful scientific study. In view of the lack of documented benefits, the absence of toxicity studies, the toxicity of related species, and the known side effects, we recommend against the use of this herb.

What Is Blue Flag Used for Today?

Blue flag is used by some herbalists today to treat liver problems and skin diseases. However, there has been essentially no scientific evaluation of the efficacy of this herb. It is thought to contain isophthalic acid, iridin, and the volatile oil furfural.

Dosage

A typical dosage is 1-2 grams three times daily.

Safety Issues

Blue flag has not undergone any meaningful scientific study. High doses of blue flag are known to cause severe gastrointestinal upset, including nausea, vomiting, and diarrhea, and related species are known to be toxic. ² The fresh herb can irritate the mouth and stomach. Blue flag is considered

Notice at the bottom the references used:

unsafe for use by pregnant or nursing women and young children.

References

1. Felter, HW. Iris. *The Eclectic Materia Medica, Pharmacology and Therapeutics*. Available at: <http://www.ibiblio.org/herbmed/eclectic/felter/iris.html>. Accessed June 12, 2005.
2. Newall C., Anderson L, Phillipson J. *Herbal Medicines, A Guide for Healthcare Professionals*. London:Pharmaceutical Press; 1996.

Last Reviewed: September 2014 EBSCO CAM Review Board

This article is copyrighted. All rights reserved. **Source:** Natural & Alternative Treatments

Safety Information: It is recommended that research for treatment and drug safety should be complemented with information from additional sources. Please see the [CHC Resources](#) page for organizations providing this information.

From the homepage, keyword searches are an additional option for finding medical information within this database. As seen below, “eyes” has been entered. After entering keywords, click “search”

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Health Highlight

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[Men's Health](#)
[Mental Health](#)
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[Pregnancy](#)
[Sexual Health](#)

After entering the search, the following page will open. Note the different tab options along the top of the page to help narrow the search (as indicated below). Beneath these tabs is the option to “create alert for this search.” This alert can be assigned to an email address and will let the patron know if the search has changed at all, in terms of the number of results. Also useful are the subject headings (circled below). These will narrow a search by finding resources which specifically relate to one of the options (for example, selecting “DRY eye syndromes”).

Home [Advanced Search](#) [Medical Dictionary](#) MCBRIDE PUBLIC LIBRARY

Search [Search Other Databases](#)

Find:

[Refine Search](#)

All Results: 1-10 of 31,496 for **eyes AND Full Text AND Automatically "And" se...**

Page: [1](#) [2](#) [3](#) [4](#) [5](#) [Next](#) Sort by:

Narrow Results by		
<ul style="list-style-type: none"> ▼ Subject EYE -- Care & hygiene DRY eye syndromes EYE -- Diseases DRY eye syndromes -- Treatment EYE -- Examination DESCRIPTIVE statistics 	<ol style="list-style-type: none"> Visualization of Data Regarding Infections Using Eye Tracking Techniques. By: Yoon, Sunmoo; Cohen, Bevin; Cato, Kenrick D.; Liu, Jianfang; Larson, Elaine L. <i>Journal of Nursing Scholarship</i>. May2016, Vol. 48 Issue 3, p244-253. 10p. DOI: 10.1111/jnu.12204. <input type="button" value="PDF Full Text (145KB)"/> <input type="button" value="Add"/> ALL ABOUT DRY EYE. <i>Review of Optometry</i>. 5/15/2016 Supplement, Vol. 153, p13-19. 7p. <input type="button" value="PDF Full Text (4.3MB)"/> <input type="button" value="Add"/> DOCTOR, MY EYES...ARE TIRED! By: Meyer, Dawn; Kollbaum, Pete. <i>Review of Optometry</i>. 5/15/2016. Vol. 153 Issue 5. p66-71. 5p. <input type="button" value="Add"/> 	
▶ Publication		

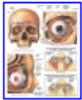

In the screenshot below is an example showing how the search can be narrowed by clicking on one of the tabs. In this case the "Images & Diagrams" option was selected. This retrieved 20 results. See below for examples of these results.

Find:

[Refine Search](#)

Results: 1-10 of 20 for **eyes AND Full Text AND Automatically "And" se...**

Page: [1](#) [2](#) [Next](#) Sort by:

1.  Anatomy and Movement of the Eye. This medical illustration series depicts the anatomy and function of the eye in situ within the bony orbit. Labeled structures include the superior, inferior, lateral and medial rectus muscles which control the up, down and side-to-side movements of they eyeball. Also labeled are the superior and inferior oblique muscles, which control the rotation of the eye during angled viewing. © 2006, Nucleus Medical Art. All rights reserved. <input type="button" value="Add"/>
2.  Anatomy of the Eye - Cut-away View. This medical exhibit pictures the normal anatomy of the eye from a mid-line cut-away view. Labeled structures include the optic nerve, macula lutea, retina (nerve layer), lens, pupil and vitreous (fluid). © 2006, Nucleus Medical Art. All rights reserved. <input type="button" value="Add"/>
3.  Cornea of the Eye. This medical exhibit illustrates a cut away view of the eyes highlighting the cornea. © 2006, Nucleus Medical Art. All rights reserved. <input type="button" value="Add"/>
4.  Normal Anatomy of the Orbit and Eye. This medical exhibit series depicts the normal anatomy of the eye and <input type="button" value="Add"/>