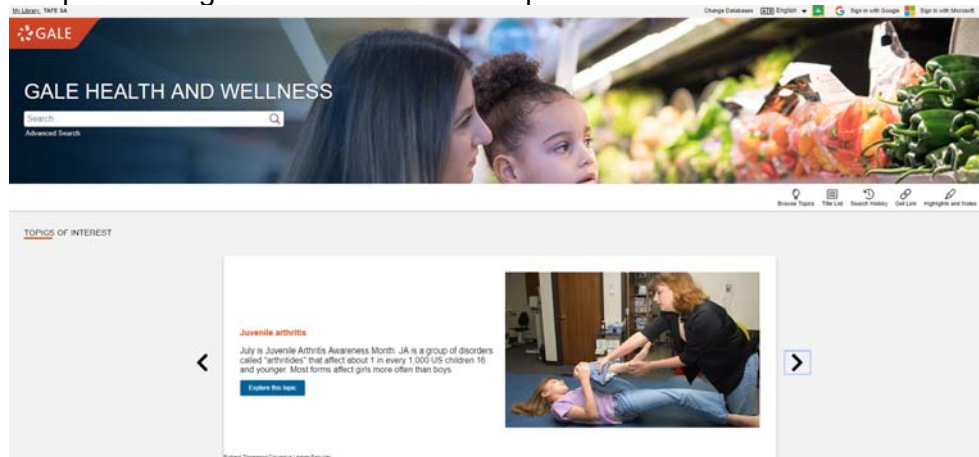


Gale Health and Wellness

Database Guide

Gale Health and Wellness is an online database that provides access to medical and alternative health related information. It delivers up-to-date reference material, full-text medical journals, magazines and multimedia streaming video, audio, and images.

Ideal for researchers at all levels, this comprehensive consumer health resource provides authoritative, peer-reviewed information on the full range of health-related issues, from current disease and disorder information to in-depth coverage of alternative medical practices.



To access:

- Go to the [Databases](#) page on the library catalogue and login to your library account
- Select **Gale Health and Wellness** from the list of databases

Grouped within four topics :

- **Diseases & Conditions** – browse for information on a specific medical condition or disease from the **Gale Encyclopedia of Medicine**
- **Drugs** - browse by broad drug categories and herbal remedies
- **Diagnostics and Tests** – browse for information on specific examinations or tests
- **Therapies, Treatments and Surgeries** – includes general categories

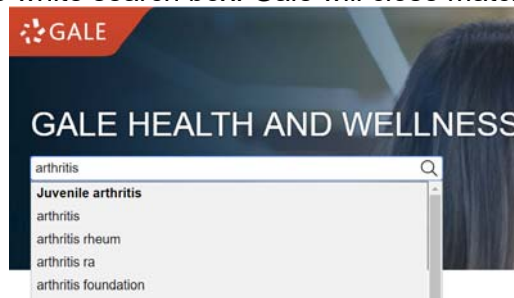
Simply click on the relevant topic to 'view all' – updated resources are highlighted.

BROWSE TOPICS

Diseases and Conditions (136) Birth defects Lupus (Systemic lupus erythematosus) Skin cancer	Drugs (63) Anesthesia Anticancer drugs Nonsteroidal anti-inflammatory drugs (NSAIDs)	Diagnostics and Tests (44) Amniocentesis Chorionic villus sampling Physical examination
Therapies, Treatments and Surgeries (69) Cataract surgery Physical therapy Plastic, reconstructive, and cosmetic surgery	Browse All 303 Topics >	

Basic search

- Type your search term/s into the white search box. Gale will close match:



Search results will appear:

- This list can be filtered by **Content Types** (format of information) and **Filters** can be applied (**Full Text Documents** or **Peer- Reviewed Journals**) to further refine your search.

- Select any of the following:

Advanced search

Advanced Search

Search for "Arthritis" in Keyword

And "Exercise" in Keyword

And in Keyword

[Add a Row](#)

[Search](#)

Apply **Options & filters** (date or format)

Search then save, email or download

- Articles can be read out loud (**Listen**), translated or converted to MP3

MORE OPTIONS

- ☒ Full Text Documents
- ☐ Document Contains Images
- ☐ Peer-Reviewed Journals
- ☐ Consumer Health
- ☐ En Español

by publication date(s):

- ☒ All Dates
- ☐ Before
- ☐ On
- ☐ After
- ☐ Between

by content type:

Select Content Type(s)

Arthritis: Your Complete Exercise Guide

Author: Carol F. Simpson
Date: Aug 1, 1993

From: Physical Therapy (Vol. 73, Issue 8)
Publisher: Oxford University Press

Document Type: Book review
Length: 616 words

[Listen](#) [Translate](#) [Font Size](#) [Larger documents may require additional load time.](#)

To reference:

When you use someone else's words, ideas or graphics you must reference this. Use the referencing system recommended by your lecturer, for example Harvard Referencing.

A Study Guide is available online via <http://tafesa.libguides.com>