



Natural Standard Database and Natural Medicines Comprehensive Database – focusing on Natural Health Products



The NMCP is fortunate to have online access to two natural health products databases, the [Natural Medicines Comprehensive Database](#) (NMCD) and [Natural Standard](#) (NS) which will assist health care providers in determine possible natural health product-drug interactions and the level of effectiveness of various natural health products.

The Natural Medicines Comprehensive Database, released in September 1999 was created by the research and editorial staff at the [Therapeutic Research Center](#), a team of pharmacists, physicians, dietitians, and pharmacologists, internationally recognized for their world-class analysis and evidence-based recommendations on pharmaceuticals and other therapeutic agents. NMCD contains evidence-based clinical information, with references and citations to primary literature for many natural medicines sold in the U.S. and Canada and is updated daily. Available databases and clinical tools are listed in the table below:



The Natural Standard database was founded in 2000 as an international effort from more than 100 academic institutions to provide evidenced based medicine on Complementary and Alternative Medicine (CAM). Natural Standard provides consumer information on CAM for [Harvard Health Publications](#) as well as information on herbal medicine and dietary supplements to [MedlinePlus](#) which is produced and maintained by the U.S. National Library of Medicine (NLM) and the National Institutes of Health (NIH). NS contains nine databases, symptom and interaction checkers, and a variety of tools and checkers as listed in the table below:

| Databases | Clinical tools & Searching |
|---|--|
| Evidence-Based Monographs | Integrated Database Search |
| Brand Name Products | Interaction Checker |
| USP Verified | Interaction Ratings |
| Clinically Studied Brands | Effectiveness Checker |
| Canadian Licensed | Condition Search |
| Herbal Combinations | Brand Product Report |
| Clinical Mgmt. Series | Special Reports |
| Consumer Version | Colleagues Interact |
| Book/PDA Versions | |

| Databases | Checkers |
|---|--|
| Foods, Herbs & Supplements | Interaction: Advanced |
| Health and Wellness | Interaction: Basic |
| Comparative Effectiveness | Depletions: Drugs |
| Charts & Tables | Depletions: Herbs & Suppl. |
| Brand Names | Symptoms Checker |
| Medical Conditions | Tools |
| Sports Medicine | Calculators |
| Genomics & Proteomics | Dictionary |
| Environmental & Global Health | Patient Handouts |
| | Practitioner Search |
| | Products Studied |
| | Nutrition Labels |

Read the special article titled, **Clinical Decision Support Tools for Dietary Supplement Use**, that begins on the third page of the newsletter for background information regarding the use of Complementary and Alternative Medicine (CAM) in the U.S., high rates of nondisclosure by CAM users to their care providers, and comparisons of some leading online and PDA dietary supplement databases including NS and NMCD.

For practical experience utilizing these two databases, come to the Natural Standard webinar, *High Utilization of Herbs and Supplements*, on January 13th in the library at noon or the Learning over Lunch seminar, *Quality Information on Herbals and Supplements – Using Natural Standard and the Natural Medicines Comprehensive Database*, on Wednesday, February 23rd at noon in the library.

New PubMed Subset for Dietary Supplements

Designed to limit search results to citations from vitamin, mineral, phytochemical, ergogenic, botanical, and herbal supplements in human nutrition and animal models which can be added as a choice in the Subset category on the Limits page. Example:

Example: *osteoarthritis AND dietsuppl [sb]*

Learning Over Lunch Sessions - 2011

- Exploring the NKO Navy Library eContent
- Using Natural Standard and the Natural Medicines Comprehensive Database
- Finding journal articles in online full-text

Learning Over Lunch sessions are semi-monthly instruction sessions designed to help you to take advantage of the variety of resources available from your desktop through the library website. Sessions will be conducted at noon in the library or, for your convenience, they can be brought to your department.

We are beginning the 2011 sessions on January 12th with a topic of general interest, "Exploring the NKO Navy Library eContent." NKO offers more than mandatory training. Navy Library eContent includes databases, audiobooks, newspapers and more. Join us on January 12th and watch for a schedule of topics on the Library website.

Congratulations to these Recently Published NMCP Authors *

Petilon J, Roth J, Hardenbrook M.
Results of Lumbar Total Disc Arthroplasty in Military Personnel.

Spinal Disord Tech. 2010 Oct 21. [Epub ahead of print]
PMID: 20975590 [PubMed - as supplied by publisher]

Kuhn JJ, Clenney T.
The association between semicircular canal dehiscence and Chiari type I malformation.

Arch Otolaryngol Head Neck Surg. 2010 Oct;136(10):1009-14. PMID: 20956749 [PubMed - in process]

Lutgendorf M, Busch J, Magann EF, Morrison JC.
Domestic violence screening in a military setting: provider screening and attitudes.

J Miss State Med Assoc. 2010 Jun;51(6):155-7.
PMID: 20830952 [PubMed - indexed for MEDLINE]

Beute TC.
The use of a topical antihistamine in the treatment of raised linear bands of infancy.

Pediatr Dermatol. 2010 May;27(3):312-4.
PMID: 20609161 [PubMed - indexed for MEDLINE]

Schofer JM, Nomura JT, Bauman MJ, Sierzewski PR.
Prospective durability testing of a vascular access phantom. West J Emerg Med. 2010 Sep;11(4):302-5.
PMID: 21079696 [PubMed - in process]

Wingert N, Tavakoli H, Yoder E.
Acute hepatitis and personality change in a 31-year-old man taking prohormone supplement SUS500. Psychosomatics. 2010 Jul;51(4):340-4.
PMID: 20587764 [PubMed - indexed for MEDLINE]

Maroules CD, Bhasin M, Sposato J, Whiting E, Mitchell E.
Evaluation of cor triatriatum dexter with use of 64-slice multidetector computed tomography. J Cardiovasc Comput Tomogr. 2010 Jul-Aug;4(4):281-3.
Epub 2010 Jun 1. PMID: 20579621 [PubMed - indexed for MEDLINE]

Fitzpatrick J, Speakman J, Kapfer SA, Holston AM.
Transplacental passage of the non-ionic contrast agent iopamidol in twins. Pediatr Radiol. 2010 Nov 12. [Epub ahead of print] PMID: 21072507 [PubMed - as supplied by publisher]

* Authors of the above articles have permission to publish and the articles are indexed in PubMed.

New Arrivals in the Health Sciences Library

Doenges, Marilyn E.
Nursing care plans : guidelines for individualizing client care across the life span / 2010
Location: HS Lib Call# WY 49 D651na 2010 Ed. 8.

Loscalzo, Joseph.
Harrison's cardiovascular medicine / 2010
Location: HS Lib Call# WG 100 H323 2010

Stone, Judy
Conducting clinical research : a practical guide for physicians, nurses study co-ordinators & investigators
Location: HS Lib Call# W 20.5 S878c 2010 Rev. ed.

Miller, Redonda G.
The Johns Hopkins internal medicine board review 2010-2011 : certification and recertification /
Location: HS Lib Call# WB 18.2 J652 2010 3rd ed.

Miller, Franklin G.
The ethics of consent : theory and practice / 2010
Location: ref Call# W 20.55 E8395 2010

Berek, Jonathan S.
Berek & Hacker's gynecologic oncology / 2010
Location: ref Call# WP 145 B487 2010 5th ed.

Rider, Elizabeth A.
A practical guide to teaching and assessing the ACGME core competencies / 2010
Location: ref Call# W 20 R544p 2010

DeGroot, Leslie J.
Endocrinology : adult and pediatric / 2010
Location: ref Call# WK 140 E5585 2010 6th ed.

Osborn, Anne G.,
Diagnostic imaging. / 2010
Location: ref Call# WL 141 D5347 2010 2nd ed.

Kaushansky, Kenneth.
Williams hematology / 2010
Location: ref Call# WH 100 W721 2010 8th ed.

Clinical Decision Support Tools for Dietary Supplement Use

The National Health Interview Survey's (NHIS) ([Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007 - PDF^{1*}](#)) estimated that 40% of adults has used Complementary and Alternative Medicine (CAM) in the 12 months with natural products/supplements (18%) and deep breathing (13%) being the top two forms practiced. The most common supplements taken were Echinacea, fish oil, and flaxseed oil. The typical adult user was female with a relatively higher income and education level.



Numerous studies over the past decade have revealed that one half to two thirds of patients do not report supplement usage to their physicians. The statistics on nondisclosure varies based on age, sex, ethnicity, education, and income. Reasons given by patients for nondisclosure include their belief that physicians do not need to know, their perceptions that physicians would not understand their use of supplements or the physician's potentially negative response. Some physicians are uncomfortable discussing supplement usage with their patients because they did not learn about them in medical school, there are very few evidence-based guidelines regarding their use, and they are unfamiliar with their potential interactions with prescription drugs.

NMCP is fortunate to have online access to clinical decision support tools related to natural products, which will assist health care providers in determine possible natural health product-drug interactions and the level of effectiveness of various natural health products. Several recent studies have compared natural health product databases. In 2010, a Canadian study published in Pharmacy World & Science ([A pilot study to compare natural health product-drug interactions in two databases in Canada - abstract](#)) evaluated NMCD and NS for possible utilization within the national pharmacy information system in Canada.² The study's focus was on the variation in number of pairs of drug-natural health product interactions between the NS and the NMCD. The study found 1,451 potential drug-natural health product interactions in the NMCD and 1,276 in the NS with 205 in both databases. Having access to both databases will provide more comprehensive coverage for NMCP healthcare providers.




Clauson and others ([Clinical Decision Support Tools: Personal Digital Assistant versus Online Dietary Supplement Databases - PDF](#)) compared the scope (percent of correct answers present), completeness (3-point scale), ease of use, and a composite score integrating all three criteria between the Personal Digital Assistant versions of the NMCD, NS and two other dietary supplement databases ([Lexi-Natural](#) and [AltMedDex](#)) with their online counterparts.³ The study concluded that the PDA version of the NMCD was superior the PDA versions of the other 3 databases due to the NMCD's PDA version being essentially the same as the online version while the other three competitors scaled back their PDA versions from their online counterparts. There were no statistically significant differences found between the online versions of NMSD and NS for any of the outcomes measured.


In a 2010 study from the journal Primary Care ([Advising Patients About Herbs and Nutraceuticals: Tips for Primary Care Providers -PDF](#)) the author's summary emphasized that since herbs and nutraceuticals are a significant aspect of many patients' lives health care providers should be aware of safety issues, adverse effects and product quality⁴. The author advises providers to become knowledgeable about various herbal formulations, how to read supplement labels, and where to find additional information.

The Natural Standard database was founded in 2000 as an international effort from more than 100 academic institutions to provide evidenced based medicine on Complementary and Alternative Medicine (CAM). Natural Standard provides consumer information on CAM for [Harvard Health Publications](#) as well as information on herbal medicine and dietary supplements to [MedlinePlus](#)

which is produced and maintained by the U.S. National Library of Medicine (NLM) and the National Institutes of Health (NIH). The table below lists many of NS's features:

|  | | |
|---|---------------------------------|---------------------|
| <u>Databases</u> | <u>Checkers</u> | <u>Tools</u> |
| Foods, herbs & Supplements | Interaction: Advanced | Calculators |
| Health and Wellness | Interaction: Basic | Dictionary |
| Comparative effectiveness | Depletions: Drugs | Patient Handouts |
| Charts & Tables | Depletions: Herbs & Supplements | Practitioner Search |
| Brand Names | Symptoms Checker | Products Studied |
| Medical Conditions | | Nutrition Labels |
| Sports Medicine | | Training Programs |
| Genomics & Proteomics | | |
| Environmental & Global Health | | |

Natural Medicine Comprehensive Database, released in September 1999 was created by the research and editorial staff at the [Therapeutic Research Center](#), a team of pharmacists, physicians, dietitians, and pharmacologists, internationally recognized for their world-class analysis and evidence-based recommendations on pharmaceuticals and other therapeutic agents. NMCD contains evidence-based clinical information, with references and citations to primary literature for many natural medicines sold in the U.S. and Canada and is updated daily. The table below lists many of NMCD's features:

|  | |
|---|---|
| <u>Databases</u> | <u>Clinical tools & Interactive Searching</u> |
| Evidence-Based Monographs | Integrated Database Search |
| Brand Name Products | Interaction Checker |
| USP Verified | Interaction Ratings |
| Clinically Studied Brands | Effectiveness Checker |
| Canadian Licensed | Condition Search |
| Herbal Fixed Combinations | Brand Product Report |
| Clinical Management Series | Special Reports |
| Consumer Version | Colleagues Interact |
| Book/PDA Versions | |

Conclusion Natural Medicine Comprehensive Database and the Natural Standard database represent the highest level, evidence-based natural products databases available. Each database provides unique features and unique coverage of potential drug-natural health product interactions. Having access to both databases will give more comprehensive coverage to NMCP healthcare providers.

1. [Complementary and alternative medicine use among adults and children: United States, 2007.](#); Barnes PM, Bloom B, Nahin RL.; Natl Health Stat Report. 2008 Dec 10; (12): 1-23.
2. [A pilot study to compare natural health product-drug interactions in two databases in Canada.](#); Faubert G, Lebel D, Bussi eres JF.; Pharm World Sci. 2010 Apr; 32(2): 179-86. Epub 2010 Jan 14.
3. [Clinical decision support tools: personal digital assistant versus online dietary supplement databases.](#); Clauson KA, Polen HH, Peak AS, Marsh WA, DiScala SL.; Ann Pharmacother. 2008 Nov; 42(11): 1592-9. Epub 2008 Oct 21.
4. [Advising patients about herbs and nutraceuticals: tips for primary care providers.](#); Lovett E, Ganta N.; Prim Care. 2010 Mar; 37(1): 13-30. Review.



The Crew's Library Corner

Relaxation, Education, Inspiration

Discover the Navy Library eContent at N@vy Knowledge Online (NKO)

The Navy General Library eContent offers a wide variety of resources through NKO including ebooks, audiobooks, online journals and magazines for general reading, do-it-yourself manuals, technology books, career information, genealogy and more. We are highlighting **audiobooks and ebooks** in this issue.

Do you find yourself with a new mp3 player? Fill those listening hours with audiobooks from Overdrive, Ingram iLibrary and netLibrary at NKO.

Mp3 players are wonderful gadgets, but it can be expensive to add new content. Borrow your listening material from the resources offered on NKO Navy Library eContent and listen for free.

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<https://www.nko.navy.mil/portal/home>

Under the REFERENCE tab in the upper right of your screen click on "Navy Library eContent."

On the next screen choose "Econtent - Audio & eBooks" from the Navigation Bar on the left.

From this page you can explore the offerings of Overdrive, iLibrary and netLibrary. You will need to register for personal accounts in order to access the content, but once you have registered you can borrow audiobooks or save titles to wish lists for later listening. Download audiobooks from Navy Library eContent audiobooks through iTunes, Windows Media Player or the software specific to specific services. The software and the content are free to you.

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Like mp3 players, ebook readers are wonderful gadgets, but content is expensive. NKO Navy Library eContent offers a way to read for free. Look for downloadable ebooks for the Sony Reader and the Nook at NKO from Overdrive, NetLibrary and more.

Playaway Exchange



What is a Playaway?

A playaway is a portable digital audio player that combines an audio program and player in one small unit. Playaways are available in fiction and non-fiction titles. Each unit comes complete. Just power it on and listen.

The library offers Playaways through the normal lending system and through the **Playaway Exchange**. **The Playaway Exchange** allows you to borrow without a deadline, but you are encouraged to return the programs to the library, so others can enjoy them. **Visit the library to make your selections.**

CLEP & DANTES Testing at NMCP



Working toward a degree? Remember, the library has CLEP and other study guides and textbooks that can help your studies. In addition, *Peterson's Education Center* at Navy Knowledge

Online (NKO) offers online test books and practice tests and information on colleges. Contact us if you need help locating study materials or career information. And remember, you can now take CLEP and DANTES tests here in the library. **Testing is regularly done every Tuesday starting at 0900, but it has been suspended until 25 January due to computer problems.** Contact Saint Leo University at **464-6449** to register.



Short on time? – Don't spend it looking for information - Contact the Library and let us help you!

Please remember to return all library materials before checking out



For your convenience, there is a book drop in Building 2, next to the gift shop

Recent Arrivals in the Crew's Library

DVDs

Hoberman, David,
Beverly Hills Chihuahua/2009
Video Collection Call# Beverly DVD

Canon, Rueben
Tyler Perry's Madea Goes to Jail/2009
Video Collection Call# Madea 2 DVD

Zwart, Harald,
The Karate Kid/2010
Video Collection Call# Karate DVD

Hoberman, David,
The Proposal/2009
Video Collection Call# Proposal DVD

Jonze, spike,
Where the Wild Things Are/2010
Video Collection Call# Where DVD

Non-fiction

Harvey, Steve,
Straight Talk, No chaser: How to find, Keep and Understand a Man
Location: CrewsLib Call# HQ 801 H352497 2010

Irvine, Alexander,
The Murder of King Tut/ 2010
Location: CrewsLib Call# DT 87.5 I78 2010

Stork, Travis,
The Lean Belly Prescription: The Fast and Foolproof Diet and Weight-loss plan/ 2010
Location: CrewsLib Call# RM 222.2 S76 2010

Trigiani, Adriana,
Don't Sing at the Table, Llife Lessons From my Grandmother
Location CREWSLIB Call# PS 3570 R459 Z46 2010

Biography

Cole, Natalie
Love Brought Me Back / 2010
Location: CREWSLIB Call# Biography Cole

Martin, Ricky,
Me/ Ricky Martin / 2010
Location: CREWSLIB Call# Biography Martin

Ohno, Apolo Anton,
Zero Regrets/ 2010
Location: CREWSLIB Call# Biography Ohno

Warwick, Dionne,
My Life as I See It/2010
Location: CREWSLIB Call# Biography Warwick

Fiction

Hoag, Tami,
Secrets to the Grave/ 2011
CREWSLIB Call# Fiction Hoag

Krentz, Jayne Ann,
In Too Deep / 2010
CREWSLIB Call# Fiction Krentz

Rice, Anne,.
Of Love and Evil / 2010
CREWSLIB Call# Fiction Rice

Ginsberg, Debra,
The Neighbors are Wataching/ 2010
CREWSLIB Call# Fiction Ginsberg

Audiobooks

Cornwell, Patricia Daniels,.
Port Mortuary/2010:
Location: AUDIOBOOKS Call# COR

Mosley, Walter,
The Last Days of Ptolemy Grey/ 2010
Location: AUDIOBOOKS Call# MOS

Hillenbrand, Laura,.
Unbroken / 2010
Location: AUDIOBOOKS Call# Zamperini

Thor, Brad,
The Athena Project/ 2010
Location: AUDIOBOOKS Call# THO

Lawson, Michael,
House Justice/ 2010
Location: AUDIOBOOKS Call# Fiction Lawson

Library Services - Your Information Resource

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E-mail: [NMCP-
LibraryServices@med.navy.mil](mailto:NMCP-LibraryServices@med.navy.mil)
Information Desk: 3-5384
Circulation Desk: 3-5383
Hours: Monday –Friday 0730-1630