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1. Meet Your New Year’s Health Resolutions with Be Colorado and Health Sciences Library Resources

It’s that time of year when many of us make resolutions for self-improvement and set impossibly lofty goals. Perhaps that 5-day cleanse was a bit too intense or 2 months of a bag of raw carrots a day
have lent your skin the weird orangey hue of a tanning session gone wrong. A couple of months, weeks, or perhaps even days into the new year, you might wake up and realize that you just don’t want to go on another solitary 5 a.m. run. Or you decide “apple” is a very lovely shape upon reaching day 7 of the 90-day P90X Extreme Home Fitness program. For some of us, New Year’s resolutions are just doomed to failure for lack of good information, support, or reasonable goals.

The University of Colorado Health And Welfare Trust program “Be Colorado” is one of many tools available to help employees and retirees make 2012 the year of meeting your health goals. Be Colorado focuses on five dimensions of wellness: “Be Energized (physical), Be Optimistic (emotional), Be Connected (social), Be Secure (Financial), and Be Inquisitive (intellectual).” Be Colorado begins with a confidential health assessment survey that will allow you to see and understand your current health status. You will also receive attainable goals to strive toward as well as tips to help you get there. You can sign up and reap the benefit of a personalized health care plan.

Looking for more resources? Try the Health Sciences Library’s nutrition databases such as the Food Processor: Nutrition Analysis Software (available in-library only) or sign up to go through an online medical nutrition curriculum via Nutrition in Medicine. Or try searching “healthy lifestyles” in the Library’s discovery tool FindIt. View your results and try any of the following to narrow your focus:

- click “Keep search refinements”
- add a topic such as walking, running, sports, diet, your chronic illness (type 2 diabetes, hypertension, etc.)
- add your desired outcome (weight loss, lower blood pressure, “hemoglobin A1C”, etc.)
- use the right-hand “Refine” column to limit to full text including ebooks, journal articles, dissertations, or other materials
- limit to recent years of publication to be sure you have the most current information
- If you would like a professional research consultation with one of our librarians, just use Ask Us to request a consultation at your convenience!

[Tina Moser, Access Services Librarian]

**FYI:**
Artwork created by the faculty, staff and students of the University of Colorado Denver is on display in the Library’s third floor Gallery until January 8, 2012.

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### 2. LIBRARY EVENTS

**Open House for Faculty and Staff**
The Health Sciences Library will host an Open House event for Faculty and Staff of the Anschutz Medical Campus in Teaching Lab 2 from 8:30-10 a.m. on Wednesday, January 25. Light refreshments will be offered. Representatives from the following units will present information on resources and services available to faculty and staff:

- Health Sciences Library
- Educational Support Services (ESS)
- Academic Technology & Extended Learning (ATEL - Blackboard)
- Office of Institutional Research & Effectiveness (ORIE)

Registration is not required but is appreciated to help with catering.
Ensembl Genome Browser Training

CCTSI and the Health Sciences Library are pleased to present Ensembl Genome Browser Training with Bert Overduin, PhD, a member of the Ensembl's Vertebrate Genomics Team. The training will be held 8 a.m. – 5 p.m. on Monday January 23rd in the Health Sciences Library’s Teaching Labs 1 & 2.

The Ensembl project provides a comprehensive and integrated source of annotation of, mainly vertebrate, genome sequences. This one-day workshop offers participants the possibility of gaining lots of hands-on experience in the use of the Ensembl genome browser but also provides them with the necessary background information. The workshop is primarily targeted at wetlab researchers.

The workshop consists of the following modules. Most modules consist of a presentation and demo, followed by ample opportunity to do exercises.

- Introduction to Ensembl: origin, goals and organization of the Ensembl project
- Worked example: guided tour of the most important pages of the Ensembl website
- Data retrieval with BioMart: retrieving complex / large datasets using the data retrieval tool
  BioMart
- Comparative genomics: orthologues and paralogues, protein families, whole genome alignments and syntenic regions
- Variation: sequence variants, structural variants

Participants are encouraged to bring problems/questions about their research to try to tackle these during the workshop using Ensembl. The only prerequisite for this workshop is general knowledge of molecular biology / genomics and a familiarity with web browsers.

Note: Most examples and exercises in the workshop will be focused on human as this is by far the richest annotated species. However, most of what is taught in the workshop can be applied to other species in the Ensembl browser as well as to the species in the Ensembl Genomes browser, that contains genomes of invertebrates, protists, plants, fungi and bacteria.

This is a special class and will be offered this one time only. Please pre-register to ensure a place in this limited seating training session.

FYI:

New Digital Tools Let Professors Tailor Their Own Textbooks for Under $20

3. LIBRARY NEWS BRIEFS

The Human Touch 2012 Call For Submissions

Submit your poetry, prose or artwork to the University of Colorado's medical humanities anthology! Although it is expected that some aspect of health care will provide the subject for many entries, submissions on all topics are encouraged.

Please follow the submission guidelines when submitting your work. The submission deadline is January 16, 2012. Questions should be emailed to thehumantouchjournal@gmail.com. Submissions will be reviewed by the editorial board following the submission deadline. Final decisions will be made in March 2012.
The 2011 edition of The Human Touch is available at the Anschutz Medical Campus Bookstore or may be viewed online.

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FYI:
Create Your Own E-Book with Open-Source Sigil

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4. RESOURCE UPDATES

AccessPharmacy Troubleshooting
We continue to have problems with users being “logged out” of AccessPharmacy. During a session users are disconnected and can’t get past the AccessPharmacy log-in page. There seems to be a time-out occurring. Please try the following if you experience this problem:

- Clear your internet browser cache
- Access a different database, such as Academic Search Premier or ACP PIER
- Try accessing AccessPharmacy again
- Repeat if you encounter the log in page again

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Humor:
Does your Kindle or Nook or iPad leave you feeling like there’s something missing?

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5. RARE BOOK PROFILE

Carl Wunderlich’s *On the Temperature in Diseases: a Manual of Medical Thermometry* (London: The New Sydenham Society, 1871) is the first English translation of *Das Verhalten der Eigenwärme in KrankHeiten*. The German edition, published in Leipzig in 1868, was the first scientific study since a British essay written in 1740. It was the first book-length treatment of the subject, and is generally acknowledged to be the foundation of modern clinical thermometry. Wunderlich’s work established the average temperature of the healthy human body, described normal diurnal fluctuations, and established an upper limit of the normal range, creating a measurable standard for fever. Before publication of this work, fever was considered a disease; afterward, it was a symptom.

Carl Reinhold August Wunderlich (1815-1877) was a German physician. He served as Professor and Director of the Tübinger Medizinischen Klinik from 1846-1850. He then served as Professor and Director of the Universitätsklinik St. Jakob at the University of Leipzig from 1850 until 1875. He was a pioneer in psychiatry, and he also described
the spontaneous, nontraumatic renal hemorrhage later known as Wunderlich syndrome.

The text was translated by Dr. William Bathurst Woodman (1836-1877), from the second German edition. It was published by the New Sydenham Society, a London book club which published reprints of classic medical works and English translations of important current European medical works for its members.

The Health Sciences Library’s copy is bound in brown cloth with blind-stamped boards with the profile bust of Thomas Sydenham stamped in gilt on the upper board, a gilt-stamped spine, and red edges. At one time it belonged to the Library of the Royal United Hospital in Bath, and it also has the ownership stamp of W.J. Church. The Health Sciences Library has an extensive collection of New Sydenham Society publications, as well as an English version of Wunderlich’s work, abridged and published in New York in 1871.

Rare materials are available to individuals or groups by appointment on Wednesday mornings and Thursday afternoons, or at other times by arrangement. To schedule an appointment, contact Emily.Epstein@ucdenver.edu or 303-724-2119.

[Emily Epstein, Cataloging Librarian]

FYI:
There’s an App for That – Could smartphone apps improve quality of care?

6. MEDIA / MEDICINE

People Will Talk, 1951, 20th Century Fox.
IBM recently announced that Watson, a question answering computer and Jeopardy winner, had performed well diagnosing illnesses from symptoms and medical history. The event was foreshadowed in the 1951 Joseph L. Mankiewicz movie People Will Talk, starring Cary Grant.
At the climax of the movie, Dr. Noah Praetorius’ career hangs in the balance in front of a review board. After challenges to his methods he declares that the central question is whether “the practice of medicine should become more and more intimately involved with the human being it treats, or whether it’s to go on in its present way of becoming more and more a thing of pills, serums, and knives, until eventually we should undoubtedly evolve an electronic doctor.”

People Will Talk addresses a number of interesting issues related to ethics and medical humanities, as Dr. Praetorius’ practice integrates science (he refers to the laboratory methods for confirming a pregnancy), psychology, and faith based on his experience in a rural New England village clinic and his own clinic. Praetorius is cleared of any wrong-doing, but not without the zealous scrutiny of an envious rival.

Mankiewicz’ trademark sophisticated dialog, sharp wit, and social commentary are all present in People Will Talk, but the film fails to meld two plot lines incorporating romance, comedy and drama, and the film was one of Mankiewicz’ least successful. But his exploration of the human element in healing at a time when science was becoming a powerful force in the practice of medicine demonstrates his prescience regarding the direction of clinical informatics and the perceived threat to the doctor-patient relationship.

[Lynne Fox, Education Librarian] 

FYI:
Who’s too smart for primary care? & Some comments
(Registration required)

7. RESOURCE TIP

Answering Clinical Questions in Realtime: Alternative and Complementary Medicine
Are your patients telling you that they’re taking natural remedies that could have a negative impact on their health outcomes? When they do tell you about their home remedies, supplements, and herbal treatments do you know where to seek accurate, detailed evidence based information? The Health Sciences Library offers many resources designed to address your questions:

Natural Medicine Comprehensive Database
(NMCD) allows quick access to evidence based information on herbs, supplements, and commercial products. NMCD lists the ingredients of your patients’ favorite pills, powders, beverages, cereals, and even snack bars designed to provide supplements. Click on "Search" and then "Product or Medicine" to find the product in the alpha list or search for a product name for quickest access to a summary. Summaries contain evidence based and
referenced information on effectiveness, safety, interactions, and indications for a substance, compiled by PharmDs and MDs.

**MedlinePlus** includes information on supplements in the “Drugs & Supplements” section from the National Institutes of Health Office of Dietary Supplements and the Natural Medicines Comprehensive Database. Direct your patients to the same accurate information available to you, but written for health care consumers.

**ACP PIER** is from The American College of Physicians and provides regularly updated monographs on clinical topics selected based on prevalence in clinical settings. Search for a disease or condition to find information on non-drug therapies, or view the Table of Contents “Complementary and Alternative Medicine” and find the section for “Herbal and Botanical Therapies”. The ACP evidence ratings of A (high quality studies), B (more limited studies) or C (consensus or expert opinion based) are given for treatments.

**Micromedex**, known for detailed research-based information on drugs, drug interactions, and toxicity, also offers information on supplements and herbs. Use the Drug Interactions to check interactions between supplements and pharmaceuticals. You can also search for a substance, for example licorice, to find dosing, indications, contraindications, interactions, adverse effects, patient handouts, and toxicity tools and information.
FYI:
U.S. Gamers Crack Puzzle in AIDS Research that Stumped Scientists for Years

8. TEACHING/LEARNING TIP

FindIt Tip
Refine your search
- Items with full text online
- Limit to articles from scholarly publications, including peer-review
- Limit to articles from peer-reviewed publications
- Exclude Newspaper Articles
- Add results beyond your library’s collection

It is now easier than ever to eliminate the less-rigorous scholarly publications from your FindIt results. After you perform a search, check “Limit to articles from peer-reviewed publications” and it will immediately eliminate any article that is not from a peer reviewed journal.

[Julie Silverman, Head of Collection Management]

FYI:
What does it mean to have students with Autism Spectrum Disorders in your classroom?

9. TECHNOLOGY TIP

The Facebook “Like” Button and Privacy

A privacy controversy erupted in recent months as researchers analyzed the nature of Facebook browser cookies. In late September, Facebook’s new Read, Watch, Listen campaign was announced, along with its new Timeline profile. Facebook began partnerships with third-party media sites for new apps, which can instantly update your Facebook timeline or status with the information of what you are reading, watching, or listening to (via those apps). Questions swirled as to whether those cookies could transmit data without users’ knowledge. For example, data might travel via these cookies from outside Facebook back to Facebook, to friends on Facebook, or even to Facebook “followers” or commercial third parties. Concerns arose that Facebook users might not realize the potential of these media apps, or how every action taken within the apps could end up as news items in Facebook user timelines.
Blogger Dave Winer noticed some unexpected effects of being logged in to Facebook while browsing other sites which featured the Facebook “Like” button. Winer promptly advised everyone to remember to log out of Facebook to avoid unexpected sharing of one’s personal data. Winer’s blog post was followed by further research from investigator Nik Cubrilovic, that logging out of Facebook did not necessarily negate the tracking effect of these cookies. It turned out that any website with a Facebook "Like" button could, in theory, transmit a user’s visit to that website back to Facebook, even if the user was currently logged out. Popular blog site Lifehacker featured an article about the situation, listing browsers, methods and plugins to creatively block the Facebook cookie tracking issue. Soon after, several privacy groups and even two US Congressmen called for the Federal Trade Commission to look closely at Facebook’s business practices. Meanwhile, Facebook quickly investigated and responded to the criticism, saying that the tracking issue while a user is logged out was a bug. In early October, Facebook corrected the bug and even followed up with third parties to help remedy the situation. Despite this, Ireland’s Data Protection Commissioner will begin a privacy audit of Facebook, of particular importance given that the international headquarters of Facebook is in Dublin.

On Nov. 30, 2011, the FTC and Facebook came to a settlement regarding privacy issues - resulting in major changes in how Facebook approaches privacy going forward.

In all, the Facebook privacy controversy is just one example in a raft of privacy issues that continue to arise, not just in social networking, but across the web. A number of large third-party cookie tracking companies have access to vast amounts of web user data, with the reach of their tracking ability stretching across large numbers of commercial, educational, and even governmental web sites. The field is fast moving technologically - and despite the interest of privacy groups, websites and marketers continue to track and profile user activities. Although opt-in cookie-blocking privacy controls began being built into browsers several years ago, it wasn’t long before such controls were found to be circumvented by many websites through use of Flash cookies or “LSOs” (local shared objects). Now that Adobe, in its Flash application, as well as several browsers including Firefox and Chrome have added the ability for users to clear Flash cookies, Flash is less attractive to marketers. HTML5 web storage has emerged as a powerful new frontier for web browsers to write and save even more user data. Web storage places user data in its own database on the user’s computer, and allows for much more information about a user’s habits to be saved - up to 5 megabytes! As technology changes, new features are developed by companies such as Facebook, and companies with existing data continue to be acquired by other companies with data - the net effect will continue to expand the amount of personal data that is available to marketers and other interests. What are they really tracking? This true/false quiz from blogger Dan Tynan may help you become more informed.

[FYI:
Exiled Chilean Author of Death and the Maiden remembers his “Lost Library”

10. LIBRARIAN PICKS

The Island by Victoria Hislop. HSL Medical Humanities/3rd Floor WC 335 H6733i 2006

In 1939, a young mother and school teacher disembarks at Spinalonga, Greece’s leper colony. The island off the coast of Crete has seen a number of masters over the centuries, but is largely left on its own, since visitors are forbidden. Later, the arrival of educated and well connected exiled Athenians brings funding for better accommodations and the island modernizes to improve the care of the residents. Several generations later,
a young woman arrives on the abandoned Spinalonga seeking answers to questions evaded by her mother. We learn, along with her, the story of the residents and their champions.

This historical novel captures the isolation, loneliness, fear, and persecution that accompanied the disease for millennia. Hislop contrasts the lives of the island residents with those on Crete and reminds us that a once formidable and incurable illness that brought shame and exile was overcome with the patience and persistence of researchers. Her story will resonate with anyone hopeful for a cure for HIV, a similarly complex and still stigmatized disease.

[FYI: BioMed Central (BMC) has redesigned their website]

11. PROFILES

**Featured: Collection Management Department**

Selects, obtains, and manages all resources provided by the library, regardless of format

Collectively, we have worked at the library for 55+ years

Emily Epstein, MLS Cataloging librarian
Heidi Zuriga, MLS Electronic Resources librarian
Julie Silverman, MLS, MBA Head of Collection Management
Debra Miller, Cataloging technician
Paul Andrews, Collection Development Technician
Leslie Williams, MLS Acquisitions Librarian (not pictured)
Jo Hall, Cataloger (not pictured)

Betsaida Jarama, is a Public Health student. She just moved from Puerto Rico to attend CU graduate school.
Why do you come into the Health Sciences Library?
To conduct research on relevant Health Science topics.

What do you like best about the Library?
Its tranquility, the academic resources and the helpful staff.

Why should others in our campus community come to our Library?
Because it is a free natural resource that can provide them with tools to enhance their knowledge and gain a better understanding of topics discussed in class relevant to their field of study.

Who is your favorite Library staff member?
“Mrs. Tami”, Charlotte and Ruby are my top 3.

If you could change one thing about our Library what would that be?
It would be open 24/7!

What are you reading right now?
Classes are keeping me very busy, the last (non-school) book I read (1 year ago) was Steering by Starlight, by Martha Beck.

Who’s your favorite literary character?
My recent one has to be Isabella "Bella" Swan.

Provide a short catchy quote that sums up your feelings about the Library.
"Read and the Force is with you" - Yoda (Star Wars)

[Ruby Nugent, Library Technician]

**FYI:**
Need a free polling tool for small groups? Try [Poll Everywhere](#)

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**12. GREEN TIPS**

**FREE Maps For Holiday Wrapping At The USGS Map Store**
Every year, the USGS Map Store gives away bundles of outdated surplus topographic maps, which can be used as gift wrap, book covers, wallpaper, or in any project requiring decorated paper. They are also suitable for framing.

The free maps will be available from the day after Thanksgiving (November 25) until December 24, or until they run out. The USGS Map Sales Room is located in Building 810 at the Denver Federal Center in Lakewood (enter from the Main Gate #1, off Kipling St. between 6th and Alameda). The sales room is open Monday-Friday from 8 a.m. - 4 p.m., and they are closed on federal holidays. For more information, call 303-202-4700. Image from:
Recycle your real Christmas Tree! According to the United States Environmental Protection Agency, about 33 million real Christmas trees are sold in North America during the holidays. But because of the growing trend of “treecycling”, over 90% of them are recycled. It is then used for things such as mulch and landscaping materials for parks, playgrounds, trails and water erosion. Check with your local City and County agencies to see what they are doing this holiday season to support the use of a natural, renewable source.

- Adams County 303-659-2120
- City of Aurora 303-739-7000
- City and County of Denver 720-913-1311
- Commerce City 303-289-3600
- Arapahoe County 303-795-4400
- Jefferson County 303-279-6511

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Jerry Perry
Director, Health Sciences Library
University of Colorado Anschutz Medical Campus
12950 East Montview Boulevard • Mail Stop A003
Aurora, CO 80045
303-724-2133 or Jerry.Perry@ucdenver.edu

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THANK YOU! Your Support is Greatly Appreciated!

See the Health Sciences Library on Facebook and subscribe to us on Twitter!

An invasion of armies can be resisted, but not an idea whose time has come. - Victor Hugo

Sparky the Info-Dog is the mascot for the Health Sciences Library Newsletter. He doesn't usually eat the newspaper.