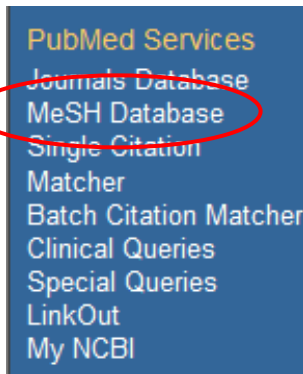


Getting There: From the Penn State Berks Library page (www.libraries.psu.edu/berks/), under Find Articles click A-Z Database List, click Pubmed (Medline).

Description: PubMed is the National Library of Medicine's (NLM) premier bibliographic database. It includes the fields of medicine, nursing, dentistry, veterinary medicine, the health care system, and the preclinical sciences. 1966-to present.

Step 1: Using the MeSH Database



For the most targeted searching, use the **MeSH (Medical Subject Headings) Database** to ensure that all articles indexed under a medical topic will be found.



1. Click on MeSH Database in the left frame of the PubMed screen.
2. Type a word or phrase in the 'Search MeSH' box and click Go. One or more terms closely related to your term will display. Click on a term displayed to see:
 - o Available subheadings
 - o 'Entry terms' – i.e., words that bring up this MeSH term
 - o Broader and narrower terms
3. If satisfied with the result, select desired subheadings (see example below)
4. To find articles where this is one of the main topics, select 'Restrict Search to Major Topic headings only.' (see example below)
5. Click Send to Search Box with [AND] or [OR] (for the first term it doesn't matter). (See below)
6. Repeat steps 2 through 5 for all terms needed in a search.

Detailed display in the MeSH Database showing Subheadings:

A service of the National Library of Medicine and the National Institutes of Health

Search MeSH for exercise therapy [Go] [Clear] [Save Search]

Display: Full Show 20 Send to

All: 1

- If making selections (e.g., Subheadings, etc.), use the [Send to Search Box](#) feature to see PubMed records with those specifications.
- Select PubMed under the Links menu to retrieve all records for the MeSH Term.
- Select [NLM MeSH Browser](#) under the Links menu for additional information.

1: Exercise Therapy

Motion of the body or its parts to relieve symptoms or to improve function, leading to PHYSICAL FITNESS, but not PHYSICAL EDUCATION AND TRAINING.

Subheadings: This list includes those paired at least once with this heading in MEDLINE and may not reflect current rules for allowable combinations.

adverse effects classification complications contraindications economics education history instrumentation legislation and jurisprudence methods nursing organization and administration psychology standards statistics and numerical data supply and distribution therapy trends veterinary

Restrict Search to Major Topic headings only.

Do Not Explode this term (i.e., do not include MeSH terms found below this term in the MeSH tree).

Step 2: Search PubMed

Once you have added desired terms from the MeSH Database, click Search PubMed to run the search in the PubMed database.

(((("Osteoporosis/prevention and control"[Majr]
OR "Osteoporosis/rehabilitation"[Majr]
OR "Osteoporosis/therapy"[Majr])) AND "Exercise Therapy"[Majr])

Search PubMed Clear

Step 3: Limiting

Click Limits from the Features bar.

After selecting Limits, click 'Go' to re-do the search with the limits.

To remove limits for future searches, uncheck the Limits box (see Results List)

Available limits:


- Date
- Human or animal studies
- Gender
- Language
- Subset within PubMed, such as nursing journals.
- Publication types such as review articles.
- Age groups

Results List

The screenshot shows the PubMed search results page. At the top, there is the NCBI logo and the PubMed logo. Below the logos, there is a navigation bar with tabs for All Databases, PubMed, Nucleotide, Protein, Genome, Structure, OMIM, PMC, and Journals. The search bar contains the query: ((("Osteoporosis/prevention and control"[Majr] OR "Osteoporosis/rehabilitation"[Majr] OR "Osteoporosis/therapy"[Majr])) AND "Exercise Therapy"[Majr]). The search results are displayed in a list format. The first four results are shown, each with a checkbox, a list icon, the author name, the title, the journal information, and the PMID. The results are: 1. Schwab P, Klein RF. Nonpharmacological approaches to improve bone health and reduce osteoporosis. Curr Opin Rheumatol. 2008 Mar;20(2):213-7. Review. PMID: 18349754 [PubMed - indexed for MEDLINE]. 2. Shipp KM. Exercise for people with osteoporosis: translating the science into clinical practice. Curr Osteoporos Rep. 2006 Dec;4(4):129-33. Review. PMID: 17112422 [PubMed - indexed for MEDLINE]. 3. Benton MJ, White A. Osteoporosis: recommendations for resistance exercise and supplementation with calcium and vitamin D to promote bone health. J Community Health Nurs. 2006 Winter;23(4):201-11. Review. PMID: 17064230 [PubMed - indexed for MEDLINE]. 4. Rittweger J. Can exercise prevent osteoporosis?

Click on the author name to see an abstract of each article (or change "Summary" to "Abstract" to see all abstracts)..



Use  (below each abstract) to find the full text online or to order from interlibrary loan if the article is not available online or at your campus.