

Cerritos College Library

In the Wilford Michael Library & Learning Resource Center

WOMEN: THEIR BODIES & THEIR HEALTH

Your search for information on **Women, Their Bodies & Health** can include books, periodicals, online databases, and authoritative Internet resources.

Books

Use the **Library Catalog** located on the Cerritos College **Library Home Page** to find books on your topic that are available in the Cerritos College Library.

Listed below are some *Library of Congress Subject Headings* used in the catalog for books relating to **Women, Their Bodies & Health**. Use these terms to *Search by Subject*. Remember, this list is by no means conclusive.

Eating disorders
Women's health services
Gynecology
Women -- health and hygiene
Obstetrics
Abortion
Menopause

Body image
Exercise for women
Body image in women
Women – Psychology
Right to health care
Equality – Health aspects
Alternative medicine

Selected Reference Books

Reference books are a good starting point for your research because they help you become better acquainted with your topic. Listed below are some reference books that may be useful in your research. **Facts.com**, **CQ Electronic Library** and the **Gale Databases** are online resources that may provide useful background information and statistical information as well.

Health: Opposing Viewpoints

REFDESK RA445 .H435 2009

The Encyclopedia of Women's Health

REF RA778 .A494 2009

Encyclopedia of Foods: A Guide to Healthy Nutrition

REF TX349 .E475 2002

The Greenwood Encyclopedia of Women's Issues Worldwide

REF HQ1115 .G74 2003

Taking Sides: Clashing Views in Health and Society

REFDESK RA776.9 .T35 2010

Health and Wellness: Illness Among Americans

REFDESK RA733 .N43 2008

Adult Health Concerns Sourcebook

REF RC82 .A38 2008

Breastfeeding Sourcebook

REF RJ216 .B7798 2002

Health Care Policy and Politics A to Z

REF RA395 .A3 R685 2009

Stress-Related Disorders Sourcebook

REF RA785 .S78 2007

Finding Magazine, Journal and Newspaper Articles

Journals and magazines usually provide the most current information on a topic. Journal articles are more scholarly or professional while magazine articles tend to be shorter and more general. Newspaper articles,

while not usually scholarly or professional, can give you the most current news and some additional facts on your topic.

To find articles on your topic, use one of the online databases listed below. These databases usually provide full-text articles on almost every topic. They are available via the [Library Home Page](#). Conduct your search in these databases by using subject headings and keywords similar to those you used to locate books.

Online Databases for Women's Health

CQ Electronic Library
EBSCOHost
Ethnic News Watch
Gale Databases
Salem Health

Gender Watch
NewsBank
Proquest
HealthSource
Issues & Controversies

For remote access to the library databases, login to the [Library](#) using your Cerritos College ID number. See the [Database Page](#) or handout for a complete description of the Cerritos College Library online resources. For historical research, the Library also has print indexes that must be used to find older articles, generally anything published before 1985.

Internet Sites

The Internet can be a valuable source for supplementing the information you have gathered from books and periodicals. It is important that you evaluate the information you get from the Internet to determine if it is reliable and useful to your research. A few Internet sites that may be useful are listed here.

University of Maryland Medical Center: Women's Health

<http://www.umm.edu/women/multimedia.htm>

The National Women's Health Information Center

<http://www.womenshealth.gov/>

Center for Young Women's Health

<http://www.youngwomenshealth.org/>

Medline Plus: Women's Health Topics

<http://www.nlm.nih.gov/medlineplus/womenshealth.html>

ObGyn.net: The Universe of Women's Health

<http://www.obgyn.net/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/women/>

Women's Health Initiative

<http://www.whi.org/>

American Medical Women's Association

<http://www.amwa-doc.org/>

Healthfinder

<http://www.healthfinder.gov/>

National Women's Health Network

<http://www.nwhn.org>