5MinConsult Database

**Naval Medical Center San Diego now has access to the 5MinConsult Database**

5MinuteConsult.com provides you with the targeted diagnostic information that you need in less than 30 seconds. Evidence-based and regularly updated, all information is written and approved by a range of healthcare professionals. Complete with procedural videos, patient handouts, extensive evidence-based disease, condition and drug information, it is the fast and effective consulting reference.

You can earn CME/CE credits while you search, as well as to have the ability to personalize patient handout materials. You need to self-register for a free personal account to be able to use these features.

To register, visit the library home page and click the link to 5MinuteConsult.com. Next, click the CME/CE tab then Sign Up Now! You must be on the hospital network to sign up. Sign in to your personal account on or off command to access content.

**EZ Remote Access**

The library has implemented EZ Remote Access. EZ Remote Access replaced the NMCSD Open Athens accounts as the primary way to access NMCSD as well as DHA and BUMED resources while you are off command.

Please register for an account by visiting the library home page and clicking the Remote Access tab. Once registered, use the same tab to sign in and choose your desired resources.
**The General Library—Your Oasis**

**Got Stress?**

Stress affects your brain, your body, your life! Let’s take some steps to reduce it! See some General Library books right here, and check out our exercise DVDs.

10 steps to mastering stress: a lifestyle approach. By David H. Barlow et al.

Patient & Family section, 155.9042 BAR

How to relax, by Nhat Hanh Thich - 294.3444 NHT

Discover tai chi for beginners, by Scott Cole - DVD 613.7 DISCOVER TAI CHI

50 things you can do today to manage stress, by Wendy Green - Patient & Family 155.9042 GRE

Manage your stress: overcoming stress in the modern world, by Laurie M. Grossman - 616.98 SHR

Good morning tai chi, by Zhao-Ming Shao - DVD 613.7148 GOOD MORNING

Let your body win: stress management plain & simple, by Jacquelyn Ferguson - 155.9042 FER

Sunset tai chi: simplified tai chi for relaxation and longevity, by Tricia Yu - DVD 613.7 TAI

Shortcuts to inner peace: 70 simple paths to everyday serenity, by Ashley Davis Bush - 158.1 BUS

Tai chi: health for life: how and why it works for health, stress relief and longevity, by Bruce Kumar Frantzis - 613.7148 FRA

Until the next issue, remember to breathe! Remember how? https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm#breathing

**Did You Know?**

The library is creating a new way to display our DVD movie covers.

For the latest movies in our collection, browse the covers in the NEW DVD binder.

For older movies, browse the collection in a more convenient, organized format!

Find the new binders in our DVD nook located in the library lobby!

...Our newest medical library books as well as a special collection of exam and board prep books conveniently located in the front of the medical library.

**Library Hours**

Monday—Friday 7:30am—3:00pm
Closed Saturday—Sunday
Closed Federal holidays

Building 5, 2nd Floor
Phone: 619-532-7950

Email: usn.nmcsd-library@mail.mil
http://med.navy.mil.libguides.com

**NEED HELP SEARCHING?**

Contact us for help and we will be happy to run literature searches for you and forward any results via email or provide training on how to search efficiently.

**CAN’T FIND AN ARTICLE?**

Use our document delivery service that will deliver a PDF into your inbox.

**SIGN UP FOR A LIBRARY CARD**

Your library card enables you to self-renew library material online. You can also place books and DVDs on hold for quick pick up at the library front desk.