



Check It Out

JUNE 2014 · YOUR GUIDE TO THE LAREDO REGIONAL CAMPUS LIBRARY

LIBRARY HOURS

MONDAY

9 AM—5 PM

TUESDAY

9 AM—5 PM

WEDNESDAY

9 AM—5 PM

THURSDAY

9 AM—5 PM

FRIDAY

8 AM—12 PM

SATURDAY

CLOSED

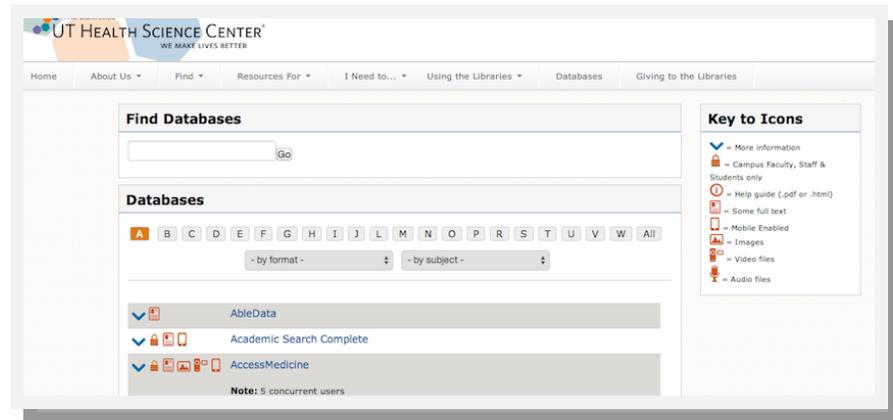
SUNDAY

CLOSED

New Database Page Launch

The library is launching a new database page to help in finding resources among the more than 200 databases accessible through the library. Databases can be searched by words from the title, by subject, and by the type of format included in the database (full-text, images, video, etc). Icons are used to readily identify key features of the database. With the new page, mobile enabled users can browse for resources easily on all of their devices, just like they can on their desktop. The new database page was developed using a tool called Subjects Plus, created originally by East Carolina State University; now kept current by the University of Miami and Ithaca College.

Created over the course of three months, a team of librarians worked to develop the categories, brief biographies of the resources, and over all look and feel of the database page. The faculty and student Library Committee as well as the Student Government Association provided feedback about the features and design of the database page.



EYL

***Due to some technical issues, print services at the Library are currently unavailable. We hope to have printing services restored before the end of the month.**

***The U.S.-México Border Health Commission (BHC) periodically releases e-border health bulletins and newsletters. They may be of interest to border health partners and others in the U.S.-México border region. To view the latest bulletin, [click here](#).**



Man Up: Take Control of Your Health

Men's Health Week is celebrated each year as the week leading up to and including Father's Day. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Men face unique health challenges, and one of the most dangerous is their reluctance to seek health care. In fact, according to Agency for Healthcare Research and Quality (AHRQ), men are 24 percent less likely than women to have seen a doctor in the past year.

A snapshot of men's health in the United States shows that they sometimes experience different, but no less serious, health problems than women. Heart disease, cancer, and accidents (unintentional injuries) are the top causes of death for men. The most commonly diagnosed cancers among men include prostate, lung, and colorectal types. A recent study shows that men die from heart disease and chronic liver disease at a greater rate than women.

Many of the major health risks that men face – such as heart disease and colon cancer – can actually be prevented and treated with earlier diagnosis. Screening tests can often find these diseases early, when they are easier to treat. For these reasons, it is crucial that men go against their tendency of avoiding health care and begin having regular check-ups and screenings – for their sake and the sake of their families.

For information about screening tests, preventive medicine and steps for good health for men, visit www.foh.hhs.gov/Calendar/june.html or www.menshealthnetwork.org/.

library.uthscsa.edu