1. From CHSL's homepage, look for MEDLINE options from the left sidebar under Library Catalogs and Databases. Look for MEDLINEPLUS. Look for Health Topics. Go to “M.” Look for METABOLIC SYNDROME. Here you will find basic information about diseases, therapies, drugs with links to other reliable sources.

2. From the CHSL's homepage go to PubMed. Look for Clinical Queries under PubMed Tools. On the Clinical Queries, enter Type 1 Diabetes Mellitus in the box and SEARCH. Under Medical Genetics, click on SEE ALL (bottom right). From the PubMed results page, choose the following filters from the left sidebar: HUMANS, REVIEW, ENGLISH. Filters remain for 8 hrs. by IP address unless cleared. Look for the article by Cryer PE, PMID: 22166985. Notice the links – Full Text means it is available electronically, Print means CHSL has some volumes in print and Find It shows availability throughout OhioLINK and allows you to format the citation.

3. Still at PubMed, choose MeSH from the drop down box and enter diabetes mellitus, type 2 in the search box. Choose the subheadings diet therapy and therapy, Restrict to MeSH Major Topic, Add to search builder. While still at MeSH, enter exercise in the box and search for it. Choose the first option, Exercise. Restrict to MeSH Major Topic, Add to search builder with AND, Search PubMed. Notice that the filters are still active. Look for the article by Walker KZ, PMID:20337844.

4. If time permits, or try this on your own ….

From the drop down box on the PubMed screen, choose OMIM, enter diabetes in the box and search. Choose %222100, IDDM. OMIM stands for Online Mendelian Inheritance in Man.