
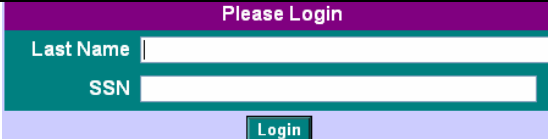
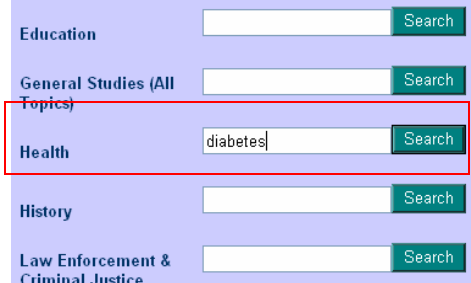





How to Search using the Roadrunner Portal











<p>Click the roadrunner to enter the Roadrunner Portal and search our great databases!</p>																					
<p>Enter your last name and SSN and click Login.</p>																					
<p>Enter the search term(s) in the field next to the subject or academic program you wish to research and click Search.</p>																					
<p>A Results Summary page will display – a list of database names with up to 40 hits beside each one. To view all your results, click on <u>each database name</u>.</p> <p>Click on one of the databases.</p>	<p>You did a Free Text search for " diabetes " [Add Last Search to Saved Searches] Show All</p> <table border="1"> <thead> <tr> <th>Collection</th> <th>Search Status</th> </tr> </thead> <tbody> <tr> <td>Health Resources</td> <td></td> </tr> <tr> <td>Alt-HealthWatch</td> <td>40 Hits (4122 Total)</td> </tr> <tr> <td>CINAHL (Cum. Index of Nursing and Allied Health Literature)</td> <td>40 Hits (10000 Total)</td> </tr> <tr> <td>Pre-CINAHL</td> <td>40 Hits (119 Total)</td> </tr> <tr> <td>Health Source - Consumer Edition</td> <td>40 Hits (6893 Total)</td> </tr> <tr> <td>Health Source - Nursing/Academic Edition</td> <td>40 Hits (10000 Total)</td> </tr> <tr> <td>MEDLINE</td> <td>40 Hits (10000 Total)</td> </tr> <tr> <td>Psychology and Behavioral Sciences Collection</td> <td>40 Hits (2422 Total)</td> </tr> <tr> <td>Catalog of DABCC and NMSU Libraries</td> <td>40 Hits (384 Total)</td> </tr> </tbody> </table>	Collection	Search Status	Health Resources		Alt-HealthWatch	40 Hits (4122 Total)	CINAHL (Cum. Index of Nursing and Allied Health Literature)	40 Hits (10000 Total)	Pre-CINAHL	40 Hits (119 Total)	Health Source - Consumer Edition	40 Hits (6893 Total)	Health Source - Nursing/Academic Edition	40 Hits (10000 Total)	MEDLINE	40 Hits (10000 Total)	Psychology and Behavioral Sciences Collection	40 Hits (2422 Total)	Catalog of DABCC and NMSU Libraries	40 Hits (384 Total)
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A **Results Display** page will display – a list of articles, or records.



Click on the  icon to view a single article, or record.

... | Displaying Records 1 - 10 of 40 | [More](#)

 Blood cells behaving badly. Prevention; Feb2005, Vol. 57 Issue 2, p84	
 Bounce back better from colds and flu. Blossom, Scott; Natural Health; Feb2005, Vol. 35 Issue 2, p106	
 Do you have metabolic syndrome? Natural Health; Feb2005, Vol. 35 Issue 2, p18	
 ERRATUM. Pediatrics; Feb2005, Vol. 115 Issue 2, p518	
 First salad, then pasta. Van Tine-Reichardt, Julia; Prevention; Feb2005, Vol. 57 Issue 2, p44	

A **Full Record Display** page will display. Sometimes, you will see the **Full Text of Article** – the entire article without illustrations.

You can also access the database directly, by clicking **Search This Database (on campus only)**.

 [Search This Database \(on campus only\)](#)

You can also access DABCC Library's entire list of databases by clicking [Full List of Databases](#).

If you'd like to return to the list of database names, click [Results Summary](#).

If you'd like to return to the list of articles, or records, click [Results Display](#).

Roadrunner Search | [Full List of Databases](#)

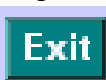
You did a Free Text search for " diabetes "

[Previous](#) [Next](#)

Database Source	Health Source - Consumer Edition
Title	First salad, then pasta.
Creator	Van Tine-Reichardt, Julia
Subject(s)	ACETIC acid BLOOD sugar COOKERY (Vinegar) SUGAR in the body VINEGAR
Source	Prevention Feb2005, Vol. 57 Issue 2, p44
Full Text of Article	-----Magazine: Prevention; February 1, 2005 Section: news & trends First salad, then pasta May we recommend the salad? Greens with a vinaigrette before a starchy entree may help control your blood sugar. In an Arizona State University study, people with type 2 diabetes or a precursor condition called insulin resistance had lower blood sugar levels if they consumed about 2 tablespoons of vinegar just before a high-carb meal. "Vinegar contains acetic acid, which may inactivate certain starch-digesting enzymes, slowing

 [Search This Database \(on campus only\)](#)

When you have completed your searching, click **Exit** to log out of your Roadrunner Portal session.



You can always restart your Roadrunner Portal session, by clicking **Restart**.

Restart ← Click here to Return to the Roadrunner Portal.

Thank you for using the Roadrunner Portal

.. You have successfully exited ..