



Media release

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Health information at your fingertips

HEALTH information is at your fingertips with the Consumer Health Complete database that can be accessed from your own device or the library.

Clarence regional librarian, Kathryn Breward, said Consumer Health Complete had a diverse range of health-related subject areas including: fitness, pregnancy, medicine, nutrition, diseases, public health, occupational health and safety, alcohol and drug abuse, prescription drugs, herbal remedies, and alternative or complementary treatments. Included are links to diet, cancer, and health assessment sites as well as government databases.

“It’s easy to use, and provides clear information, for example when searching for a particular health condition, articles describe symptoms, treatments and diagrams on that condition,” she said.

The database is free to use and can be accessed in each of the Clarence Valley Libraries, or by logging into the database with your library card number at: www.crl.nsw.gov.au/services/research/eresources/

Release ends.

For media inquiries contact Clarence Valley Council communications coordinator, David Bancroft, on 6643 0230 or 0429 104 118.