



SOLAR for Biology

Searching Online Library Academic Resources

Solar allows you to search for books and videos in our Library's catalog and at the same time search for articles in all of our EBSCO brand databases as well as add in other resources. This makes searching for academic resources as easy as using Google, but be prepared to be overwhelmed! This tutorial will help you make the best use of this powerful resource.

Accessing SOLAR

Go to the Library Homepage css.edu/Library and select SOLAR.

Library of The College of St. Scholastica: Home
Welcome to the CSS Library. Please contact us if you need assistance.

Home Getting Started Encyclopedias Books Articles Citation Help Archives Friends

Welcome to the Library

Links Contact Us Hours

Old Sol might be down to his last 4 billion years but SOLAR will just keep serving your needs. It's like Google, only better.

- SOLAR
- ScholasticAT
- Databases, A to Z
- Newspapers
- The Script
- LibGuides
- Interlibrary Loan
- e-Reserves
- Distance Students
- Tutorials for Library Resources
- Faculty Resources

Keyword Search SOLAR for books, articles, and more ... Search

What do you need help with?

Ask a CSS Librarian a question.

Question

More Detail/Explanation

Your Info

Email *

Name

Library News

No. 126

This beautiful Barred Owl visited our Duluth campus over Thanksgiving becoming the 126th bird on our local species list. Visit our [Catalog of Birds](#) to see more photos and an article on the call of the Barred Owl which was written by our colleague, Dr. Pam Freeman.

If you are off campus, when you click on SOLAR, this window will automatically pop up:

Database Access via The College of St. Scholastica Library

Please enter your username:

Please enter your password:

Login

Your network login is active as long as you are a registered student, faculty or staff member of The College of St. Scholastica.

Enter your Novell username and password (what you use to log in to Brightspace, your CSS email, or any computer in a lab on campus).

**Note: If you have trouble logging in, please contact the IT help desk (helpdesk@css.edu or 218-723-7007).

Searching

Main Search Screen

Defaults to a basic keyword search, which is good for simple searches. Enter a search term and click on *Search*.



Advanced Search

Click on the *Advanced Search* tab to combine multiple ideas of your topic and also search by author, journal name, title, etc.



Results List

Click on the links in the left margin to refine your search results. A search history is created for you above the results; click on *View Results* for previous searches. You can also combine searches by clicking on their boxes and then selecting either *Search with AND* or *Search with OR*.

Click on the blue title to view the article's information.

At the end of each citation you will see some of the following choices:

HTML Full Text – full-text of the article is available.

PDF Full Text – full-text of the article is available. The article opens in Adobe Acrobat Reader.

EPUB Full Text – full-text of the ebook is available.

Full Download – you will need to create a My EBSCOhost account to download. See the tutorial on eBooks for more information on how to do that. [Short version](#) [Complete version](#)

Full Text Finder – Click on that link to be taken to another database which will have the full-text available.

Interlibrary Loan and/or Request. - This means that access to the full-text of the article is only available by freely requesting it with an online form. Click on the link and then enter Enter your Novell username and password (what you use to log in to Brightspace, your CSS email, or any computer in a lab on campus).

**Note: If you have trouble logging in, please contact the IT help desk (helpdesk@css.edu or 218-723-7007).

The screenshot shows a search results page with a left-hand navigation panel and a main results area. The left panel includes sections for 'Find all my search terms', 'Limit To' (with options like Full Text, Scholarly, Journals, Catalog Only), and 'Limit by format' (with options like All Results, Academic Journals, eBooks, News, Magazines, Books). The main results area lists four items:

- 1. The Diet-Acne Connection.** (Webb, Dense, Today's Dietitian, Feb2019; 21(2): 38-41. 4p. (Article) ISSN: 1540-4269, Database: CINAHL Complete) - Includes a 'PDF Full Text' link.
- 2. Recent Studies by J. Hunt and Co-Authors Add New Data to Heredity Research Findings (Genotype-by-sex-by-diet interactions for nutritional preference, dietary consumption, and lipid deposition in a field cricket)** (In: Life Science Weekly, Oct 2, 2018, 2571, NewsRX LLC Language: English, Database: Health & Wellness Resource Center) - Includes a 'Full Text Finder' link.
- 3. Diet and Disease : Nutrition for Heart Disease, Diabetes, and Metabolic Stress** (By: Ferraro, Katie. Series: Nutrition and Dietetics Practice Collection. Edition: First edition. New York [New York] [222 East 46th Street, New York, NY 10017] : Momentum Press, 2016. eBook, Database: eBook Collection (EBSCOhost)) - Includes links for 'PDF Full Text', 'EPUB Full Text', and 'Download'.
- 4. Research from Beijing University of Chinese Medicine Yields New Findings on Obesity (Long non-coding RNAs could act as vectors for paternal heredity of high fat diet-induced obesity)** (In: Obesity, Fitness & Wellness Week July 1, 2017, 362, NewsRX LLC Language: English, Database: Health & Wellness Resource Center) - Includes a 'Full Text Finder' link.

Red arrows in the image point to the 'PDF Full Text' link in item 1, the 'Full Text Finder' link in item 2, the 'EPUB Full Text' and 'Download' links in item 3, and the 'Full Text Finder' link in item 4. There are also arrows pointing to folder icons at the top right of each result.

Sample Article

Click on the links to the left to view the full-text of the article. Subject terms have been assigned to the article. These are links to other articles that have also been assigned these terms. Keep track of the articles you are interested in by adding them to your folder.

At any time you can click on your folder at the very top of your screen to view what you have added. From here you can print, email, or save all the articles you have collected.

Short-term and long-term efficacy of classical ketogenic diet and modified Atkins diet in children and adolescents with epilepsy: A systematic review and meta-analysis.

Authors: Rezaei, Shahabeddin^{1,2}
Abdurahman, Ahmed Abdulah³
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Mahmoudi, Maryam^{1,7, fm-mahmoudi@sina.tums.ac.ir, mahmoodi_maryam@yahoo.com}

Source: Nutritional Neuroscience May2019, Vol. 22 Issue 5, p317-18p.

Language: English

Subject Terms: *KETOGENIC diet
*DIET
EPILEPSY in children
META-analysis
RANDOM effects model
HYPERTEXT literature

Geographic Terms: MADAGASCAR

Keyword(s): Efficacy, Epilepsy, Ketogenic diet, Modified Atkins diet, Systematic review

Abstract: Objectives: Classical **ketogenic diet** (KD) and modified Atkins **diet** (MAD) are two types of KD commonly used for the treatment of intractable epilepsy throughout the world. Studies have shown the efficacy of these **diets**. However, no systematic review and meta-analysis study has to date compared the efficacy of KD and MAD in a time trend. Therefore, the objectives of the present study were to compare the short-term and long-term efficacy of classical KD and MAD in children and adolescents with epilepsy and to determine the efficacy of classical KD and MAD at multiple time points and in a time trend. Methods: Main electronic literature databases, including MEDLINE/PubMed, Web of Science, Scopus, and EMBASE, were searched in November 2016. Rate difference and random effects model were used to compare the efficacy of the classical KD and MAD. Results: Overall, 70 studies were eligible for inclusion. Meta-analysis revealed a non-significant trend toward a higher efficacy of MAD at month-3 and month-6 ($P > 0.05$). In the classical KD group, the percentage of responder patients achieving $\geq 50\%$ seizure reduction was 62, 60, 52, 42, and 46% at month-1, 3, 6, 12 and 24 and for the MAD group was 55, 47, 42, and 29% at month-1, 3, 6, and 12, respectively. Discussion: Classical KD does not differ substantially from MAD in $\geq 50\%$ and $\geq 90\%$ reduction of seizure frequency at month-3 and month-6. Overall, the number of patients achieving seizure freedom increases over time. ABSTRACT FROM AUTHOR

If you select email, enter your email address in the *Email to:* space and to the right you can click on the *Citation Format* button and select APA to have these resources formatted in that style and sent to you in the body of the email.

E-mail from:

E-mail to:
Separate each e-mail address with a semicolon.

Subject:

Comments:

Include when sending:

- PDF as separate attachment (when available)
- Standard Field Format**
Detailed Citation and Abstract ▾
- Citation Format**
 - AMA (American Medical Assoc.) ▾
 - AMA (American Medical Assoc.)
 - APA (American Psychological Assoc.)**
 - Chicago/Turabian: Author-Date
 - Chicago/Turabian: Humanities
 - Harvard
 - MLA (Modern Language Assoc.)
 - Vancouver/ICMJE