

17 - EPILOG, UTILITIES & THE DOCTORINTERNET PROGRAM

In the preceding materials, both basic and intermediate research procedures have been presented. This will be ample for accomplishing the aim which we stated on the cover of the book: "How To Use The Internet For Health & Medicine". We could proceed into a wide array of more advanced procedures; but in truth, those are mostly esoteric refinements which really cannot easily be explained in a book. Rather, they must be discovered by each person as one pursues individual interests.



DoctorInternet

Once you have found particular sites which are involved in your area(s) of interest, you will want to explore such functions as "chat rooms" and "news groups". In the former, one can exchange messages with people who are connected at the same time. In the latter, one registers with a particular site and then automatically receives communiqués from the administrators of the site and/or participants. Try the Usenet at [<http://www.yahoo.com>] and [<http://www.medforum.com>]. Again, once you have found sites which focus on your area of interest, you will have to return with some frequency to both become adapted to the way the material is organized (each site is different) and to stay posted on newer developments (this is a dynamic medium).

If you are a medical doctor, be sure to explore and visit, periodically, the sites of the various medical societies, world-wide. They report current developments that are relevant to your practice. Use a search engine and the name of the particular society.

One of your more difficult tasks will be to organize and manage your information. As you are searching, it is a good idea to have a file open in your word processor so that, from your Internet browser, you can "cut and paste" items of interest. Your browser will have a function to bookmark sites which you find interesting; however, in some ways, creating a table in your word process with a listing of the URLs and descriptions can be more intelligible. Then, when searching the Internet, have that file open so that you can "copy" a desired url and "paste" it into your browser.

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CLEARING THE CACHE ON YOUR WEB BROWSER.

This procedure needs to be done routinely as it may improve your web page download time and improve the performance of web-based databases. If you do not know the procedures, see below. Taken from [<http://www.nlm.nih.gov/services/cache.html>].

Netscape 2.x or 3.x

1. Select "Network Preferences" from the Options pull-down menu.
2. Click the "Cache" tab.
3. If you are using Windows 3.1, Windows 95:
Click the "Clear Memory Cache Now" button.
Click the "OK" button in response to Continue?
Click on the "Clear Disk Cache Now" button.
Click the "OK" button in response to Continue?
If you are using a Mac:
Click the "Clear Disk Cache Now" button.
Click the "OK" button in response to Continue?
4. Click the "OK" button.

Netscape 4.x

1. Select "Preferences" from the Edit pull-down menu.
2. Click the plus sign (or triangle for the Mac) next to Advanced.
3. Select "Cache".
4. If you are using Windows 3.1, Windows 95:
Click the "Clear Memory Cache" button.
Click the "OK" button in response to Continue?
Click the "Clear Disk Cache Now" button.
Click the "OK" button in response to Continue?
If you are using a Mac:
Click the "Clear Disk Cache Now" button.
Click the "OK" button in response to Continue?
5. Click the "OK" button.

Microsoft Internet Explorer 2.x

1. Select "Options" from the View pull-down menu.
2. Click the "Advanced" tab.
3. Under Cache, click on "Empty".
4. Click on "OK".

Microsoft Internet Explorer 3.x

1. Select "Options" from the View pull-down menu.
2. Click the "Advanced" tab. On the middle of this page is the Temporary Internet Files section.
Click the "Settings" button.
3. Click the "Empty Folder" button.
4. You will then be prompted by the dialog box, Internet Properties.
In this dialog box you are asked if you wish to Delete all files in Temporary Internet Files Folder.
Click the "Yes" button.
5. Click the "OK" button.
6. Click the "OK" button.

Microsoft Internet Explorer 4.x

1. Select "Internet Options" from the View pull-down menu.
2. Click the "General" tab. On the middle of this page is the Temporary Internet Files section. On the middle of this page is the Temporary Internet Files section.
Click the "Delete Files" button.
3. You will then be prompted by the dialog box, Delete files. In this dialog box you are asked if you wish to Delete all files in the Temporary Internet Files folder.
Click the "OK" button.
4. On the bottom of this page is the History section.
5. Click the "Clear History" button.
6. You will then be prompted by the dialog box, Internet Properties. In this dialog box you are asked if you wish to Delete all files in your History folder.
Click the "Yes" button.
7. Click the "OK" button.

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ADOBE ACROBAT

Adobe Acrobat is a program which constructs and reads files in a format called “pdf” (portable document format). This enables a universal exchange of documents regardless of the word processor in which they are originally constructed. Adobe provides, free of charge, a reader for such files and sells the writer. Because many site provide documents in this format, it is an essential utility; and the reader may be downloaded from:

[<http://www.adobe.com/prodindex/acrobat/readstep.html#reader>].

THE DOCTORINTERNET PROGRAM

Although this book stands by itself and can be used independently from the companion CD and the web-site (DoctorInternet.com), those other components and the book can work in tandem with each other.

The CD. The CD ROM comes as a separate component for an additional fee. It is a virtual web-site and has the Internet templates for all of the procedures in the book. In addition, the CD also contains an electronic copy of the book and the full Glossary of all of the bio-medical terms which are in the MEDLINE vocabulary.



The Web-site [<http://www.doctorinternet.com>] contains all of the procedures in the book plus current modifications, extensions and expanded routines. It also contains a current electronic copy of the book and the Glossary. New functions are being designed and will be made available as completed. Briefly, here is what you will see as a subscriber.



DoctorInternet

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A subscriber has a personal, confidential sector of the doctorinternet.com web-site which is a portal to all of the functions of the program. With your personal URL, you may log to the site from any place in the world. There are three main sectors. 1) the link to the **Main Program**; 2) the link to a sector for **Personal Medical Data** or records (there is a separate fee for this function); and 3) **Memos** which might be directed to you personally.

Subscriber Identification

DoctorInternet.com

http://www.doctorinternet.com/s/1978-11-21-ds

Use the above URL to access your site.)

Subscription expires on: 00-00-0000

correspondence E-mail

To Main Program

Personal Medical Data

Postings: 03-13-2000

Memos

Postings: none



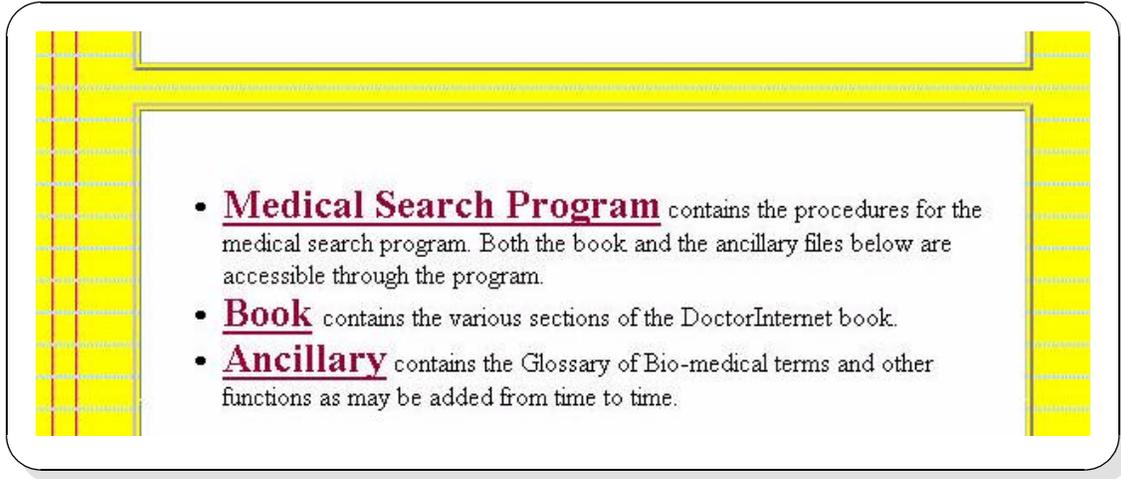
This link goes to the full site.

This sector is for personal medical records if one subscribes to that function

This is for memos to the individual subscriber which may be sent as appropriate.

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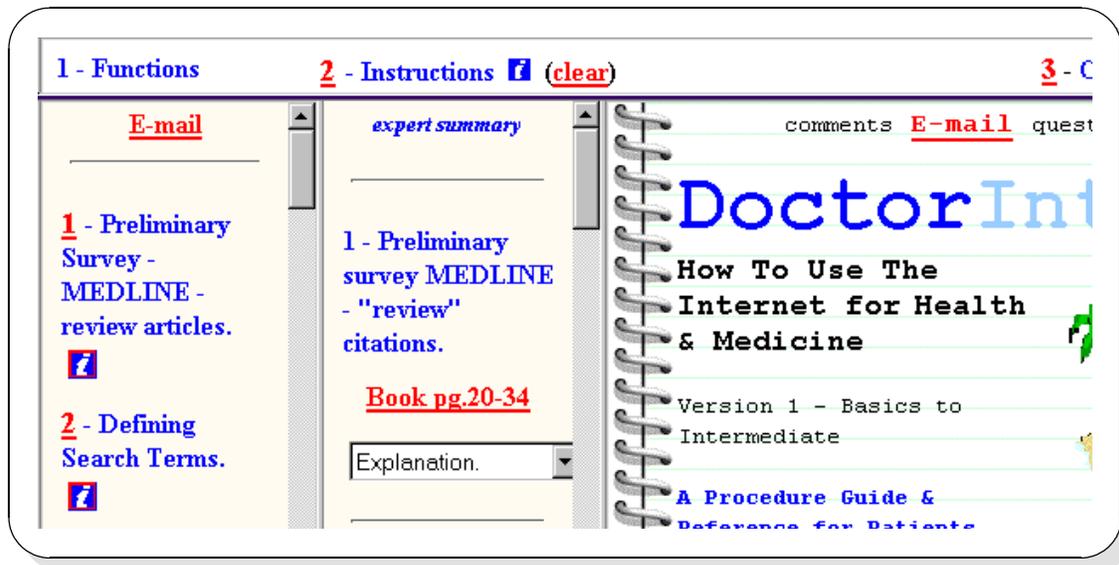
When you select the link to the Main Program, you are taken to the functions below.



A screenshot of a web page with a yellow border. It contains a bulleted list of three items:

- **Medical Search Program** contains the procedures for the medical search program. Both the book and the ancillary files below are accessible through the program.
- **Book** contains the various sections of the DoctorInternet book.
- **Ancillary** contains the Glossary of Bio-medical terms and other functions as may be added from time to time.

And when you select the link to the Medical Search Program, you are taken to the main program menus below. In Frame 1, on the left, are all of the search procedures in the book with active links to the Internet. Frame 2 contains the Expert Summaries for each procedure; and Frame 3 displays the contents of the functions which have been selected.



A screenshot of a web page titled "DoctorInt" with a spiral notebook background. The page is divided into three frames:

- 1 - Functions**: Contains a list of search procedures with active links to the Internet. The first item is "1 - Preliminary Survey - MEDLINE - review articles." with a blue 'f' icon. The second item is "2 - Defining Search Terms." with a blue 'f' icon.
- 2 - Instructions**: Contains "expert summary" and "1 - Preliminary survey MEDLINE - 'review' citations." with a red link "Book pg.20-34" and a text box labeled "Explanation." with a dropdown arrow.
- 3 - C**: Contains "comments", "E-mail", and "quest" links. The main title "DoctorInt" is displayed in large blue letters. Below it, the text "How To Use The Internet for Health & Medicine" is shown, followed by "Version 1 - Basics to Intermediate" and "A Procedure Guide & Reference for Patients".