

# **UpToDate**<sup>®</sup> Full Text Links User Guide

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#### Step 1: Search

Search UpToDate as usual for your topic of interest:

exercise and immunity	hypertension			
Search Results for "exercise and immunity hypertension"				
All Topics     All Topics	Exercise in the treatment and prevention of hypertension			
<ul> <li>Adult</li> </ul>	= Exaggerated exercise-induced hypertension			
Pediatric	Hefficacy			
	= Beta-blockers and exercise			
<ul> <li>Patient</li> </ul>	··· Mechanisms			
Graphics S				
	Overview of the risk equivalents and established risk factors for cardiovascular disease			
	= Established risk factors for atherosclerotic CVD			
	= Prevalence of cardiovascular disease risk factors			
	= Summary			
	= Noncoronary atherosclerotic disease			
	Components of cardiac rehabilitation and exercise prescription			
	= Exercise prescription			
	= Risk stratification for exercise			
	= Coronary risk factor modification			
	i= Summary			
	:= Alternative approaches			

#### Step 2: Select Topic

Select the UpToDate topic by clicking on it:

#### UpToDate\*

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#### **Step 3: View References**

Either:

 Scroll down the record
 Click References link in left hand navigation

exercise and immunity hypertension	✓ All Topics Q + Contents	
Exercise in the treatment and prevention of hy	pertension	
Topic Outline O		
SUMMARY A	Exercise in the treatment and prevention of hypertension	
INTRODUCTION	Author Norman M Kaplan, MD	
EFFICACY		
<ul> <li>Aerobic exercise</li> </ul>	Disclosures: Norman M Kaplan, MD Nothing to disclose. George L Bakri	
<ul> <li>Resistance training</li> </ul>	progression); Relypsa (kidney disease progression). John P Forman, MD, I Contributor disclosures are reviewed for conflicts of interest by the editorial	
MECHANISMS		
BETA-BLOCKERS AND EXERCISE	All topics are updated as new evidence becomes available and out	
EXAGGERATED EXERCISE-INDUCED	Literature review current through: Aug 2014.   This topic last INTRODUCTION — Long-term aerobic exercise regimens (in more exercise, there is an appropriate elevation in BP, primarily systolic resistance training has been shown to reduce BP [Z].	
HYPERTENSION		
<ul> <li>Exercise-induced hypertension and</li> </ul>		
cardiovascular disease		
INFORMATION FOR PATIENTS	EFFICACY — Both aerobic exercise and resistance training lower	
SUMMARY		
REFERENCES Click or scroll	Aerobic exercise — Regular aerobic exercise can lower the BP	

Turn Over for More



## Full Text Links User Guide

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located in the following cities and countries: Alphen aan den Rijn, The Netherlands Beijing, China Berlin, Germany Bologna, Italy Dubai, UAE	Step 5: Select - Ovid Full Text or Full Text or PubMed	UpToDate* Medline @ Abstract for Reference 12 of "Exercise in the treatment and prevention of hyperte
Hong Kong Ilsan, South Korea Kuala Lumpur, Malaysia London, UK Madrid, Spain Mumbai, India New Delhi, India Norwood, MA, USA Paris, France Riyadh, Saudi Arabia Sandy, UT, USA Stockholm, Sweden Sydney, Australia	Full Text options will appear at the top of the screen	12     OxdEstListed Exbladed       13     Swimming training lowers the resting blood pressure in individuals with hyperfension.       24     Tanaka H, Basset DR Jr, Howkey ET, Thompson DL, Akhraf M, Rawson FL.       25     J Hyperfensi. 1997;160(1651.       26     BACKGROUNDD: Desple the fact that swimming is often recommended for the prevention and treatment of hyperfension. no study has examined the potential efficacy of OSJECTIVE: To test the hypothesis that regular swimming searcise lowers the resting blood pressure.       DESIGN: A 10-week Cosely supervised a swimming training program compared with a non-exercising costrol group.       PATEINTS: Eighteen previously sedentary and women (goe4 48 + /2 years (mean +/-5 Kul)(with stage 1 or 2 seantial hyperfension.       RESULTS: The resting heart rated, an index of cardiovascular adgatation, decreased in the swimming training group from 81 + /- 4 lo 71 + /- 3 beatbrinin (P=0.01). The to the sealed position fiel significantly (P=0.05) from 150 + -50 144 + /-4 mmitry. The sealed disable blood pressure dison charge assignificantly (P=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable blood greasure dison charge assignificantly (P=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable blood greasure dison charge assignificantly (P=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable blood greasure dison charge assignificantly (P=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable disable disable addition (R=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable disable disable addition (R=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable disable addition (R=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable disable addition (R=0.05) from 150 + 50 144 + /-4 mmitry. The sealed disable addition (R=0.05) from 150 + 50 144 +
Tokyo, Japan Warsaw, Poland	Step 6: View Full Text Article	Juenal of Myschinetian New Mark MM, Jue WO, AKLARY Congent: Laworkinet Markon, Marken Synthetic Marken, Marken Synthet
	Full text will open in new Tab/Window If you are unable to fi	ppromotion       * Personal (1)       Neuronical (1)       Neuronic
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