



# The Cochrane Library

Evidence for healthcare decision-making

**DO YOU HAVE A HEALTH QUESTION BUT AREN'T SURE HOW CREDIBLE YOUR SOURCE IS?**

Check out ***The Cochrane Library***, a **free** online resource that puts together the highest quality research on health treatments. That way, you can save time on the internet, while getting the most credible information!

*The Cochrane Library* includes a variety of topics:

- Cranberries for UTIs
- How to stop smoking
- Vitamins
- Herbal remedies
- Music for stress reduction
- Drug therapies
- Cancer treatments

*“I use Cochrane reports to aid in the evaluation of drugs being prescribed to elders in my family and to aid in conversations with health professionals about drugs.”*  
—*Health Consumer*

Explore **thecochranelibrary.com** today!

For more information, talk to your local librarian:

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