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World AIDS Day

by Nancy Bulgarelli, Medical Library Director

Since it was first described in 1981, AIDS has killed about 30 million people worldwide. **World AIDS Day**, held annually every December 1st since 1988 is a global health event dedicated to uniting people worldwide in the fight against AIDS and HIV.

Despite significant progress in prevention and management, AIDS continues to be a devastating global health issue. Today, there are approximately 34 million people living with HIV, including 1,148,200 in the United States. According to the World Health Organization (WHO), 2.5 million people worldwide were newly infected with HIV in 2011. In the U.S., the Centers for Disease Control and Prevention (CDC) estimates that approximately 50,000 people are newly infected every year. For more information about the incidence and prevalence of HIV/AIDS, visit:

- The CDC's **Basic Statistics** page which pulls together national surveillance data
- The National Center for Health Statistics' **FastStats: AIDS and HIV** web page; a good source of statistical information, including morbidity and mortality and hospital use (*The National Center for Health Statistics is part of the CDC*)
- The WHO's **Global Health Observatory** is an excellent source for information on the global impact of HIV/AIDS.

AIDS.gov is the federal government's main portal for information on HIV/AIDS, with content provided by numerous other federal agencies. It's focus is on social services and the U.S. government's response to the pandemic. It is well worthwhile accessing the site to review the **National HIV/AIDS Strategy** and subsequent progress reports. It also has a great deal of information on World AIDS Day activities throughout the U.S. **AIDSinfo** is the NIH's main information source for HIV/AIDS, offering links to information for both health care providers and consumers – including treatment guidelines, drug information and clinical trials. The WHO's **HIV/AIDS** web site is the primary source for information on the global aspects and response to the disease. The WHO's comprehensive strategy, **Global Health Sector Strategy on HIV/AIDS 2011-2015: Let's Do What's Right for Everyone** is available for download on the site.

Finally, take a few minutes to check out the wealth of information on the **MEDLINEplus HIV/AIDS** page, which contains links to high-quality, authoritative information for patients and other health care consumers, include a medical encyclopedia, brochures, videos, news items, and more.

Student Corner

Library Course Pages: One Stop Shopping for your Course Resources!

The Medical Library collaborates closely with each course director to develop a customized website for each organ-system course. Find the location of your textbooks quickly and easily, browse supplemental eBooks, resources for exam study and review, and more! When you return in January, check out the guides for Neuroscience and the Musculoskeletal courses under **Research Guides** from the Medical Library homepage!

Library Lunch 'n Learns for Students continue in January 2013!

The library is pleased to host monthly lunch workshops for M1 and M2 students that expand on the information mastery content taught in the Capstone course. These sessions are meant as open forums to ask questions and tailor your information needs for your Capstone projects and beyond!

- **Monday, January 14, 2013: USMLE Prep Resources** (11:30-12:30pm, KL 100). Your Step 1 exam is right around the corner so let the Medical Library help you make the most of your precious study time! Nancy Bulgarelli will share strategies for using ExamMaster Online and USMLE Easy to their greatest potential.

PANERA LUNCH IS PROVIDED so please RSVP to the Medical Library at medref@oakland.edu by Tuesday, January 8 if you plan to attend!

Faculty Corner

This New Year, Get Your Passwords In Shape!

by Keith Engwall, Web & Emerging Technologies Librarian

As a follow-up to the online collaborative tools presentation I did for the recent Faculty Learning Community session, I wanted to devote a little time to the topic of strong passwords. As software and services become available online, we are faced with an ever growing number of passwords to remember. Password management tools are available, and I will cover these in a later article, but first I want to focus on the passwords themselves. How do we create strong passwords that are easy to remember?

What makes a password strong? Without going into the math of it, a strong password is one that would require too many guesses for a brute force attack to be practical. A brute force attack uses semi-random character combinations over and over. It actually uses a list of common character combinations (such as dictionary words, letter/number patterns, dates, etc.) to reduce the number of guesses necessary to crack your password. So, the challenge is to come up with a password that is difficult to guess. However, it also must be easy to remember, lest we lock ourselves out of our own resources, tools, etc.

One common method of making passwords difficult to guess is to increase their complexity by adding special characters or replacing alphabet characters with numbers or special characters... a becomes @, o becomes 0, e becomes 3, and so on. The problem with substitutions is that we all tend to use the same ones and it's trivial for a brute force program to make those same substitutions. Furthermore, the more substitutions we make, the more likely we are to forget when and where we've made them.

Increasing password length is a far more effective means of strengthening a password than increasing complexity. In fact, as this [xkcd comic](#) illustrates, simply stringing together enough common unrelated words (a length of 15-24 characters is recommended) results in a much stronger password that is relatively easy to remember, especially if you can build a relationship between them through a mental image or a little story.

Another mnemonic device that was recommended to me, and which has helped me remember some fairly long and complex passwords is to build a long acronym out of the first letters of an obscure favorite song or poem. While I wouldn't recommend using a well known song like Frosty the Snowman (again, too easy to include in a brute force hack list), it can serve to illustrate the method. Just take a verse (or a part of a verse... make sure to start at a logical break) and use the first characters: ftswjhswaccpaabn. When you go to type the password, just silently sing or recite in your head (not out loud!) and type as you go. If it works for the Preamble of the Constitution, it can work for a password.

Managing all those passwords is still an issue, and I will cover password management tools in a future article. In the meantime, for more information about strong passwords, check out the following articles:

- [Password Size Does Matter \(2006\)](#)
- [How to Choose a Good Password \(2011\)](#)

For questions or comments, please contact Keith Engwall at engwall@oakland.edu

Highlighted Faculty Publications

Angoa-Perez M, Kane MJ, Briggs DI, Sykes CE, Shah MM, Francescutti DM, Rosenberg DR, **Thomas DM**, Kuhn DM. **Genetic depletion of brain 5HT reveals a common molecular pathway mediating compulsivity and impulsivity.** *J Neurochem.* 2012;121(6):974-984. (Dr. David Thomas is Assistant Professor in the Department of Biomedical Sciences at the OUWB and specializes in Molecular Biology)

Bastani A, Galens S, Rocchini A, Walch R, Shaqiri B, Palomba K, Milewski AM, Falzarano A, Loch D, Anderson W. ED identification of patients with severe sepsis/septic shock decreases mortality in a community hospital. *Am J Emerg Med.* 2012;30(8):1561-1566.

- Dr. Aveh Bastani specializes in Emergency Medicine at Beaumont Hospital - Troy and serves as Professor in the Department of Emergency Medicine at the OUWB.
- Dr. Stephen Galens specializes in Pulmonary Medicine at Beaumont Health System and serves as Assistant Professor in the Department of Internal Medicine at the OUWB.
- Dr. Albert Rocchini specializes in Emergency Medicine at Beaumont Hospital - Troy and serves as Assistant Professor in the Department of Emergency Medicine at the OUWB.
- Dr. William Anderson serves as Chief of Emergency Services at Beaumont Hospital - Troy and Associate Professor in the Department of Biomedical Sciences at the OUWB.

Rodenbaugh DW, Lujan HL, Dicarlo SE. Learning by doing: construction and manipulation of a skeletal muscle model during lecture. *Adv Physiol Educ.* 2012; 36(4):302-306. (Dr. David Rodenbaugh is Assistant Professor in the Department of Biomedical Sciences at the OUWB and specializes in Physiology)

Faculty Development Opportunities

Medical Education Research Faculty Learning Community is coming to an end so please join us for the final event!

- **Wednesday, December 19, 2012: Closing Retreat** (12:00-1:30pm, KL 225B). The retreat will give participants the opportunity to:
 - Reflect on and share learning experiences as scholars of teaching and educational research;
 - Exchange ideas and success stories in teaching and evaluating students;
 - Explore any possibilities/opportunities for conducting a collaborative teaching/research project from a multidisciplinary perspective; and
 - Discuss any topic of interest to the group.

Pizza lunch will be provided so please RSVP to Misa Mi at mi@oakland.edu by Tuesday, December 18 at 5:00pm. Visit the [website](#) to learn more about the faculty learning community or view the complete **2012 Program Schedule**.

Information Mastery Program with CME Credit Returns in 2013!

The Medical Library is pleased to announce our Information Mastery faculty development series with CME credit is returning in the new year! The first session will be held in January with one new topic per month through June 2013 and will be offered at Beaumont Hospital Royal Oak and Beaumont Hospital Troy. William Beaumont Hospital designates this training activity for *AMA PRA Category 1 Credit(s)*[™].

- **January: Introduction to Evidence-based Medicine** The session will serve as an introduction to the principles, process, and steps of practicing evidence-based medicine (EBM) and highlight relevant online EBM resources.

Description: The paradigm of practicing evidence-based medicine requires that physicians develop the ability to locate, appraise, and assimilate the best available clinical research evidence for patient care. Clinicians have a need to develop the competency in evidence-based practice to provide quality patient care and improve patient safety and to model best

practices for medical students. Barriers and approaches to teaching and practicing EBM in clinical settings will be discussed as well.

Royal Oak: Tuesday, January 29, 2013, 4:00-5:00pm, South Tower 3rd Floor Surgical Learning Center, Classrooms 1 & 2

Troy: Thursday, January 31, 2013, 4:00-5:00pm, **Hospital Ground Floor, Classrooms 1 & 2**

Please contact Dr. Misa Mi at mi@oakland.edu with any questions or comments.

New Resources

The Medical Library has added many new electronic books and print books to our collection in Nutrition, Hematology, the Endocrine System, Medical Education and more!

- **Endocrine System Diseases: New Insights for the Healthcare Professional** by Q. Ashton Acton (2011)
- **Essential Haematology** by A.V. Hoffbrand (2011)
- *Essential Skills for a Medical Teacher: An Introduction to Teaching and Learning in Medicine* by Ronald Harden (2012)
 - Location: Kresge Library 3rd Floor, R 735.H37 2012
- *Medical Nutrition and Disease: A Case-Based Approach* by Lisa Hark (2009)
 - Location: Medical Library Study Room, RM 216.M456 2009
- *A Taxonomy for Learning, Teaching and Assessing* by Lorin Anderson (2001)
 - Location: Kresge Library 3rd Floor, LB 17.T29 2001

For a complete list of new titles, see the [Medical Library December 2012 List](#)



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Questions? Comments?

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