

UpToDate®

Quick Start Guide

INSIDE...

Features: Online

Features: Desktop

Searching: Online and Desktop

DVD Activation: Desktop



UpToDate Features: Online

Earn free CME credit/CE/CPD contact hours.

Modify your user name and password or update your account information.

Use the Find tool to search for a word or synonym within a topic.

Access patient information to share with your patients.

Print text, references, graphics or the entire topic.

Learn "What's New" by specialty since the last release.

View a detailed outline within each topic.

Click on a heading to go directly to the information you need.

Review treatment recommendations.

Provide valuable feedback.

View all Graphics associated with a topic in a thumbnail format.

The screenshot shows the UpToDate website interface. At the top, there is a search bar with the word 'hypertension' entered. Below the search bar are navigation tabs: 'New Search', 'Patient Info', 'What's New', 'Calculators', 'CME 24.0', and 'My Account'. The main content area is titled 'Overview of hypertension in adults'. On the left side, there is a 'TOPIC OUTLINE' with sections for 'INTRODUCTION', 'DEFINITIONS', 'ESSENTIAL (PRIMARY) HYPERTENSION', 'SECONDARY HYPERTENSION', 'COMPLICATIONS', 'DIAGNOSIS', 'EVALUATION', 'TREATMENT', 'REFERENCES FOR PATIENTS', and 'GRAPHICS'. The main text area contains the following information:

- Authors:** Frank J Domino, MD; Norman M Kaplan, MD
- Section Editor:** George L Bakris, MD
- Deputy Editor:** John P Forman, MD, MSc
- Last literature review version 19.2:** May 2011 | **This topic last updated:** February 14, 2011 (More)
- INTRODUCTION:** The treatment of hypertension is the most common reason for office visits of non-pregnant adults to physicians in the United States and for use of prescription drugs [1]. Analysis of NHANES data from 1999-2000 and United States Census bureau information results in an approximately 29 to 31 percent incidence of hypertension in the 18 year and older population of the United States [2,3]. This translates into 58 to 65 million hypertensives in the adult population in the United States, which is substantially higher than the 43.2 million estimate derived from the 1988-1991 NHANES-III survey [3,4].
- DEFINITIONS:** Major societies have published definitions of hypertension, as will be described below. Hypertension was defined as a blood pressure $\geq 140/\geq 90$ mmHg. However, subsequent trials have identified groups of patients at higher risk in whom goal blood pressures below this value may be associated with improved outcomes. (See 'Goal blood pressure' below.)

Submit questions and comments to our editors.

Email topics to your colleagues or patients.

View the date when the topic was last updated.

Link to information about authors and editors.

Access related topics to find additional information.

Click to view a Medline abstract.

View UpToDate demos at www.uptodate.com/demo.

UpToDate Features: Desktop

Accrue CME/CE/CPD using the desktop app and redeem them online.

View updates that may change usual clinical practice.

Learn "What's New" by specialty since the last release.

Save time with more than 125 clinical calculators.

Use the Find in Page tool to search for a word or synonym within a topic.

Save bookmarks to refer back to favorite topics quickly and easily.

View account information and personalize your navigation items.

Print text, references, graphics or the entire topic.

Access patient information to share with your patients.

Submit questions and comments to our editors.

View a detailed outline within each topic.

View the date when the topic was last updated.

Click on a heading to go directly to the information you need.

Link to information about authors and editors.

Review treatment recommendations.

Access related topics to find additional information.

View all Graphics associated with a topic in a thumbnail format.

Click to view a Medline abstract.

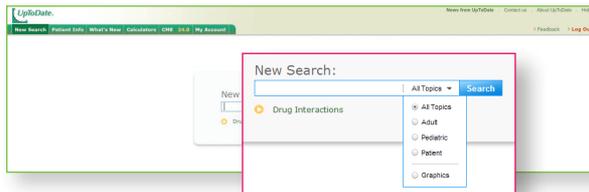
The screenshot shows the UpToDate desktop application interface. The browser address bar displays "hypertension". The top navigation bar includes "Search", "Bookmarks", "148 CME", "Updates", "What's New", "Calculators", and "My Account". The main content area is titled "Overview of hypertension in adults" and includes sections for Authors (Frank J Domino, MD, Norman M Kaplan, MD), Section Editor (George L Bakris, MD), and Deputy Editor (John P Forman, MD, MSc). It also features a "Last literature review version 19.2: June 2011" and "This topic last updated: February 14, 2011". The left sidebar contains a "TOPIC OUTLINE" with various sub-topics like "INTRODUCTION", "DEFINITIONS", "ESSENTIAL (PRIMARY) HYPERTENSION", "SECONDARY HYPERTENSION", "COMPLICATIONS", "DIAGNOSIS", "EVALUATION", "TREATMENT", "INFORMATION FOR PATIENTS", "REFERENCES", "GRAPHICS", and "FIGURES". The main text area contains an "INTRODUCTION" section discussing the treatment of hypertension and its prevalence. A "GRAPHICS" section is visible at the bottom left of the main content area.

Please see installation instructions on back cover >>>

Searching with UpToDate: Online & Desktop

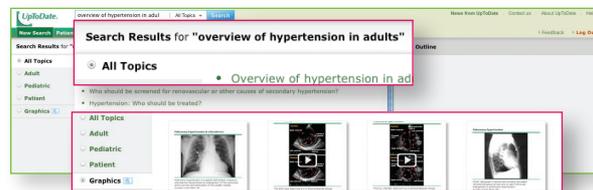
Individual subscribers: Access UpToDate online by going to www.uptodate.com/online, clicking on Log In, and entering your user name and password, which were sent to you via email. **Institutional subscribers:** To access UpToDate online, click on the UpToDate icon on your hospital portal or website, go to www.uptodate.com/online, or access the program through your EMR or other secure clinical system. **Mobile:** To access UpToDate online from your mobile device, go to <http://mobile.uptodate.com> and log in with your unique user name and password. **Attention iPhone users – check out the UpToDate for iPhone on the App StoreSM.**

Please note that while the online and desktop application vary in appearance, the search functionality is the same for both.



1 Enter a word or phrase in the New Search box.

The more specific your search, the more likely it will return the desired results. If you want to search just **Graphics**, select this option in the drop down.



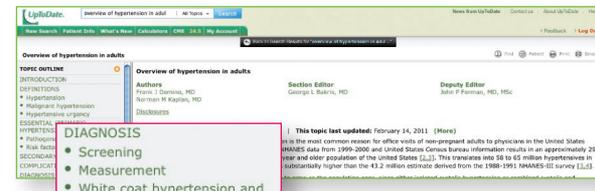
2 Prioritize the order in which topics appear on the Search Results page or filter your search over Graphics only.

View the titles in the default order (**All Topics**) or choose to prioritize the relevant list of topics by **Adult**, **Pediatric** or **Patient**. Select **Graphics** to view all relevant graphics in thumbnail format.



3 Access topics from the Search Results page.

Click on a topic title to display the topic; position the mouse pointer over the topic title to view the topic outline. And click on a heading within the outline to link to a specific section.



4 Use topic outlines.

Click on a heading in the outline to access the corresponding section of the topic. The topic outline also includes links to related topics and associated graphics. **View** All graphics associated with a topic in a thumbnail format.



5 Find text within topics.

Click **Find** and enter the text for which you want to search. Select **Find synonyms** if you want to find both exact matches and synonyms, or select **Find exact match** if you want to find only exact matches. Click **Find** to highlight all occurrences of the text. To clear highlighted text, click **Clear**.



Access the drug interaction database* (online only).

Click on the highlighted arrow on the search screen to review drug-to-drug, drug-to-herb, and herb-to-herb interactions with the Lexi-InteractTM drug interactions program. *In partnership with LexicompTM

HOW TO INSTALL AND ACTIVATE YOUR DVD: DESKTOP

1. Insert DVD into your computer.
2. Exit from all UpToDate programs and click **Next**.
3. View our license agreement and check the “accept terms” box, click **Next**.
4. Click **Install**.
5. Click **Done** when installation is complete.
6. Enter your username and password and then click **Log in**.
7. Click **Begin** to start using UpToDate.

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