

Franklin®

BOOKMAN®

ELECTRONIC BOOK CARD

The PDR® Family Guide to
WOMEN'S HEALTH
and Prescription Drugs™

USER'S GUIDE

GWH-2055

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Contents

Using your new *PDR® Family Guide to Women's Health and Prescription Drugs™* book card, you can read more than 40 chapters dealing with women and their specific health issues. You can also learn about more

than 350 brand and generic drugs that are often prescribed to women.

In addition, this electronic book has powerful features that let you search for any word and instantly go to cross-references.

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Key Guide

Color Keys

HEALTH **(red)** Displays the Health menu.

DRUG **(green)** Displays the Drugs menu.

INDEX **(yellow)** Displays the Index.

SEARCH **(blue)** Displays and clears the word search screen.

Function Keys

BACK Backs up to the previous screen.

CAP Shifts keys to type capitals and punctuation.

CARD Exits the selected book.

CLEAR Clears a word search and highlights the Contents menu.

ENTER Selects a menu item, starts a word search, or highlights a word in the text.

HELP Displays help messages.

MENU Toggles between the main menus and text.



ON/OFF Turns your BOOKMAN on or off.

?* At a menu, displays the full title

of an item. At text, displays the Outline location. Shifted, types an asterisk to stand for a series of letters in a search word.




Direction Keys



  Scroll line by line.


  Scroll screen by screen.


SPACE Page down.


Key Combinations¹

 +  or  At text, go the next or previous section.

CAP +  or  At a menu, go to the top or bottom item. At text, go the next or previous section.

 + **BACK** From a submenu, go back to the main menus.

 + **CARD** Send a highlighted word between books.

 + **ENTER** From the Health or Drugs menu, go directly to the related text. At text, highlight the first visible cross-reference (**REF**).

¹Hold  while pressing the other key

Quick Keys²

- (D) Go to the *Dosage* section.
- (E) Go to the *Side Effects* section.
- (F) Go to the *Most Important Fact* section.
- (G) Go to the *General* section.
- (I) Go to the *Food and Drug Interactions* section.
- (N) Go to the *Do Not Take If* section.
- (O) Go to the *Overdosage* section.
- (P) Go to the *Prescribed For* section.
- (S) Go to the *Use in Pregnancy or Breastfeeding* section.
- (T) Go to the *How to Take* section.
- (W) Go to the *Special Warnings* section.

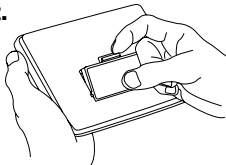
²The Quick keys perform these functions only when you're reading a drug profile.

► About Screen Illustrations

Some screen illustrations in this User's Guide may differ from what you see on screen. This doesn't mean that your BOOKMAN is malfunctioning.

Warning: Never install or remove a book card when your BOOKMAN is turned on. If you do, information that you've entered in its built-in book, as well as in any other installed book cards, will be erased.

1. Turn off your BOOKMAN.
2. Turn your BOOKMAN over.
3. Align the tabs of the book card with the notches in a slot.



4. Press the book card down until it snaps into place.

► Removing a Book Card

Warning: When you remove a book card to install another, information that you entered in the removed book card will be erased.

Selecting a Book

Once you have installed the book card in your BOOKMAN, you can select which book you want to use.

1. Turn on your BOOKMAN.

2. Press **(CARD)**.



3. Press **⇒** or **⇐** **to highlight a book symbol.**



4. Press **(ENTER)** **to select it.**

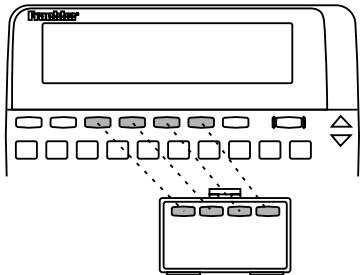
► Resuming Where You Left Off

You can turn off your BOOKMAN at any time. When you turn on your BOOKMAN again, the screen that you last viewed appears.

Using the Color Keys

The red, green, yellow, and blue keys on the top row of the BOOKMAN keyboard change their functions according to which book you're currently using.

If you're using the built-in book, the color keys function as labeled on the BOOKMAN keyboard. If you're using an installed book card, the color keys function as labeled on that card.



Remember, when you're using a book card, the color keys function as labeled on that card, not as on the keyboard.

Viewing a Demonstration

Before you begin, you may want to see a brief demonstration of how to use this book. Simply install the book card and then follow these steps.

1. Press **(CLEAR)**.
2. Use the arrow keys to highlight the **Setup** menu.
3. Press **↓** to highlight **View Demo**.



4. Press **(ENTER)** to start the demonstration.
5. To stop the demonstration, press **(CLEAR)**.

► Help is Always at Hand

You can read a help message at virtually any screen by pressing **(HELP)**. Press **↓** or **▽** to read the message. Press **(BACK)** to exit it.

To read a tutorial about how to use this book, select *Tutorial* from the Setup menu.

Changing the Settings

Using the Setup menu, you can adjust the type size, shutoff time, and screen contrast.

The type size sets how large the characters appear on screen. The shutoff time sets how long your BOOKMAN stays on if you forget to turn it off. The screen contrast sets how light or dark the screen appears.

1. Press **(CLEAR)**.
2. Use the arrow keys to highlight **Set Type Size, Set Shutoff, or Set Contrast** on the Setup menu.



A slanted arrow indicates a submenu.

3. Press **(ENTER)**.
4. Press **↑** or **↓** to highlight a new setting.

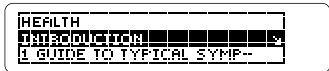
To leave the setting unchanged, press **(BACK)**.

5. Press **(ENTER)** to select it.

Reading Health Topics

It's easy to read about women's health topics. Here's how.

1. Press **HEALTH** (the red key). Or press **CLEAR**, highlight *Health*, and then press **ENTER**.



2. Highlight a chapter title. For example, highlight *3 PMS: Sorting Fact from Fiction*.



To highlight a chapter title, scroll down to it or type its number.

To type a chapter number, hold **☆** and press the numbered keys. To undo a number, press **BACK**.

To go to the bottom or top of a menu, hold **CAP** and press **↓** or **↑**.

To see the full title of any menu item, highlight the item and then press **Ⓢ**.

Reading Health Topics

3. Press **ENTER**.



4. Highlight a section title and then press **ENTER** to select it. For example, select *Deciding Whether You Have It*.

To highlight a section title, scroll to it or type its first few letters.

Note: Some sections have subsections. If needed, select a subsection title in the same way that you selected a section title.



5. Use **↓**, **DN**, or **SPACE** to scroll.
6. To go to the next or previous section, hold **☆** and press **DN** or **UP**.
7. To go back to the menu, press **BACK**.
8. Press **CLEAR** when finished.

Reading Health Topics

► Where in the Book Are You?

When you're reading the text of a health topic or drug profile, you can see the Outline location of the current text by pressing (?).



```
OUTLINE LOCATION:
3 PMS: SORTING FACT FR...
DECONTAMINATING THE...
```

To scroll to the higher levels of the Outline, use ↑.

To display the full title of an item, which is especially useful when the title ends in ellipses, press ⇨.

Press (BACK) to go back to the text you were just reading. Or press (ENTER) to go to the text of the highlighted item.

► Follow the Arrows

The flashing arrows at the right of the screen show which arrow keys you can press to scroll through the menus or text.

Reading Drug Profiles

If you know the brand or generic name of a drug, here's how to find its drug profile.

1. Press (DRUG) (the green key).

Or press (CLEAR), highlight *Drugs*, and then press (ENTER).

2. Press (ENTER) to select *Drug Profiles*.

3. Type a brand or generic drug name. For example, type *Tylenol*®.



```
DRUG PROFILES
TYLENOL
TYLENOL WITH CODEINE
```

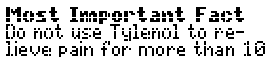
To undo a letter, press (BACK).

4. When the drug is highlighted, press (ENTER).



```
TYLENOL
GENERAL
PRESCRIBED FOR
```

5. Highlight a section (for example, *Most Important Fact*) and then press (ENTER).



```
Most Important Fact
Do not use Tylenol to re-
lieve pain for more than 10
```

Reading Drug Profiles

To highlight a section, scroll down or type its first few letters.

6. Use **↓**, **▽**, or **SPACE** to scroll.
7. To go to the next or previous section, hold **☆** and press **▽** or **↑**.

Or use the Quick keys. To learn how, read “Using the Quick Keys” in the next column.

8. Press **CLEAR** when finished.

▶ If You Misspell a Drug Name

If you misspell a drug name while typing at the Drugs menu, the spelling correction mode appears.

Type the remainder of the name to the best of your knowledge. Then press **ENTER** to see the corrections.



CORRECTIONS FOR TILENDOL
WORDS STARTING WITH TI...
TILENDOL

Then highlight a correction and press **ENTER** to see its drug profile.

Reading Drug Profiles

▶ Using the Quick Keys

When you're reading a drug profile, you can quickly go to any section of the profile by using these keys.

To go to...	Press...
<i>General</i>	G
<i>Prescribed For</i>	P
<i>Most Important Fact</i>	F
<i>How to Take</i>	T
<i>Side Effects</i>	E
<i>Do Not Take If</i>	N
<i>Special Warnings</i>	W
<i>Food and Drug Interactions</i>	I
<i>Use in Pregnancy or Breastfeeding</i>	S
<i>Dosage</i>	D
<i>Overdosage</i>	O

▶ A Shortcut to Drug Profiles

To go directly from a drug name on the Drugs menu to its drug profile, hold **☆** and press **ENTER**.

Searching for Words

Word searches let you look up all the occurrences of a word or phrase in this book. A word search is often the way to find the most information about a topic.

You can search for up to six words at a time. But you cannot search for short, common words such as *the* and *is*.

1. Press **SEARCH** (the blue key).
2. Type your search words. For example, type *tension headache*.

Type words, then **ENTER**.

tension headache

You don't need to type capitals or punctuation. To erase a letter, press **BACK**. To move the cursor, press **←** or **→**.

3. Press **ENTER** to search.

OUTLINE LOCATION:
PAINFUL PERIODS
PRIMARY DYSMENORRHEA

This is the Outline location of the first occurrence, or match, of the word(s).

4. Press **ENTER** to see the first match.

Searching for Words

which is sometimes accompanied by nausea, vomiting, diarrhea, dizziness, **head**

5. Hold **☆** and use **▽** to see the Outline locations of the next matches.
6. Press **ENTER** to see a match.
7. Press **MENU**.

20 CONTENTS 8 INDEX SETUP
WHEALTH
DRUGS

Note: After a word search, only chapters and sections with matches are shown on the menus and sub-menus. If *Remaining matches in Index* appears, you must press **MENU** to see the matches in the Index.

8. Use the arrow keys to highlight a menu item and then press **ENTER**. If needed, select a subitem.
9. Press **SEARCH** or **CLEAR** to clear your search.



Searching for Words

► If You Misspell a Search Word




If you enter a misspelled search word, a list of corrections appears.



CORRECTIONS FOR HEADACHE
HEADACHE
HEADACHE


Use  to highlight a correction and then press .

► Searching for Parts of Words

If you want to find prefixes, suffixes, or other parts of words, type an asterisk in place of the missing letters. For example, *meta** and then press . To type an asterisk, hold  and press .



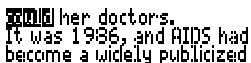
MATCHES FOR HEAD
HEAD
HEADACHE

Then highlight a match and press  to search for it.


Highlighting Search Words

You can also search for words by highlighting a word in a health topic or drug profile.

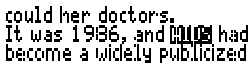
1. At the text of any health topic or drug profile, press .









could her doctors.
It was 1986, and AIDS had become a widely publicized

Notice the highlight. To turn off the highlight, press .

2. Use the arrow keys to highlight a word.



could her doctors.
It was 1986, and AIDS had become a widely publicized

3. Press  to search for it.
4. Press  again to see the first match.
5. Hold  and press  repeatedly to see the Outline locations of the next matches.
6. Press  to see the menu items with matches.
7. Press  when done.

Reading Cross-references

Throughout the text of this book, you'll see cross-references, indicated by an **WRFF**. Cross-references take you to related material.

1. When you see a **WRFF** in text, hold **☆** and press **ENTER**.

wall of the uterus on which the endometrium **WRFF** lies. For many years both condi-

Notice that the **WRFF** is highlighted.

2. Press **ENTER** to go to the cross-reference.

Endometrium
The lining of the uterus, shed each month during

3. If needed, use **↓** to scroll down.
4. To go back to the **WRFF**, press **BACK**.
5. Press **BACK** again to turn off the highlight.

Reading Cross-references

► Reading Multiple Cross-references

Sometimes more than one **WRFF** appears on screen at one time.

transmitted diseases **WRFF**
as syphilis **WRFF** and
AIDS **WRFF**, and perhaps for

To read the cross-reference for the first **WRFF**, follow the steps in the previous column. To read the subsequent cross-references, follow these steps.

First, press **ENTER** to start the highlight. Then use the arrow keys to highlight the cross-reference you want to read.

Then press **ENTER** to go to the cross-reference.

Using the Index

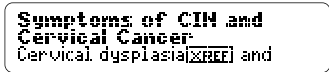
Using the Index, you can look up symptoms, diseases, treatments, drugs, and other medical terms and topics, listed from A to Z.

1. Press **(INDEX)** (the yellow key). Or press **(MENU)** and then highlight *Index*.
2. Start typing an index entry. For example, type *cervical cancer*.



To undo a letter, press **(BACK)**.

3. When the entry is highlighted, press **(ENTER)**.
4. Highlight a subentry (for example, *General*) and then press **(ENTER)**.



5. Use **↓** or **▽** to scroll down.
6. To go back to the Index, press **(BACK)**.
7. Press **(CLEAR)** when done.

Sending Words Between Books

This book card can transfer words between certain other BOOKMAN books.

To send or receive words between books, you must install the book card in your BOOKMAN. In addition, the installed book card(s) and/or its built-in book must be able to send or receive words. To learn if a book can send or receive words, read its User's Guide.

1. Highlight a word in this book.

To highlight a word in the text, press **(ENTER)** and then press the arrow keys. (Read "Highlighting Search Words.")

2. Hold **(☆)** and press **(CARD)**.
3. Highlight the symbol of another book.
4. Press **(ENTER)**.

The word that you highlighted appears in the other book.

5. Press **(ENTER)** to look up the word in the other book.

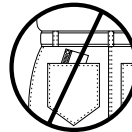
Book Card Care

- **Do not touch the metal contacts on your book cards.**

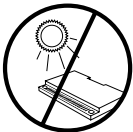
Caution: Touching these electrical contacts with statically charged objects, including your fingers, could erase information entered in a book card or built-in book.



- **Do not put excessive weight on your book cards.**



- **Do not expose your book cards to heat, cold, or liquids.**



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