

## FINDING PUBLICATIONS ON TAI CHI USING PUB MED

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The following document describes how to locate research articles and abstracts on tai chi. This includes an example of searching the database. Play with the search terms and look at the results of different searches. You will quickly learn how to get what you want. If you have specific questions, contact me at [hirsch@albany.edu](mailto:hirsch@albany.edu).

### 1). LOG ON:



<https://www.ncbi.nlm.nih.gov/pubmed/>

2) If you are a first time user, you might want to get a quick overview by selecting “USING PUBMED”. See below:

### Using PubMed

- [PubMed Quick Start Guide](#) (SELECT THIS OPTION)
- [Full Text Articles](#)
- [PubMed FAQs](#)
- [PubMed Tutorials](#)
- [New and Noteworthy](#)

3) Once you click on the link for PubMed Quick Start Guide, you will see the following selections

- How do I [search](#) PubMed? 
- How do I search by [author](#)? 
- How do I search by [journal name](#)?
- How do I find a [specific citation](#)? I have some information such as the author, journal name and the year the article was published.
- Is there anything special for [clinical searches](#)?
- How do I find [systematic reviews](#)?
- How do I search for [medical genetics](#) information?

4) While the guides are very clear, let us retrieve publications on “tai Chi” and “Arthritis”.

- A) Log in again to “pubmed.gov”
- B) In the top row type in “tai chi” and arthritis”
- C) Then click the button for search that is on the right.

5) This is an example of what your search results might look like.

**PubMed retrieved 141 relevant articles. Below are examples of some that might be most relevant. By clicking on the line you can view and print the abstract. Many articles are free to view, and PDFs can be downloaded or printed.**

Select item 308969911.

[Trends in Yoga, Tai Chi, and Qigong Use Among US Adults, 2002-2017.](#)

Wang CC, Li K, Choudhury A, Gaylord S.

Am J Public Health. 2019 Mar 21:e1-e7. doi: 10.2105/AJPH.2019.304998. [Epub ahead of print]

6) You can find similar ones by clicking the link for similar articles for the above article.

Similar articles

[Corrigendum to "Comparative analysis of novel autoantibody isotypes against citrullinated inter-alpha-trypsin inhibitor heavy chain 3 \(ITIH3\) 542-556 peptide in serum from Taiwanese females with rheumatoid arthritis, primary Sjögren's syndrome and secondary Sjögren's syndrome in rheumatoid arthritis" \[J Proteomics 141: \(2016\) 1-11\].](#)

Liao CC, Chou PL, Cheng CW, Chang YS, Chi WM, Tsai KL, Chen WJ, Kung TS, Tai CC, Lee KW, Chen YC, Lin CY.

J Proteomics. 2019 Mar 1;194:227. doi: 10.1016/j.jprot.2018.11.016. Epub 2018 Dec 13. No abstract available.

[Similar articles](#)

Select item 305537853.

[Corrigendum to "Isotypes of autoantibodies against differentially expressed novel malondialdehyde-modified peptide adducts in serum of Taiwanese women with rheumatoid arthritis" \[J Proteomics 170: \(2018\) 141-150\].](#)

Liao CC, Chang YS, Cheng CW, Chi WM, Tsai KL, Chen WJ, Kung TS, Tai CC, Lin YF, Lin HT, Lu YY, Lin CY.

J Proteomics. 2019 Mar 1;194:226. doi: 10.1016/j.jprot.2018.11.017. Epub 2018 Dec 13. No abstract available.

[Similar articles](#)

Select item 305241474.

[In adults with osteoarthritis of the knee, is conservative management more effective than intra-articular corticosteroid injections in relieving pain?](#)

Jones DF, Hodgden JD, Onarecker CD.

J Okla State Med Assoc. 2018 Aug-Sep;111(7):712-713.

7) If you find an article that you like, you can search for papers by that author. It is best to use the first or last author of an article because these are where the primary researchers name is often listed. For example,

Start a new search: "tai chi and arthritis and Johnson, DE.

**8) As a rule of thumb, start a search for review articles. The state of the research us summarized in these. Authors will also evaluate the various studies and identify studies of high quality. This is a great place to find other relevant articles or authors publishing in a certain area.**

A) Start a search for tai chi and arthritis and reviews

B) Three relevant review articles were found for this example.

[The Efficacy of Tai Chi and Yoga in Rheumatoid Arthritis and Spondyloarthropathies: A narrative biomedical review.](#) Akyuz G et al. Rheumatol Int. (2018)

[Health benefits of tai chi: What is the evidence?](#) Huston P et al. Can Fam Physician. (2016)

[Effectiveness of Tai Chi for Chronic Musculoskeletal Pain Conditions: Updated Systematic Review and Meta-Analysis.](#) Hall A et al. Phys Ther. (2017)

**Try your hand at searching for other articles. Play with the search terms and review the articles retrieved. You will quickly learn how to get what you want. If you have a specific question, email me at [hirsch@albany.edu](mailto:hirsch@albany.edu).**