



Coming August 6th

New and Improved Interface and Article Display for Cochrane Reviews and Cochrane Protocols

Scheduled for release on August 6th, *The Cochrane Library* will be introducing a number of enhancements for using and displaying Cochrane Reviews and Protocols in the *Cochrane Database of Systematic Reviews*. These changes take advantage of some of the new features and functionality introduced with the launch of the Wiley Online Library in 2010.

Users will notice a different 'look and feel' of the interface and the article view. While still supporting all the features users expect, this newly designed Cochrane Review display provides a number of enhancements and new features, including:

- Updated interface. **NEW**
- Improved fonts making Cochrane Reviews and Protocols easier to read.
- Easy access links to 'Jump to' different sections of a Cochrane Review or Protocol.
- Better image display.
- Improved reference linking: links to relevant material now appear directly in the reference list.
- 'Cited by' links to find articles that have cited the Cochrane Review or Protocol. **NEW**
- Links to find related articles (based on assigned topics). **NEW**
- Links for bookmarking and sharing through social networking services or email. **NEW**
- Ability to publish non-English abstracts **NEW**
- Updated page layout, making navigation easier, and allowing better discoverability by Google and other search engines.

There will also be some enhancements on other pages of *The Cochrane Library*

- Faster display for the browse 'By topic page'.
- Improved layout of the browse 'By Review Group' page.
- Minor changes to the 'look and feel' of *The Cochrane Library* navigation menus.
- Updated fonts for all articles on *The Cochrane Library*.

A detailed FAQ document on these changes, including images of the new article display and interface changes, is available at www.thecochranelibrary.com. Please feel free to distribute this document/link to anyone who might be interested in learning about these changes prior to the launch.

If you have any questions, please contact cs-cochrane@wiley.com or for account managed customers please contact your [Wiley Account Manager](#). For information on training, go to the [Wiley Online Workshops page](#), to see details of upcoming Cochrane Online Training Sessions.

The Cochrane Library – New and Improved Article Display for Cochrane Reviews and Cochrane Protocols in the *Cochrane Database of Systematic Reviews*

1

3

4

2

5

6

7

8

9

Wiley Online Library Home

THE COCHRANE LIBRARY

Independent high-quality evidence for health care decision making

from The Cochrane Collaboration

LOGIN

Enter e-mail address

Enter password

REMEMBER ME

NOT REGISTERED ?

FORGOTTEN PASSWORD ?

INSTITUTIONAL LOGIN >

Home > Evidence Based Medicine > Evidence-Based Medicine > Database Home > Abstract

DATABASE TOOLS

Save to My Profile

Recommend to Your Librarian

DATABASE MENU

Database Home

FIND ARTICLES

A-Z

By Topic

New Reviews

Updated Reviews

By Review Group

OTHER RESOURCES

Other Reviews

Clinical Trials

Methods Studies

Technology Assessments

Economic Evaluations

Intervention Review

Exercise for preventing and treating osteoporosis in postmenopausal women

Tracey E Howe^{1*}, Beverley Shea², Lesley J Dawson³, Fiona Downie⁴, Ann Murray⁴, Craig Ross⁵, Robin T Harbour⁶, Lynn M Caldwell⁷, Gisela Creed⁸

Database Title

The Cochrane Library

Editorial Group: Cochrane Musculoskeletal Group

Published Online: 5 JUL 2011

Assessed as up-to-date: 2 JAN 2011

DOI: 10.1002/14651858.CD000333.pub2

Copyright © 2011 The Cochrane Collaboration. Published by John Wiley & Sons, Ltd.

Additional Information (Show All)

How to Cite | Author Information | Publication History

Abstract | Article | Figures | References | Other Versions | Cited By

View Full Article (HTML) | Summary (62K) | Standard (1061K) | Full (1519K)

SEARCH

Title, Abstract or Keywords

Advanced Search >

MeSH Search >

Search History >

Saved Searches >

ARTICLE TOOLS

Save to My Profile

Export Citation for this Article

E-mail Link to this Article

Submit Feedback

More Articles like this

Share |

Abstract

Jump to...

Background

Jump to...

Osteoporosis is a condition resulting in an increased risk of skeletal fractures due to a reduction in the density of bone tissue. Treatment of osteoporosis typically involves the use of pharmacological agents. In general it is thought that disuse (prolonged periods of inactivity) and unloading of the skeleton promotes reduced bone mass, whereas mechanical loading through exercise increases bone mass.

Objectives

Jump to...

To examine the effectiveness of exercise interventions in preventing bone loss and fractures in postmenopausal women.

Search strategy

Jump to...

During the update of this review we updated the original search strategy by searching up to December 2010 the following electronic databases: the Cochrane Musculoskeletal Group's Trials Register; the Cochrane Central Register of Controlled Trials (CENTRAL) (The Cochrane Library, 2010 Issue 12); MEDLINE; EMBASE; HealthSTAR; Sports Discus; CINAHL; PEDro; Web of Science; Controlled Clinical Trials; and AMED. We attempted to identify other studies by contacting experts, searching reference lists and searching trial registers.

Selection criteria

Jump to...

All randomised controlled trials (RCTs) that met our predetermined inclusion criteria.

Data collection and analysis

Jump to...

Pairs of members of the review team extracted the data and assessed trial quality using predetermined forms. For dichotomous outcomes (fractures), we calculated risk ratios (RRs) using a fixed-effect model. For continuous data, we calculated mean differences (MDs) of the percentage change from baseline. Where heterogeneity existed (determined by the I² statistic), we used a random-effects model.

Main results

Jump to...

Forty-three RCTs (27 new in this update) with 4320 participants met the inclusion criteria. The most effective type of exercise intervention on bone mineral density (BMD) for the neck of femur appears to be non-weight bearing high force exercise such as progressive resistance strength training for the lower limbs (MD 1.03; 95% confidence interval (CI) 0.24 to 1.82). The most effective intervention for BMD at the spine was combination exercise programmes (MD 3.22; 95% CI 1.80 to 4.64) compared with control groups. Fractures and falls were reported as adverse events in some studies. There was no effect on numbers of fractures (odds ratio (OR) 0.61; 95% CI 0.23 to 1.64). Overall, the quality of the reporting of studies in the meta-analyses was low, in particular in the areas of sequence generation, allocation concealment, blinding and loss to follow-up.

Authors' conclusions

Jump to...

Our results suggest a relatively small statistically significant, but possibly important, effect of exercise on bone density compared with control groups. Exercise has the potential to be a safe and effective way to avert bone loss in postmenopausal women.

Plain language summary

Jump to...

1

The Cochrane Library Header and Links

A

Wiley Online Library Home

B


THE COCHRANE LIBRARY

Independent high-quality evidence for health care decision making

from [The Cochrane Collaboration](#)

C

- A Link to the Wiley Online Library homepage.
- B Link to *The Cochrane Library* homepage (click anywhere on image).
- C Link to The Cochrane Collaboration Website, www.cochrane.org.

2

The Cochrane Library Login Box

A

LOGIN

Enter e-mail address

Enter password

☒ REMEMBER ME

C

NOT REGISTERED ?

FORGOTTEN PASSWORD ?

INSTITUTIONAL LOGIN >

B

D

E

LOGGED IN

Colleen Finley

 MY PROFILE >
 INSTITUTIONAL LOGIN >
 LOG OUT >

- A Use to Login to *The Cochrane Library*. Select “Remember Me” if you want the system to store your password.
- B New users can select this link to register and setup a username and password to use for saving and running searches, setting alerts and saving title links.
- C Get help if you cannot remember your login information.
- D Athens, Shibboleth and Institutional login.
- E When Logged in, this area will display your user name and links to the “My Profile” area of your account on Wiley Online Library.

3

The Cochrane Library Database Tools

DATABASE TOOLS



Save to My Profile

A



Recommend to Your Librarian

B

- A Saves *The Cochrane Library* to your Wiley Online Library “My Profile” Publications links.
- B Directs you to a page to fill in relevant information for sending an email to your Librarian with information on *The Cochrane Library*. **NEW**

4

The Cochrane Library Database Menu

A

DATABASE MENU

[Database Home](#)

B

FIND ARTICLES

[A-Z](#)

[By Topic](#)

[New Reviews](#)

[Updated Reviews](#)

[By Review Group](#)

C

OTHER RESOURCES

[Other Reviews](#)

[Clinical Trials](#)

[Methods Studies](#)

[Technology Assessments](#)

[Economic Evaluations](#)

A

Previously

[Wiley Online Library home](#) [The Cochrane Library Home](#)

B

Previously: Browse by Cochrane Reviews

BROWSE

Cochrane Reviews: [By Topic](#) | [New Reviews](#) | [Updated Reviews](#) | [A-Z](#) | [By Review Group](#)

C

Previously: Browse by Other Resources

Other Resources: [Other Reviews](#) | [Clinical Trials](#) | [Methods Studies](#) | [Technology Assessments](#) | [Economic Evaluations](#)

A

Link to the database home (*The Cochrane Library* homepage)

B

Different browse options for the *Cochrane Database of Systematic Reviews*

- A-Z: Alphabetical list of Cochrane Reviews and Protocols by title.
- By Topic: Cochrane Reviews and Protocols arranged by topic.
- New Reviews: New Cochrane Reviews and Protocols published in the latest monthly update.
- Updated Reviews: Cochrane Reviews and Protocols that have had substantive changes since the last monthly update.
- By Review Group: View all Cochrane Reviews and Protocols developed by a specific Cochrane Review Group.

C

Browse other databases on *The Cochrane Library*

- Other Reviews: *Database of Abstracts of Reviews of Effects* (DARE).
- Clinical Trials: *Cochrane Central Register of Controlled Trials* (CENTRAL).
- Methods Studies: *The Cochrane Methodology Register*.
- Technology Assessments: *Health Technology Assessment Database* (HTA).
- Economic Evaluations: *The NHS Economic Evaluation Database* (NHS EED).

5

Simple Search Box

A

SEARCH

Title, Abstract or Keywords ▾

B

C

[Advanced Search >](#)

[MeSH Search >](#) [Search History >](#)

[Saved Searches >](#)

Previously

SEARCH

Enter search term Title, Abstract or Keywords ▾

[Advanced Search](#) | [MeSH Search](#) | [Search History](#) | [Saved Searches](#)

A

Simple Search field limits. Click dropdown arrow to see additional options.

B

Search input box. Enter your term or terms here and click the green arrow to run the search.

C

Options to access advanced search features.



Previously found as options within the Article browse menu

Submit feedback
Export Citation

- A** Saves the Cochrane Review or Protocol to your Wiley Online Library “My Profile” Saved Articles Page.
- B** Exports citation information for the Cochrane Review or Protocol you are currently viewing.
- C** Directs you to a page to fill in relevant information for sending an email with information and a link to the article.
- D** Submit comments/questions on the article to the authors.
- E** Directs you to a list of links to other articles in the same topic area. **NEW**
- F** Links to share information on this article using various social network media. **NEW**

A Intervention Review

B **Exercise for preventing and treating osteoporosis in postmenopausal women**

Tracey E Howe¹*, Beverley Shea², Lesley J Dawson³, Fiona Downie³, Ann Murray⁴, Craig Ross⁵, Robin T Harbour⁶, Lynn M Caldwell⁷, Gisela Creed⁸

Database Title: **The Cochrane Library**

Editorial Group: **Cochrane Musculoskeletal Group**

Published Online: 5 JUL 2011

Assessed as up-to-date: 2 JAN 2011

DOI: 10.1002/14651858.CD000333.pub2

Copyright © 2011 The Cochrane Collaboration.
Published by John Wiley & Sons, Ltd.

C Additional Information (**Show All**)

How to Cite | Author Information | Publication History

D

How to Cite | Author Information | Publication History

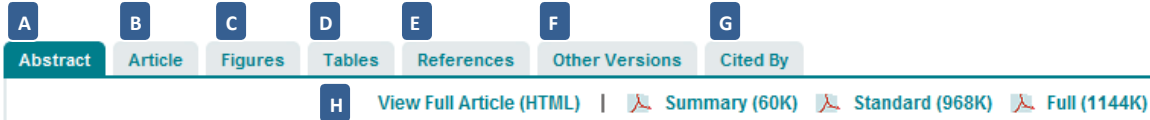
How to Cite
Howe TE, Shea B, Dawson LJ, Downie F, Murray A, Ross C, Harbour RT, Caldwell LM, Creed G. Exercise for preventing and treating osteoporosis in postmenopausal women. Cochrane Database of Systematic Reviews 2011, Issue 7. Art. No.: CD000333. DOI: 10.1002/14651858.CD000333.pub2.

Author Information
¹ Glasgow Caledonian University, School of Health & Life Sciences, Glasgow, Scotland, UK
² University of Ottawa, CIET, Institute of Population Health, Ottawa, Ontario, Canada
³ NHS Forth Valley, Department of Physiotherapy, Stirling, Scotland, UK
⁴ NHS Ayrshire and Arran, Kilmarnock, Ayrshire, UK
⁵ NHS Greater Glasgow & Clyde, Physiotherapy Service for Osteoporosis, Glasgow, UK
⁶ Scottish Intercollegiate Guidelines network (SIGN), Edinburgh, UK
⁷ NHS Education for Scotland, Knowledge Services Group, Glasgow, UK
⁸ Glasgow University, Academic Department of Geriatric Medicine, Glasgow, UK

*Correspondence: Tracey E Howe, Glasgow Caledonian University, School of Health & Life Sciences, Glasgow, Scotland, UK
 *Correspondence: Tracey E Howe, School of Health & Life Sciences, Glasgow Caledonian University, Scottish Centre for Evidence Based Care of Older People, Glasgow, Scotland, G4 0BA, UK. tracey.howe@gcu.ac.uk

Publication History
 Publication Status: New search for studies and content updated (conclusions changed)
 Published Online: 5 JUL 2011

- A** Indicates type of Cochrane Review.
- B** Article bibliographic information.
- C** Select these links to view citation, author affiliations with contact information, and publication history.
- D** Expanded view of links in Part C.



- A** Access Abstract and Plain Language Summary.
- B** View the Full Text HTML of the Cochrane Review or Protocol with embedded links and improved image display.
- C** View Figures including forest plots.
- D** View Tables such as characteristics of studies, summary of findings, and data and analyses tables.
- E** View references for this Cochrane Review or Protocol, including CrossRef and Pubmed links to abstracts and full text (when available), and direct links to other Cochrane Reviews.
- F** See previously published versions of this Cochrane Review or Protocol (including the Cochrane Review's protocol).
- G** See Other Articles that have cited this Cochrane Review or Protocol. **NEW**
- H** Links to the Full Text Versions of this Cochrane Review or Protocol.
 - **Full Article HTML:** Interactive, online version of the Cochrane Review or Protocol with enhanced image viewing, article links, supplementary information and CrossRef linking.
 - **Summary:** PDF of the article Abstract and Plain Language Summary.
 - **Standard:** PDF of the article (without meta-analysis tables).
 - **Full:** PDF of complete article (including meta-analysis tables).

Previously found as options within the Article browse menu

- PDF
- Summary (62 K) **H**
 - Standard (1061 K)
 - Full (1520 K)
-
- Abstract **A**
 - The review **B**
 - Background
 - Objectives
 -
 - References **E**
 - Figures **C**
 - Tables **D**
 -
 - Protocol and previous versions **F**

This newly designed article display provides a number enhancements and new features:

- Improved fonts making Cochrane Reviews and Protocols easier to read.
- Easy access links to 'Jump to' different sections of the Cochrane Review or Protocol.
- Better Image display.
- Improved reference link display.
- Cited by links to find articles which have cited the Cochrane Review or Protocol.
- Links to find related articles based on topics.
- Links for bookmarking and sharing article information through social networking services.

Improved article navigation through “Jump to” links

Easily navigate to different article sections within the HTML using the “Jump to” pull down

Abstract Article Figures References Other Versions Cited By

Summary (62K) Standard (1061K) Full (1519K)

Summary of findings [Explanations]

Summary of findings for the main comparison. Exercise for preventing and treating osteoporosis in postmenopausal women

Exercise for preventing and treating osteoporosis in postmenopausal women

Patient or population: preventing and treating osteoporosis in postmenopausal women

Settings:
Intervention: exercise

Outcomes

Illustrative comparative risks* (95% CI)	Relative effect (95% CI)	No. of Participants (studies)
Assumed risk	Corresponding risk	
Control	Exercise	

Jump to...

- Jump to...
- Top of page
- Summary of findings [Explanations]
- Background
- Objectives
- Methods
- Results
- Discussion
- Authors' conclusions
- Acknowledgements
- Data and analyses
- Appendices
- What's new
- History
- Contributions of authors
- Declarations of interest
- Sources of support
- Index terms

Previously found in the Article browse menu

- Abstract
- Plain language summary

Quick links

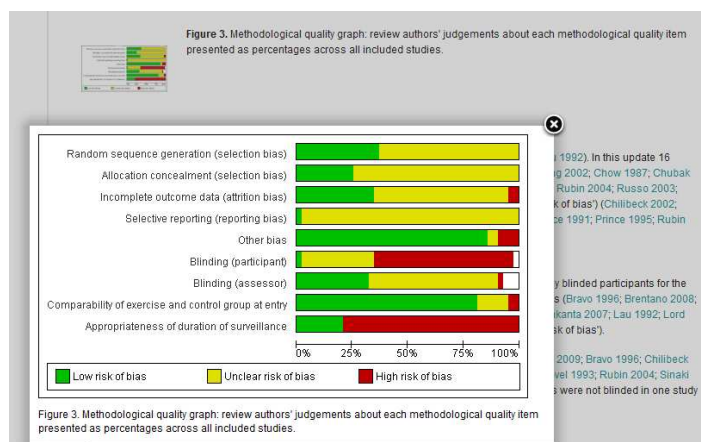
- What's new
- Summary of findings

The review

- Background
- Objectives
- Methods
- Results
- Discussion
- Authors' conclusions
- Acknowledgements
- References

Better image display

Click on an image to enlarge for easy viewing



Direct access from the reference list to Reference Links

The references section includes direct links to full text, abstract, citation information and other databases—when available

Salliot 2009

Jump to...

Salliot C, Dougados M, Gossec L. Risk of serious infections during rituximab, abatacept and anakinra treatments for rheumatoid arthritis: meta-analyses of randomised placebo-controlled trials. *Annals of the Rheumatic Diseases* 2009;68:25-32.
[CrossRef](#), [PubMed](#), [ChemPort](#), [Web of Science@Times Cited: 27](#)

Schultz 1995

Jump to...

Schultz K, Chalmers I, Hayes R, Altman D. Empirical evidence of bias. Dimensions of methodological quality associated with estimates of treatment effects in controlled trials. *JAMA* 1995;273:408-12.
[CrossRef](#), [PubMed](#), [Web of Science@Times Cited: 2349](#)

“Cited By” links now included

Select the “Cited by” link to find articles and other Cochrane Reviews or Cochrane Protocols that have cited this Cochrane Review or Cochrane Protocol.

Cross ref

This article has been cited by:

- 1 Chris T. Bolliger, Jaqueline S. Issa, Rodolfo Posadas-Valay, Tarek Safwat, Paula Abreu, Eurico A. Correia, Peter W. Park, Pravin Chopra, Effects of Varenicline in Adult Smokers: A Multinational, 24-Week, Randomized, Double-Blind, Placebo-Controlled Study, *Clinical Therapeutics*, 2011, 33, 4, 465
[Cross Ref](#)
- 2 Stephanie S. O'Malley, Varenicline and the Evaluation of Neuropsychiatric Adverse Events in Smokers, *Biological Psychiatry*, 2011, 69, 11, 1017
[Cross Ref](#)
- 3 Gareth J Hollands, Florian Vogt, Máirtín McDermott, Amanda C Parsons, Paul Aveyard, Interventions to increase adherence to medications for tobacco dependence, *The Cochrane Library*,
[Abstract](#) | [Full Article \(HTML\)](#) | [PDF\(133K\)](#) | [References](#)

Find “More Articles Like this”

Find more articles from the same Cochrane “Topic” areas as the article being viewed

ARTICLE TOOLS

- Save to My Profile
- Export Citation for this Article
- E-mail Link to this Article
- Submit Comments
- More Articles like this

More content like this
Topics: **Exercise**

- Osteoporosis [premenopausal, post-menopausal, corticosteroid induced, osteoporosis in men] (29)
 - Prevention (6)
 - Treatment [non-pharmacological] (6)
 - Herbal (1)
 - Rehabilitation (4)
 - Exercise (3)
 - Exercise for improving outcomes after osteoporotic vertebral fracture
[Protocol](#)
[Abstract](#) | [Full Article \(HTML\)](#) | [PDF\(152K\)](#)
 - Exercise for preventing and treating osteoporosis in postmenopausal women [New search](#) [Conclusions changed](#) [Review](#)
[Abstract](#) | [Full Article \(HTML\)](#) | [PDF\(1519K\)](#)
 - Whole body vibration for preventing and treating osteoporosis [Protocol](#)
[Abstract](#) | [Full Article \(HTML\)](#) | [PDF\(168K\)](#)

Share article information using social networking tools

Share and bookmark articles using a variety of social networking services

Share |          

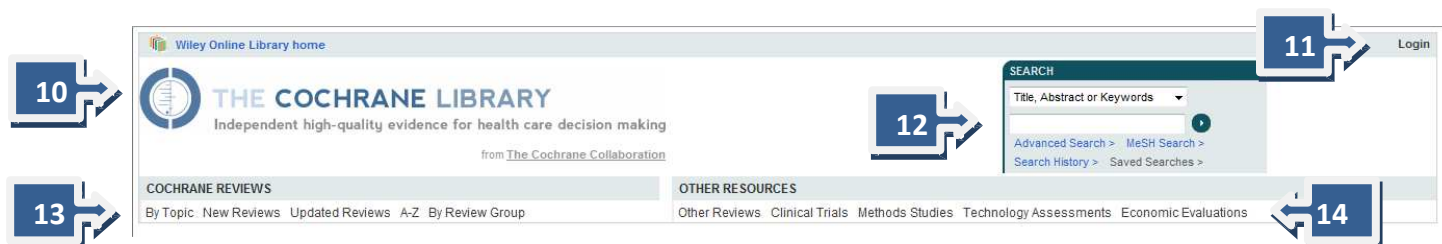
Bookmark & Share X

- Digg
- CiteULike
- mendeley
- Facebook
- Delicious
- Diigo
- Google Reader
- StumbleUpon
- Twitter
- Connotea

Settings Privacy AddThis

Changes to General Navigation Menus for other databases in *The Cochrane Library*

There have also been some changes in the display of the general navigation menus found on most of the other databases within *The Cochrane Library*.



10 *The Cochrane Library* Header and Links



- A Link to the Wiley Online Library homepage.
- B Link to *The Cochrane Library* homepage (click anywhere on image).
- C Link to The Cochrane Collaboration Website, www.cochrane.org

11 *The Cochrane Library* Login Box



- A Use to Login to *The Cochrane Library*.
- B When Logged in, your user name will display in this area and links to the “My Profile” area of you account on Wiley Online Library.

12

Simple Search Box

A

B

C

SEARCH

Title, Abstract or Keywords

Advanced Search > MeSH Search >

Search History > Saved Searches >

Previously

SEARCH

Enter search term Title, Abstract or Keywords Go

Advanced Search | MeSH Search | Search History | Saved Searches

- A Simple Search field limits. Click dropdown arrow to see additional options.
- B Search input box. Enter your term or terms here and click the green arrow to run the search.
- C Options to access advanced search features.

13

The Cochrane Library Systematic Reviews Menu

COCHRANE REVIEWS

By Topic New Reviews Updated Reviews A-Z By Review Group

Previously: Browse by Cochrane Reviews

BROWSE

Cochrane Reviews: [By Topic](#) | [New Reviews](#) | [Updated Reviews](#) | [A-Z](#) | [By Review Group](#)

- A Different browse options for the *Cochrane Database of Systematic Reviews*
 - A-Z: Alphabetical list of Cochrane Reviews and Protocols by title.
 - By Topic: Cochrane Reviews and Protocols arranged by topic.
 - New Reviews: New Cochrane Reviews and Protocols published in the latest monthly update.
 - Updated Reviews: Cochrane Reviews and Protocols that have had substantive changes since the last monthly update.
 - By Review Group: View all Cochrane Reviews and Protocols written by a specific Cochrane Review Group.

14

The Cochrane Library Systematic Reviews Menu

OTHER RESOURCES

Other Reviews Clinical Trials Methods Studies Technology Assessments Economic Evaluations

Previously: Browse by Other Resources

Other Resources: [Other Reviews](#) | [Clinical Trials](#) | [Methods Studies](#) | [Technology Assessments](#) | [Economic Evaluations](#)

- C Browse other databases on *The Cochrane Library*
 - Other Reviews: *Database of Abstracts of Reviews of Effects* (DARE).
 - Clinical Trials: *Cochrane Central Register of Controlled Trials* (CENTRAL).
 - Methods Studies: *The Cochrane Methodology Register*.
 - Technology Assessments: *Health Technology Assessment Database* (HTA).
 - Economic Evaluations: *The NHS Economic Evaluation Database* (NHS EED).