

**PDA Programs**  
**Current Concepts in Nutrition and Aging September 2007**  
**Free Nutrition Programs**

<b>Application Name</b> <b>Description</b>	<b>Web Site</b>	<b>Operating System</b>
<b>MedMath</b> 28 Formulas (e.g. BEE, BMI, Osm)	<a href="http://www.pdacortex.com/MedMath_Download.htm">www.pdacortex.com/MedMath_Download.htm</a>	Palm OS
<b>MedCalc v 5.2</b> 78 Formulas (e.g. BEE, BMI)	<a href="http://www.freewarepalm.com/medical/medcalc.shtml">http://www.freewarepalm.com/medical/medcalc.shtml</a>	Palm OS
<b>Archimedes</b> Medical calculator	<a href="http://www.skyscape.com/EStore/ProductDetail.aspx?ProductID=227">http://www.skyscape.com/EStore/ProductDetail.aspx?ProductID=227</a>	Palm OS or Pocket PC
<b>Food Guide Pyramid</b> New version	<a href="http://www.skyscape.com/Estore/ProductDetail.aspx?ProductId=1344">http://www.skyscape.com/Estore/ProductDetail.aspx?ProductId=1344</a>	Palm OS or Pocket PC
<b>USDA Nutrient Database SR19</b> Nutrient Content of foods	<a href="http://www.ars.usda.gov/Services/docs.htm?docid=5720">http://www.ars.usda.gov/Services/docs.htm?docid=5720</a>	Palm OS
<b>Stat Growth Charts</b> CDC Growth Charts	<a href="http://www.statcoder.com/growthcharts.htm">www.statcoder.com/growthcharts.htm</a>	Palm OS
<b>Stat Cholesterol</b> ATPIII Guidelines	<a href="http://www.statcoder.com/cholesterol.htm">www.statcoder.com/cholesterol.htm</a>	Palm OS
<b>WeightCalc v 1.1</b> Calculate weight loss/gains	<a href="http://www.freewarepalm.com/medical/weightcalc.shtml">http://www.freewarepalm.com/medical/weightcalc.shtml</a>	Palm OS
<b>NHLBI</b> Nutrition Related Information/Tools	<a href="http://hin.nhlbi.nih.gov/palmapps.htm">http://hin.nhlbi.nih.gov/palmapps.htm</a>	Palm OS or Pocket PC
<b>Epocrates Rx</b> Drug Database	<a href="http://www2.epocrates.com/products/rx">www2.epocrates.com/products/rx</a>	Palm OS or Pocket PC
<b>LyteMeister</b> Management of electrolytes	<a href="http://www.meistermed.com/isilodepot/isilodocs/isilodoc_meister_lm.htm">http://www.meistermed.com/isilodepot/isilodocs/isilodoc_meister_lm.htm</a>	Palm OS or Pocket PC
<b>ICU Math</b> ICU related calculations	<a href="http://www.freewarepalm.com/medical/icumath.shtml">www.freewarepalm.com/medical/icumath.shtml</a>	Palm OS
<b>John Hopkins Antibiotic Guide</b> Search by diagnosis, pathogen or abx	<a href="http://www.hopkins-abxguide.org">www.hopkins-abxguide.org</a>	Palm OS or Pocket PC
<b>HandyRef v 1.0</b> Insulin Sliding Scale, DKA, DM	<a href="http://www.handymed.com/HandyRef/Index.htm">www.handymed.com/HandyRef/Index.htm</a>	Pocket PC
<b>American Cancer Society C-Tools</b> Cancer databases and tools	<a href="http://www.cancer.org/c-tools">www.cancer.org/c-tools</a>	Palm OS or Pocket PC
<b>Geriatrics At Your Fingertips</b> PDA version of 2005 edition	<a href="http://www.geriatricsatyourfingertips.org/front-back/pda.asp">http://www.geriatricsatyourfingertips.org/front-back/pda.asp</a>	Palm OS or Pocket PC
<b>GlucoControl v 3.0</b> Replaces paper logs	<a href="http://www.glucocontrol.org/eng/index.php">http://www.glucocontrol.org/eng/index.php</a>	Pocket PC

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**Disclaimer:** All programs have their own license agreements. Please read and follow them. Peggy Turner is not responsible for damage or difficulty of these programs, or problems they may cause to your computer hardware and software, and makes no warranty for their fitness for their specific use. Use at your own risk.

*For more information, please visit [www.pdaRD.com](http://www.pdaRD.com)*

**PDA Programs**  
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**Nutrition Programs That Require a Fee for Purchase**

<b>Application Name Description</b>	<b>Web Site</b>	<b>Operating System</b>	<b>Price</b>
<b>Nutrition Assistant™</b> Nutrition Assessment Software	www.compucal.com	Palm OS	\$199
<b>Nutrition Toolbox™</b> Nutrition Assessment Software	www.nutrition-toolbox.com	Palm OS or Pocket PC	\$160 \$179
<b>Nutrition Rx</b> Nutrition Assessment Software	www.hightechnutrition.com	Palm OS or Pocket PC	\$149.99
<b>Dietary Software</b> Dietary Calculations	www.dietarysoftware.com	Palm OS	\$99
<b>Nutrition &amp; Diagnosis Related Care 5<sup>th</sup> ed - Textbook</b>	http://www.skyscape.com/estore/store.aspx?category=57	Palm OS or Pocket PC *	\$58.95
<b>Stedman's Medical Dictionary</b> Concise Medical Dictionary	www.skyscape.com/ESTore/ProductDetail.aspx? ProductID=482	Palm OS or Pocket PC *	\$49.95
<b>ABC of Nutrition</b> Nutrition Reference	www.skyscape.com/estore/store.aspx?category=57	Palm OS Pocket PC *	\$44.95
<b>5 Minute Herb &amp; Dietary Supplement Consult</b>	www.skyscape.com/estore/store.aspx?category=57	Palm OS or Pocket PC *	\$68.95
<b>Food Medication Interactions</b> Food/Drug Interaction Reference	www.foodmedinteractions.com	Palm OS or Pocket PC	\$89.95
<b>Epocrates Rx Pro</b> Drug Database	www2.epocrates.com/products/rxpro/	Palm OS or Pocket PC	\$59.99/yr, \$99.99/2yr
<b>Natural Medicines Comprehensive Database</b>	http://www.naturaldatabase.com/(S(p3oc3h55ecghre55gv qcji55))/pda.aspx?cs=&s=ND	Palm OS or Pocket PC	\$59.00
<b>MiniRD</b> Calculates BMI, kcals and more	www.pdaRD.com/miniRD.html	Palm OS or Pocket PC	\$39.95
<b>NutriTEK</b> Guide to Nutritional Therapy	www.handango.com/basket.jsp?siteId= 153&addItem=28203	Palm OS or Pocket PC	\$49.95
<b>Calorie King</b> Handheld Diet Diary	http://www.calorieking.com/software/	Palm OS	\$29.95
<b>Health Fit Counter</b> Calorie Counter & Calculator	http://www.nutricounter.com/	Palm OS or Pocket PC	\$29.95
<b>Diabetes Pilot</b> Makes managing diabetes easier	http://www.diabetespilot.com/index.php	Palm OS or Pocket PC	\$24.99 \$29.99
<b>Dietbooks</b> Long Term Care	http://www.dietbooksoftware.com/estore/index.php	?	?

\* Programs available for RIM Blackberries via Skyscape

**TIP:** Before you buy any software for your Palm, Pocket PC, or Blackberry, always download a trial version to see if you like it.

**TIP:** Some companies offer student and/or bulk discount pricing. Contact the company for more details.

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*Information compiled by Peggy Turner, MS, RD/LD*

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**PDA Programs**  
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**Misc Nutrition and Other PDA Programs**

<b>Application Name</b> <b>Description</b>	<b>Web Site</b>	<b>Operating System</b>	<b>Price</b>
<b>Password Plus</b> Protect PINs, passwords & more	<a href="http://www.dataviz.com/products/passwordsplus/index.html">http://www.dataviz.com/products/passwordsplus/index.html</a>	Palm OS or Pocket PC	\$19.00
<b>MobileDB4</b> Database program	<a href="http://www.handmark.com/products/detail.php?id=1">www.handmark.com/products/detail.php?id=1</a>	Palm OS or Pocket PC	\$19.99
<b>iSilo</b> Document reader	<a href="http://www.isilo.com">http://www.isilo.com</a>	Palm OS or Pocket PC	\$19.99
<b>RepliGo</b> Document reader	<a href="http://www.cerience.com/products/repligo.htm">http://www.cerience.com/products/repligo.htm</a>	Palm OS or Pocket PC	\$24.95
<b>NeoFax</b> Manual of Drugs and Formulas	<a href="http://www.neofax.com">www.neofax.com</a>	Palm OS or Pocket PC	\$49.95/yr \$59.95/yr
Various programs for health-conscious people	<a href="http://www.vidaone.com/">http://www.vidaone.com/</a>	Palm OS or Pocket PC	Varies
<b>Neocal</b> Calculators	<a href="http://www.hurden.com">http://www.hurden.com</a>	Palm OS or Pocket PC	\$19.99
<b>Riley Kidometer</b> Database of age-based norms	<a href="http://www.kidometer.com">www.kidometer.com</a>	Palm OS	\$17.95
<b>L3 Solutions</b> Software for a mobile world	<a href="http://www.l3solutions.com/PalmHealth.htm">http://www.l3solutions.com/PalmHealth.htm</a>	Palm OS or Pocket PC	Varies
<b>KidCompanion 1.0</b> Bundle of several programs	<a href="http://www.palmgear.com/index.cfm?fuseaction=software.showsoftware&amp;PartnerREF=&amp;siteid=1&amp;prodID=29155">www.palmgear.com/index.cfm?fuseaction=software.showsoftware&amp;PartnerREF=&amp;siteid=1&amp;prodID=29155</a>	Palm OS	\$40.00
<b>Micromedex</b> Database	<a href="http://micromedex.com/products/mobilemicromedex/mobileinstructions.html">http://micromedex.com/products/mobilemicromedex/mobileinstructions.html</a>	Palm OS or Pocket PC	Facility subscribes
<b>BreastFeed</b> Massachusetts Breastfeeding Coalition -iSilo	<a href="http://www.meistermed.com/isilodepot/isilodocs/isilodoc_breastfeed.htm">www.meistermed.com/isilodepot/isilodocs/isilodoc_breastfeed.htm</a>	Palm OS or Pocket PC	Free
<b>Neonatal Cochrane Systematic Reviews</b> - iSilo	<a href="http://www.meistermed.com/isilodepot/isilodocs/isilodoc__guthrie_neonatal_cochrane.htm">www.meistermed.com/isilodepot/isilodocs/isilodoc__guthrie_neonatal_cochrane.htm</a>	Palm OS or Pocket PC	Free
<b>NICU Pearls</b> Pearls for the NICU - iSilo	<a href="http://www.meistermed.com/isilodepot/isilodocs/isilodoc__guthrie_nicu_pearls.htm">www.meistermed.com/isilodepot/isilodocs/isilodoc__guthrie_nicu_pearls.htm</a>	Palm OS or Pocket PC	Free
<b>PICU Tools v 3.01</b> Calculator for PICU	<a href="http://www.freewarepalm.com/medical/picutools.shtml">www.freewarepalm.com/medical/picutools.shtml</a>	Palm OS	Free
<b>Ross Pediatric Nutritionals v 2.0</b> Pediatric Product Guide	<a href="http://www.rosspediatrics.com/asp/newsletter.asp?ItemType=9&amp;ItemSubType=0">www.rosspediatrics.com/asp/newsletter.asp?ItemType=9&amp;ItemSubType=0</a>	PalmOS (?) Pocket PC	Free
<b>Mead Johnson Nutritionals</b> Pocket Resource Guide	<a href="http://meadjohnson.com/hcp/login.jsp">http://meadjohnson.com/hcp/login.jsp</a>	Palm OS or Pocket PC	Free
<b>Nestles Nutrition</b> Product Guide	<a href="http://www.nestle-nutrition.com/loginstart.aspx?ReturnUrl=%2ftools%2fprofessional%2fpddownload.aspx">http://www.nestle-nutrition.com/loginstart.aspx?ReturnUrl=%2ftools%2fprofessional%2fpddownload.aspx</a>	Palm OS or Pocket PC	Free

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**PDA Resources**  
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**Misc PDA Resources**

**Books**

How to Do *Everything* with Your Palm Handheld – Fifth Edition  
Dave Johnson & Rick Broida

How to Do *Everything* with Your Dell Axim – Second Edition  
Rich Hall, Derek Ball & Barry Shilmover

Handhelds In Medicine – A Practical Guide for Clinicians  
Scott M. Strayer, MD, MPH; Peter L. Reynolds, MD; Mark H. Ebell, MD, MS

Handheld Computers for Chefs  
Susan Sykes Hendee & Mohammad Al-Ubaydl

**Web sites**

[www.atomiclearning.com/palm\\_OS5](http://www.atomiclearning.com/palm_OS5) (Tutorials)  
[www.aximsite.com](http://www.aximsite.com)  
[www.dcchildrens.com/pda](http://www.dcchildrens.com/pda) (formerly [pediatricsonhand.com](http://pediatricsonhand.com))  
[www.neonatology.org/neo.computers.html](http://www.neonatology.org/neo.computers.html)  
[www.pedspilot.netfirms.com/software.htm](http://www.pedspilot.netfirms.com/software.htm)  
[www.medicaldatasolutions.com](http://www.medicaldatasolutions.com)  
[www.info.med.yale.edu/pediat/pedres/palmsoftware.html](http://www.info.med.yale.edu/pediat/pedres/palmsoftware.html)  
[www.medicine.iupui.edu/iumedpeds/PDA%20Programs.htm](http://www.medicine.iupui.edu/iumedpeds/PDA%20Programs.htm)  
[www.collectivemed.com/jump/pmpbu.shtml](http://www.collectivemed.com/jump/pmpbu.shtml)  
[www.dataviz.com](http://www.dataviz.com) (Documents to Go and Password Plus)  
[www.cerience.com](http://www.cerience.com) (Repligo)  
[www.hanDbase.com](http://www.hanDbase.com)  
[www.pdaWorkshops.com](http://www.pdaWorkshops.com)  
[www.handango.com](http://www.handango.com)  
[www.styletap.com](http://www.styletap.com)  
[www.infinitysoftworks.com](http://www.infinitysoftworks.com) (power one calculator)  
[www.thermoworks.com](http://www.thermoworks.com)  
[www.avantgo.com](http://www.avantgo.com)  
[www.patientkeeper.com](http://www.patientkeeper.com)  
[www.healthypalmpilot.com](http://www.healthypalmpilot.com)  
[www.cnet.com](http://www.cnet.com)  
[www.brighthand.com](http://www.brighthand.com)  
[www.pdaMD.com](http://www.pdaMD.com)  
[www.pdaRD.com](http://www.pdaRD.com)  
[www.apple.com](http://www.apple.com)  
[www.palm.com](http://www.palm.com)  
[www.lww.com](http://www.lww.com)  
[www.lexi.com/lexistore/marketing/prodinfo/palmos/HHPDSUT000000/index.jsp](http://www.lexi.com/lexistore/marketing/prodinfo/palmos/HHPDSUT000000/index.jsp)  
[www.cbord.com/products/product\\_24/](http://www.cbord.com/products/product_24/)  
[www.computrition.com/hardwarereqs.htm](http://www.computrition.com/hardwarereqs.htm)

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