

Quick start guide and best practices



Advancing human progress together

Table of Contents

This document contains interactive elements. Use the table of contents on this page and the arrows on each page to navigate through the sections.



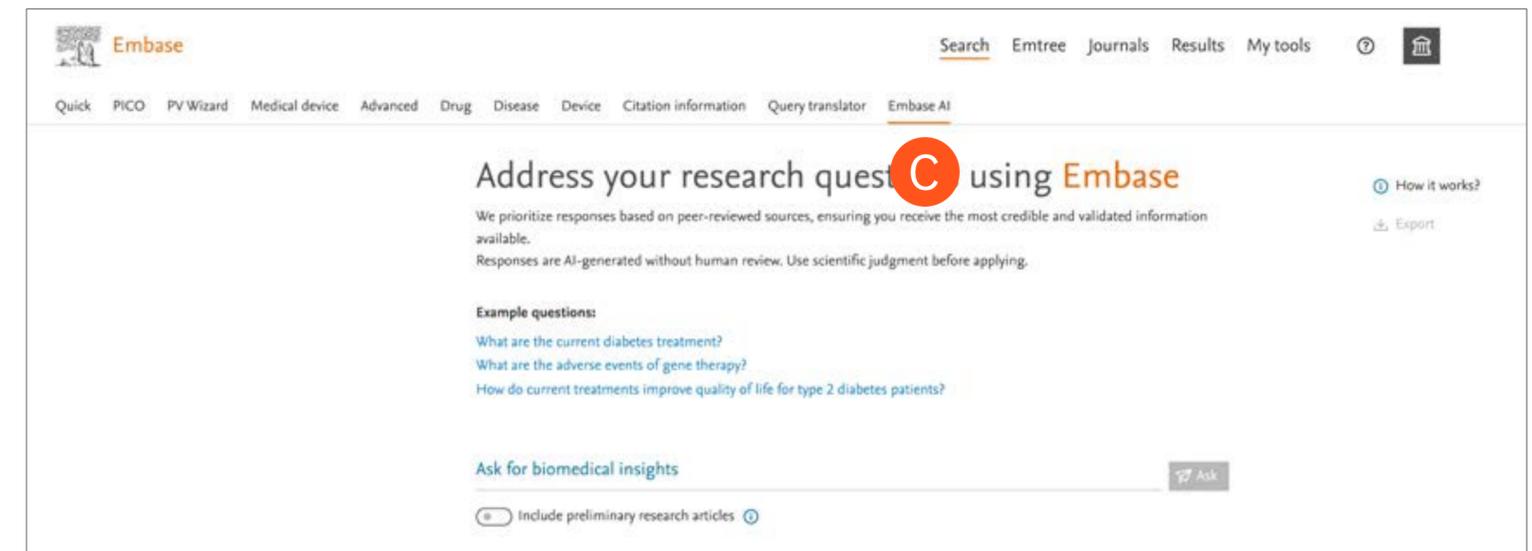
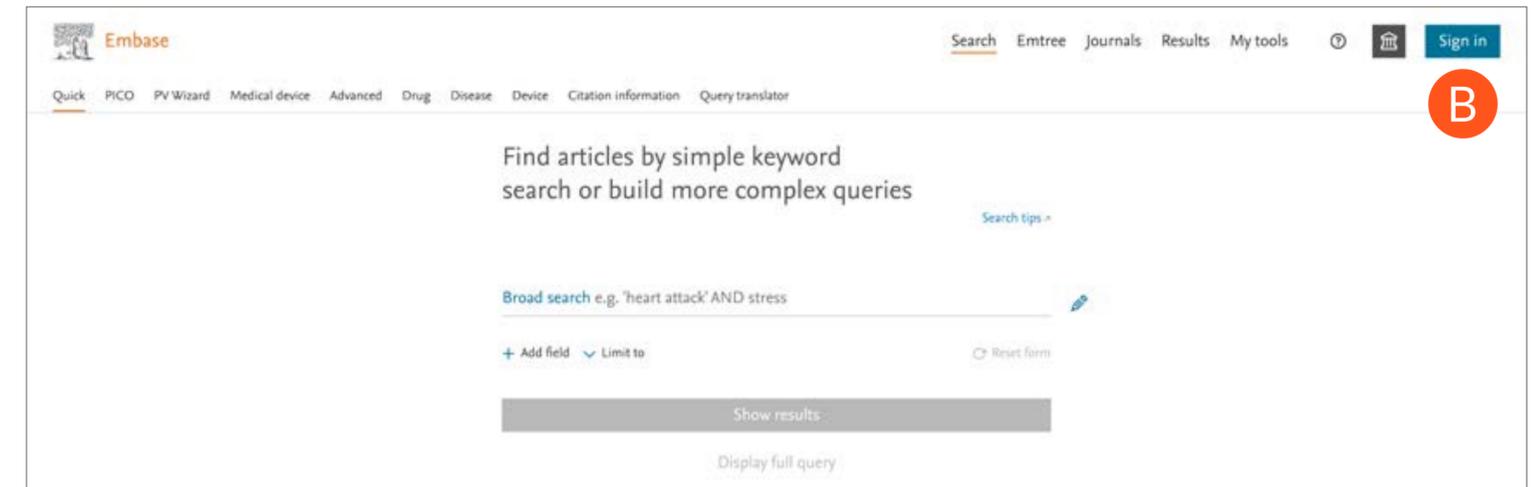
**Getting started
with Embase AI**

**Best practices for effective
searching in Embase AI**

Getting started with Embase AI

How to access Embase AI

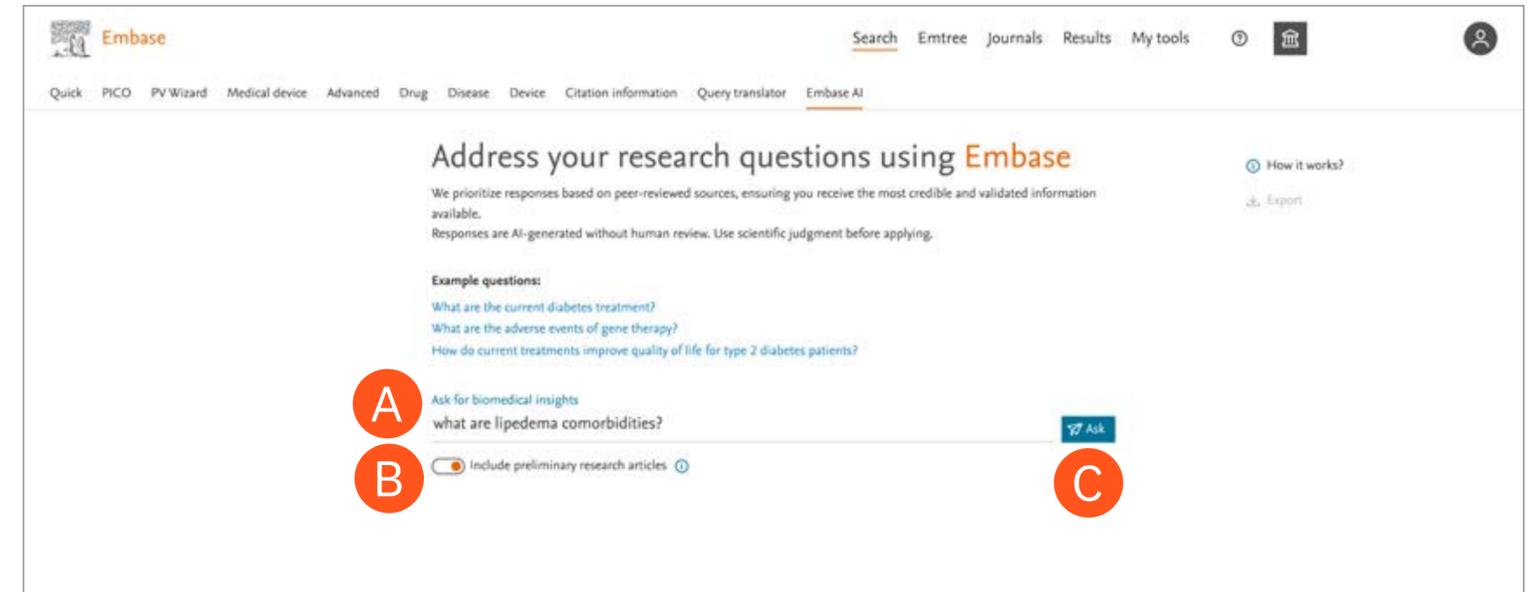
- A. Visit www.embase.com.
- B. Sign in via your organization*.
- C. Navigate to the Embase AI tab under the search menu.



Pro tip: *Embase AI is only accessible for registered and signed in users. [How do I sign in via my institution? – Embase Support Center.](#)

How to start a search in Embase AI

- A. Enter your research question or topic in the input box.
- B. To include conference abstracts, preprints, and ClinicalTrials.gov entries, check the box labeled **“Include preliminary research articles.”**
- C. Click the **“Ask”** button to run your search.



How to navigate the results

After executing your query, Embase AI will provide:

- A.** An overview of your search, including how your question was translated into Embase query language.
- B.** A synthesized response based on the most relevant records, including a list of references.
- C.** A button to export the chat session as a .txt file.
- D.** Options to ask a follow-up question or start a new conversation.

The screenshot displays the Embase AI interface. At the top, it says "Answer your research questions using Embase". Below this, there is a search bar with the query "What are lipedema comorbidities?". The search results are displayed in a card format. The first card shows the search query and the translated Embase query language. The second card provides a synthesized response based on the most relevant records, including a list of references. The interface includes a "How it works?" link, an "Export" button, and a "Start a new conversation" button. Annotations A, B, C, and D are placed on the interface to highlight specific features: A points to the search query, B points to the synthesized response, C points to the "Export" button, and D points to the "Start a new conversation" button.

Working with the auto-generated Embase query

By clicking on the overview of your search, you can:

- Visualize the auto-generated Embase query.
- Access the full set of results on the results page by clicking **“Open in results page.”**
- Copy the query for further use.
- Options to ask a follow-up question or start a new conversation.

Searching for - what are lipedema comorbidities?

1. Translating the question into Embase query language

A **Embase query:**
 ('lipedema'/exp OR 'lipedema':ti,ab,kw OR 'lipoedema':ti,ab,kw) AND ('comorbidity'/exp OR 'comorbidit*':ti,ab,kw OR 'associated condition\$':ti,ab,kw OR 'concurrent disease\$':ti,ab,kw)

B [Open in results page](#) [Copy query](#)

2. Synthesizing a response **C**

Working with the synthesized response

In the synthesized response area, you can:

- A. Access the list of references used to develop the summary by clicking on **“Show all references”** or the reference number of interest.
- B. Copy the summary for further use.
- C. Provide feedback on the relevance of the summary using the **like and dislike buttons**.

References:

1. Article • Embase, MEDLINE
Standard of care for lipedema in the United States
 Herbst K.L., Kahn L.A., Iker E., Ehrlich C., Wright T., Mchutchison L., Schwartz J., Sleigh M., Donahue P.M.C., Lisson H.K., Faris T., Miller J. +9 more
Phlebology 2021 **36:10** (779-796)
[Abstract](#) [Index terms](#) [Full text](#) [Similar records](#)
2. Conference Abstract • Embase
USA LIPEDEMA GUIDELINES
 Herbst L.K., Kahn A.L., Iker E., Ehrlich C., Wright T., Mchutchison L., Schwartz J., Sleigh M., Mc Donahue P., Lisson H.K., Faris T., Miller J. +9 more
Lymphology 2022 **33:82** (37)
[Abstract](#) [Index terms](#) [Similar records](#)
3. Conference Abstract • Embase
USA LIPEDEMA GUIDELINES
 Herbst L.K., Kahn A.L., Iker E., Ehrlich C., Wright T., Mchutchison L., Schwartz J., Sleigh M., Mc Donahue P., Lisson H.K., Faris T., Miller J. +9 more
European Journal of Lymphology and Related Problems 2022 **32:82** (37)
[Abstract](#) [Index terms](#) [Similar records](#)
4. Article • Embase, MEDLINE
Disease progression and comorbidities in lipedema patients: A 10-year retrospective analysis
 Ghodis M., Georgiou I., Schmidt J., Kruppa P.
Dermatologic Therapy 2020 **33:6** Article Number e34534
[Abstract](#) [Index terms](#) [Full text](#) [Similar records](#)
5. Article • Embase, MEDLINE, NURSING
Clinical characteristics, comorbidities, and correlation with advanced lipedema stages: A retrospective study from a Swiss referral centre
 Luta X., Buso G., Porceddu E., Psychogyiou R., Keller S., Mazzolai L.
PLoS ONE 2025 **20:3 MARCH** Article Number e0319099
[Abstract](#) [Index terms](#) [Full text](#) [Similar records](#)

Based on the provided context, common comorbidities associated with lipedema include non-lipedema obesity, lymphedema, venous disease, hypermobile joints, hypothyroidism, migraine, depression, and anxiety.

Comorbidities Associated with Lipedema
 Lipedema is a chronic condition characterized by abnormal fat deposition, primarily affecting women. It is often accompanied by a range of comorbidities that can complicate its management. According to the consensus guidelines on lipedema in the United States, common comorbidities include non-lipedema obesity, lymphedema, venous disease, and hypermobile joints. These conditions can exacerbate the symptoms of lipedema, making it difficult to manage through conventional means such as diet and exercise [1, 2, 3].
 A retrospective analysis of lipedema patients who underwent liposuction revealed additional comorbidities such as hypothyroidism, migraine, and depression. Despite a high prevalence of obesity among these patients, the study noted a surprisingly low incidence of diabetes and dyslipidemia, suggesting a unique metabolic profile in lipedema patients. The study also highlighted the delay in diagnosis and treatment initiation, which can prolong the suffering and complicate the management of the disease [4].
 Further research from a Swiss referral center identified chronic venous disease and obesity as the most prevalent comorbidities in lipedema patients. Mental health conditions, including anxiety and depression, were also common, affecting the quality of life significantly. The study found that the presence of comorbidities increased with the severity of lipedema, emphasizing the need for a comprehensive and tailored management approach to address the diverse health challenges faced by these patients [5].

[Show all references](#) 🔍 ↺ ↻



Pro tip: When you click the **dislike** button, you can add an **anonymous comment** explaining why. This information is not traceable to you or your institution and **helps us improve our platform.**

Asking a follow-up question

Embase AI supports multiple follow-up questions with updated summaries.

- A. Embase AI keeps the chat history visible and organized.
- B. Opening new results in the results page adds a new search strategy line.
- C. Exported .txt files include all questions, results, and references.

The screenshot shows the Embase AI chat interface. At the top, there are navigation tabs: Search, Emtree, Journals, Results. Below these are filters for Drug, Disease, Device, Citation information, Query translator, and Embase AI. A search bar contains the query: "which treatments have shown positive results for lipedema?". Below the search bar, the AI response is displayed, starting with a summary: "Based on the provided context, liposuction, physiotherapy, and a very low-calorie ketogenic diet (VLCKD) have shown positive results in managing lipedema." The response then details three areas: "Liposuction as a Treatment for Lipedema", "Physiotherapy and Rehabilitation", and "Nutritional Approaches: Ketogenic Diet". Each section includes a brief summary of findings and references. At the bottom of the response, there is a "Show all references" link and icons for copying, refreshing, and deleting.

This screenshot shows a summary of the chat session. It includes a date: "Date: 17-06-2025 12:42:05 UTC". Below the date, it states "Total questions: 2". A prominent disclaimer reads: "Note: Please be aware that Embase AI could sometimes produce content perceived as biased or inappropriate. The system generates responses in real time and there is no human author review of every response. Customer expertise, judgment, and discretion should be exercised before acting on or applying the information. Responses include links to the citations and source references used to generate the response for your review." Below the disclaimer, "Question 1:" is listed as "What are lipedema comorbidities?". The "Embase query 1:" is shown as a complex Boolean search string: "('lipedema'/exp OR 'lipedema':ti,ab,kw OR 'lipoedema':ti,ab,kw) AND ('comorbidity'/exp OR 'comorbidit*':ti,ab,kw OR 'associated conditions':ti,ab,kw OR 'concurrent diseases':ti,ab,kw OR 'coexisting disorders':ti,ab,kw)". Finally, "Response 1:" is provided: "Based on the provided context, common comorbidities associated with lipedema include obesity, lymphedema, venous disease, hypermobile joints, hypothyroidism, migraine, depression, and anxiety."

This screenshot shows the results page of the search. It features a list of search results with columns for checkboxes, titles, authors, and dates. The results include:

- Dealing with lipedema: women's experiences of healthcare, self care, and... a mixed-methods study
- Therapeutic Applications of Antigenic Diets in Lipedema: A Narrative Review of Current Evidence
- Clinical or cultural? Dietary interventions for lipedema: a systematic review
- Lipedema (lipogyn) an overview with recommendations
- Selective combined liposuction (SCL) for lipedema treatment: Outcomes in symptoms improvement and aesthetic self-perception

 Each result has a "Show full text" link and a "Link to reference" icon.

Best practices for effective searching in Embase AI

Tips and tricks to start working with Embase AI

- Experiment and explore to become familiar with Embase AI's capabilities.
- Start with general or broad queries, then use follow-up questions to refine the query.
 - Whenever possible, prefer an objective and impersonal language to write your questions.
- If you encounter an error when performing your search:
 - Rerun the query again.
 - Try to make it broader to exclude some terms.
- If you receive a response stating, **“The information you’re looking for can be found in the provided references,”** you can follow up by asking, **“Summarize them.”**
- **Always export your session** after you’re finished.



**Is gabapentin
safe for dogs?**



**Can I give
gabapentin
to my elderly
Pomapoo dog?**

Our suggested formula to create a good prompt on Embase AI

Use the following ‘formula’ to generate the Embase AI prompt:

Question + Modifiers/Search Limits

Some examples:



Publication types

What are the adverse effects of Metformin?
+
Use only reviews.

- To only use **CT.gov content:** *Using only information from references with ‘clinical trial’:dtype, summarise xyz*
- **Publication years:** What conditions do KRAS G12C inhibitors treat? *Use only articles published in the last 3 years.*



Use specific index terms

Does accurate SpO2 monitoring support patient management?
+
Accuracy and its synonyms should be a key term.



Remove specific index terms

What are the current diabetes treatments specifically for adult women?
+
Remove any mention of men in the responses.



Summaries in other languages

What are the main areas of health concerns for indigenous people who experienced discrimination?
+
Give me the summary in French.

Advanced search tips – using research frameworks

You don't need to write perfect questions; you can use research frameworks. **Examples:**

- **PICO: Population** = Chronic Suppurative Otitis Media;
Intervention = topical antibiotics;
Outcome = Effectiveness.
- **SPIDER: Sample** = emergency health care providers;
Phenomenon of Interest = strategies to manage stress;
Evaluation = perceptions of the effectiveness of their stress management strategies;
Research Type = Qualitative or mixed methods.

Population = chronic suppurative otitis media; Intervention = topical antibiotics; Outcome = effectiveness

Searching for - Population = chronic suppurative otitis media; Intervention = topical antibiotics; Outcome = effectiveness

Based on the provided context, topical antibiotics, particularly quinolones, are effective in resolving otorrhea and eradicating bacteria in patients with chronic suppurative otitis media (CSOM).

Sample = emergency health care providers; Phenomenon of Interest = strategies to manage stress; Evaluation = perceptions of the effectiveness of their stress management strategies; Research Type = qualitative or mixed methods

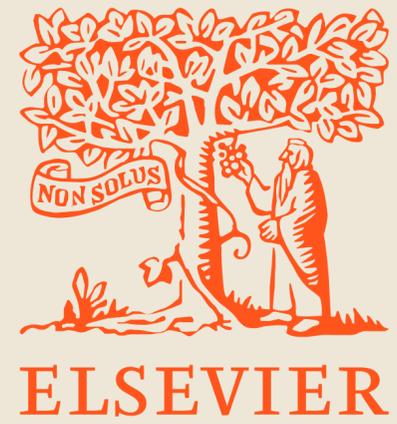
Searching for - Sample = emergency health care providers; Phenomenon of Interest = strategies to manage stress; Evaluation = perceptions of the effectiveness of their stress management strategies; Research Type = qualitative or mixed methods

Based on the provided context, emergency health care providers perceive various strategies to manage stress, including emotional intelligence enhancement, organizational interventions, and peer support, as effective. These strategies are explored through qualitative and mixed methods studies, highlighting the importance of both individual and organizational approaches to stress management.

Stress Management Strategies in Emergency Health Care Providers
Emergency health care providers, such as nurses and doctors, often face high levels of occupational stress due to the demanding nature of their work environments. Several studies have explored their perceptions and strategies for

Advanced search tips – other

- You can ask for a summarization of up to ten documents. Just use the Embase identification numbers (PUIs) of the records and ask it to summarize. **Example:** Find the following records L2033499183 L2033736252 L2038883182 L2033066919 L2034623970 and summarize them.
 - PUIs can be found on the full record details or added as bibliographical information datapoint when exporting records as CSV, Plain Text, Word, Excel or PDF.
- You can also provide a full Embase query directly to Embase AI as a question. After retrieving the top-ten documents, you can ask “**summarize them**” as a follow-up question. **Note:** Embase AI accepts up to 2000 characters.
- You can find articles related to a specific clinical trial: give me the articles derived from clinical trial NCT04642144.



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