

PUBLIC HEALTH **Quick Hits**

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National Network of Libraries of Medicine
MidContinental Region

Colorado * Kansas * Missouri * Nebraska * Utah * Wyoming

Why are we doing this..... the sum of our parts!



- National Library of Medicine - Marty Magee



- Public Health Association of Nebraska - Rita Parris
- AHEC – Education Committee
 - Alice Schumaker
 - Sarah Cunningham

Objectives

Inform you of additional sources of information from **MedlinePlus.gov**

- **Breastfeeding**
- **Fruit/Vegetable Consumption**
- **Physical activity**



Breastfeeding

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Refine by Type

All Results (2,365)

- [Health Topics](#) (34)
- [External Health Links](#) (987)
- [Drugs and Supplements](#) (1,158)
- [Medical Encyclopedia](#) (122)
- [Videos and Tutorials](#) (16)
- [News](#) (12)
- [MedlinePlus Magazine](#) (3)
- [Other Resources](#) (17)
- [Multiple Languages](#) (16)

Refine by Keyword

All Results (2,365)

remix

- [Baby](#) (66)
- [Special precautions & warnings](#) (40)
- [Vaccine](#) (10)
- [Lactation](#) (8)
- [Breastfeeding Information](#) (8)
- [Breastfeeding problems](#) (8)
- [Experience](#) (7)
- [Health Information](#) (11)
- [Stop breastfeeding](#) (5)

Breast Feeding

[Search Help](#)

Breast feeding offers many benefits to your baby. Breast milk contains the right balance of nutrients to help your infant grow into a strong and healthy toddler. Some of the nutrients in breast milk also help protect your infant against some common childhood illnesses and infections. It may also help your health. Certain types of cancer may occur less often in mothers who have breastfed their babies.

Women who don't have health problems should try to give their babies breast milk for at least the first six months of life. There are some cases when it's better not to breast feed. If you have HIV or active tuberculosis, you should not breast feed because you could give the infection to your baby. Certain medicines, illegal drugs, and alcohol can also pass through the breast milk and cause harm to your baby. ([Read more](#))



Results 1 - 10 of 2,365 for **breastfeeding**

- [Breast Feeding](#) (National Library of Medicine)
Breast feeding offers many benefits to your baby. Breast milk contains the right balance of nutrients to help ...
www.nlm.nih.gov/medlineplus/breastfeeding.html - Health Topics
- [Breast-Feeding Strike: Why Do Babies Refuse to Nurse?](#) (Mayo Foundation for Medical Education and Research)
... past issues View the Health Heart Book Question **Breast-feeding** strike: Why do babies refuse to nurse? Why do babies go on **breast-feeding** strikes? Answer from Jay L. Hoecker, M.D. ...
www.mayoclinic.com/.../AN02155/METHOD=print - External Health Links

LactMed



United States
National Library
of Medicine

TOXNET

Toxicology Data Network



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Drugs and Lactation Database (LactMed) - A peer-reviewed and fully referenced database of drugs to which breastfeeding mothers may be exposed. Among the data included are maternal and infant levels of drugs, possible effects on breastfed infants and on lactation, and alternate drugs to consider.

Select Database

- [ChemIDplus](#) [?](#)
- [HSDB](#) [?](#)
- [TOXLINE](#) [?](#)
- [CCRIS](#) [?](#)
- [DART](#) [?](#)
- [GENETOX](#) [?](#)
- [IRIS](#) [?](#)
- [ITER](#) [?](#)
- **[LactMed](#)** [?](#)
- [Multi-Database](#) [?](#)
- [TRI](#) [?](#)
- [Haz-Map](#) [?](#)
- [Household Products](#) [?](#)
- [TOXMAP](#) [?](#)
- [TOXNET Home](#) [?](#)

Search LactMed

(e.g. Advil, oral contraceptives, Prozac)

For chemicals, add synonyms
and CAS numbers to search:

Yes No

Env. Health & Toxicology



Portal to
environmental
health and
toxicology
resources

[VISIT SITE](#)

Support Pages

- ▶ [LactMed App **NEW!**](#)
- ▶ [LactMed Record Format](#)
- ▶ [Database Creation & Peer Review Process](#)
- ▶ [Help](#)
- ▶ [Fact Sheet](#)
- ▶ [Sample Record](#)
- ▶ [TOXNET FAQ](#)
- ▶ [Glossary](#)
- ▶ [About Dietary Supplements](#)
- ▶ [Breastfeeding Links](#)
- ▶ [Get LactMed Widget **NEW!**](#)

Additional Resources

- [CPDB](#) [?](#)
- [CTD](#) [?](#)

Table of Contents

Contract all categories Expand all categories

Select

Clear

- [FULL RECORD](#)
- [Drug Levels and Effects](#)
 - [Summary of Use during Lactation](#)
 - [Drug Levels](#)
 - [Effects in Breastfed Infants](#)
 - [Possible Effects on Lactation](#)
 - [Alternate Drugs to Consider](#)
 - [References](#)
- [Substance Identification](#)
 - [Substance Name](#)
 - [CAS Registry Number](#)
 - [Drug Class](#)
- [Administrative Information](#)
 - [LactMed Record Number](#)
 - [Last Revision Date](#)

Drug Levels and Effects:

Summary of Use during Lactation:

Because of its extremely low levels in breastmilk, short half-life and use in infants in doses much higher than those excreted in breastmilk, **ibuprofen** is a preferred choice as an analgesic or antiinflammatory agent in nursing mothers.

Drug Levels:

Maternal Levels. Two early studies attempted measurement of **ibuprofen** in milk. In one, the patient's dose was 400 mg twice daily, while in the second study of 12 patients, the dose was 400 mg every 6 hours. **Ibuprofen** was undetectable in breastmilk in both studies (<0.5 and 1 mg/L, respectively).[1][2]

A later study using a more sensitive assay found **ibuprofen** in the breastmilk of one woman who took 6 doses of 400 mg orally over a 42.5 hours. A milk **ibuprofen** level of 13 mcg/L was detected 30 minutes after the first dose. The highest level measured was 180 mcg/L about 4 hours after the third dose, 20.5 hours after the first dose. The authors estimated that the infant would receive about 17 mcg/kg daily (100 mcg daily) with the maternal dose of approximately 1.2 grams daily. This dose represents 0.0008% of the maternal weight-adjusted dosage[3] and 0.06% of the commonly accepted infant dose of 30 mg/kg daily (10 mg/kg every 8 hours).

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants:

At least 23 cases are reported in the literature in which infants (ages not stated) were breastfed during maternal **ibuprofen** use with no adverse effects reported.[1][3][4]

Possible Effects on Lactation:

Relevant published information was not found as of the revision date.

Alternate Drugs to Consider:

[Acetaminophen](#), [Flurbiprofen](#), [Indomethacin](#), [Naproxen](#), [Piroxicam](#)



More Fruits/Vegetables

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Other Topics: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [All Topics](#)

Nutrition



Food provides the energy and nutrients you need to be healthy. Nutrients include [proteins](#), [carbohydrates](#), [fats](#), [vitamins](#), [minerals](#) and [water](#).

Learning to eat nutritiously is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits and whole-grain products
- Eat lean meats, poultry, fish, beans and low-fat dairy products
- Drink lots of water
- Go easy on the [salt](#), sugar, alcohol, saturated fat and trans fat

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.

Centers for Disease Control and Prevention



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Start Here

- [ChooseMyPlate.gov](#) (Dept. of Agriculture)
- [Dietary Guidelines for Americans 2010](#) (Dept. of Agriculture, Dept. of Health and Human Services)
- [Nutrition: Tips for Improving Your Health](#) (American Academy of Family Physicians)

MEDICAL ENCYCLOPEDIA

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[How to read food labels](#)
[Malnutrition](#)
[Managing your weight with healthy eating](#)



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[Carbohydrates](#)
[Child Nutrition](#)
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<http://www.fruitsandveggiesmatter.gov/>

- Home
- Fruit & Vegetable Benefits
- Fruit & Vegetable of the Month
- What Counts as a Cup?
- Tips
- Recipes
- Interactive Tools
- Q&A
- Publications
- For Health Professionals
- Partner Web Sites



How Many Fruits & Vegetables Do You Need?

Age:

Sex:

Physical Activity:
Choose the level that you do above and beyond the light activity of everyday life:

Show Me



March

 Exotic Winter Fruit	 Leeks & Green Onions
--	---

different.
e, sex and
al activity to
t that's right

Fruit and Vegetable of the Month



Mix up your daily choices with this month's featured fruit or vegetable. [View Calendar.](#)

Recipes



Find great meals and create your own cookbook in [our Recipes.](#)

Budget Tips



Budget Tips: Learn 30 Ways in 30 Days to [Stretch your Fruit and Vegetable Budget.](#)



USDA

https://www.choosemyplate.gov Super Tracker – Food-A-Pedia

You are here: [Home](#) > [Food-A-Pedia](#)

Food-A-Pedia

Look up a food to get quick access to nutrition info for over 8,000 foods. Choose and compare 2 foods.

Search: for

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[Go to Food Tracker](#)

Search Results

Showing 1-20 of 110 Results

- 1 [Apple, raw](#)
- 2 [Apple, baked, unsweetened](#)
- 3 [Apple, baked, with sugar](#)
- 4 [Apple, cooked or canned, with syrup](#)
- 5 [Apple, stewed, unsweetened](#)
- 6 [Apple, stewed, with low calorie sweetener](#)

Apple, raw

Choose an amount:

Food Info		Nutrient Info	
Total Calories: 72			
Food Groups		Limits	
Fruits	1 1/4 cup(s)	Empty Calories*	0
		Solid Fats	0 Calories
		Added Sugars	0 Calories
		Saturated Fat	0 g
		Sodium**	1 mg

Apple, baked, with sugar

Choose an amount:

Food Info		Nutrient Info	
Total Calories: 162			
Food Groups		Limits	
Fruits	1 cup(s)	Empty Calories*	75
		Solid Fats	0 Calories
		Added Sugars	75 Calories
		Saturated Fat	0 g
		Sodium**	2 mg

Physical Activity



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Videos & Cool Tools

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Other Topics: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [All Topics](#)

Exercise and Physical Fitness



There are 1,440 minutes in every day. Schedule 30 of them for physical activity!

Regular exercise is a critical part of staying healthy. People who are active live longer and feel better. Exercise can help you maintain a healthy weight. It can delay or prevent diabetes, some cancers and heart problems.

Most adults need at least 30 minutes of moderate physical activity at least five days per week. Examples include walking briskly, mowing the lawn, dancing, swimming for recreation or bicycling. Stretching and weight training can also strengthen your body and improve your fitness level.

The key is to find the right exercise for you. If it is fun, you are more likely to stay motivated. You may want to walk with a friend, join a class or plan a group bike ride. If you've been inactive for awhile, use a sensible approach and start out slowly.

Centers for Disease Control and Prevention

Get Exercise and Physical
Fitness updates by email

Enter email address

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ADAM

MEDICAL ENCYCLOPEDIA

[Epinephrine and exercise](#) 
[Exercise and immunity](#)
[Physical activity](#)

Related Topics

[Exercise for Children](#)
[Exercise for Seniors](#)
[Sports Fitness](#)
[Fitness and Exercise](#)

NIH Senior Health

<http://nihseniorhealth.gov/videolist.html#exercise>

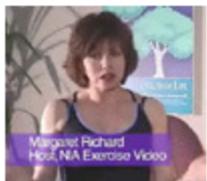
Exercise and Physical Activity for Older Adults



"Are You Ever too Old to Exercise?" [40 sec]

[Click to watch this video](#)

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"Benefits of Exercise" [1 min 3 sec]

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[Transcript](#), [Video help](#)



"Build Exercise"

[Click to watch this video](#)

[Transcript](#), [Video help](#)



"Why I Exercise" [55 sec]

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[Transcript](#), [Video help](#)

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