

# Creating a Culture of Care: Health Outreach @ Your Library



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Consumer Health Coordinator (NN/LM MAR)

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# NLM-NN/LM

**Mission:** Provide health professionals and the general public with equal access to health information



[URL](#) for NLM

[URL](#) for NN/LM MAR

# NN/LM & The Birth of Consumer Health Outreach

Free Medline (1997)

Public Libraries Pilot Project (1998)

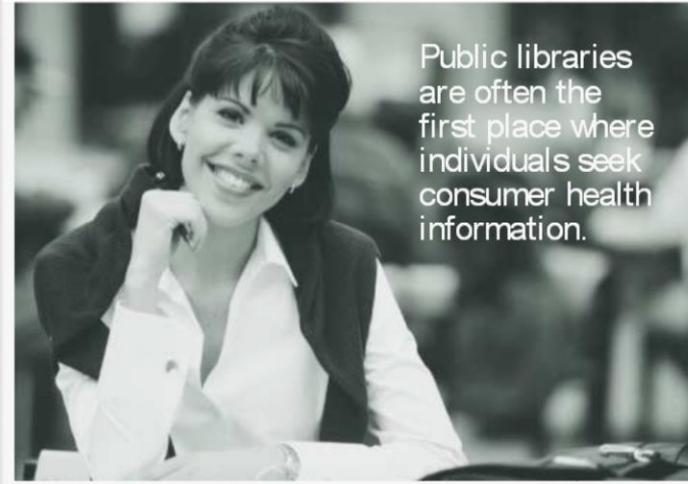
MedlinePlus Debut  
22 Topics (1998)



# THE CHALLENGE OF PROVIDING CONSUMER HEALTH INFORMATION SERVICES IN PUBLIC LIBRARIES



AMERICAN ASSOCIATION FOR THE  
ADVANCEMENT OF SCIENCE



Public libraries  
are often the  
first place where  
individuals seek  
consumer health  
information.

## Seven Key Findings from the Literature Review

1. Health information in libraries is valuable 7
2. Health information is written for a level above those who use it 8
3. Libraries are important health information providers 8
4. Experienced librarians provide valuable lessons 10
5. Regional networks provide health information 12
6. Health care libraries also provide valuable information 14
7. Resources offered by government agencies 17

Model Consumer Health Libraries 16

Health-Related Web Sites 19

Annotated Bibliography/References 20

[URL](#) for The Challenge of Providing Consumer Health  
Information Services in Public Libraries (2010)

# Support from Your Regional Medical Library

Assessment/Evaluation

Consumer Health

National Library of Medicine Resources

Outreach/Advocacy

Technology/Systems



[URL](#) for NN/LM MAR Training Page

[URL](#) for NN/LM MAR Funding Information

[URL](#) for NN/LM MAR Listserv

# Health Information Resources

National Library of Medicine





### Health Topics

Find information on health, wellness, disorders and conditions



### Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



### Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



### Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

#### Medical Dictionary from Merriam-Webster

MedlinePlus has over 975 health topics!

Read about diseases, illnesses, health conditions and wellness issues on our health topic pages.

1 2 3 4 ▶

### Today's Health News

[Kids of Older Moms May Have a Leg Up on Their Peers](#)

[Link Between Money Woes, Domestic Abuse Tough to Untangle](#)

[To Avoid Food Poisoning, There's an App for That](#)

[More health news](#)

### Clinical Trials

Search [ClinicalTrials.gov](#) for drug and treatment studies.

### Stay Connected

Sign up for MedlinePlus email updates 

### NIH MedlinePlus Magazine

Read the **latest issue**



# NIH SeniorHealth

Built with You in Mind



Resize Text: [A](#) [A](#) [A](#) Change Contrast

Print Sign Up Share

Health and wellness information for older adults from the National Institutes of Health.

## Health Topics by First Letter

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

## Categories

- [Bones and Joints](#)
- [Cancer](#)
- [Diseases and Conditions](#)
- [Healthy Aging](#)
- [Heart and Lungs](#)
- [Memory and Mental Health](#)
- [Treatments and Therapies](#)
- [Vision and Hearing](#)
- [All Topics A-Z](#)

## Featured Topic



Psoriasis

## Exercise Stories

People of all ages and physical conditions benefit from exercise and physical activity. These [exercise stories](#) feature older adults and the diverse activities they enjoy.



## Health Videos

Many of our health topics feature short videos that complement the information in the topic. The [health videos](#) offer up-to-date medical information, tips for healthy living, and inspiring stories from older adults who are coping with diseases or conditions of aging.



## Free Tips on Healthy Aging



[Sign up here for free tips on healthy aging from NIH SeniorHealth.](#)

## Training Tools

Are you interested in helping older adults learn to search online health information on their own? Browse the [Trainer's Toolkit](#) for more information.



<http://medlineplus.gov/>

Access patient-oriented online information on over 950 health topics. Click **Drugs & Supplements** or search by drug name or disease. Other topics include: Drug Safety, Vitamins, Over the Counter Medicines, Pain Relievers, and Herbal Medicine.

### Dietary Supplement Label Database

<http://dslid.nlm.nih.gov/>

This new label database includes information from 32,000 dietary supplement products marketed in the U.S. and includes product information, supplement facts, and ingredients.

### LactMed

<http://lactmed.nlm.nih.gov/>

The Drugs and Lactation Database (LactMed) contains over 1,100 drugs, supplements and herbs to which breastfeeding mothers may be exposed. Included is information on levels of substances in breast milk and infant blood, possible effects on nursing infants, potential alternate drugs, and additional resources.

### Pillbox

<http://pillbox.nlm.nih.gov/>

Quickly identify unknown drugs by color, shape, size, imprint, and scoring. Nearly 5,400 pill images are available.

### TOXNET

Toxicology Data Network

<http://toxnet.nlm.nih.gov/>

Search databases on hazardous chemicals, toxic releases and environmental health, including LactMed and:

- **ChemIDplus** – *Chemical Identification/Dictionary* providing information on structure, property and chemical toxicity
- **HSDB** – *Hazardous Substances Data Bank* with biological and physical data including animal/human toxicity studies
- **DART** – *Developmental and Reproductive Toxicology* literature and
- **TOXLINE** – *Toxicology Literature Online*, with citations from toxicological journals including those in PubMed

### Drug Information from the NLM

For more information, visit:

<http://www.nlm.nih.gov/learn-about-drugs.html>

The National Network of Libraries of Medicine® (NN/LM), an outreach program of NLM™, provides assistance and training nationwide. To find a local library, please call 800-338-7657 or go to <http://nnlm.gov/members>

Funded under Contract No. HHS-N-276-2011-00005-C with the University of Illinois at Chicago and awarded by the DHHS, NIH, National Library of Medicine. This resource is freely available at: <http://nmlm.gov/training/resources/drugstri.pdf>

Reviewed: June 2015

# All About Drugs @ NLM

The U.S. National Library of Medicine® (NLM) provides a variety of informational databases on drugs and herbal supplements.

**Portals** – search across multiple databases

- **Drug Information Portal** – search across most NLM databases
- **TOXNET** – focus on toxic chemicals

### Labels Databases

- **DailyMed** – FDA approved drug labels
- **Dietary Supplement Label Database**

### Additional Drug Information Sources

- **AIDSinfo** – AIDs drugs and vaccines
- **Clinical Trials** – Drugs in clinical trials
- **LactMed** – Drugs affecting lactating mothers and breastfed infants
- **LiverTox** – Drug-induced liver injury cases
- **MedlinePlus** – For patients and families
- **Pillbox** – Pill identifier
- **PubChem** – Chemical information including components of drugs
- **PubMed** – Article citations
- **RxNorm** – Drug name listing

[Find Studies](#) ▾ [About Clinical Studies](#) ▾ [Submit Studies](#) ▾ [Resources](#) ▾ [About This Site](#) ▾

ClinicalTrials.gov currently lists **201,710 studies** with locations in all 50 States and in **190 countries**.

Text Size ▾

## Search for Studies

Example: "Heart attack" AND "Los Angeles"

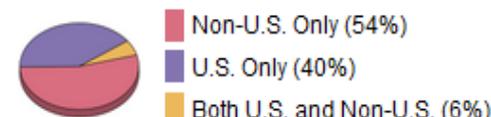
Search

[Advanced Search](#) | [See Studies by Topic](#)  
[See Studies on Map](#)

## Search Help

- [How to search](#)
- [How to find results of studies](#)
- [How to read a study record](#)

## Locations of Recruiting Studies



Total N = 37,077 studies  
(Data as of October 30, 2015)

- [See more trends, charts, and maps](#)

## For Patients and Families

- [How to find studies](#)
- [See studies by topic](#)
- [Learn about clinical studies](#)
- [Learn more...](#)

## For Researchers

- [How to submit studies](#)
- [Download content for analysis](#)
- [About the results database](#)
- [Learn more...](#)

## For Study Record Managers

- [Why register?](#)
- [How to register your study](#)
- [FDAAA 801 requirements](#)
- [Learn more...](#)

## Learn More

- [Tutorials for using ClinicalTrials.gov](#)
- [Glossary of common site terms](#)
- [For the Press](#)
- [Using our RSS Feeds](#)

[HOME](#)

[RSS FEEDS](#)

[SITE MAP](#)

[TERMS AND CONDITIONS](#)

[DISCLAIMER](#)

[CONTACT NLM HELP DESK](#)

Search

[Advanced Search](#)

--Select Language 

Documents  Audio  Videos

## What's New

- ✔ Hepatitis B Virus (HBV) Fact Sheet (English, Haitian Creole (Kreyol), Spanish)
- ✔ Hepatitis A Virus (HAV) Fact Sheet (English, Haitian Creole (Kreyol), Spanish)
- ✔ Genital Herpes Fact Sheet (English, Haitian Creole (Kreyol), Spanish)
- ✔ Chlamydia Fact Sheet



## Featured Resources

- ✔ Culture, Context, and the Mental Health and Psychosocial Wellbeing of Syrians **New!**
- ✔ Substance Abuse and the Torture Survivor Experience **New!**
- ✔ Resources in Arabic- various topics **New!**

[View All](#)

## Tweets

 Follow



**HealthReach**  
@NLM\_HealthReach

23 Jun

Excellent resource on staying healthy available in 14 languages!  
[healthreach.nlm.nih.gov/DocumentProper...](http://healthreach.nlm.nih.gov/DocumentProper...)



**NIH ODS** ✓  
@NIH\_ODS

16 Apr

Make #nutrition education fun. Help #kids use detective skills to identify fruits & veggies on their cafeteria menu: [1.usa.gov/1DLv7nN](http://1.usa.gov/1DLv7nN)

# ToxMystery

By the National Library of Medicine

Español

Welcome to WHAT'S WRONG IN THIS ROOM, a ToxMystery activity. Enter the house by clicking on the front door.



National Library of Medicine

Parent Resources

For Teachers

Getting Started

[URL](#) for ToxMystery



# Environmental Health Student Portal

Connecting Middle School Students to Environmental Health Information

Home

Air Pollution

Chemicals

Climate Change

Water Pollution

Videos

Games

Experiments

For Teachers



Search

Go



Print this Page

## What is Environmental Health ?

Environmental Health is the interrelationship between human health and the environment, either natural or manmade.

[Learn More](#)



Air Pollution



Chemicals



Climate Change



Water Pollution



Interested in a trailer of our animations about characteristics, uses, and health effects of hazardous chemicals?

**Please, click here to preview.**

1 2 3 4 5



Airplanes	Brownfield	Construction	Drinking Water	EMFs	Factory	City Locations
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Arsenic	Asbestos	Benzene	Carbon Monoxide	Chromium	Lead	All Chemicals
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[URL](#) for Tox Town



# make history!

# expand your horizons

 search exhibitions: explore, discover, enjoy!

explore our exhibitions



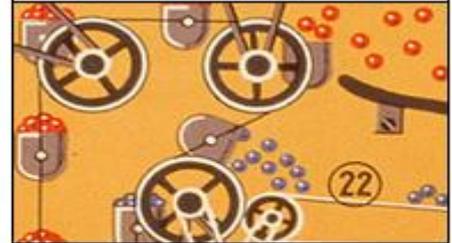
book a traveling exhibition



find an educational resource



curious? take a look



The Exhibition Program creates lively and informative exhibitions and educational resources that enhance awareness of and appreciation for the collections of the National Library of Medicine. Explore. Discover. Enjoy.

[URL](#) for NLM Exhibition Program and [URL](#) for NLM Traveling Exhibitions

# Health Hotlines

Toll-free Numbers from the National Library of  
Medicine's Health Hotlines Database

Números telefónicos sin cargo de la base de datos de  
líneas directas, de la Biblioteca Nacional de Medicina

## Find Organizations



Find an organization that can help you with your health information needs.

[Search Health Hotlines](#)

## Get the eBook



Download the free eBook or printable PDF.

[Download](#)

## Get In Touch



Call organizations in the directory to get personalized help with specific health related topics.



# NIH MedlinePlus

the magazine

Spring 2016 Issue

[URL](#) for MedlinePlus Magazine and [URL](#) for Bulk Orders

# InformationRx.org



**MedlinePlus.gov**  
THE WEB SITE YOUR DOCTOR PRESCRIBES

**Information Rx**

**A free, comprehensive, authoritative, up-to-date health information Web site**  
from the world's largest medical library, the National Library of Medicine of the National Institutes of Health.

**MedlinePlus.gov**  
THE WEB SITE YOUR DOCTOR PRESCRIBES

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**MedlinePlus.gov**  
THE WEB SITE YOUR DOCTOR PRESCRIBES

**Information Rx**

**U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES**  
NATIONAL LIBRARY OF MEDICINE

Finding Health and Wellness @ the Library:  
A CONSUMER HEALTH TOOLKIT FOR LIBRARY STAFF  
2nd Edition



## What's inside...

### Consumer Health Resources

- Health Check Tools
- Mobile Apps & Sites

### Consumer Health

### Information Services

- Community Needs Assessment
- Reference Services

### Technology & Health

- Health-related Audio and Video Podcasts
- Personal Health Records and Electronic Health Records

### Workplace Wellness

- Creating Healthy Libraries
- Planning and Implementing Wellness Programs

and more

[URL](#) for Consumer Health Toolkit

**Summer Reading 2016: Get Ready, Get Set!!**



Let NN/LM MAR help as you gear up for **Summer Reading 2016!!** Watch recordings of the February 2016 and March 2016 Boost Box Sessions to learn about freely available health information resources from the National Library of Medicine and other reliable agencies that can be turned into fun ideas/activities for your Summer Reading 2016 program.

Listen to recordings of the webinars on the [NN/LM MAR Boost Box Archives](#) page.

Access [Summer Reading resources and materials on the NN/LM MAR Health Outreach and Programming resource guide](#).

- [NNLM MAR Summer Reading 2016 Webinar Descriptions](#)
- [NN/LM MAR Summer Reading Resources Highlights 2016](#)

Comments (0)

**Welcome to NN/LM MAR Information for Public Libraries**



The National Library of Medicine (NLM) Provides freely available resources on a variety of topics for use by Public Libraries to use in their communities. Locate resources by subject using the information compiled by the Consumer Health Coordinator at the National Network of Libraries of Medicine, Middle Atlantic Region (NN/LM MAR).

**Highlighted Resources by Population/Topic:**

- [Adult/General/Senior Health](#)
- [Health Resources for Teens](#)
- [NLM's K- 12 Resources](#)
- [Consumer Health](#)
- [Finding Health and Wellness @ the Library: A Consumer Health Toolkit for Library Staff 2nd edition](#)
- [Affordable Care Act Information](#)
- [Multicultural Health Resources](#)
- [Health Resources in Multiple Languages](#)

If you have any questions or would like training on the resources listed, please contact NN/LM MAR via e-mail, [nnlmmar@pitt.edu](mailto:nnlmmar@pitt.edu) or via telephone (800) 338-7657.

**NN/LM MAR Consumer Health Coordinator**



**Lydia Collins**

**Contact Info**  
 NN/LM MAR  
 Health Sciences Library System  
 University of Pittsburgh  
 200 Scaife Hall  
 3550 Terrace Street  
 Pittsburgh, PA 15261  
 412.624.1411  
[Send Email](#)

**Links:**  
[Profile & Guides](#)

**Subjects:**  
[Consumer Health K-12](#)  
[Professionals Outreach Health Literacy Outreach to Soliders, Veterans and Military Families Outreach to Underrepresented and Minority Populations Outreach to Seniors](#)

**Of Interest to Public Libraries**



## Professional Development

General Information

Professional Competencies

Continuing Education (CE) +

AHIP Credentialing

Specializations +

Mentoring

Research Imperative

Grants and Scholarships

Career Center

### Consumer Health Information Specialization

The Consumer Health Information Specialization (CHIS) will help you keep current in the consumer health information field and obtain an additional, recognized level of expertise. MLA hours earned through the CHIS program may be used for credit in MLA's [Academy of Health Information Professionals](#).

CHIS can help advance the careers of:

- medical librarians
- public librarians
- librarians working in consumer health libraries
- allied health professionals

See a list of current [CHIS recipients](#).

**Level 1:** Completion of 12 hours approved course or activities focusing on consumer health

**Level 2:** Completion of 24 hours approved course or activities focusing on consumer health

**\$75.00**

NOTE: You have three years to gather the hours needed, ending with the date you submit your materials. The specialization is valid for three years and may be renewed.

[URL](#) for MLA CHIS

## New Class Offerings



Look for **NEW!** to see NN/LM MAR classes added in 2015-2016.

Comments (0)

## NN/LM MAR Class Descriptions

Click on the link or image below for descriptions of classes offered by National Network of Libraries of Medicine (NN/LM MAR) staff.

### Academic Libraries



### Hospital Libraries



### Public Libraries



### Health Professionals



### Consumer Health



### Disaster Health Information



### K-12 Professionals



## Class Offering Links

[Academic Libraries](#)

[Consumer Health](#)

[Disaster Health Information](#)

[Health Professionals](#)

[Hospital Libraries](#)

[K-12 Professionals](#)

[Public Libraries](#)

Comments (0)

## NN/LM MAR Upcoming Training

Click on the links below to view training opportunities.

- [NN/LM MAR Webinar Series](#)
- [Class Schedule](#)

Comments (0)

## Stay Connected with NN/LM MAR

- [MAR-L Listserv](#) - Subscribe to weekly announcements to keep aware of breaking developments from NLM, funding opportunities, and other important information
- [The MARreport](#) - quarterly newsletter for the NN/LM Middle Atlantic Region
- [MARquee News Blog](#) - announcements, upcoming events, technology tips, etc.

[URL for MAR Class Descriptions](#)

# Strength in Partnerships



Resource Guides By Population/Organization Type

These are National Library of Medicine (NLM) resources that can be used to create and locate content for health outreach and programming in your community. Many of NLM's resources provide links into other reliable materials for reputable agencies such as the Centers for Disease Control and Prevention (CDC), US Food and Drug Administration (FDA), and National Institutes of Health agencies and centers.



- o [Resources for Public Libraries](#)
- o [Resources for K-12 Professionals](#)
- o [Resources for K-12 Health Professionals](#)
- o [Multiple Language Resources](#)
- o [Resources for Adults and Seniors](#)

Comments (0)

NN/LM MAR Guide for Health Outreach and Programming

Welcome to the resource guide for health outreach and programming. On this guide you will find information on how to integrate the reliable and freely available health information resources from the National Library of Medicine (NLM) into health outreach and programming at your institution. The games, activity sheets and materials developed are all done based on information found within the National Library of Medicine's health information resources such as [MedlinePlus](#) and [NIHSeniorHealth](#). Visit the [NN/LM MAR Outreach Toolkit](#) to learn ways that we support member outreach initiatives.



If you have questions about the content on this guide, please contact Lydia Collins, Consumer Health Coordinator at NN/LM MAR.

NN/LM MAR Consumer Health Coordinator



Lydia N. Collins

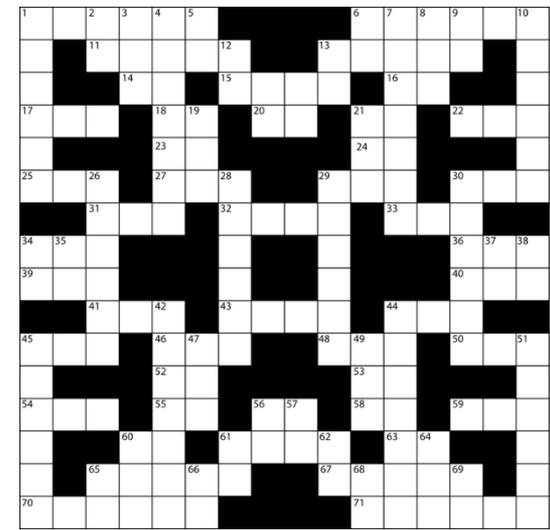
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 Pittsburgh, PA 15261  
 412.624.1411  
[Send Email](#)

**Links:**  
[Profile & Guides](#)

**Subjects:**  
[Consumer Health](#)

# Health Program Ideas





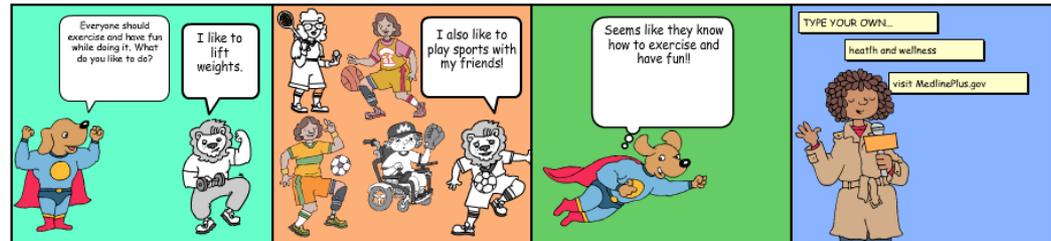
## Mad Lib Gen

Unicorns can be a great way to get in shape or stay that way. Having a specific umbrella can be a great motivator. Reluctantly, you need strength and phone. Your training will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of dog activities in your program. Research shows that cross training builds stronger turtles. Remember to listen to your lion. If you frequently row exhausted or you are in push pin, you may be overdoing it. Injuries can be the result. And be sure that you use your fork and your equipment safely. What you eat and drink is also important. pen is the most important nutrient for active people. blink it before, during and after workouts. MedlinePlus Sports Fitness: <https://www.nlm.nih.gov/medlineplus/sportsfitness.html>

[Play Again](#)

Being Healthy Can Be Fun!!

L.N. Collins



This comic strip was created at MakeBeliefsComix.com. Go there to make one yourself!

[URL](#) for Puzzlemaker (Discovery Education) and [URL](#) for Printable Worksheets (The Teachers Corner) and [URL](#) for Mad Libs Generator (Project Labyrinth) and [URL](#) for MedlinePlus Sports Fitness Mad Lib (LNC-MAR) and [URL](#) for MakeBeliefscomix.com

**Human  
Body**

**Bodily  
Functions**

**Medical  
Terminology**

**SuperFoods**

**The 5  
Senses**

**NLM @ Your  
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**\$100**

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**FINAL JEOPARDY**

**JEOPARDY!**



[URL](#) for Jeopardy General Health Adults

# Public Library Health Outreach (East Brunswick Public Library)

Just For the Health of It!

[www.wellinks.org](http://www.wellinks.org)

# Just For The Health Of It!

East Brunswick Public Library



The Library's Prescription for Quality  
Health & Wellness Information



[www.wellinks.org](http://www.wellinks.org)

# Just For The Health Of It!

East Brunswick Public Library

The Library's Prescription for Quality  
Health & Wellness Information





ROBERT WOOD JOHNSON  
FITNESS & WELLNESS CENTER

# Customized health service may provide glimpse of libraries' future

In the age of ever-expanding access to information via the Internet, we applaud the East Brunswick Public Library's recent, and successful, efforts to serve as an information center for those with questions regarding health and wellness issues.

This unique service has the potential to help change the way libraries serve their members on a national scale.

## Our Opinion

A new East Brunswick library service providing health and wellness information to customers through links to medical databases could serve as a model for other libraries trying to adapt to changing public needs.

The library has received a \$15,000 grant from the National Network of Libraries of Medicine to expand the design and scope its information center called "Just for the Health of It."

The library's portal links to a variety of medical databases purchased by the library including Web sites from the government and renowned hospitals and organizations. Users are able to

read about medical conditions, understand medical tests, and become informed consumers about their medications and side effects.

On request, librarians help card-holding members research specific medical questions using information on up-to-date clinical trials; sources for health insurance; local support networks; and explanations of President Barack Obama's Affordable Care Act.

In addition to health information in English, there are links to languages that are commonly spoken in the township, including Arabic, Cantonese, Gujarati, Hindi, Korean, Mandarin and Russian.

The portal also offers tools to compare doctors, hospitals, nursing homes and home health agencies.

Since launching "Just for the Health of It" last year, the library has put together more than 400 customized research/information packets for its members. East Brunswick library officials say the National Network of Libraries of Medicine will be monitoring "Just for the Health of It" as a possible pilot program to be used at other public libraries throughout the country.

Considering our nation's aging demographic, there is great potential for expanding such an information

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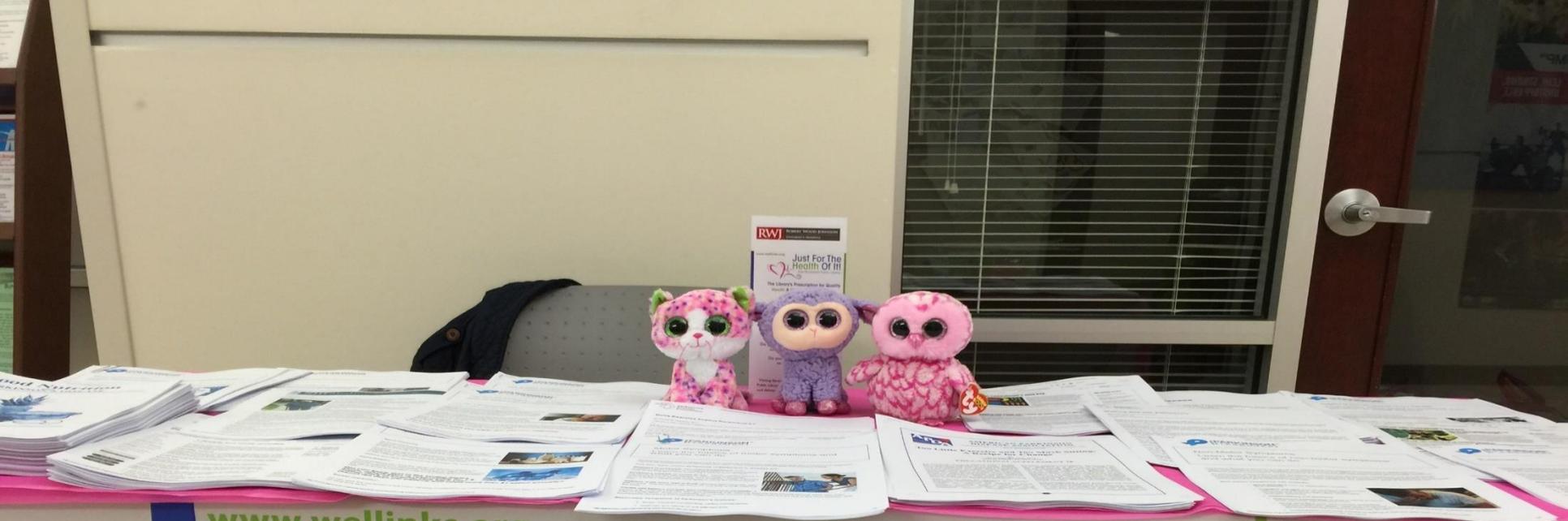
EDITORIAL IN

Home News

TRIBUNE

NOV 29 2010

\*This was from  
when the  
initiative was  
introduced to  
the community.



[www.wellinks.org](http://www.wellinks.org)

# Just For The Health Of It!

East Brunswick Public Library



The Library's Prescription for Quality  
Health & Wellness Information

www.wellinks.org Just For The Health Of It! East Brunswick Public Library The Library's Prescription for Quality Health & Wellness Information

Got a Health Question? Ask the Librarian! Just for the



PARKINSON'S FOUNDATION The Stages of Parkinson's Disease Parkinson's disease involves changes in many different areas. Even so, the evidence of progression in Parkinson's disease that are difficult to recognize.

PARKINSON'S FOUNDATION Got Parkinson's... Now What? The diagnosis of Parkinson's disease is a difficult, life-changing event. It is a condition that can be managed with medication, exercise and counseling.

2/16/2016 Parkinson's Disease Foundation Does Exercise Impact Parkinson's? - Parkinson's Disease Foundation (PDF) By Giselle M. Peitzinger, M.D. This article was originally published in the Fall 2009 issue of PDF's newsletter, News & Review. We all know that exercise is helpful to good health. We also know it is good for the heart and the muscles. But can it change the brain, and might these changes make an impact on Parkinson's disease (PD) symptoms? The answer to both of these questions is yes. Can the Brain Change? We know that in PD, neurons — the brain cells that produce the chemical transmitter dopamine — are damaged and lost. We also know that there is a lag between the time when the loss of neurons begins and the time when Parkinson's motor symptoms start to show. In fact, by the time most people are diagnosed, nearly 80 percent of their dopamine neurons are already gone.

PARKINSON'S DISEASE RELATED NEWS Ask the MD: Can you have Parkinson's? Parkinson's Patients May Be at Higher Risk for Malnutrition Answering Questions on Parkinson's, Parkinson's and Exercise Would You Like to Know More? Do you avoid any foods or supplements with Parkinson's disease? Levodopa (Sinemet) is a protein building block as it competes with other proteins. Taking a very protein-rich meal reduces the brain's ability to absorb levodopa, so you may want to leave meat, fish and dairy products until after your medication. Empty stomach — 30 minutes before or 60 minutes after a meal — allows the small intestine and stomach to absorb levodopa. However, a carbohydrate snack, taken with the medication may be necessary to prevent nausea. Depressive agents (trazodone and ropinirole) do not require any dietary restriction — but not eliminate — foods that contain high concentrations of tyramine. This list of foods to avoid includes: aged, fermented or air-dried meats or fish aged cheeses: aged cheddar or Swiss, blue cheeses, Camembert fermented cabbage: sauerkraut, kimchi soybean products, including soy sauce red wine and tap beer

PARKINSON'S FOUNDATION NATIONAL PARKINSON FOUNDATION Motor Symptoms | National Parkinson Foundation

APDA AMERICAN PARKINSON DISEASE ASSOCIATION Parkinson Plaza - 135 Parkinson Avenue - Staten Island NY 10305-1425 www.apdaparkinson.org



[www.wellinks.org](http://www.wellinks.org)

# Just For The Health Of It!

East Brunswick Public Library



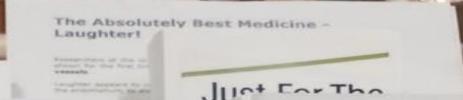
The Library's Prescription for Quality  
Health & Wellness Information



[www.wellinks.org](http://www.wellinks.org)

Just For The

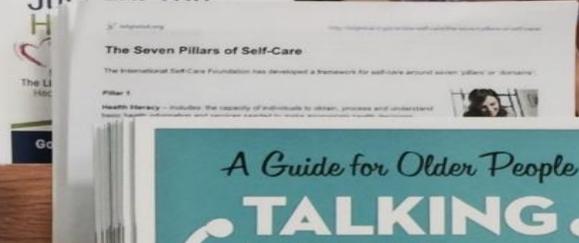
EXIT



The New York Times

### DIABETES KNOW THE SIGNS

- Tired or sleeps a lot
- Frustrated to urinate often
- Itchy or tingling hands, or feet
- Wounds that won't heal
- Surgical infections
- Problems having sex
- Blurry vision
- Hungry all the time
- Always thirsty



# 4R's

## for Fighting Medicare Fraud

You're the first of defense against Medicare fraud and abuse.

## A Guide for Older People TALKING WITH YOUR DOCTOR

# INFORMATION CENTER







focus on fruits  
10 Ways to help you eat more fruits

- 1
- 2
- 3

AgePage  
Healthy Eating  
Blue Ink

Just For The Health Of It!

www.wellinks.org

weight healthy nutritious  
foods by your body  
eating every eat

Healthy Eating

www.wellinks.org  
National Network of Libraries of Medicine  
East Brunswick Public Library

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**Just For The Health Of It!**

East Brunswick Public Library



*National Network of Libraries of Medicine*

*East Brunswick Public Library*



Is an Affiliate Member of the National Network of Libraries of Medicine,

2011-2016

Is dedicated to providing high quality information services to health professionals and to improving the public's access to health information,

Is accorded the benefits of network membership.

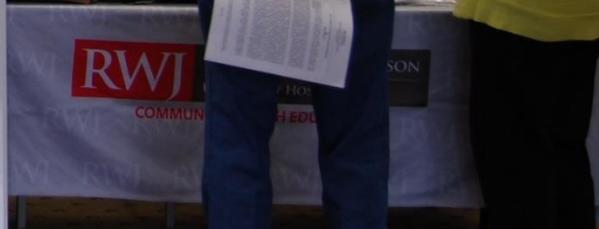
National Library of Medicine  
National Institutes of Health  
U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES

*Donald A. B. Lindberg*  
Donald A. B. Lindberg, M.D.  
Director  
National Library of Medicine













## Is Cancer Due to Bad Genes or Just Bad Luck?

*What to think and do when there is cancer in your family*

**THURSDAY, APRIL 6 • 7:00-8:30 PM**



**Speaker: Michael J. Nissenblatt, MD**  
of Regional Cancer Care Associates Central Jersey Division

Many of us have a loved one with cancer...  
But what is the cause? This talk is designed to teach us how to  
recognize the difference between causal and genetic cancer and how  
to use this important information as a form of prevention.



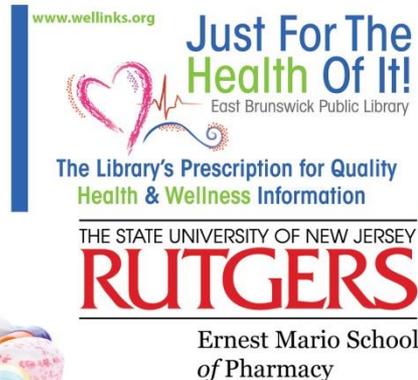
## Normal cells vs. Cancer cells

Anchorage dependent	<b>Spread</b>
Density-dependent inhibition	<b>Pile up</b>
Limited # of cell divisions	<b>Immortal</b>
Telomere shortening	<b>Rejuvenation</b>
Division requires extracellular signals	<b>Divide</b>
Checkpoints control growth	<b>Escape immune control</b>
Apoptosis functional	





# Drug Safety for Parents



Doctoral students from the Rutgers School of Pharmacy's chapter of the Academy of Managed Care Pharmacy will answer your questions about medications, and share safe practices for parents.

Come gather some information and brochures, ask a question about drugs and their side effects, or even play an interactive game!

*Thursday, April 23 • 2:30-4 p.m.*



**FREE!**



March 8, 2016

Dear Karen,

For the last few weeks when I've gone to the Parkinson's Done Program at the RVJ Fitness center in New Brunswick, I have looked for you and display to thank for sending me the info on P.D.

I called your library and requested some info on cognition problems and Parkinson's. The articles were very interesting and may turn out to be very helpful.

Thank you again for being so helpful in providing the information.

Best regards for  
Sunny - it's almost  
here!



- 1) No activity is too small
- 2) Each library will determine capacity for health outreach
- 3) Partner with local agencies
- 4) Look to NLM for great resources!
- 5) Contact NN/LM MAR to support your efforts!!





**Questions**

# Thank You

Web site: <http://nnlm.gov/mar>

Phone: 1.412.648.2065

Serving Delaware, New Jersey, New York and Pennsylvania



For questions regarding the content of this presentation or to request training please contact:

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## Annual Conference

May 16 - 18, 2016 | Harrahs Convention Center | Atlantic City



All  
Together  
Now

New Jersey Library Association