

# NLM's Online Playground: K-12 Health & Science Information Resources for Librarians, Teachers, Staff, Students & Parents

Carolyn Martin, MLS, AHIP  
Consumer Health Coordinator  
National Network of Libraries of Medicine Pacific Northwest Region  
martinc4@uw.edu



# Agenda

- Introduction and Overview
- Resources
  - MedlinePlus
  - Career
  - Medicine and Health
  - Environmental Health
  - Genomics/Genetics
  - Additional

NIH  
NLM  
NN/LM

What's the difference?





### News & Announcements

- » [Dragonfly](#) (PNR blog)
- » [Bringing Health Information to the Community](#) (BHIC blog)
- » [PNR Rendezvous](#) Join our free monthly webcast series on **September 16**.
- » [PNR Partners](#) Join our webinar series showcasing the work of our funding recipients **November 12**.
- » [PNR Calendar](#)
- » [HLIB-NW Discussion List](#)
- » [NLM Technical Bulletin](#)
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### Quick Links

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- » [Emergency Preparedness and Response](#)
- » [Health Information on the Web](#)
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- » Especially for:
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- » [Outreach Evaluation Resource Center \(OERC\)](#)

## National Network of Libraries of Medicine (NN/LM) Pacific Northwest Region



Supporting collaboration among regional libraries, information centers, and community-based organizations in the states of [Alaska](#), [Idaho](#), [Montana](#), [Oregon](#), and [Washington](#).

The mission of the NN/LM is to enhance access to biomedical and health information for researchers, health professionals and the public. Located at the University of Washington, the Regional Medical Library for the NN/LM Pacific Northwest Region offers education programs, funding, and consultation to support research, health information services, resource sharing, community partnerships, and outreach in the region.

If your institution is not a member learn more about the benefits of membership and join now!

[JOIN THE NETWORK](#)

### Featured NLM Resource

### What is LactMed?

The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced.

Updates: [LactMed](#) is updated monthly.





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[Member Services »](#)
[Provide Outreach »](#)
[Resource Sharing & Document Delivery »](#)
[Funding »](#)
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MEMBERSHIP- FREE

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- [Provide Outreach](#)
- [What NN/LM PNR Can Do For You](#)
- [What You Can Do For Others](#)

### Provide Outreach

The NN/LM PNR equips and encourages Network members to extend their services and expertise to groups, agencies, and institutions beyond their traditional reach. By developing and expanding collaborations, the Network works to accomplish its primary goals-to improve the public's access to health information to enable them to make informed decisions about their health, and to provide all health professionals with equal access to health information.

### What NN/LM PNR Can Do For You

- Provide consultation and support for you to [partner and collaborate](#) with local and regional community to provide health information. Assist with [planning and evaluating](#) outreach.
- [Provide training and professional development opportunities](#) so you can update your skills or learn new techniques in providing health information. We use the training resources available to equip you to train your staff or clients regarding health information issues. Training sessions cover a range of topics from utilizing National Library of Medicine resources, evaluating health information for quality, and evaluating outreach to measure your impact within your organization.
  - o [Training Resources you can use](#): including lesson plans, toolkits, brochures.
  - o Trainers from the [National Training Center and Clearinghouse](#) come to the Pacific Northwest on a regular basis to offer training. The schedule of these classes along with classes to request from PNR staff and many of our class materials is available on the [Training Calendar](#).
  - o Here is a [calendar of events](#) listing where regional NN/LM staff will be offering training sessions or staffing exhibits throughout the region.

• Provide funding for health information outreach projects in your community. To find out about funding opportunities visit this page, which

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- [PNR Projects Funded 2011 - 2016](#)
- [Grants and Support from the National Library of Medicine](#)

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### PNR Awards 2011 - 2016

Each year, the PNR funds subcontracts and awards to support network members and encourage outreach activities aligned with the [NN/LM mission](#).

Available Awards	Purpose	Funding	Submit Intent to Apply By	Application Deadlines
<a href="#">Express Outreach</a>	To improve use of quality online health information resources by priority populations, facilitate improved health literacy and to promote awareness and use of the products and services of the NLM and the NN/LM.	Up to \$15,000	N/A	Currently Closed
<a href="#">Medical Library Pilot Project</a>	To recognize and support emerging roles of the information professional through pilot or demonstration projects that explore or demonstrate innovative roles within their institution.	Up to \$15,000	N/A	Currently Closed
<a href="#">Regional Symposia</a>	To support Network members in planning and hosting regional symposia about issues and priorities of the NN/LM PNR Program.	Up to \$10,000	N/A	Currently Closed
<a href="#">Technology</a>	To enhance the capacity of a library or community organization to offer electronic health information services by supporting the purchase,	Up to \$10,000	N/A	Currently Closed

OUTREACH & TRAINING

FUNDING

# NLM K-12 Science and Health Education Resources

The screenshot shows the NLM Outreach Activities & Resources website. The header includes the U.S. Department of Health & Human Services logo and the URL www.hhs.gov. The main title is "Outreach Activities & Resources" with the subtitle "SPECIALIZED INFORMATION SERVICES". The National Library of Medicine logo is also present. The navigation bar includes links for SIS Home, About Us, A-Z Index, SIS News, and Contact Us. A search bar and a "Share" button are also visible. The main content area is titled "Students and Educators Information Outreach" and is divided into several sections: "Outreach Projects" (listing Disaster Health, Environmental Health, Health Professionals, HIV/AIDS, Library Science, Minority and Ethnic Populations, Specific Populations, and Students/Educators), "Resource & Tools" (listing Funding Opportunities, Training Resources, and Promotional Materials), "About Us" (listing Outreach & Special Populations Branch, NLM Outreach Programs, Specialized Information Services Division, and Staff Publications), "Announcements" (listing New lesson plans added to the K-12 Science and Education page), "Current Projects/Programs" (listing Distance Education Program, Environmental Health Student Portal, Health Information High School Peer Tutoring, K-12 Science and Health Education, ToxMystery, Tox Town, Tox Town-Based Curriculum Units / Science Club, and Woodrow Wilson Senior High School Adopt-A-School Program), "Previously Funded Projects/Programs" (listing Children's Environmental Health Network (CEHN), Toxie the Cat Day, and ToxMystery Kiosk), and "Promotional Materials" (listing Students and Educators). A "WEB RESOURCES" section on the right lists Environmental Health and Toxicology Information for Students and Educators, MedlinePlus - Children and Teenagers, MedlinePlus - Children's Page, and MedlinePlus - Teen Health Resources for Teachers (PDF, 661 KB). A footer note states "PDF documents can be viewed with the free Adobe® Reader". A "Connect with NLM" button with social media icons is located at the bottom left.

U.S. Department of Health & Human Services

www.hhs.gov

**Outreach Activities & Resources**  
SPECIALIZED INFORMATION SERVICES

National Library of Medicine  
National Institutes of Health NLM

SIS Home | About Us | A-Z Index | SIS News | Contact Us

Search This Site

SIS Home > Outreach Activities & Resources > Students and Educators

+ Share Text size: S M L XL

### Outreach Projects

- Disaster Health
- Environmental Health
- Health Professionals
- HIV/AIDS
- Library Science
- Minority and Ethnic Populations
- Specific Populations
- Students/Educators

### Resource & Tools

- Funding Opportunities
- Training Resources
- Promotional Materials

### About Us

- Outreach & Special Populations Branch
- NLM Outreach Programs
- Specialized Information Services Division
- Staff Publications

### Announcements

New lesson plans added to the K-12 Science and Education page

### Students and Educators Information Outreach

#### Current Projects/Programs

- Distance Education Program
- Environmental Health Student Portal
- Health Information High School Peer Tutoring
- K-12 Science and Health Education
- ToxMystery
- Tox Town
- Tox Town-Based Curriculum Units / Science Club
- Woodrow Wilson Senior High School Adopt-A-School Program

#### Previously Funded Projects/Programs

- Children's Environmental Health Network (CEHN)
- Toxie the Cat Day
- ToxMystery Kiosk

#### Promotional Materials

- Students and Educators

PDF documents can be viewed with the free Adobe® Reader

### WEB RESOURCES

- Environmental Health and Toxicology Information for Students and Educators
- MedlinePlus - Children and Teenagers
- MedlinePlus - Children's Page
- MedlinePlus - Teen Health Resources for Teachers (PDF, 661 KB)

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# Health Resources

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search for  
health  
information?

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Google Search

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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**  
Look up in Dictionary



Could your diet use a splash of color?  
Our **Nutrition** page has ways to liven it up

1 2 3 4 ||

**Today's Health News**  
[Could Lots of Time Spent on Social Media Be Tied to Depression?](#)  
[Healthy Amount of Vitamin C Might Keep Cataracts at Bay](#)  
[Kids' Fruit Drinks, Juices Contain Day's Worth of Sugar](#)  
[More health news](#)

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

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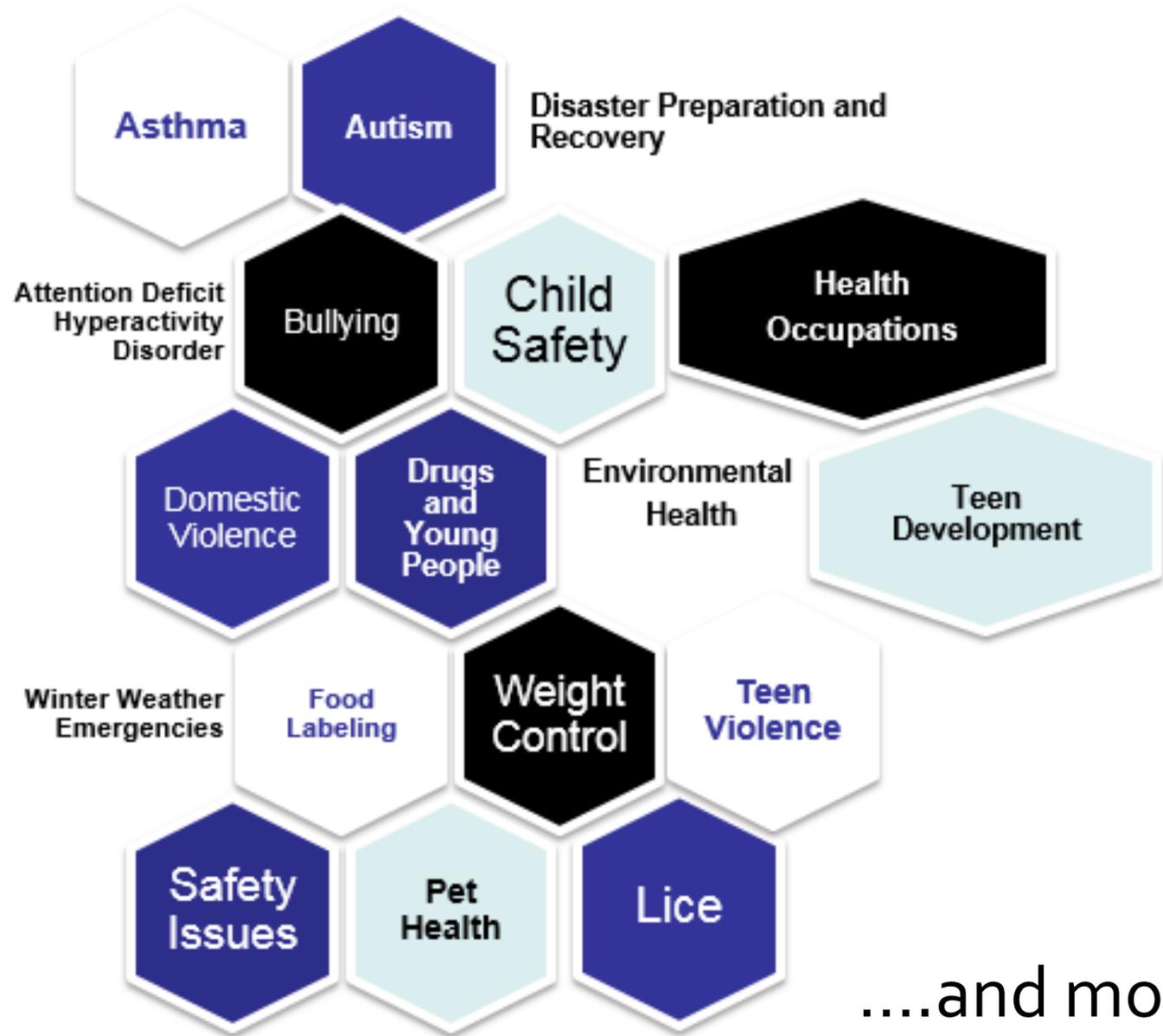
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Read the **latest issue**



 [Easy-to-Read Materials](#)  [Organizations and Directories](#)  [Health Information in Multiple Languages](#)  [MedlinePlus Connect for EHRs](#)

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# MedlinePlus: Topics of Interest



....and more

# Searching MedlinePlus

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1 2 3 4 ||

**Today's Health News**

Melanoma Strikes Earlier If Indoor Tanning Begins in Teens

New Transplant Technique Might Free Type 1 Diabetics from Daily Injections

Seniors Need to Take Extra Care in The Cold

More health news

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U.S. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health FOIA USA.gov

Page last updated on 28 January 2016 URL for this page: <https://medlineplus.gov>



Health Topics Drugs & Supplements

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Health Topics Drugs & Supplements

Home → Search Results

**Refine by Type**

**All Results** (541)

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- External Health Links** (446)
- Drugs and Supplements** (6)
- Medical Encyclopedia** (19)
- Videos and Tutorials** (6)
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Health Topics Drugs & Supplements

Home → Health Topics → Autism Spectrum

**Autism Spectrum Disorder**  
Also called: ASD, Pervasive development

**On this page**

<b>Basics</b>	Learn
<ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Latest News</li> <li>Symptoms</li> <li>Diagnosis and Tests</li> <li>Treatments and Therapies</li> </ul>	<ul style="list-style-type: none"> <li>Living</li> <li>Related</li> <li>Special</li> <li>Gen</li> </ul>
<b>Research</b>	Resou
<ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Clinical Trials</li> <li>Journal Articles</li> </ul>	<ul style="list-style-type: none"> <li>Find</li> </ul>

**Summary**

Autism spectrum disorder (ASD) is a neuro... childhood and lasts throughout a person's... communicates, and learns. It includes wha... developmental disorders.

It is called a "spectrum" disorder because... with ASD might have problems talking with... them. They may also have restricted intere... putting things in order, or they may say th... be in their "own world."

At well-child checkups, the health care pro... signs of ASD, your child will have a compr... doing various tests and evaluations to ma...

The causes of ASD are not known. Resea... important roles.

There is currently no one standard treatme... ability to grow and learn new skills. Startin... behavior and communication therapies, sk...

**Latest News**

- More Evidence Preterm Birth Could Raise Autism Risk (01/21/2016, HealthDay)
- Study: Extremely Premature Babies At Greater Risk for Autism (12/28/2015, HealthDay)
- Scientists Link Brain Chemical to Autism (12/17/2015, HealthDay)
- More News on Autism Spectrum Disorder

**Symptoms**

- Signs and Symptoms of Autism (Centers for Disease Control and Prevention)

**Diagnosis and Tests**

- Autism Screening and Diagnosis (Centers for Disease Control and Prevention)

**Treatments and Therapies**

- Autism Spectrum Disorder (ASD): Treatment (Centers for Disease Control and Prevention)
- Medication Treatment (NIH) (National Institute of Child Health and Human Development)
- Therapies for Children With Autism Spectrum Disorder (Agency for Healthcare Research and Quality Available in Spanish)
- What Are the Treatments for Autism Spectrum Disorder (ASD)? (NIH) (National Institute of Child Health and Human Development Available in Spanish)

**Living With**

- Autism Spectrum Disorders (ASD) and Diet (Academy of Nutrition and Dietetics)
- Autism through the Lifespan (Autism Society)
- Family Issues (Autism Society)
- Occupational Therapy's Role with Autism (American Occupational Therapy Association) - PDF

**Related Issues**

- Asperger Syndrome and High Functioning Autism Tool Kit (Autism Speaks) - PDF
- Autism Spectrum Disorder (ASD): Related Topics (Centers for Disease Control and Prevention)
- Communication Problems in Children with Autism Spectrum Disorder (NIH) (National Institute on Deafness and Other Communication Disorders)
- Individualized Education Plans (IEPs) (For Parents) (Nemours Foundation Available in Spanish)
- Is There a Connection Between Vaccines and Autism? (Nemours Foundation Available in Spanish)
- Why Are Autism Spectrum Disorders Increasing? (Centers for Disease Control and Prevention)

**Specifics**

Diagnosis, Treatment & Research

Dan Marino Helping Those with Autism Spectrum Disorders

What Are Autism Spectrum Disorders (ASD)?

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our disclaimer about external links and our quality guidelines.



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Articles and images for diseases, symptoms, test treatments

**Medical Dictionary from Merriam-Webster**  
Look up in Dictionary

**Easy-to-Read Materials**

Home → Health Topics

## Health Topics

Read about symptoms, causes, treatment and prevention. Health topics are regularly reviewed, and links are updated.

### Find topics A-Z

A B C D E F G H I J K

### Body Location/Systems

- Blood, Heart and Circulation
- Bones, Joints and Muscles
- Brain and Nerves
- Digestive System
- Ear, Nose and Throat
- Endocrine System
- Eyes and Vision
- Immune System
- Kidneys and Urinary System
- Lungs and Breathing
- Mouth and Teeth
- Skin, Hair and Nails
- Female Reproductive System
- Male Reproductive System

Home → Health Topics → Children and Teenagers

## Children and Teenagers

- Abuse *see* Child Abuse
- Acromegaly *see* Growth Disorders
- ADD *see* Attention Deficit Hyperactivity Disorder
- Adenoidectomy *see* Tonsils and Adenoids
- Adenoids *see* Tonsils and Adenoids
- ADHD *see* Attention Deficit Hyperactivity Disorder
- Adolescent Development *see* Teen Development
- Adolescent Health *see* Teen Health
- Adolescent Pregnancy *see* Teenage Pregnancy
- Adoption
- Alcohol and Youth *see* Underage Drinking
- Asperger Syndrome *see* Autism Spectrum Disorder
- Asthma in Children
- Attention Deficit Hyperactivity Disorder
- Autism *see* Autism Spectrum Disorder
- Autism Spectrum Disorder
- Baby Care *see* Infant and Newborn Care
- Baby Health Checkup
- Bedwetting
- Birth Injuries *see* Childbirth Problems
- Birth Weight
- Body Art *see* Piercing and Tattoos
- Bronchitis *see* Respiratory Syncytial Virus Infections
- Bullying
- Cancer in Children

Home → Health Topics → Autism Spectrum Disorder

## Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

**On this page**

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<b>Research</b> <ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Clinical Trials</li> <li>Journal Articles</li> </ul>	<b>Resources</b> <ul style="list-style-type: none"> <li>Find an Expert</li> </ul>	<b>For You</b> <ul style="list-style-type: none"> <li>Children</li> <li>Teenagers</li> <li>Patient Handouts</li> </ul>

### Summary

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to them. They may also have restricted interests and repetitive behaviors. They may spend a lot of time putting things in order, or they may say the same sentence again and again. They may often seem to be in their "own world."

At well-child checkups, the health care provider should check your child's development. If there are signs of ASD, your child will have a comprehensive evaluation. It may include a team of specialists, doing various tests and evaluations to make a diagnosis.

The causes of ASD are not known. Research suggests that both genes and environment play important roles.

There is currently no one standard treatment for ASD. There are many ways to increase your child's ability to grow and learn new skills. Starting them early can lead to better results. Treatments include behavior and communication therapies, skills training, and medicines to control symptoms.



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**MEDICAL ENCYCLOPEDIA**

- Asperger syndrome
- Autism
- Childhood disintegrative disorder

**Related Health Topics**

- Child Behavior Disorders
- Child Development
- Fragile X Syndrome

**National Institutes of Health**

# Children's Health

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## Children's Health



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<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Reference Desk</li><li>Find an Expert</li><li>Finance and Policy</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Patient Handouts</li></ul>

### Summary

Your child's health includes physical, mental and social well-being. Meet parents know the

# Teen Health

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## Teen Health

Also called: Adolescent health



**On this page**

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### Summary

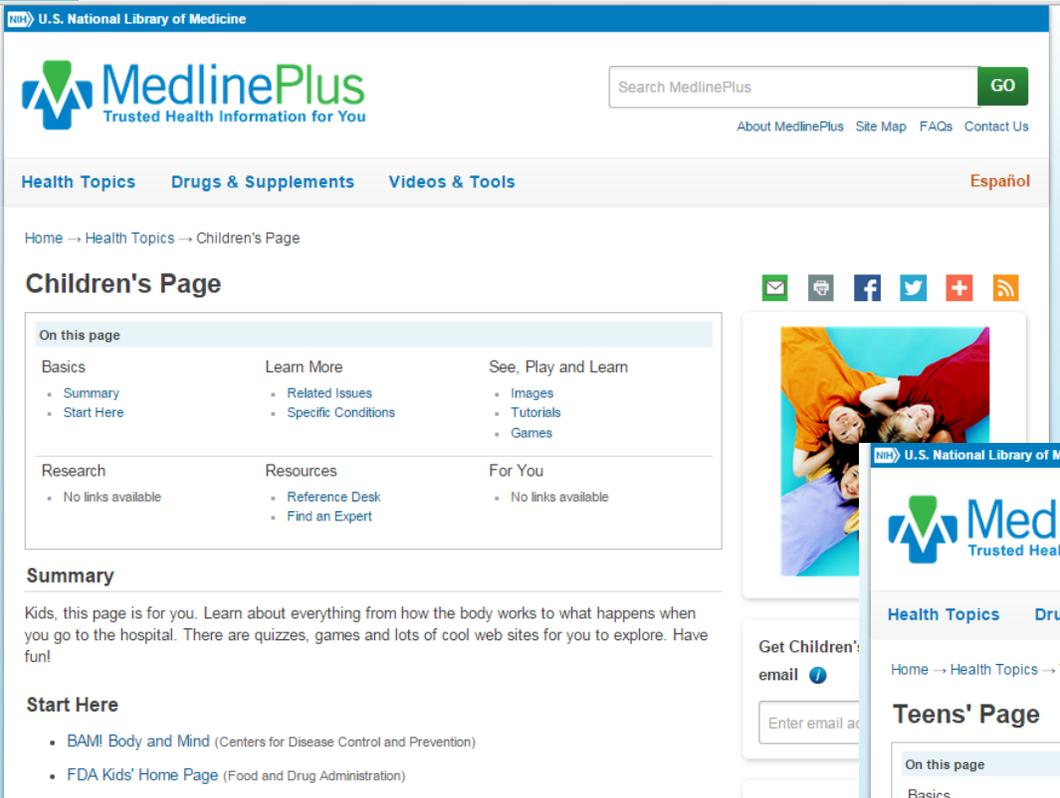
As a teenager, you go through many changes. Your body is on its way to becoming its adult size. You may notice that you can't fit into your old shoes or that your jeans are now 3 inches too short. Along with these changes, you are probably becoming more independent and making more of your own

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# For Children



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### Children's Page

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<b>Research</b> <ul style="list-style-type: none"><li>No links available</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Reference Desk</li><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>No links available</li></ul>

**Summary**

Kids, this page is for you. Learn about everything from how the body works to what happens when you go to the hospital. There are quizzes, games and lots of cool web sites for you to explore. Have fun!

**Start Here**

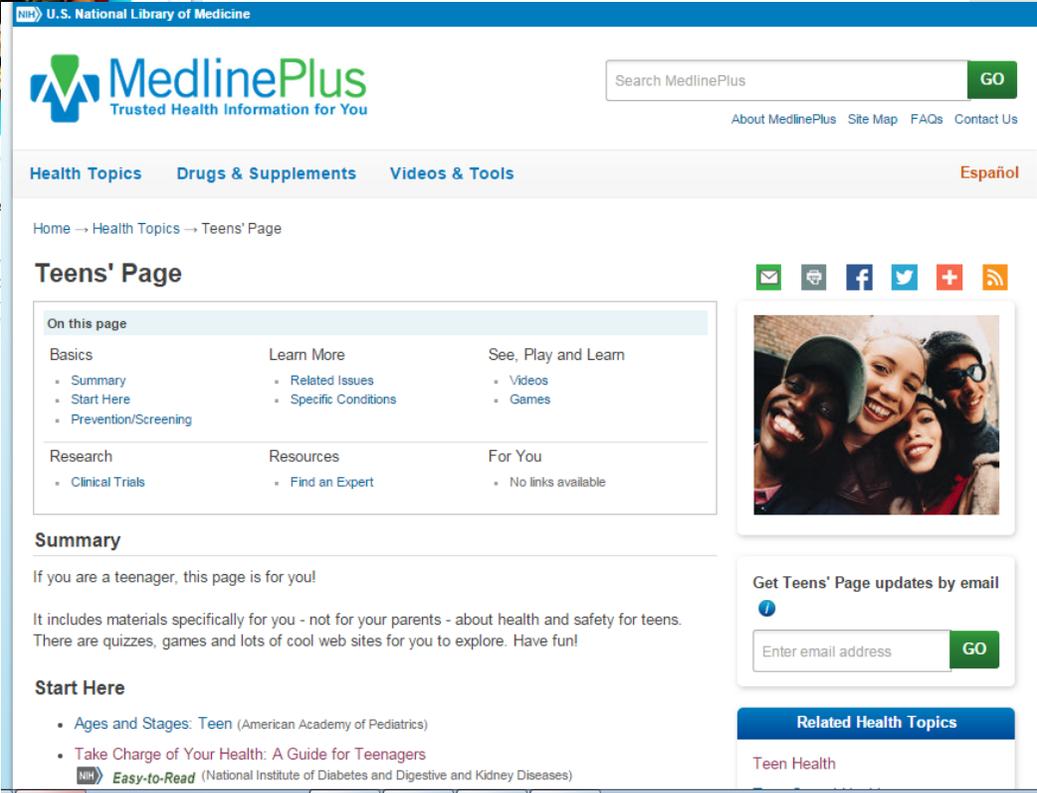
- [BAM! Body and Mind](#) (Centers for Disease Control and Prevention)
- [FDA Kids' Home Page](#) (Food and Drug Administration)

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# For Teens



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**On this page**

<b>Basics</b> <ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Prevention/Screening</li></ul>	<b>Learn More</b> <ul style="list-style-type: none"><li>Related Issues</li><li>Specific Conditions</li></ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"><li>Videos</li><li>Games</li></ul>
<b>Research</b> <ul style="list-style-type: none"><li>Clinical Trials</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>No links available</li></ul>

**Summary**

If you are a teenager, this page is for you!

It includes materials specifically for you - not for your parents - about health and safety for teens. There are quizzes, games and lots of cool web sites for you to explore. Have fun!

**Start Here**

- [Ages and Stages: Teen](#) (American Academy of Pediatrics)
- [Take Charge of Your Health: A Guide for Teenagers](#)
- [Easy-to-Read](#) (National Institute of Diabetes and Digestive and Kidney Diseases)

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Find information on health, wellness, disorders and conditions

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

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

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Articles and images for diseases, symptoms, tests, treatments

**Medical Dictionary from Merriam-Webster**

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New Transplant Technique Might Free Type 1 Diabetics from Daily Injections

Seniors Need to Take Extra Care in The Cold

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Home → [Drugs, Herbs and Supplements](#)

## Drugs, Herbs and Supplements



### Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

- [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](#) [0-9](#)

For FDA approved labels included in drug packages, see [DailyMed](#).

### Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)

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#### Related Topics

- [HIV/AIDS Medicines](#)
- [Antibiotics](#)
- [Antidepressants](#)
- [Blood Pressure Medicines](#)
- [Blood Thinners](#)
- [Cancer Alternative Therapies](#)
- [Cancer Chemotherapy](#)
- [Cold and Cough Medicines](#)
- [Complementary and Alternative Medicine](#)
- [Diabetes Medicines](#)
- [Dietary Supplements](#)
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Home → [Drugs, Herbs and Supplements](#) → Sertraline

## Sertraline

pronounced as (ser' tra leen)



[Why is this medication prescribed?](#)

[How should this medicine be used?](#)

[Other uses for this medicine](#)

[What special precautions should I follow?](#)

[What special dietary instructions should I follow?](#)

[What should I do if I forget a dose?](#)

[What side effects can this medication cause?](#)

[What should I know about storage and disposal of this medication?](#)

[In case of emergency/overdose](#)

[What other information should I know?](#)

[Brand names](#)

### IMPORTANT WARNING:

A small number of children, teenagers, and young adults (up to 24 years of age) who took antidepressants (mood elevators) such as sertraline during clinical studies became suicidal (thinking about harming or killing oneself or planning or trying to do so). Children, teenagers, and young adults who take antidepressants to treat depression or other mental illnesses may be more likely to become suicidal than children, teenagers, and young adults who do not take antidepressants to treat these conditions. However, experts are not sure about how great this risk is and how much it should be considered in deciding whether a child or teenager should take an antidepressant.

You should know that your mental health may change in unexpected ways when you take sertraline or other antidepressants even if you are an adult over 24 years of age. You may become suicidal, especially at the beginning of your treatment and any time that your dose is increased or decreased. You, your family, or your caregiver should call your doctor right away if you experience any of the following symptoms: new or worsening depression; thinking about harming or killing yourself, or planning or trying to do so; extreme worry; agitation; panic attacks; difficulty falling asleep or staying asleep; aggressive behavior; irritability; acting without thinking; severe restlessness; and frenzied abnormal excitement. Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own.

Your healthcare provider will want to see you often while you are taking sertraline, especially at the beginning of your treatment. Be sure to keep all appointments for office visits with your doctor.

The doctor or pharmacist will give you the manufacturer's patient information sheet (Medication Guide) when you begin treatment with sertraline. Read the information carefully and ask your doctor or pharmacist if you have any questions. You also can obtain the Medication Guide from the FDA website: <http://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/UCM096273>.

No matter what your age, before you take an antidepressant, you, your parent, or your caregiver should talk to your doctor about the risks and benefits of treating your condition with an antidepressant or with other treatments. You should also talk about the risks and benefits of not treating your condition. You should know that having depression or another mental illness greatly increases the risk that you will become suicidal. This risk is higher if you or anyone in your family has or has ever had bipolar disorder (mood that changes from depressed to



Strengthening Knowledge and Understanding of Dietary Supplements

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## Health Information

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[Other Resources](#) [Health Professional](#) [Datos en español](#) [Consumer](#)

### Making Decisions

- ▶ [Dietary Supplement Fact Sheets](#)
- ▶ [Frequently Asked Questions](#)
- ▶ [Dietary Supplements: What You Need to Know](#)
- ▶ [Información en español](#)
- ▶ [ODS Videos](#)
- ▶ [How To Evaluate Health Information on the Internet: Questions and Answers](#)
- ▶ [FDA: Consumer Updates on Dietary Supplements](#)
- ▶ [FDA: Tips for Older Supplement Users](#)
- ▶ [DOD: Human Performance Resource Center: Dietary Supplements](#)

### Consumer Protection

- ▶ [FDA: Consumer Updates on Dietary Supplements](#)
- ▶ [FDA: Safety Alerts & Advisories](#)
- ▶ [FDA: How to Spot Health Fraud](#)
- ▶ [FTC: Dietary Supplements](#)
- ▶ [FTC: Weight Loss & Fitness](#)

### Nutrient

## Vitamin D

Fact Sheet for Consumers

### What is vitamin D and what does it do?

Vitamin D is a nutrient found in some foods that is needed for health and to maintain strong bones. It does so by helping the body absorb calcium (one of bone's main building blocks) from food and supplements. People who get too little vitamin D may develop soft, thin, and brittle bones, a condition known as rickets in children and osteomalacia in adults.

Vitamin D is important to the body in many other ways as well. Muscles need it to move, for example, nerves need it to carry messages between the brain and every body part, and the immune system needs vitamin D to fight off invading bacteria and viruses. Together with calcium, vitamin D also helps protect older adults from osteoporosis. Vitamin D is found in cells throughout the body.

### Additional Resources

- [Health Professional](#)
- [Datos en español](#)
- [Other Resources](#)
- See also: [Calcium](#)

### Table of Contents

- [What is vitamin D and what does it do?](#)
- [How much vitamin D do I need?](#)
- [What foods provide vitamin D?](#)
- [Can I get vitamin D from the sun?](#)
- [What kinds of vitamin D dietary supplements are available?](#)
- [Am I getting enough vitamin D?](#)
- [What happens if I don't get enough vitamin D?](#)
- [What are some effects of vitamin D on health?](#)
- [Can vitamin D be harmful?](#)
- [Are there any interactions with vitamin D that I should know about?](#)
- [Vitamin D and healthful eating](#)
- [Where can I find out more about vitamin D?](#)
- [Disclaimer](#)

# Drug Information



**Drug Information Portal**  
*Quick Access to Quality Drug Information*

**Pillbox** rapid identification, reliable information



**U.S. Food and Drug Administration**  
Protecting and Promoting *Your* Health



**National Center for  
Complementary and  
Integrative Health**

*NIH...Turning Discovery Into Health*

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**Herbs at a Glance**

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Home → Videos & Tools

## Videos & Tools

Watch health videos on topics such as anatomy, body systems, and surgical procedures. Check your health with calculators and quizzes.

**Health Videos**  
View videos of anatomy and body systems and how diseases and conditions affect them.

**Surgery Videos**  
Find videos of operations and surgical procedures.

**Health Check Tools**  
Check your health with interactive calculators, quizzes and questionnaires.

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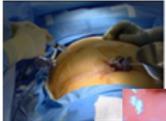
Home → Videos & Tools → Videos of Surgical Procedures

## Videos of Surgical Procedures

This page provides links to prerecorded webcasts of surgical procedures. These are actual operations performed at medical centers in the United States. Please note that you cannot send in questions by email, though the webcast may say that you can, because you are not seeing these videos live.

The videos are in Flash format. You will need Flash Player to view the programs. You can download Flash Player for free at [www.adobe.com/products/flashplayer](http://www.adobe.com/products/flashplayer).

The videos open in a second window. If you have a pop-up blocker, you will need to disable it to view the programs.


### Blood, Heart and Circulation

#### Angioplasty

- Coronary Angioplasty Stent Placement (Shawnee Mission Medical Center, Merriam, KS, 2/19/2009)
- Transradial Approach for Cardiac Catheterization: The New Frontier of Coronary Intervention (University of Chicago Medical Center, Chicago, IL, 6/26/2014)

#### Aortic Aneurysm

- Abdominal Aortic Dissection and Aneurysms (New York-Presbyterian Hospital, New York, NY, 6/24/2009)
- Aortic Aneurysm Repair (Baptist Hospital, Miami, FL, 5/07/2009)
- Hybrid Arch Debranching (University of Maryland Medical Center, Baltimore, MD, 2/16/2012)
- Innovations in Minimally Invasive and Conventional Therapy for Aortic Dissection and Aneurysms (New York-Presbyterian Hospital, New York, NY, 6/24/2009)
- Repair Options for Abdominal Aortic Aneurysms (Shawnee Mission Medical Center, Merriam, KS, 7/30/2009)
- Silent Killer -- Aortic Aneurysms -- Resolved Without Open Surgery (Pinnacle Health, Harrisburg, PA, 5/18/2009)
- Transesophageal Echocardiogram (TEE) (Shawnee Mission Medical Center, Merriam, KS, 2/17/2009)

#### Arrhythmia

- Insertable Cardiac Monitor (Scripps Clinic, La Jolla, CA, 6/16/2014)

#### Atrial Fibrillation

- Advanced Treatment for Chronic Atrial Fibrillation (Montefiore Einstein Heart Center, New York, NY, 4/01/2009)
- Insertable Cardiac Monitor (Scripps Clinic, La Jolla, CA, 6/16/2014)
- Paracardioscopic Ex-Maze (FirstHealth Moore Regional Hospital, Pinehurst, NC, 07/09/2008)
- Total Thoracoscopic Maze (Pinnacle Health, Harrisburg, PA, 7/21/2010)

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# MedlinePlus



[Home](#) → [About MedlinePlus](#) → [Information for Librarians and Trainers](#)

## Information for Librarians and Trainers



The goal of MedlinePlus is to bring appropriate, authoritative health information to those who need it. We appreciate your efforts in training people on how to use MedlinePlus. Here are some training resources which might help you with your classes and health fairs.

### Resources for Teaching MedlinePlus

#### MedlinePlus Tour

- [MedlinePlus Tour in English and Spanish](#) - A narrated tour of the main features of MedlinePlus. The video runs about 2.5 minutes.

#### MedlinePlus Brochures

- [MedlinePlus PDF Brochure - in English](#) (updated May 2015) and [Spanish](#) (updated May 2015)
- [MedlinePlus PDF Brochure in Creole](#) (updated October 2010)
- [MedlinePlus for Health Professionals PDF Brochure](#) (updated July 2015)
- [MedlinePlus Connect PDF Brochure](#) (updated June 2014)
- [MedlinePlus XML Data Sources PDF Brochure](#) (updated December 2013)

#### About MedlinePlus

- [Articles about MedlinePlus](#)
- [Citing MedlinePlus FAQ](#)
- [E-mail Updates](#) – Sign up to receive emails containing links to new topics, new sites, and health news.
- [MedlinePlus FAQs](#)
- [MedlinePlus Quality Guidelines](#)
- [MedlinePlus Search Tips](#)

### Resources for Teaching How to Find Health Information Online

#### General

- [Evaluating Internet Health Information: A Tutorial from the National Library of Medicine](#) (download)
- [Finding Accurate and Reliable Health Information on the Internet - PDF](#) (University of Minnesota Health Sciences Libraries)
- [Finding Quality Health Information on the Web: A Tool Kit](#) (University of Washington Center for Public Health Nutrition)
- [MedlinePlus Guide to Healthy Web Surfing](#)
- [MedlinePlus Page: Evaluating Health Information](#)
- [MedlinePlus Page: Understanding Medical Research](#)

# Consumer Health Resources

The screenshot displays the NIH U.S. National Library of Medicine website. At the top, the NIH logo and the text "U.S. National Library of Medicine" are visible. A search bar is located in the top right corner. Below the header, there are navigation tabs for "Databases", "Find, Read, Learn", "Explore NLM", "Research at NLM", and "NLM for You". On the right side, there is a "Contact NLM" link and social media icons for RSS, Twitter, and Facebook.

The main content area is titled "Health Information" and includes a breadcrumb trail: "Home > Health Information". Below this, there is a list of categories: "General Health", "Drugs & Supplements", "Specific Populations", "Genetics", "Environmental Health & Toxicology", "Clinical Trials", and "Biomedical Literature".

The "General Health" section is highlighted with a light blue bar and contains the following resources:

- MedlinePlus**
  - Over 900 health topics
  - Interactive tutorials
  - A medical encyclopedia with images
  - Drug and supplements information
  - Latest health news
  - Surgery, anatomy and news videos
  - Guidance for evaluating internet health information
  - Population-specific health information

[More about MedlinePlus \(Fact Sheet\)](#) | [FAQs](#) | [MedlinePlus en español](#)
- FAQ: Find a Doctor or Information About a Doctor**

Resources for individuals trying to find a doctor or information about a doctor.

The "Drugs & Supplements" section is also highlighted with a light blue bar and contains the following resources:

- DailyMed**

A directory of Food and Drug Administration (FDA) drug labels.
- Dietary Supplements Labels Database**

A database with label information for thousands of brand-name dietary supplements.
- Drug Information Portal**

A portal that provides quick access to high quality drug information.
- Pillbox**

On the right side of the page, there is a "Subscribe" section with a photo of a diverse group of people. It includes a "Sign up" link to receive MedlinePlus announcements. Below this is a "Related Products/Services" section with links to "Guide to Healthy Web Surfing", "Libraries", "Health Hotlines", and "DIRLINE".

# MedlinePlus





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People 60 years or older should get the #shingles vaccine. Learn more details from @CDCgov: [1.usa.gov/1JyjDcl](http://1.usa.gov/1JyjDcl)



9 2

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New study suggests using tanning beds at a young age significantly raises risk of

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-  healthfinder.gov @healthfinder
-  NLM @nlm\_news
-  CDC @CDCgov
-  Harvard Health @HarvardHealth

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- #KanyeAnalPlaylist
- #FridayFeeling
- Nemanja Vidic
- #FlashbackFriday
- #ChallengeAcceptedOnCC
- #ETGBS
- Murray
- Jacques Rivette
- Game 7

# NLM K-12 Twitter



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1,415	149	141	67

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**NLM K12 Sci Edu** @NLM\_K12 · Jan 28  
Attn Teachers! A witty animation to engage students about the topic Mercury. #mercury #science [go.usa.gov/cEbDA](http://go.usa.gov/cEbDA)

**NLM K12 Sci Edu** @NLM\_K12 · Jan 23  
K12 teachers here is an animation that explains #lead exposure "Silent but Leadly": [go.usa.gov/cUmMQ](http://go.usa.gov/cUmMQ) #Flint

**NLM K12 Sci Edu** @NLM\_K12 · Jan 23  
Want to make science relatable to students? This lesson plan on bottle water vs tap water in schools can help! [go.usa.gov/3xQ9Q](http://go.usa.gov/3xQ9Q)

**NLM K12 Sci Edu** @NLM\_K12 · Jan 22  
Teaching about runoff, impervious surfaces and smart development? Here's a lesson plan on it [go.usa.gov/3xQ83](http://go.usa.gov/3xQ83)

**NLM K12 Sci Edu** @NLM\_K12 · Jan 22  
Keep your students safe! Share this information on carbon monoxide. [go.usa.gov/cPY4d](http://go.usa.gov/cPY4d) #carbonmonoxide #snow

**NLM K12 Sci Edu** @NLM\_K12 · Jan 22  
How can #Methane affect my health? Los Angeles residents find out

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You may also like · Refresh

-  **NN/LM PNR** @nnlmpnr
-  **NN/LM OERC** @nnlmOERC
-  **Siobhan Blackwell** @siobhanmaire
-  **NLM Outreach** @NLM\_OSP
-  **NLM SIS** @NLM\_SIS

Trends

- #KanyeAnalPlaylist
- #FridayFeeling
- #FlashbackFriday
- Nemanja Vidic
- #MakeASentenceFromSongs
- #ChallengeAcceptedOnCC
- Hymn For The Weekend
- Murray
- Jacques Rivette

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Home → Health Topics → School Health

## School Health

**On this page**

<b>Basics</b> <ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Latest News</li><li>Prevention and Risk Factors</li></ul>	<b>Learn More</b> <ul style="list-style-type: none"><li>Related Issues</li><li>Specifics</li></ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"><li>No links available</li></ul>
<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Children</li><li>Teenagers</li></ul>

### Summary

Your child spends more time at school than anywhere else except home. Schools can have a major effect on children's health. Schools can teach children about health, and promote healthy behaviors. Physical education classes give children a chance to get exercise.

Schools work to

- Prevent risky behaviors such as alcohol and tobacco use, or bullying
- Encourage healthy habits like exercise and healthy eating
- Deal with specific health problems in students, such as asthma, obesity and infectious diseases

The school building and environment should be a safe and healthy place for your child.

### Start Here

- Safe Youth. Safe Schools. (Centers for Disease Control and Prevention)
- Student Health and Academic Achievement (Centers for Disease Control and Prevention)

### Latest News

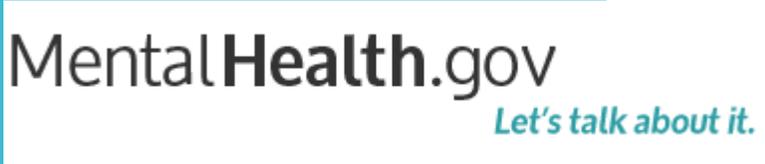
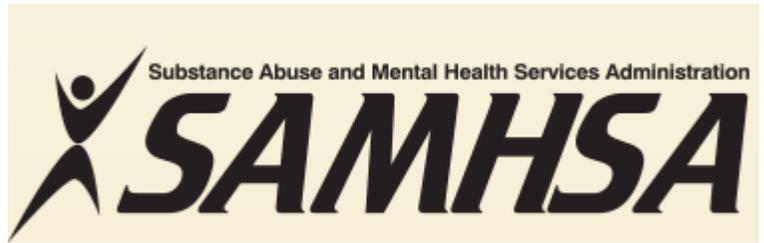
- Schools Must Do More to Combat Obesity Among Hispanic Kids: Report (01/26/2016, HealthDay)
- 'Standing Desks' in Classrooms May Kickstart Kids' Activity (01/22/2016, HealthDay)
- Schools Offering Drinking Water May Have Slightly Slimmer Students (01/19/2016, HealthDay)
- More News on School Health

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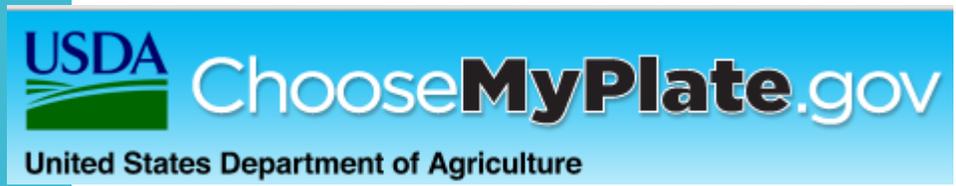
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Bland takkinn   Blinklist   Blogger  
Bloggy   Blogkeen   Blogmarks  
Blurpalicious   Bobrdobr   BonzoBox  
BookmarkingNet   Bookmarky.cz   Bookmerken  
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Camyoo   Care2   Cherry Share  
Chiq   Cirip   CiteULike  
ClassicalPlace   CleanPrint   CleanSave  
Cndig   Colivia.de   Communicate  
iQ COSMIQ   CSS Based   Curate.U.s  
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doMelhor   DotNetShoutout   Douban  
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# Using This Information

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### Flu

Also called: Gripe, Influenza

**On this page**

<b>Basics</b> <ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Latest News</li><li>Symptoms</li><li>Diagnosis and Tests</li><li>Prevention and Risk Factors</li><li>Treatments and Therapies</li></ul>	<b>Learn More</b> <ul style="list-style-type: none"><li>Living With</li><li>Related Issues</li><li>Specifics</li></ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"><li>Images</li><li>Health Check Tools</li></ul>
<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	

ADAM

SUNDAY, JULY 17, 2016 Home | Newsroom | Videos | Resources | Español

# FLU.GOV

Know what to do about the flu.

Symptoms & Treatment Prevention & Vaccination Who's At Risk About the Flu Planning & Preparedness Pandemic Awareness

### Flu Symptoms & Severity

The flu is different from a cold and can cause mild to severe illness. Most people will recover from the flu in less than 2 weeks, but some will develop complications. [Learn more about flu symptoms and those who are at high risk from the flu.](#)

#### Avian Flu in Poultry

- [Current threat to poultry in the US \(USDA\)](#)
- [Avian flu in birds \(CDC\)](#)
- [Avian flu surveillance and preparedness \(USDA\)](#)

#### About the Flu (CDC)

- [When is flu season? \(CDC\)](#)
- [How do I protect myself from the flu?](#)
- [What are the symptoms? \(CDC\)](#)

#### Children & Infants (CDC)

- [Why are children at high risk? \(CDC\)](#)
- [Nasal spray vaccine in children 2-8 years old \(CDC\)](#)
- [Where can I get the vaccine?](#)

#### Pregnant Women (CDC)

- [What you need to know about the flu \(CDC\)](#)
- [Preventing the flu during your pregnancy \(CDC\)](#)
- [How would you know if you have the flu? \(CDC\)](#)

# Using This Information Food Allergies

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

### Refine by Type

All Results (503)

- Health Topics (10)
- External Health Links (472)
- Drugs and Supplements
- Medical Encyclopedia (2)
- Videos and Tutorials (5)
- News (1)
- MedlinePlus Magazine (2)
- Other Resources (10)
- Multiple Languages (1)

### Refine by Keyword

All Results (503)

- Find Events (19)
- Asthma (28)
- School of Medicine (11)
- School Health (7)
- Peanut Allergy (5)
- Fitness | 5-12 yrs (32)
- Data & Statistics (10)
- Bullying (7)
- Feeding (7)
- Intolerance | Lactose (7)

[more](#)

Results 1 - 10 of 503 for school food allergy

[Search Help](#)

1. [Going to School with Food Allergies](#) (Nemours Foundation)  
Going to School With Food Allergies KidsHealth > Parents > Food Allergies > Living With Food Allergies > Going to School With Food Allergies Print A A A Text Size What's in ...  
kidshealth.org/.../school\_foodallergy.html - External Health Links
2. [Food Allergies in Schools](#) (Centers for Disease Control and Prevention)  
... and School Health Share Comparit **Food Allergies in Schools** Food allergies are a growing food safety and public health ... reactions will develop into anaphylaxis. **Food Allergies in Schools** Children with food allergies are two to four times more likely to ...  
www.cdc.gov/HealthyYouth/foodallergies - External Health Links
3. [School Guidelines for Managing Students with Food Allergies](#) (Food Allergy Research & Education) - PDF  
... available in The Food Allergy & Anaphylaxis Network's (FAAN) School Food Allergy Program . The School Food Allergy Program has been endorsed and/or supported by ...  
www.foodallergy.org/document.doc?id=135 - External Health Links
4. [Managing Food Allergies at College](#) (Food Allergy Research & Education)  
... FAQ Food Code Revisions FAAMA Epinephrine at School School Food Allergy Gui Disability Section 504 Plans Events Find Events ... FAQ Food Code Revisions FAAMA Epinephrine at School School Food Allergy Guidelines Disability Section 504 Plans Eve Find Events ...  
www.foodallergy.org/managing-food-allergies/at-college - External Health Links
5. [Managing Food Allergies at School](#) (Food Allergy Research & Education)  
Managing Food Allergies at School Education, communication and cooperation are the managing food allergies at school. FARE offers a variety ... special needs of students w medical conditions, including food allergy. School Resources for Purchase We also provi many other ...  
www.foodallergy.org/managing-food-allergies/at-school - External Health Links
6. [Managing Food Allergies at Camp](#) (Food Allergy Research & Education)  
... FAQ Food Code Revisions FAAMA Epinephrine at School School Food Allergy Gui Disability Section 504 Plans Events Find Events ... FAQ Food Code Revisions FAAMA Epinephrine at School School Food Allergy Guidelines Disability Section 504 Plans Eve Find Events ...  
www.foodallergy.org/managing-food-allergies/at-camp - External Health Links
7. [Soy Allergy](#) (Food Allergy Research & Education)  
... FAQ Food Code Revisions FAAMA Epinephrine at School School Food Allergy Gui Disability Section 504 Plans Events Find Events ... FAQ Food Code Revisions FAAMA Epinephrine at School School Food Allergy Guidelines Disability Section 504 Plans Eve Find Events ...



## SCHOOL GUIDELINES FOR MANAGING STUDENTS WITH FOOD ALLERGIES

Food allergies can be life threatening. The risk of accidental exposure to foods can be reduced in the school setting if schools work with students, parents, and physicians to minimize risks and provide a safe educational environment for food-allergic students.

### Family's Responsibility

- Notify the school of the child's allergies.
- Work with the school team to develop a plan that accommodates the child's needs throughout the school including in the classroom, in the cafeteria, in after-care programs, during school-sponsored activities, and on the school bus, as well as a Food Allergy Action Plan.
- Provide written medical documentation, instructions, and medications as directed by a physician, using the Food Allergy Action Plan as a guide. Include a photo of the child on written form.
- Provide properly labeled medications and replace medications after use or upon expiration.
- Educate the child in the self-management of their food allergy including:
  - safe and unsafe foods
  - strategies for avoiding exposure to unsafe foods
  - symptoms of allergic reactions
  - how and when to tell an adult they may be having an allergy-related problem
  - how to read food labels (age appropriate)
- Review policies/procedures with the school staff, the child's physician, and the child (if age appropriate) after a reaction has occurred.
- Provide emergency contact information.

### School's Responsibility

- Be knowledgeable about and follow applicable federal laws including ADA, IDEA, Section 504, and FERPA and any state laws or district policies that apply.
- Review the health records submitted by parents and physicians.
- Include food-allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.
- Identify a core team of, but not limited to, school nurse, teacher, principal, school food service and nutrition manager/director, and counselor (if available) to work with parents and the student (age appropriate) to establish a prevention plan. Changes to the prevention plan to promote food allergy management should be made with core team participation.

# Using This Information

## Athletic Injuries

NIH U.S. National Library of Medicine

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Health Topics Drugs & Supplements Videos & Tools **Español**

Home → Health Topics → Head Injuries

### Head Injuries

Also called: Cranial injuries, Skull fractures, Skull injuries

**On this page**

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Diagnosis and Tests</li> <li>Prevention and Risk Factors</li> <li>Treatments and Therapies</li> </ul>	<ul style="list-style-type: none"> <li>Specifics</li> </ul>	<ul style="list-style-type: none"> <li>Health Check Tools</li> </ul>
Research	Resources	For You
<ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Clinical Trials</li> <li>Journal Articles</li> </ul>	<ul style="list-style-type: none"> <li>Find an Expert</li> </ul>	<ul style="list-style-type: none"> <li>Children</li> <li>Teenagers</li> <li>Patient Handouts</li> </ul>

**Summary**

Chances are you've bumped your head before. Usually, the injury is minor because your skull is hard and it protects your brain. But other head injuries can be more severe, such as a skull fracture, concussion, or traumatic brain injury.

Head injuries can be open or closed. A closed injury does not break through the skull. With an open, or penetrating, injury, an object pierces the skull and enters brain tissue. Closed injuries are not always less severe than open injuries.

Some common causes of head injuries are falls, motor vehicle accidents, violence, and sports injuries.

It is important to know the warning signs of a moderate or severe head injury. Get help immediately if the injured person has

- A headache that gets worse or does not go away
- Repeated vomiting or nausea
- Convulsions or seizures
- An inability to wake up
- Dilation of one or both pupils of the eyes
- Slurred speech
- Weakness or numbness in the arms or legs
- Loss of coordination
- Increased confusion, restlessness, or agitation

**Get Head Injuries email**

Enter email address

**MEDICAL ENCYCLOPEDIA**

- Cranial CT scan
- Head injury - first aid
- Preventing head injuries
- Skull fracture
- Skull x-ray

**Related Health Topics**

- Concussion
- Traumatic Brain Injury

MedlinePlus links to information from the

NIH U.S. National Library of Medicine

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Health Topics Drugs & Supplements Videos & Tools **Español**

Home → Health Topics → Sports Injuries

### Sports Injuries

**On this page**

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Latest News</li> <li>Prevention and Risk Factors</li> </ul>	<ul style="list-style-type: none"> <li>Related Issues</li> <li>Specifics</li> </ul>	<ul style="list-style-type: none"> <li>Videos and Tutorials</li> </ul>
Research	Resources	For You
<ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Clinical Trials</li> <li>Journal Articles</li> </ul>	<ul style="list-style-type: none"> <li>Find an Expert</li> </ul>	<ul style="list-style-type: none"> <li>Children</li> <li>Teenagers</li> <li>Men</li> <li>Patient Handouts</li> </ul>

**Summary**

Exercising is good for you, but sometimes you can injure yourself when you play sports or exercise. Accidents, poor training practices, or improper gear can cause them. Some people get hurt because they are not in shape. Not warming up or stretching enough can also lead to injuries.

The most common sports injuries are

- Sprains and strains
- Knee injuries
- Swollen muscles
- Achilles tendon injuries
- Pain along the shin bone
- Rotator cuff injuries
- Fractures
- Dislocations

If you get hurt, stop playing. Continuing to play or exercise can cause more harm. Treatment often begins with the RICE (Rest, Ice, Compression, and Elevation) method to relieve pain, reduce swelling, and speed healing. Other possible treatments include pain relievers, keeping the injured area from moving, rehabilitation, and sometimes surgery.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases

**Start Here**

**Get Sports Injuries updates by email**

Enter email address

**MEDICAL ENCYCLOPEDIA**

- Achilles tendon repair
- ACL reconstruction
- Acute mountain sickness
- Back pain and sports
- Concussion
- How to avoid exercise injuries
- Lactic acidosis
- Medial epicondylitis - golfer's elbow
- Osgood-Schlatter disease
- Returning to sports after a back injury

# Using This Information

## Internet Safety

NIH U.S. National Library of Medicine

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Health Topics Drugs & Supplements Videos & Tools **Español**

Home → Health Topics → Internet Safety

### Internet Safety

**Summary**

For most kids and teens, technology is an important part of their lives. They browse the Web for information, use social networking sites, text, and chat. But there can also be dangers, and it is important for parents to monitor their children's use and teach them how to be safe online:

- Never give out personal information, such as your full name, address, phone number, or school name
- Tell an adult if any communication (chat, text, e-mail message) makes you feel threatened or uncomfortable
- Never send sexually explicit photographs or messages
- On social networking sites, use privacy controls and only friend people that you know

Of course, some of this advice is good for adults, too.

**Latest News**

- Kids Find Help for Anorexia More Often Than 'Pro-Ana' Posts on YouTube (12/16/2015, HealthDay)

**Resources**

- Chat, E-Mail, Web, and Chat Room Slang and Acronyms (American Academy of Pediatrics)
- Cyberbullying (Health Resources and Services Administration)
- Cyberbullying (National Crime Prevention Council)
- Friend Finder (Federal Trade Commission)
- Net Cetera: Chatting with Kids about Being Online (Federal Trade Commission) - PDF
- Parent's Guide to Internet Safety (Federal Bureau of Investigation)
- Sexting: What Parents Need to Know (Nemours Foundation)
- Talking to Kids and Teens About Social Media and Sexting (American Academy of Pediatrics)
- Teaching Kids to Be Smart About Social Media (Nemours Foundation)
- Understanding Mobile Apps (Federal Trade Commission)

**Journal Articles**

References and abstracts from MEDLINE/PubMed (National Library of Medicine)



Search OnGuardOnline.gov **Español**

STOP | THINK | CONNECT

**OnGuardOnline.gov**

Avoid Scams | Secure Your Computer | Protect Kids Online | Be Smart Online | Video and Media | OnGuard Online Blog

**Blog**

### Report identity theft and get a personal recovery plan at IdentityTheft.gov

January 28, 2016  
by Nicole Fleming  
Consumer Education Specialist, FTC

Millions of people are affected by identity theft each year. It might start with a mysterious credit card charge, a bill you don't recognize, or a letter from the IRS that says you already got your refund — even though you didn't.

... Read More

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- ▶ Parents
- ▶ Techies
- ▶ Small Business
- ▶ Military
- ▶ Kids

**NET CETERA**  
Chatting with Kids About Being Online

**Avoid Scams**

- ▶ Hacked Email
- ▶ Tech Support Scams

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**Protect Kids Online**

- ▶ Kids, Parents, and Video Games
- ▶ Kids and Mobile Phones

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- Get Email Updates
- Blog Feed
- Facebook
- YouTube

**Be Smart Online**

- ▶ Understanding Mobile Apps
- ▶ Tips for Using Public Wi-Fi Networks

**Secure Your Computer**

- ▶ Securing Your Wireless Network
- ▶ Malware

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# Using This Information

## Bullying

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[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Health Topics → Bullying

### Bullying

On this page		
<b>Basics</b> <ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Latest News</li> <li>Diagnosis and Tests</li> <li>Prevention and Risk Factors</li> </ul>	<b>Learn More</b> <ul style="list-style-type: none"> <li>Living With</li> <li>Related Issues</li> <li>Specifics</li> </ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"> <li>No links available</li> </ul>
<b>Research</b> <ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Clinical Trials</li> <li>Journal Articles</li> </ul>	<b>Resources</b> <ul style="list-style-type: none"> <li>Find an Expert</li> </ul>	<b>For You</b> <ul style="list-style-type: none"> <li>Children</li> <li>Teenagers</li> </ul>

#### Summary

Bullying is when a person or group repeatedly tries to harm someone who is weaker or who they think is weaker. Sometimes it involves direct attacks such as hitting, name calling, teasing or taunting. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone.

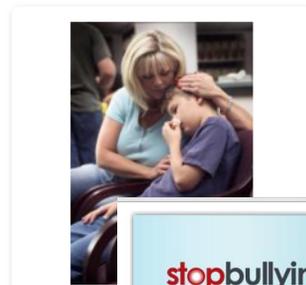
Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime.

*Centers for Disease Control and Prevention*

#### Start Here

- [Bullying](#) (National Institute of Child Health and Human Development)
- [Bullying: It's Not OK](#) (American Academy of Pediatrics)
- [Dealing with Bullies](#) (Nemours Foundation)  
Available in Spanish
- [Helping Kids Deal with Bullies](#) (Nemours Foundation)  
Available in Spanish
- [What Is Bullying?](#) (Health Resources and Services Administration)

#### Latest News



stopbullying.gov

What You Can Do | Blog | Newsroom | Images | Videos | Resources | Policies & Laws | Español

SEARCH

[WHAT IS BULLYING](#)
[CYBER BULLYING](#)
[WHO IS AT RISK](#)
[PREVENT BULLYING](#)
[RESPOND TO BULLYING](#)
[GET HELP NOW](#)

#### FEATURES

- New Blog
- Report Cyberbullying
- KnowBullying App
- Be More Than a Bystander

Bullying Performance Measures Selected by 17 States and Jurisdictions in MCH Block Grant Program

#### WHAT YOU CAN DO

MedlinePlus information from the National Institutes of Health and other federal government Web sites. See external link guidelines.

- Parents
- Educators
- Community
- Teens
- Kids

#### UPDATES

January 14, 2016  
[Bullying Can Happen Anywhere – Online and Offline](#)

December 9, 2015  
[Bullying Performance Measure Selected by Seventeen States and Jurisdictions in MCH Block Grant Program](#)

#### STATE POLICIES & LAWS

Find your state or territory

# Using This Information

## Nutrition

## Child Nutrition



### On this page

#### Basics

- Summary
- Start Here
- Latest News
- Diagnosis/Symptoms

#### Learn More

- Related Issues
- Specific Conditions

#### See, Play and Learn

- Health Check Tools
- Videos
- Games

#### Research

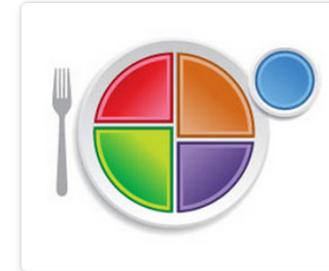
- Statistics and Research
- Clinical Trials
- Journal Articles

#### Resources

- Reference Desk
- Find an Expert
- Finance and Policy

#### For You

- Children
- Teenagers
- Patient Handouts



Get Child Nutrition updates by

### Summary

A healthy diet helps children grow and learn. It also helps prevent obesity and chronic diseases, such as diabetes. To give your child a nutritious diet

- Make half of what is on your child's plate fruits and vegetables
- Choose healthy sources of protein, such as lean meat, nuts, and fish
- Serve whole-grain breads and cereals because they are high in fiber
- Broil, grill, or steam foods instead of frying them
- Limit fast food and junk food
- Offer water or milk instead of sugary fruit drinks and sodas

Learn about your children's nutrient requirements. Some of them, such as iron and calcium, change as your child ages.

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases*

### Start Here

- [Health and Nutrition Information for Preschoolers](#) (Department of Agriculture)
- [Healthy Eating](#) (Nemours Foundation)  
Available in Spanish
- [Helping Your Child: Tips for Parents](#) (National Institute of Diabetes and Digestive and Kidney Diseases)

USDA **ChooseMyPlate.gov**  
United States Department of Agriculture

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- National Strategic Partners
- Teachers**
- MyPlate Graphics
- Health Professionals

#### CHILDREN

STUDENTS

ADULTS

### Preschoolers (2-5 yrs)

Parents and caregivers of children 2-5 years old can explore ways to help preschoolers grow up healthy, play actively every day, develop healthy eating habits, try new foods, and more.

### Kids (6-11 yrs)

Offering science-based advice, MyPlate Kids' Place can help kids build healthy meals and to maintain or achieve a healthy weight. Parents and teachers are invited to use the MyPlate Kids' Place Resources for Parents and Educators for "teachable moments" that will influence children's choices at home and at school. More materials for kids and parents with kids can be found on the Team Nutrition website.

### High School Students

The SuperTracker Nutrition Lesson Plans for High School Students is a series of lesson plans designed to help high school students learn how to build a healthy diet using SuperTracker. Each lesson plan includes learning objectives, detailed instructions, and accompanying resources and handouts.

# Using This Information

## Teen Mental Health

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A service of the U.S. National Library of Medicine  
National Institutes of Health

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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

### Teen Mental Health

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use [alcohol](#) or [drugs](#)
- Exercise, [diet and/or binge-eat obsessively](#)
- Hurt other people or destroy property
- Do reckless things that could harm you or others

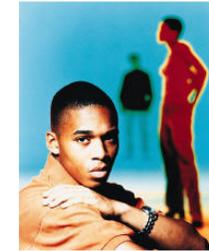
Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider.

Get Teen Mental Health updates by email  Enter email address GO [What's this?](#)

Start Here

- [Understanding Your Teen's Emotional Health](#) (American Academy of Family Physicians)  
Also available in [Spanish](#)

Basics | Learn More | Multimedia & Cool Tools



MEDICAL ENCYCLOPEDIA

[Helping your teen with depression](#)

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Substance Abuse and Mental Health Services Administration

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Topics » [School and Campus Health](#) » Information for Educators, Students, Parents, and Families

**School and Campus Health**

Substance Use and Mental Health

SAMHSA's Efforts

Information for Educators, Students, and Parents

Grants

Publications and Resources

### Information for Educators, Students, Parents, and Families

SAMHSA works to increase awareness of behavioral health issues among educators, students, parents, and families by providing helpful information and resources.

#### Educators

While schools provide a number of programs and activities to promote emotional health and prevent substance use among students, they face unprecedented behavioral health challenges. SAMHSA provides helpful information and resources for a variety of educational settings:

- The [Safe Schools/Healthy Students Initiative Road to Success DVD – 2007](#) tours four grant sites across the country and provides success stories about creating sustainable positive and healthy changes among children, youth, and families.
- [Preventing Suicide: A Toolkit for High Schools – 2012](#) assists high school districts in designing and implementing

SAFE SCHOOLS HEALTHY STUDENTS

talk they hear you Underage Drinking Prevention

Data and Statistics

- » [SAMHSA Data: Adolescents](#)
- » [SAMHSA Data: Youth \(under 18 years of age\)](#)
- » [SAMHSA Data: Young Adults \(18-24\)](#)

# Using This Information

## Disaster Planning

U.S. National Library of Medicine

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Health Topics

Home → Health Topics

### Disaster Preparedness

On this page

- Basics
  - Summary
  - Start Here
  - Latest News
- Research
  - Clinical Trials
  - Journal Articles

#### Summary

Preparing for a disaster can help you avoid or reduce the impact of a natural disaster, like a flood, earthquake, or wildfire, or a man-made disaster, like a bioterrorist attack or chemical spill. You should also know how to treat basic medical problems and how to get help if you need it, like flood insurance.

No matter what kind of disaster you face, recovery can take time.

Federal Emergency Management Agency

#### Start Here

- Are You Ready? (Department of Homeland Security) Available in Spanish
- Disaster Recovery

#### Latest News

- Pediatricians' Group Urges Parents to Prepare for Disasters

#### Related Issues

- Clean Hands Save Lives

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Prepare. Plan. Stay Informed.

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HOME / KIDS / PARENTS / EDUCATORS

# BE A HERO!

MAKE A PLAN / BUILD A KIT / KNOW THE FACTS / GET INVOLVED



### KIDS

Play games and test your knowledge!



### PARENTS

Get the whole family involved in preparing!



Disasters affect everyone. And so it takes everyone - youth, parents, and community members - to help prepare.





# Peer Tutor Project

Vital Information for a Virtual Age!

# iVIVA!

A PEER TUTOR PROJECT

September 12, 2015



## OUR MISSION

<b>Biblioteca Las Américas</b>	To empower high school students and assist them in serving their communities;
<b>medlineplus.gov</b>	
<b>Implementation Guide</b>	To improve the awareness and use of quality health information resources in communities; and
<b>History</b>	To create student-centered programs for community health outreach.
<b>Activities</b>	We offer free support for those starting new peer tutoring programs that seek to partner teachers and high school students and wish to learn from the experiences of others.
<b>Personnel</b>	
<b>South Texas ISD</b>	
<b>Publications</b>	
<b>Awards</b>	

Download our recently updated [Implementation Guide!](#)

## AWARDS

- 2003 Texas Library Association Project of the Year
- 2003 HOSA Student community awareness project
- 2006 National School Library Media Program of the Year

## FUNDED

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, under Contract No. HHSN-276-2011-00007-C with the Houston Academy of Medicine-Texas Medical Center Library.

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Home → [Health Topics](#) → [Health Occupations](#)

## Health Occupations

Also called: [Health careers](#), [Health professions](#), [Medical occupations](#), [Medical professions](#)

**On this page**

<b>Basics</b> <ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Latest News</li></ul>	<b>Learn More</b> <ul style="list-style-type: none"><li>Related Issues</li><li>Specifics</li></ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"><li>No links available</li></ul>
<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Children</li></ul>

**Summary**

Every day, around the clock, people who work in the health care industry provide care for millions of people, from newborns to the very ill. In fact, the health care industry is one of largest providers of jobs in the United States. Many health jobs are in hospitals. Others are in nursing homes, doctors' offices, dentists' offices, outpatient clinics and laboratories.

To work in a health occupation, you often must have special training. Some, like doctors, must have more than 4 years of college.

*Bureau of Labor Statistics*

**Start Here**

- Occupational Outlook Handbook: Healthcare Occupations (Bureau of Labor Statistics)  
Available in Spanish

**Latest News**

- Small Number of Doctors Trigger Big Share of Malpractice Payouts (01/27/2016, HealthDay)
- More Than a Quarter of New Doctors May Be Depressed (12/08/2015, HealthDay)
- Many U.S. Primary Care Docs Feel Unprepared for Complex Cases (12/07/2015, HealthDay)
- More News on Health Occupations

**Related Issues**



**Get Health Occupations updates by email** 

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**MEDICAL ENCYCLOPEDIA**

[Types of health care providers](#)

**Related Health Topics**

[Choosing a Doctor or Health Care Service](#)

**NIH MedlinePlus Magazine**

[Life Works: Explore Health and Medical Science Careers](#)

[Mentoring in Medicine Program Encourages Careers in Health](#)

MedlinePlus links to health information from the National

# Enviro-Health Links

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

## Environmental Health & Toxicology

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National Institutes of Health 

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SIS Home > Environmental Health and Toxicology > Enviro-Health Links  Text size: [S](#) [M](#) [L](#) [XL](#)  
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[About TEHIP](#)  
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[Which Resource Should I Use?](#)  
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[Conference Exhibit Schedule](#)

### A to Z Index of Resources

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## Enviro-Health Links - Education, Careers, and Outreach in Toxicology, Chemistry, and Environmental Health

- Academic Program Directories
- Continuing Education and Tutorials
- Educational Outreach
- K-12 Education
- General Science Resources
- Accreditation Boards
- Career Resources
- Professional Societies
- International Societies
- Disclaimer

### Academic Program Directories

### Graduate Programs in Toxicology

- Academic and Postdoctoral Programs and Web Sites  
Society of Toxicology

### Programs in Environmental Science and Environmental Health Sciences

- Association of Environmental Health Academic Programs
- Current Affiliates of the National Council for Science and the Environment
- Environmental Internship Clearinghouse
- National Council for Science and the Environment
- National Environmental Health Science and Protection Accreditation Council (EHAC)

### Programs in Medical Toxicology

- Interested in Becoming a Medical Toxicologist?  
American College of Medical Toxicology
- Medical Toxicology Education Service  
University of Virginia
- Texas Tech University Health Sciences Center Medical Toxicology Fellowship Program
- Training Programs for Medical Toxicology  
Compiled by the American College of Medical Toxicology
- Toxikon Medical Toxicology Fellowship Program

### Programs in Occupational Medicine and Related Disciplines

- Post-Graduate Training Opportunities in Occupational & Environmental Medicine  
Association of Occupational and Environmental Health Clinics
- European Association of Schools of Occupational Medicine (EASOM)

[^ Back to Top](#)

# Not Invented Here

## LifeWorks

Explore health and medical science careers

[Home](#) > LifeWorks

### Explore Careers

Browse our 200+ career descriptions by...

[Alphabetical List](#)

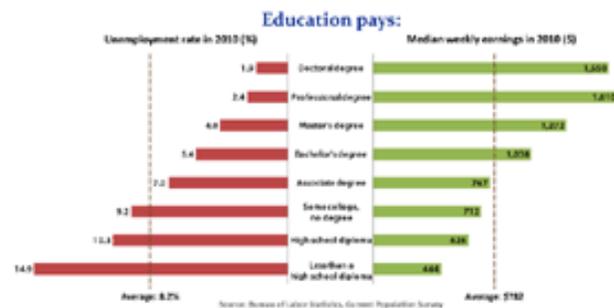
[Interest Area](#)

[Education Required](#)

[Median Salary](#)

### Education Makes a Difference

[text version](#)



Source: Bureau of Labor Statistics

### College & Career Planning Time-Line

Find out what you should be doing for each year of high school to improve your chances of getting into the college of your choice and make the application process easier.

### Check Out a Success Story

Meet a real **Biomedical Engineer**:

[Abby Vogel](#)



[Read Interview](#)

"My career goals are to graduate with a Ph.D. in Biological Resources Engineering and to publish as a first author in a leading professional journal.

... After graduating with a Ph.D., I am undecided about whether to pursue a career in academia as a professor, or in industry as a biomedical engineer."

### Activities

Apply knowledge of engineering, biology, and biomechanical principles to the design, development, and evaluation of biological and health systems and products, such as artificial organs, prostheses, instrumentation, medical information systems, and health management and care delivery systems.

### Minimum Education Required

Bachelor's Degree

Learn more about [Biomedical Engineer](#)

More Interviews [\[View All\]](#)

[Scientist, Medical](#) (Zayd Khaliq)

[Epidemiologist](#) (Jill Koshiol)

[Immunologist](#) (Jennifer Sargent)

[Physician Assistant](#) (Yvonne Vigil)

[Dentist](#) (Ilias Alevizos)

Not Invented  
Here  
LifeWorks



## Careers in Genetics

The study of genetics and genomics is improving our understanding of the biology of health and disease, and that of our biological world in ways that was never before possible. These advancements have wide applications to biology, health, and society. Opportunity to use training in genetics and genomics exists in a range of fields, including in medicine, academic research, law, journalism, agriculture, commercial industries, and education to name a few.

### Becoming a Scientist

Description: Detailed articles, video interviews with various scientists, and additional information resources for students curious about becoming a scientist

Source: Cold Spring Harbor Laboratory | URL: <http://library.cshl.edu/oralhistory/topic/scientific-experience/becoming-scientist/>

### Careers in Human Genetics

Description: Information on careers in human genetics

Source: The American Society of Human Genetics | URL: <http://www.ashg.org/education/careers.shtml>

### Genetic Counseling

Description: Genetic counselors are health professionals who help people faced with the possibility of a genetic disease to make informed decisions about their futures.

Source: Genome Research Limited and Wellcome Trust Sanger Institute | URL: <http://www.yourgenome.org/stories/genetic-counselling>

### GeneticsCareers.org

Description: Explore real genetics career job postings on this site developed by The American Society of Human Genetics and the Genetics Society of America

Source: GeneticsCareers.org | URL: <http://geneticscareers.org>

### Genomic Careers - Find Your Future

Description: Video interviews with genomic professionals, information on genomic careers, a tool for rating your favorite genomic careers, and an opportunity to test your knowledge of careers in this field

Source: National Human Genome Research Institute | URL: <http://www.genome.gov/GenomicCareers/index.cfm>

### Genomics: Towards a Healthier You

Description: A webcast presenting information on why genetics is important to health, plus information on genetic counseling as a career. The singer and performer T-Boz shares her personal story about living with sickle cell anemia as one example of genetic health issues.

Source: National Human Genome Research Institute | URL: <https://www.youtube.com/watch?v=Q5ZrowNN7MQ>

# GeneEd

# NLM Traveling Exhibit: Changing the Face of Medicine

CELEBRATING AMERICA'S WOMEN PHYSICIANS



Changing *the face*  
of Medicine

HOME

VISIT

PHYSICIANS

RESOURCES

ACTIVITIES

SHARE *your* STORY

Careers

Lesson Plans

Higher Education

Suggested Reading

Is a Medical Career for you?

Undergraduate Education

Medical School

Residency & Fellowships

Practicing Medicine

## \* CAREERS

Think you might be interested in becoming a part of the medical world? Explore the resources below.

### \* IS A MEDICAL CAREER FOR YOU?

- ◇ What is a career in medicine like? Why do people choose medicine? What can I do to get some hands-on experience in a medical environment? How expensive is it? Access information to help you learn more about this fascinating field.

### \* UNDERGRADUATE EDUCATION

- ◇ The first step to a promising career in medicine is to get a good undergraduate education. Find helpful tips and practical information on the types of courses to take while you are an undergraduate, how to get into a medical school, the broad range of medical careers open to you, and how to finance the first phase of your education.

### \* MEDICAL SCHOOL

- ◇ Once you are in medical school, you will be launched on a challenging and rewarding path. Learn now about elective opportunities in the fourth year, medical specialties, combined M.D./Ph.D. programs, research and training programs, and medically focused financial aid opportunities.

### \* RESIDENCY AND FELLOWSHIPS

- ◇ Once you complete medical school, you need to enter a residency program that is three to seven years long depending on the medical specialty you choose. After that, you may elect to gain one to three years of additional medical training if you want to become highly specialized. Find out how medical students secure residencies and learn about fellowship opportunities, the requirements for certification in a specialty, and the resources and organizations available to help you along the way.

### \* PRACTICING MEDICINE

# NLM Traveling Exhibit: Native Voices

NATIVE PEOPLES' CONCEPTS OF HEALTH AND ILLNESS



EXHIBITION

INTERVIEWS

TIMELINE

RESOURCES

VISIT

Search...



## CAREERS IN MEDICINE AND SCIENCES

- > High School
- > Higher Education
- > Post-Graduate / Medical Schools

## LESSON PLANS & ADDITIONAL RESOURCES

## ONLINE ACTIVITIES

## SUGGESTED READINGS

## HEALTH HEADLINES

## High School

### American Indian Science and Engineering Society (AISES) Pre-College Programs

<http://www.aises.org/what/programs/precollege>

AISES offers a variety of programs for Native high school students, including annual national and international science and engineering fairs, summer math and science camps, and technology-based initiatives.

### ASPIRINGDOCS.ORG® by the Association of American Medical Colleges (AAMC)

<http://www.aspiringdocs.org>

ASPIRINGDOCS.ORG® is supported by AAMC to increase diversity in medicine. The FAQs & Resources section will help high school students consider a career in medicine, as well as help them navigate through the process of getting into and paying for medical school.

### Association of American Indian Physicians (AAIP) Patty Iron Cloud National Native American Youth Initiative

<http://aaip.site-ym.com/?page=NNAYI>

This annual program takes place in Washington, D.C. and is designed for American Indian and

Medicine/Health

## Anatomy

Home → Health Topics → Blood



### Blood

#### On this page

##### Basics

- Summary
- Start Here
- Latest News
- Diagnoses

##### Research

- Statistics
- Clinical Trials
- Journal Articles

### Summary

Anatomical description

### Statistics

•

•

•

•

### Specialty

•

•

•

•

### Summary

Your blood is made of water, salts, blood cells, and proteins.

Red blood cells carry oxygen to your organs and tissues. They also help fight infection and heal wounds. Blood is constantly being replaced, with about 6 days of new cells being produced.

Problems with your blood can cause you to lose too much weight or feel too tired.

### Start Here

- Blood Tests Available

### Gas

Also called: Belch, Burp, Eructation, Flatulence, Flatus

#### On this page

##### Basics

- Summary
- Start Here
- Treatments and Therapies

##### Learn More

- Living With

##### See, Play and Learn

- Health Check Tools

##### Research

- Clinical Trials
- Journal Articles

##### Resources

- Reference Desk
- Find an Expert

##### For You

- Children
- Patient Handouts

### Summary

Everyone has gas. Most people pass gas 13 to 21 times a day. Passing gas through the mouth is called belching or burping. Passing gas through the anus is called flatulence. Most of the time gas does not have an odor. The odor comes from bacteria in the large intestine that release small amounts of gases that contain sulfur.

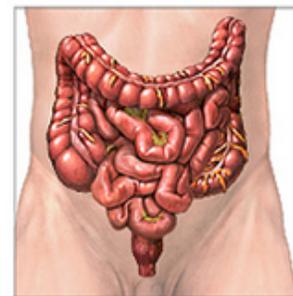
Gas in the digestive tract comes from two sources: air that you swallow and the breakdown of undigested food by bacteria in the large intestine. Certain foods may cause gas. Foods that produce gas in one person may not cause gas in another.

You can reduce the amount of gas you have by

- Drinking lots of water and non-fizzy drinks
- Eating more slowly so you swallow less air when you eat
- Avoiding milk products if you have lactose intolerance

Medicines can help reduce gas or the pain and bloating caused by gas. If your symptoms still bother you, see your health care provider.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases



ADAM

Get Gas updates by email

Enter email address

GO

### MEDICAL ENCYCLOPEDIA

Abdominal bloating

Belching

Bland diet

Gas - flatulence

### Related Health Topics

Abdominal Pain

# KidsHealth: Information on Body

**KidsHealth**  
from Nemours

Search here...

How the Body Works  
Puberty & Growing Up  
Staying Healthy  
Recipes & Cooking  
Staying Safe  
Health Problems  
Illnesses & Injuries  
Health Problems of Grown Ups  
People, Places & Things That Help  
Feelings  
Q&A  
Movies & More  
Quizzes  
Games  
Kids' Medical Dictionary  
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**WHAT'S HOT**  
DIGESTIVE SYSTEM

**BRA**  
If you have a sedentary lifestyle and in your family, anyone...

GET

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Sexual Health  
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Diseases & Conditions  
Infections  
Q&A  
School & Jobs  
Drugs & Alcohol  
Staying Safe  
Recipes  
En Español

## Flu Facts

featured articles

### Hot Topics

- Cold-Weather Sports
- Am I in a Healthy Relationship?
- Be Your Best Self
- Smart Snacking
- Losing Weight Safely

**Expert Answers on...**  
I go to bed on time but sometimes I lie there for a while and can't fall asleep. What should I do?

**TAKE 5**  
*Tips for Life* 5  
5 ways to fight depression and feel better.  
Find Out More >>

### Quiz

After a person has been infected with mono, how long does it take for symptoms to show up?

- A 1 to 2 weeks
- B 2 to 4 weeks
- C 4 to 6 weeks

**Making a Change**  
Your Personal Plan

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PubMed comprises more than 25 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

**PubMed COMMONS**  
Featured comment - Jan 27  
Uncertainty & cancer risk-reducing behaviors: Health Behaviour Research Centre Journal Club discusses study design.  
[1.usa.gov/1OXfbpV](https://1.usa.gov/1OXfbpV)

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[Topic-Specific Queries](#)

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[Clinical Trials](#)  
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	<a href="#">Homology</a>	<a href="#">SNP</a>	<a href="#">Mouse Genome</a>	
	<a href="#">Literature</a>	<a href="#">Gene</a>	<a href="#">Influenza Virus</a>	
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**FEATURED**

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- PubMed Health
- GenBank
- Reference Sequences
- Gene Expression Omnibus
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Contents Behind Headlines What's New Featured review Understanding clinical effectiveness Blog

Home > Understanding research results

## Understanding research results

Studies, numbers and health claims—we're flooded with them every day. Don't be misled or confused. Use the lively and interesting books on this page to make sense of it all.

One of these books has even been clinically proven to increase readers' data interpretation skills! See the [Know Your Chances randomized trials](#).

The books are all complete and online free here.

### Know your chances

[Understanding health statistics](#)  
How to see through hype

### Testing treatments

[Better research for better healthcare](#)  
How we can know if a treatment works

### Smart health choices

[Making sense of health advice](#)

### Things you need to know

How to read health news  
What to know about screening  
Why randomization is important

### PubMed Health Blog...

Swedish health and social care assessment agency SBU joins PubMed Health. We are delighted to welcome the Swedish Council on Health Technology Assessment (SBU) to PubMed Health.

The... [read all...](#)

# Environmental Health



# Environmental Health & Toxicology

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

# Environmental Health & Toxicology

SPECIALIZED INFORMATION SERVICES

National Library of Medicine  
National Institutes of Health

SIS Home | About Us | A-Z Index | SIS News | Contact Us

SIS Home > Environmental Health and Toxicology  Text size: [S](#) [M](#) [L](#) [XL](#)  
Expand/Collapse

## Especially for students and educators

### Starting Points

- Environmental Health Student Portal**  
Educational resources for middle school students and teachers on how the environment effects health
- Tox Town**  
Interactive guide to toxic substances and environmental health issues in everyday places
- ToxMystery**  
Provides a fun experience while teaching about household chemical hazards. For children from 7-11 years old
- Toxicology Tutorials**  
Basic toxicology principles written at the introductory college student level
- Household Products Database**  
Safety and health information for products used in and around the home
- TOXMAP**  
Geographic representation of TRI data with links to other TOXNET resources
  - TOXMAP: Resources for Teachers

### Topics of Interest

- Find Information About... Especially For...
- Search TOXNET® Databases
- Other Professional Resources
- Resources for the Public
- Enviro-Health Links
- Guides & Tutorials

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- About TEHIP
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- Which Resource Should I Use?
- SIS News
- Conference Exhibit Schedule

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# Environmental Health Student Portal



National Library of Medicine

## 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



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### What is Environmental Health ?

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

[Learn More](#)



Interested in a trailer of our animations about characteristics, uses, and health effects of hazardous chemicals? **Please, click here to preview.**



Air Pollution



Chemicals



Climate Change



Water Pollution

# ToxTown



Unit 1: Water Quality

Unit 2: Air Quality

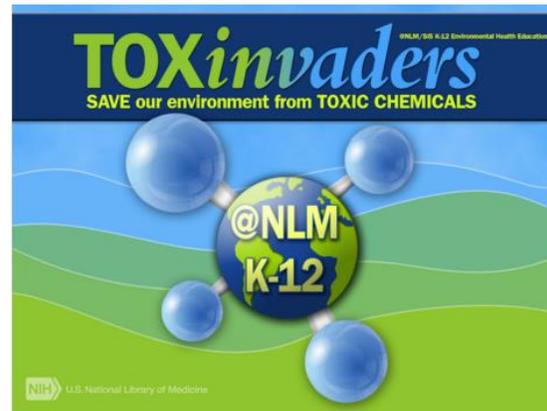
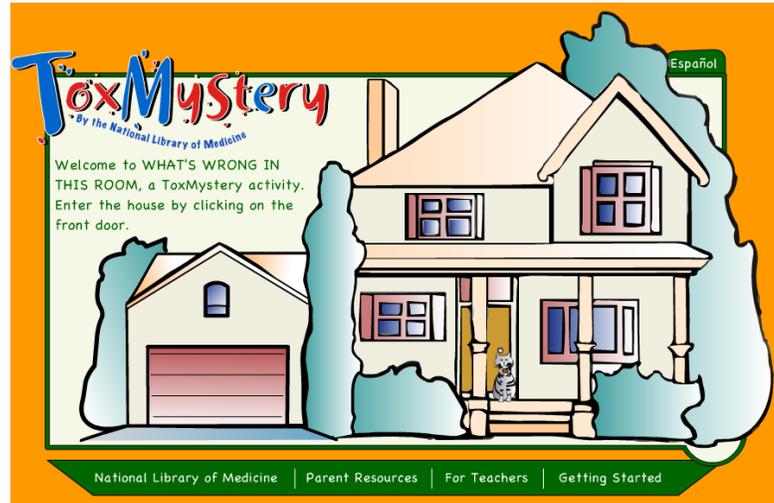
Unit 3: Chemicals in Your Home

Unit 4: Food Safety

Unit 5: Runoff, Impervious Surfaces, and Smart Development

Unit 6: The Great Debate: Bottled Water vs. Tap Water in Our Schools

# Educational Games



# Household Products Database (HPD)

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

 **Household Products Database**  
Health & Safety Information on Household Products

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[FAQ](#)

What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Learn more about what's in these products, about potential health effects, and about safety and handling.

 <b>Auto Products</b> Brake Fluid, De-icer, Lubricant, Sealant, and more...	 <b>Inside the Home</b> Air Freshener, Bleach, Cleaners, Toilet Bowl Cleaner, and more...	 <b>Pesticides</b> Animal Repellant, Fungicide, Herbicide, Insecticide, and more...
 <b>Landscape/Yard</b> Fertilizer, Lawn Care, Swimming Pool Products, and more...	 <b>Personal Care</b> Antiperspirant, Hair Spray, Makeup, Shampoo, Soap and more...	 <b>Home Maintenance</b> Caulk, Grout, Insulation, Paint, Putty, Stain, and more...
 <b>Arts &amp; Crafts</b> Adhesive, Glaze, Glue, Primer, Varnish, and more...	 <b>Pet Care</b> Flea & Tick Control, Litter, Stain/Odor Remover, and more...	 <b>Home Office</b> Ink, Toner, Correction Fluid, Electronics Cleaners, Pens and more...

For advice if someone is poisoned, call your local Poison Center at 1-800-222-1222.

# TOXNET

The screenshot shows the TOXNET website homepage. At the top left is the NIH U.S. National Library of Medicine logo. To its right is the TOXNET TOXICOLOGY DATA NETWORK logo. On the far right of the header are links for Mobile, Help, FAQs, TOXNET Fact Sheet, and Training Manual & Schedule. Below the header is a molecular structure graphic on the left and a 'Welcome to TOXNET' section on the right, which includes a 'Share' button and a brief description of the site's purpose. A search bar is prominently displayed, containing the text 'e.g. benzene, endocrine disruptor' and a dropdown menu set to 'ALL DATABASES'. Below the search bar is a 'TOXNET Databases' section listing various resources. On the right side of the page, there are two promotional boxes: 'Environmental Health & Toxicology' with a 'Visit Site' button, and 'Did you know' with a question mark icon and a link to a guide on choosing a database.

NIH U.S. National Library of Medicine TOXNET TOXICOLOGY DATA NETWORK

Mobile | Help | FAQs | TOXNET Fact Sheet | Training Manual & Schedule

Share

## Welcome to TOXNET

Your resource for searching databases on toxicology, hazardous chemicals, environmental health, and toxic releases

SEARCH TOXNET Search all or select specific databases BROWSE ADVANCED SEARCH

e.g. benzene, endocrine disruptor ALL DATABASES Search

### TOXNET Databases

<b>MOST VISITED BY TOXNET USERS</b>	<a href="#">HSDB</a> Hazardous Substances Data Bank. Peer-reviewed toxicology data for over 5,000 hazardous chemicals
	<a href="#">TOXLINE</a> 4 million references to literature on biochemical, pharmacological, physiological, and toxicological effects of drugs and other chemicals
	<a href="#">ChemIDplus</a> Dictionary of over 400,000 chemicals (names, synonyms, and structures)
<b>BREASTFEEDING &amp; DRUGS</b>	<a href="#">LactMed</a> Drugs and Lactation Database. Drugs and other chemicals to which breastfeeding mothers may be exposed
<b>DEVELOPMENTAL TOXICOLOGY LITERATURE</b>	<a href="#">DART</a> Developmental and Reproductive Toxicology Database. References to developmental and reproductive toxicology literature
<b>CHEMICAL RELEASES &amp; MAPPING</b>	<a href="#">TOXMAP</a> TOXMAP: Environmental Health Maps provides searchable, interactive maps of EPA TRI and Superfund data, plus US Census and NCI health data
	<a href="#">TRI</a> Toxics Release Inventory. Annual environmental releases of over 600 toxic chemicals by U.S. facilities
<b>GENOMICS</b>	<a href="#">CTD</a> Comparative Toxicogenomics Database. Access to scientific data describing relationships between chemicals, genes and human diseases
<b>HOUSEHOLD PRODUCT SAFETY</b>	<a href="#">Household Products Database</a> Potential health effects of chemicals in more than 10,000 common household

### Environmental Health & Toxicology

Resources on environmental health and toxicology

Visit Site

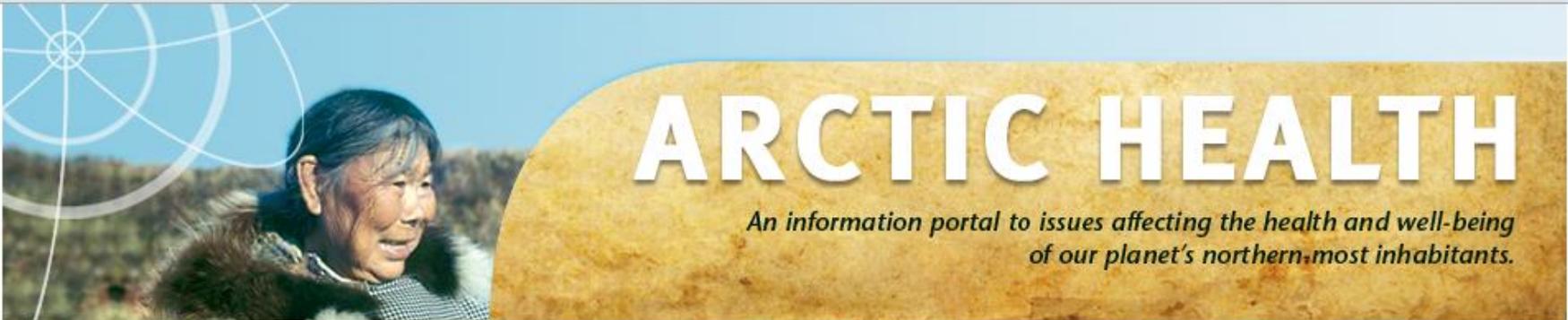
### Did you know

There is a guide to choosing a database

Which Resource Should I Use can help you pick the right resource for your search.

More FAQs

# Arctic Health



# ARCTIC HEALTH

*An information portal to issues affecting the health and well-being of our planet's northernmost inhabitants.*

[About Us](#) | [Link Selection](#) | [Acronyms & Abbreviations](#) | [FAQs](#) | [Contact Us](#)

 Text size: [S](#) [M](#) [L](#) [XL](#)

## Home

[Publications and Research](#) ▶

[Climate Change](#) ▶

[Food, Air, and Water](#) ▶

[Traditional Healing](#) ▶

[Multimedia](#) ▶

[Governments and Organizations](#) ▶

## Welcome!

The Arctic Health website is a central source for information on diverse aspects of the Arctic environment and the health of northern peoples. The site gives access to evaluated health information from hundreds of local, state, national, and international agencies, as well as from professional societies and universities. In addition, our own always expanding [Arctic Health Publications Database](#), (currently more than 250,000 records), can help you find Arctic-specific articles, out of print publications and information from special collections held in the [Alaska Medical Library](#).

The Arctic Health website is sponsored by the National Library of Medicine's [Division of Specialized Information Services](#) and maintained by the University of Alaska Anchorage's [Alaska Medical Library](#).



Last updated: January 16, 2015 First Published: July 12, 2002

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8600 Rockville Pike, Bethesda, MD 20894

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For more information, to send comments, or for technical support, please contact: [ayahw@uaa.alaska.edu](mailto:ayahw@uaa.alaska.edu)



**Alaska Medical Library**  
University of Alaska Anchorage



United States  
**National Library of Medicine**  
National Institutes of Health

# Genomics/Genetics

# Genetics Home Reference



Your Guide to Understanding Genetic Conditions

Search



Health Conditions

Genes

Chromosomes & mtDNA

Resources

Help Me Understand Genetics

Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health.



## Health Conditions

More than 1,100 health conditions, diseases, and syndromes

[Browse A-Z](#)



## Genes

More than 1,300 genes and the health effects of genetic



## New & Updated

### New

[cryptogenic cirrhosis](#)

[fibrochondrogenesis](#)

[DOLK-congenital disorder of glycosylation](#)

Past 12 Months

### Updated

[Moebius syndrome](#)

[Poland syndrome](#)

[spondyloepiphyseal dysplasia congenita](#)

# GeneEd



Genetics, Education, Discovery

Print This Page  
Email Us

Home

Topics

Labs &  
Experiments

Teacher  
Resources

Careers in  
Genetics

Highlights

search...

GO



## Cell Biology

The study of the cell, including mitosis and meiosis



## Genetic Conditions

Conditions caused by gene variations or mutations



## DNA Forensics

The application of genetic testing for legal purposes



## DNA, Genes, Chromosomes

The building blocks of inheritance



## Evolution

Processes by which organisms are changed over time



## Top Issues In Genetics

Select genetic topics of popular interest



## Heredity/Inheritance Patterns

The genetic transmission of traits



## Biostatistics

The use of mathematics to investigate life science related problems



## Epigenetics/Inheritance and the Environment

The genome's dynamic response to the environment



## Biotechnology

Biological techniques used to enhance products



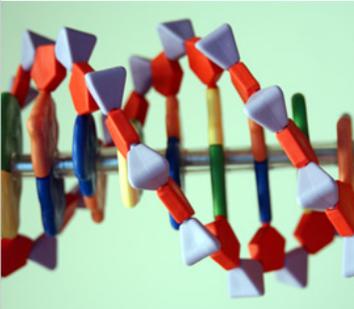
# National Human Genome Research Institute

**NIH** National Human Genome Research Institute  
Advancing human health through genomics research

SEARCH GENOME.GOV

Research Funding | Research at NHGRI

## Education



**National DNA DAY APRIL 25**

Celebrating Genomics Through Awareness

Connect with DNA Day  
Twitter Facebook Email

Find Events | Plan An Event | Celebrate With NHGRI | Get Activity Ideas | Learn The History | Visit Newsroom



National DNA Day is a unique day when students, teachers and the public can learn more about genetics and genomics! The day commemorates the completion of the Human Genome Project in April 2003, and the discovery of DNA's double helix in 1953.  
[Subscribe to our newsletter!](#)

**Feature**  
NHGRI & ASHG seek education fellowship applicants



NHGRI and the American Society of Human Genetics (ASHG) are now accepting applications for the 2016 Genetics Education Fellowship. The application period is now until April 25, 2016. See: [The Genetics & Education Fellowship](#)

**LabGenius: The next step toward a digital laboratory**



The HHS Ignite Accelerator program, inspired by Silicon Valley start-up methods, nurtures innovative ideas that might improve government operations. Now this seed funding mentorship program could help create a digital "LabGenius" and, according to NIH Director Francis Collins, "has the potential to streamline our laboratory which could have a big impact." [Read more](#)

**Find Events In Your Area**



The National DNA Day Network has events all over the country. Find an event near you to celebrate DNA Day.

**Chat With Geneticists in the "Ask Me Anything" Series**



Join NHGRI, pgEd, and ASHG for a week-long National DNA Day "Ask Me Anything" (AMA) Series on reddit /r/Science.

Join @DNADay For a Twitter Chat  
#DNADay16

Check out our 2016 DNA Day Lecture  
*Harry Potter*

# NLM Traveling Exhibits

History of Medicine History Home | About Us | Visit Us | Contact Us | Copyright | HMD Site Map

Home > About Us > Exhibition Program > Harry Potter's World: Renaissance Science, Magic, and Medicine

## HARRY POTTER'S WORLD RENAISSANCE SCIENCE, MAGIC, AND MEDICINE

Home Exhibition Education Resources Traveling Information Exhibition Program

“There was a lot more to magic,  
as Harry quickly found out,  
than waving your wand  
and saying a few funny words.”  
—Harry Potter and the Philosopher's Stone,  
J. K. Rowling



Illustration of an owl  
Konrad Gesner,  
*Historiae Animalium*, 1551

### EXHIBITION



### EDUCATION RESOURCES



## HARRY POTTER'S WORLD RENAISSANCE SCIENCE, MAGIC, AND MEDICINE

Home Exhibition Education Resources Traveling Information Exhibition Program

MIDDLE & HIGH SCHOOL HIGHER EDUCATION ONLINE ACTIVITIES BIBLIOGRAPHY

EXPLORE MORE EXHIBITIONS MORE EDUCATIONAL RESOURCES

Harry Potter's World presents the following instructional resources for the educators in middle- and high-schools, and in higher education institutions. The resources provide suggested instructional guides and materials that an educator may adapt in whole or in parts as he or she deems most appropriate for the students' interest, level, and academic goals.

#### Middle & High School Lesson Plans

- *Bogart and Fear in Harry Potter* and *Genetic Traits in Harry Potter* are two lesson plans prepared for middle- and high-school teachers. Each lesson plan contains background information and resources related to *Harry Potter* or a academic topic, national standards, learning outcomes, step-by-step procedures, and all classroom materials.
- The lesson plans are developed in collaboration with Sahar Saddiqui and Annabella Kraut—English and Science teachers, respectively—at Charles E. Smith Jewish Day School in Rockville, Maryland.

#### Higher Education Module

- *“Things Most Strange and Wondrous”*, is a course module designed to introduce undergraduate and graduate students to the various magical and esoteric traditions that shaped past thinkers' conceptions of the study of nature in the Renaissance and early modern periods. Inspired by the National Library of Medicine's exhibition, *Harry Potter's World: Renaissance Science, Magic, and Medicine*, which explores the history of science and medicine through the lens of the *Harry Potter* novels by J. K. Rowling, this module is prepared primarily for higher education instructors with a strong background in Renaissance and early modern intellectual and cultural history (spanning roughly 1450-1700 C.E.). Familiarity with the *Harry Potter* novels is neither assumed nor required, though it would be an advantage.
- This module is developed in collaboration with [Mark A. Waddell, Ph.D.](#), who currently teaches in the Lyman Briggs College of Science at Michigan State University.

#### Online Activities

- [Desire for Knowledge](#) and [Different Perspectives](#) are guided online activities that navigate parts of *Harry Potter's World* with a specific interpretive plan.

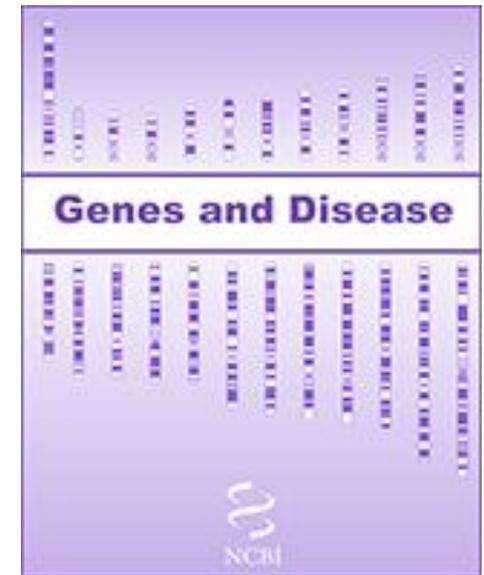
#### Bibliography

- Elizabeth Bland, curator of the *Harry Potter's World* exhibition, provides a suggested reading list that can serve as a starting point for those who are interested in going beyond the *Harry Potter* novels.

# NCBI Bookshelf

## Genes and Diseases

- Organized by the parts of the body that genetic disorders affect.
- Over 80 genetic disorder summaries.
- Images and interesting facts.
- PDF downloads of chapters.
- Links to related research literature and pertinent websites.



# Links from PubMed

NCBI Resources How To

PubMed.gov  
US National Library of Medicine  
National Institutes of Health

PubMed  [Advanced](#)



## PubMed

PubMed comprises more than 26 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

You are here: [NCBI](#) > [Literature](#) > [PubMed](#)

[Write to the Help Desk](#)

### GETTING STARTED

- [NCBI Education](#)
- [NCBI Help Manual](#)
- [NCBI Handbook](#)
- [Training & Tutorials](#)
- [Submit Data](#)

### RESOURCES

- [Chemicals & Bioassays](#)
- [Data & Software](#)
- [DNA & RNA](#)
- [Domains & Structures](#)
- [Genes & Expression](#)
- [Genetics & Medicine](#)
- [Genomes & Maps](#)
- [Homology](#)
- [Literature](#)
- [Proteins](#)
- [Sequence Analysis](#)
- [Taxonomy](#)
- [Variation](#)

### POPULAR

- [PubMed](#)
- [Bookshelf](#)
- [PubMed Central](#)
- [PubMed Health](#)
- [BLAST](#)
- [Nucleotide](#)
- [Genome](#)
- [SNP](#)
- [Gene](#)
- [Protein](#)
- [PubChem](#)

### FEATURED

- [Genetic Testing Registry](#)
- [PubMed Health](#)
- [GenBank](#)
- [Reference Sequences](#)
- [Gene Expression Omnibus](#)
- [Map Viewer](#)
- [Human Genome](#)
- [Mouse Genome](#)
- [Influenza Virus](#)
- [Primer-BLAST](#)
- [Sequence Read Archive](#)

### NCBI INFORMATION

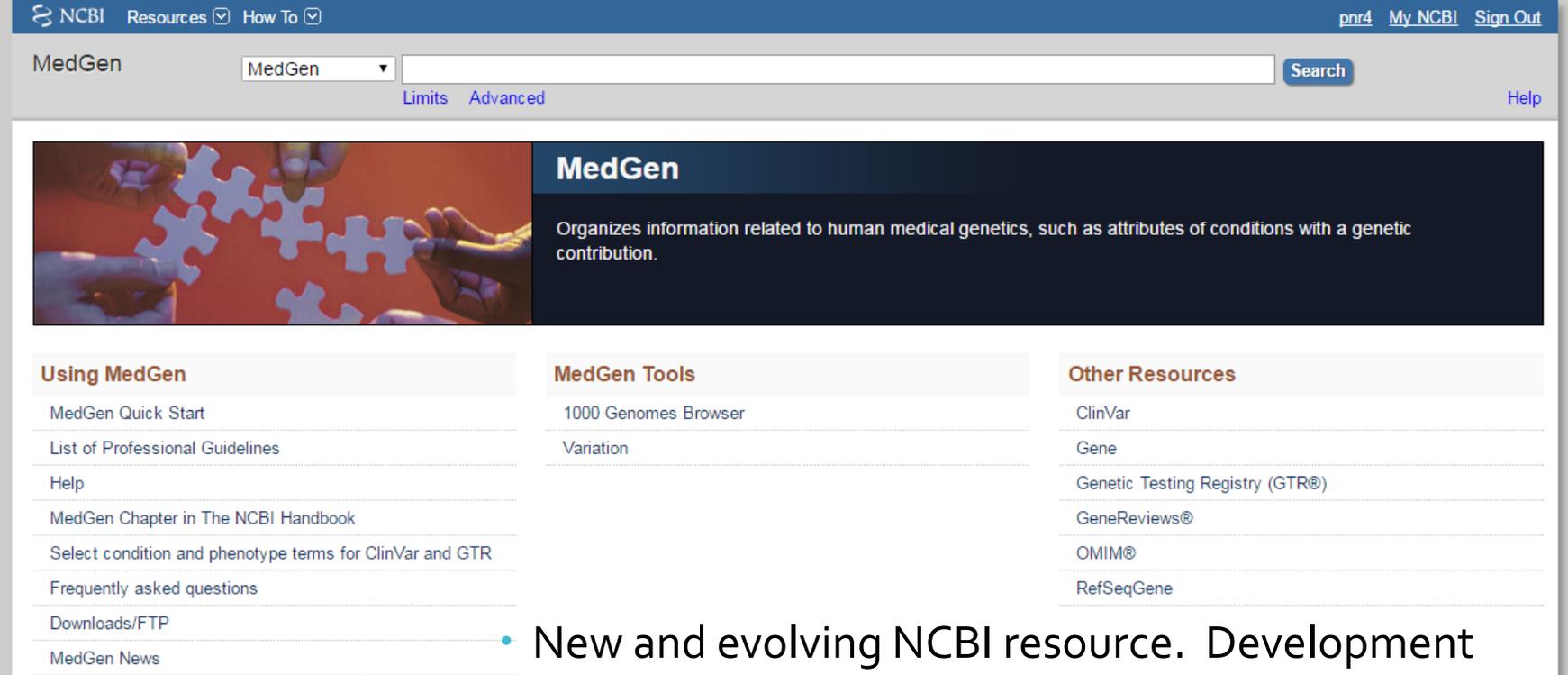
- [About NCBI](#)
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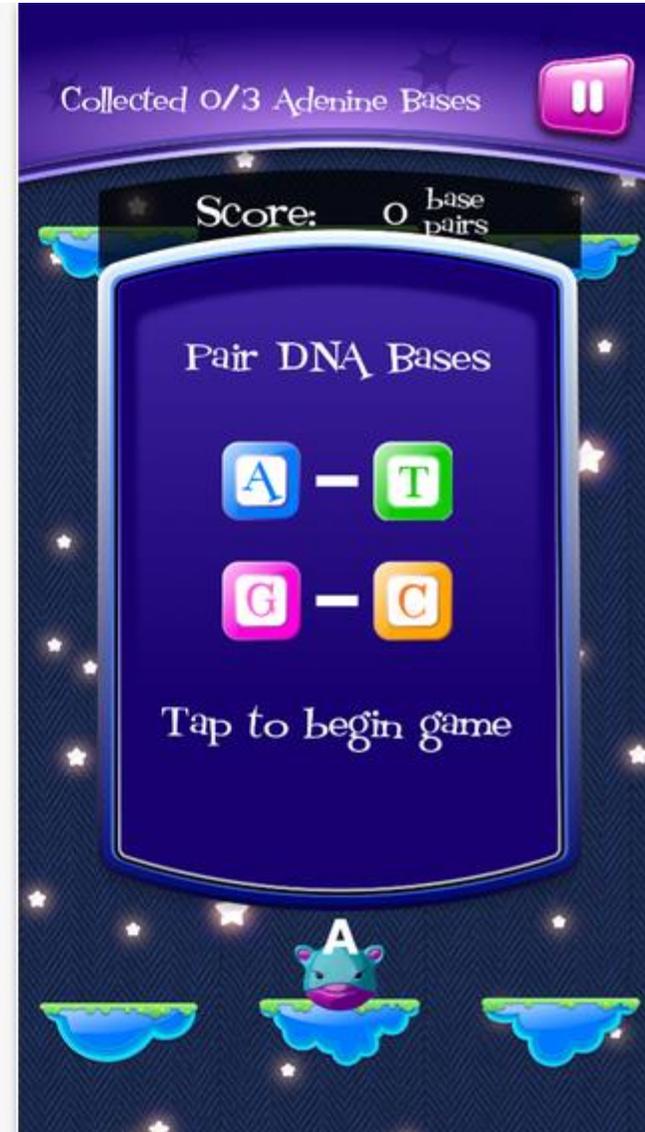
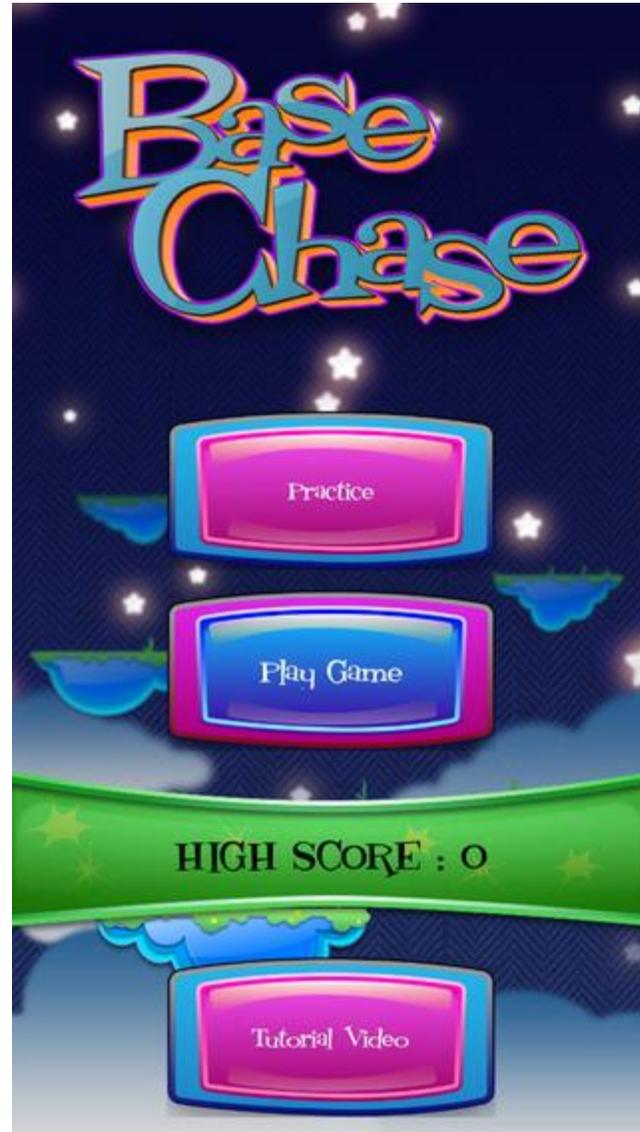
# MedGen



The screenshot shows the MedGen website interface. At the top, there is a navigation bar with links for 'NCBI', 'Resources', and 'How To'. On the right side of the navigation bar, there are links for 'pnr4', 'My NCBI', and 'Sign Out'. Below the navigation bar, there is a search bar with the text 'MedGen' and a 'Search' button. To the right of the search bar, there are links for 'Limits' and 'Advanced'. Below the search bar, there is a banner image showing hands holding puzzle pieces. To the right of the banner image, there is a dark blue box with the text 'MedGen' and a description: 'Organizes information related to human medical genetics, such as attributes of conditions with a genetic contribution.' Below the banner image, there are three columns of links: 'Using MedGen', 'MedGen Tools', and 'Other Resources'. The 'Using MedGen' column includes links for 'MedGen Quick Start', 'List of Professional Guidelines', 'Help', 'MedGen Chapter in The NCBI Handbook', 'Select condition and phenotype terms for ClinVar and GTR', 'Frequently asked questions', 'Downloads/FTP', and 'MedGen News'. The 'MedGen Tools' column includes links for '1000 Genomes Browser' and 'Variation'. The 'Other Resources' column includes links for 'ClinVar', 'Gene', 'Genetic Testing Registry (GTR®)', 'GeneReviews®', 'OMIM®', and 'RefSeqGene'.

- New and evolving NCBI resource. Development began in 2012.
- Information about human disorders and features or symptoms that have a genetic component.
- Designed for health care professionals and the medical genetics community.
- Compiles information from multiple sources: GeneReviews, OMIM, Genetic Testing Registry, ClinVar, Genetics Home Reference, practice guidelines, and PubMed.

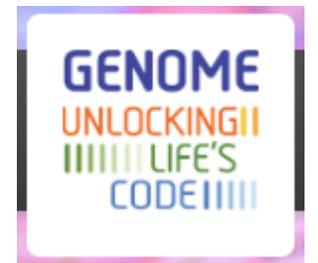
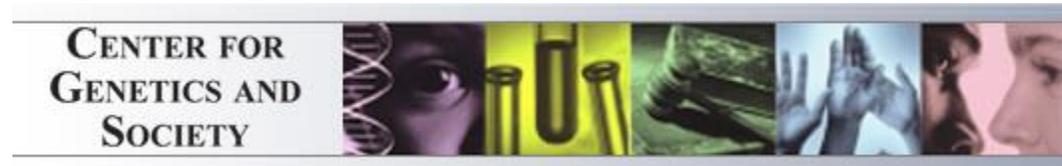
# Base Chase



# Literacy/ Education Resources



Public Health Genomics



# Interdisciplinary Resources

# NLM Traveling Exhibits

## EXHIBITION PROGRAM

[ABOUT US](#) [EXHIBITIONS](#) [BOOK A TRAVELING EXHIBITION](#) [EDUCATION](#) [CONTACT US](#) [SITE MAP](#)

SEARCH



## EXHIBITIONS

VIEW CATEGORIES BY: [MOST RECENT](#) [ALPHABETICALLY](#)

find an exhibition near you

### medicine & the arts



**FRANKENSTEIN:** Penetrating the Secrets of Nature



**AND THERE'S THE HUMOR OF IT:** Shakespeare and the Four Humors

### science & society



**PICK YOUR POISON:** Intoxicating Pleasures & Medical Prescriptions



**FROM DNA TO BEER:** Harnessing Nature in Medicine and Industry

### patients & practitioners



**CONFRONTING VIOLENCE:** Improving Women's Lives



**PICTURES OF NURSING:** The Zwerdling Postcard Collection

### the technology of medicine



**VISIBLE PROOFS:** Forensic Views of the Body



**THE ONCE AND FUTURE WEB:** Worlds Woven by Telegraph and Internet

# NLM Traveling Exhibits

HOME | EXHIBITION | EDUCATION | DIGITAL GALLERY | CREDITS |  TRAVELING INFO  EXHIBITION PROGRAM

# FRANKENSTEIN:

PENETRATING *the* SECRETS of NATURE.

On a dark and stormy night in 1816, Mary Shelley began writing a story that posed profound questions about individual and societal responsibility for other people.

**EXPLORE THE EXHIBITION**

*The creature that  
and a convulsive  
to limbs.  
Robert Lewis Newton  
emotion at this catastrophe of the  
...*

SEE THE  
DIGITAL GALLERY



**FIND EDUCATIONAL RESOURCES**



# NLM Traveling Exhibits

[Home](#)

[Exhibition](#)

[Education](#)

[Traveling Info](#)

[Credits](#)

[Exhibition Program](#)



## LIFE AND LIMB

THE TOLL OF THE AMERICAN CIVIL WAR

The perspectives of surgeons, physicians, and nurses are richly documented in the history of American Civil War medicine, which highlights the heroism and brutality of battlefield operations and the challenges of caring for the wounded during wartime. Yet the experiences of injured soldiers during the conflict and in the years afterwards are less well-known. *Life and Limb: The Toll of the American Civil War* focuses on disabled veterans and their role as symbols of the fractured nation.

Explore the experiences of Civil War veterans in the [online exhibition](#), use [education resources](#) in middle-school, high-school and undergraduate classes, take a closer look at Civil War-era texts in [Digital Documents](#), or find out if the [traveling exhibition](#) is coming to a library near you.

**Pictured on the right:** Soldiers at Armory Square Hospital, Washington, D.C., 1860s  
*Courtesy National Library of Medicine*



# NLM Traveling Exhibits



The screenshot shows the 'For All the People' website. The main header features the title 'For All the People' in a decorative script, with a banner below it that reads 'A CENTURY OF CITIZEN ACTION'. The navigation bar includes links for HOME, EXHIBITION, EDUCATION, CREDITS, and TRAVELING INFO, along with social media icons for a plus sign and Facebook. There are two orange 'EXHIBITION PROGRAM' buttons, one in the top right and one on the right side of the page.

## EDUCATION

**LESSON PLANS**

**HIGHER EDUCATION**

**ONLINE ACTIVITIES**

**OTHER RESOURCES**

**RELATED RESOURCES AT NLM**

*For All the People* presents the following classroom resources for K-12 and undergraduate educators and their students. These resources are designed to be starting points for exploring historical perspectives and existing tools and services for considering people's access to health care in the United States. Educators are welcome to adapt them in whole or in part as appropriate for their students' interests and learning goals.

- LESSON PLANS**  

- HIGHER EDUCATION**  

- ONLINE ACTIVITIES**  

- OTHER RESOURCES**  


# Additional Resources

# NIH Science Education

## RESEARCH & TRAINING

### Research & Training

- Science Highlights
- Research in NIH Labs & Clinics
- Training Opportunities
- Library Resources
- Research Resources
- Clinical Research Resources
- Safety, Regulation & Guidance
- Science Education
- Medical Research Initiatives
- Precision Medicine Initiative
- Environmental influences on Child Health Outcomes (ECHO) Program
- Accelerating Medicines Partnership (AMP)
- Rigor and Reproducibility
- Lasker Clinical Research Scholars

### Science Education

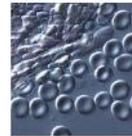
#### On this page

- [Resources for Students](#)
- [Resources for Educators](#)

### Resources for Students



[NIAMS Kids Pages](#)



[Microscope Imaging Station](#)



[Test Your Science IQ!: Cells](#)



[NINDS Brain Resources](#)

### From the NIH Director



Francis Collins, M.D., Ph.D., offers a message to high school graduates.

This video was requested by a motivated graduating senior at a high school in Ontario, but it speaks to students everywhere. May 19, 2011.

### Featured Site



[NIAMS Kids Pages](#)

# Digital Collections

Refine by:

Collections >

Subjects >

Authors >

Titles >

Formats >

Languages >

Genre >

Dates by Range >



Images from the History of Medicine (IHM): Paintings, posters, photos & more... spanning the centuries

**Digital Collections** is the National Library of Medicine's free online resource of biomedical books and still and moving images. All of the content in Digital Collections is freely available worldwide and, unless otherwise indicated, in the public domain. Digital Collections provides unique access to NLM's rich resources.

# NLM Teacher Resources Sheet



## Biology

### **Against the Odds: Making a Difference in Global Health (Grades 9-12+)**

How communities work to improve quality of life. Classroom resources included.

[apps.nlm.nih.gov/againsttheodds](https://apps.nlm.nih.gov/againsttheodds)

### **MedlinePlus® (Grades 6-12+)**

Easy to read health information. An excellent source for all ages. Also available in Spanish.

[medlineplus.gov](https://medlineplus.gov)

### **Rewriting the Book of Nature: Charles Darwin and the Rise of Evolutionary Theory (Grades 9-12+)**

Explore the scientific discoveries and contributions of Charles Darwin.

[nlm.nih.gov/exhibition/darwin/index.html](https://nlm.nih.gov/exhibition/darwin/index.html)

### **PubMed®/MEDLINE® (Grades 11-12+)**

A citation index for articles from medical and life science journals. View the PubMed tutorial for site navigation.

[pubmed.gov](https://pubmed.gov)

### **Visible Human Project® (Grades 6-12+)**

Complete, anatomically detailed, 3D representations of the normal male and female human bodies.

[nlm.nih.gov/research/visible/visible\\_human.html](https://nlm.nih.gov/research/visible/visible_human.html)

## Environmental Health Science

### **Engaging Educational Animations (Grades 6-8)**

Educational Animations that convey complex environmental health concepts.

[kidsenvirohealth.nlm.nih.gov/generic/3/videos](https://kidsenvirohealth.nlm.nih.gov/generic/3/videos)

### **Environmental Health Student Portal (Grades 6-8)**

Connects middle school students to environmental health information.

[kidsenvirohealth.nlm.nih.gov](https://kidsenvirohealth.nlm.nih.gov)

### **Household Products Database (Grades 6-12+)**

Learn about the potential health effects of chemicals in common household products.

[hpd.nlm.nih.gov](https://hpd.nlm.nih.gov)

### **TOXMAP® (Grades 9-12+)**

Uses maps of the United States to visually explore Superfund and Toxic Release Inventory data from the EPA. Includes classroom materials.

[toxmap.nlm.nih.gov/toxmap](https://toxmap.nlm.nih.gov/toxmap)

### **ToxMystery™ (Grades 1-5)**

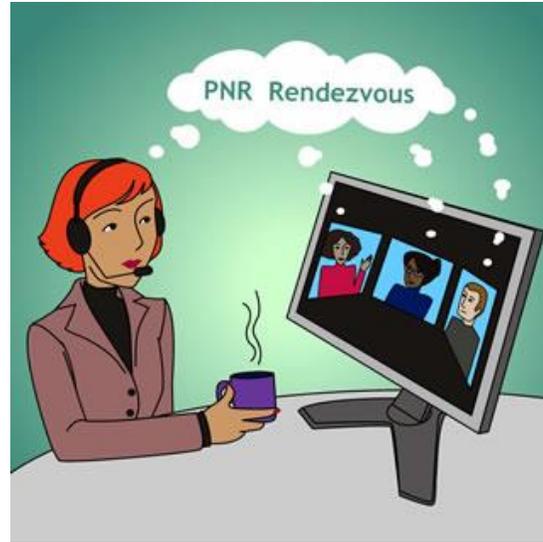
Interactive site teaching elementary school students about toxic substances in the home. Includes lesson plans and activities.

# Support Your Institution and Your Community!

- Help your students/parents/colleagues be informed about health and science
- Provide health/science resources for parents, kids, youth
- Connect with the community through collaboration and information
- Look to NN/LM PNR for great resources and opportunities.



# PNR Rendezvous



**NLM's K-12 Resources:  
Supporting the Teacher,  
Engaging the Student**  
August 17, 2016 1:00 pm PT

Presenter: **Andrew  
Plummer**, Outreach Librarian at  
the National Library of Medicine

Thank You!

Questions?



**Carolyn Martin, MLA, AHIP**

**Consumer Health Coordinator**

**National Network of Libraries of Medicine, Pacific NW Region**

**martinc4@uw.edu**

**[NN/LM PNR website](https://nnlm.gov/pnr)** <https://nnlm.gov/pnr>

**[Presentation resources](https://nnlm.gov/pnr/training/presentations)**

<https://nnlm.gov/pnr/training/presentations>