

Beyond an Apple a Day

Providing Consumer Health Information at Your Library

Learning Objectives

- Basics of consumer health and health literacy
- Conduct appropriate health reference
- Identify quality online health information
- Identify, select, and provide appropriate health information for patrons
- Recall and locate at least one National Library of Medicine health resource
- Develop ideas to create health related programs and services

Consumer Health & Health Literacy

The TACO CLEANS

THE TORTILLA-BASED DIET PROVEN TO

Wed, Aug 29, 2018

Newswe

U.S. | World | Business | Tech & Science | Culture | Sports

HEALTH

CARDIOLOGIST ON NATIONAL TACO DAY: EATING ONLY TACOS IS GOOD FOR YOU

BY MELISSA MATTHEWS ON 10/4/17 AT 10:05 AM

SHOP BEAUTY FOOD STYLE TRAVEL WELLNESS WORK

goop

Search

WEARABLE STICKERS THAT PROMOTE HEALING...



THE ILLUSION OF BEAUTY



A 14-YEAR-OLD TEACHES MINDFULNESS TO KIDS ACROSS...



THE LONELINESS EPIDEMIC - OTHER STORIES

Fluoride: Poison on Tap

6.1K Shares

October 14, 2017

< Previous Next >

A Glass Of Red Wine Is The Equivalent To An Hour At The Gym, Sa

UPDATE: Drinking red wine could help burn fat, says new study



YAHOO!

Search

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Sig

National Vodka Day: Why Drinking Vodka May Be Healthier Than A Glass Of Wine

N

Lizette Borrelli, Newsweek • October 4, 2017



Not all drinks are created equal. And National Vodka Day is a good time to take a closer look at this staple of every corner bar.



Vodka may have some virtues. Clear liquor contains fewer congeners, compounds besides alcohol produced during fermentation and may contribute to the severity of hangovers. Many drinkers look to vodka as a lower calorie option that could be healthier than drinking "antioxidant-rich" red wine.

Vanessa Risetto, a registered dietitian and nutritionist in Hoboken, New Jersey, says that vodka may be healthier than wine. "If you want antioxidant benefits [from wine], you'd have to take in a lot of

Related Searches

[Best Vodka](#)

[National Vodka Day](#)

[Vodka Drinks](#)

The Best All Elect

Search now



Popular in the Community



U.S. National Library of Medicine

National Network of Libraries of Medicine
Pacific Northwest Region

Consumer Health Questions

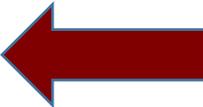
- “My mom is starting to forget things but how do I know if it’s Alzheimer’s?”
- “Why did my doctor put me on Prozac?”
- “I want to find more about that diet thing Dr. Oz talked about the other day.”
- “I just found out my son may have Marfan syndrome. Do you have a book about it?”
- “Will my electric meter give me cancer?”
- “Why is broccoli good for you?”

Consumer Health – Then and Now

- 1972 Patient Bill of Rights
- Realities of Health Care today:
 - Patients are now asked to make decisions about their own disease process
 - Most patients do not have the tools or knowledge to make fully informed decisions
 - Health literacy
 - Libraries can help!

Quiz: Health Status

What is the strongest predictor of an individual's health status?

- Age
- Income
- Employment status
- Education
- Literacy skills 
- Cultural background

Quiz: Fill in the Blanks

- One out of ? American adults reads at the 5th grade level or below.

1 out of 5

- The average American reads at the 8th to 9th grade level, yet most health care materials are written above the ? grade level.

10th grade level

[National Partnership for Women and Families – Health Literacy & Plain Language Overview](#)

What is Health Literacy?

“Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

[U.S. Department of Health and Human Services. 2000. Healthy People 2010, 2020. Washington, DC: U.S. Government Printing Office.](#)

Why Health Literacy is Important

- Access health care services
- Analyze relative risks and benefits
- Calculate dosages
- Communicate with health care providers
- Evaluate information for credibility and quality
- Interpret test results
- Locate health information

Health Literacy Requires

- Basic literacy
- Numeracy
- Biology
- Computer literacy
- Media literacy
- Cultural and linguistic competency
- Digital literacy

[Health Literacy Quick Guide, Health.gov](#)

The Cost of Health Literacy

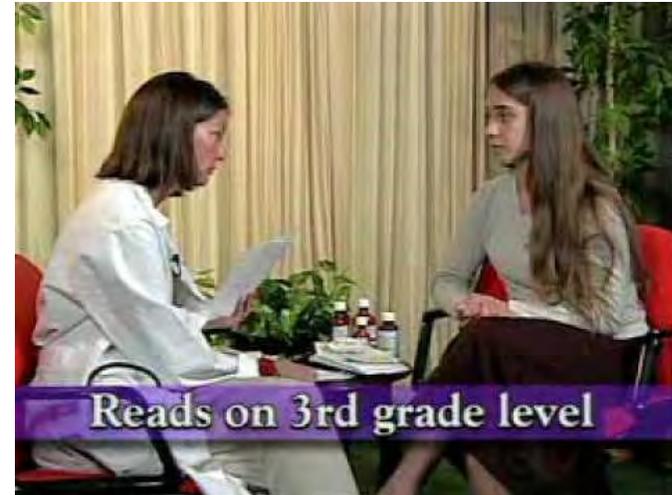
- poorer comprehension of nutrition labels
- less likely to act on public health alerts
- less likely to use preventative services
- more likely to skip tests
- less likely to adopt healthy behaviors
- struggle to manage chronic diseases
- misunderstand prescription labels or instructions
- more emergency room visits
- more preventable hospital admissions

[Office of Disease Prevention and Health. \(2010\). *National action plan to improve health literacy*. Washington, DC: Department of Health and Human Services.](#)

Health Literacy videos



[American Medical Association Health Literacy video](#)



[American College of Physicians Health Literacy video](#)

Role of Libraries

Healthier Communities

Public Libraries

- Universally supported (almost)
- Are essential to community well-being
- Library systems support 95% of the population
- Play a critical role in promoting child and adult literacy
- Sources of consumer health information

LINKING SOCIAL SERVICES & HEALTH

DOI: 10.1377/hlthaff.2016.0724
HEALTH AFFAIRS 35,
NO. 11 (2016): 2030-2036
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The People-to-People Health
Foundation, Inc.

By Anna U. Morgan, Roxanne Dupuis, Bernadette D'Alonzo, Andria Johnson, Amy Graves, Kiahana L. Brooks, Autumn McClintock, Heather Klusaritz, Hillary Bogner, Judith A. Long, David Grande, and Carolyn C. Cannuscio

Beyond Books: Public Libraries As Partners For Population Health

ABSTRACT Public libraries are not usually included in discussions about improving population health. They are, however, well positioned to be partners in building a culture of health through programming that addresses the social determinants of health. The Healthy Library Initiative, a partnership between the University of Pennsylvania and the Free Library of Philadelphia (the public library system that serves the city), has undertaken such efforts in Philadelphia. In this article we report findings from an assessment of how ten highly subscribed programs address the social determinants of health, as well as results of interviews with community residents and library staff. Of the 5.8 million in-person Free Library visits in 2015, 500,000 included attendance at specialized programs that addressed multiple health determinants, such as housing and literacy. Library staff provided intensive support to vulnerable populations including homeless people, people with mental illness and substance use, recent immigrants, and children and families suffering from trauma. We found that public libraries are trusted institutions that have broad population reach and untapped potential to improve population health.

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Andria Johnson is a lecturer in the Department of History and Sociology of Science at the University of Pennsylvania.

Amy Graves is a research assistant at the Center for



Libraries are Partners in a Healthy Community

- Access to evidence-based up-to-date health information
- Safe environment to conduct health information searches
- Health related programming and outreach
- Model health behavior with work place wellness

BECAUSE LIBRARIES
ARE PARTNERS
IN A HEALTHY
COMMUNITY.

LIBRARIES
TRANSFORM[®]
ALA American Library Association

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Healthier Communities

- Have higher rates of education
- Stronger local economy
- Recover after a disaster more quickly and with less negative health issues
- Fewer chronic diseases including obesity
- Lower rates of chronic stress and mental fatigue
- Lower early death rates from cancer and diabetes

Evaluating Health Information

ABCs of Evaluation

■ Accuracy

- Is the information based on sound medical research?

■ Authority

- Who published the page?

■ Bias

- Is the author using data improperly to promote a position or a product?

■ Currency

- When was the page last updated?

■ Coverage

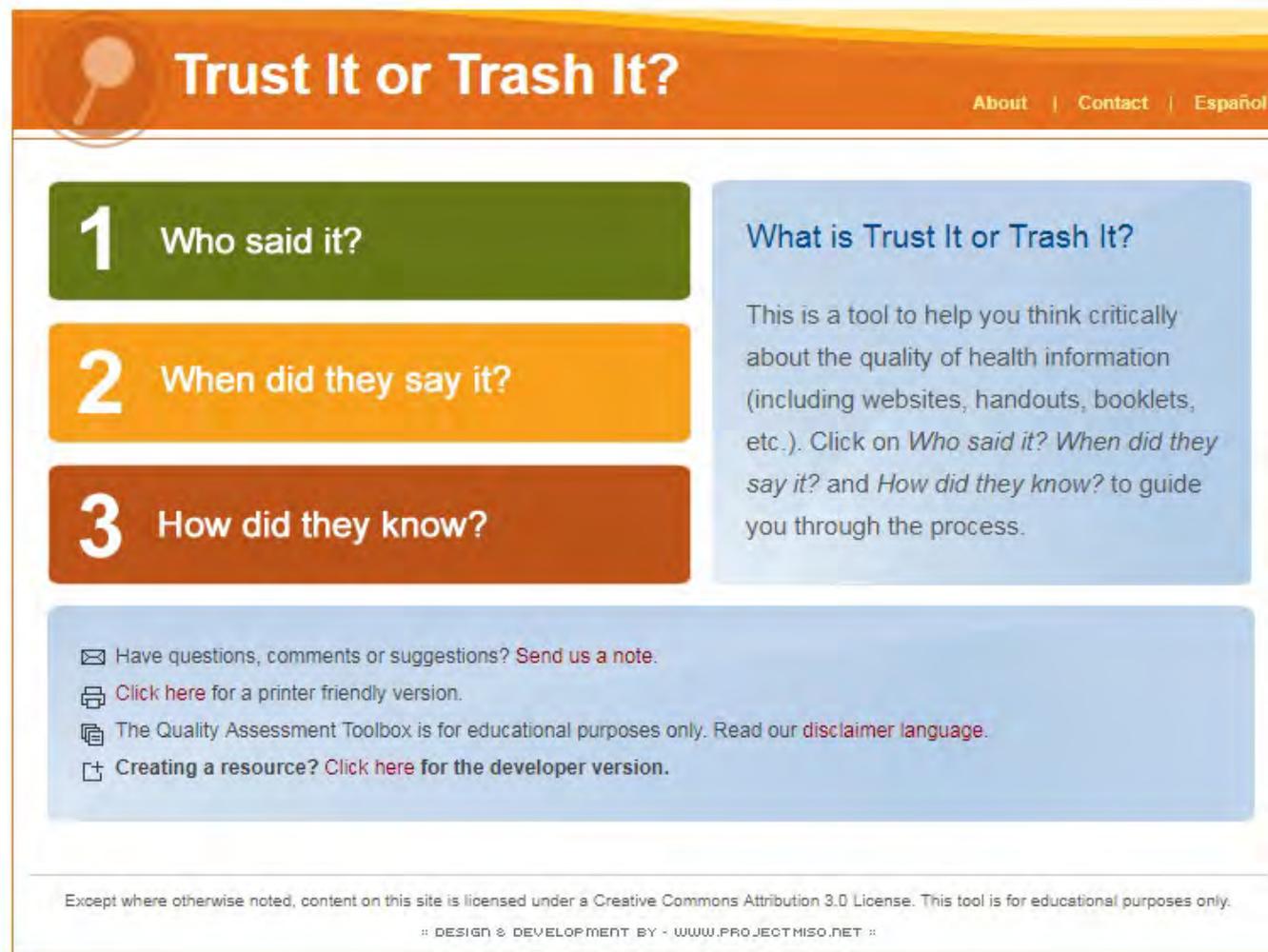
- Are there sources given for additional information?

■ Usability

- Is it user friendly and easy to navigate?

[NNLM Consumer Health guides](#)

Trust It or Trash It?



The screenshot shows the homepage of the 'Trust It or Trash It?' website. The header is orange with a magnifying glass icon and the title 'Trust It or Trash It?'. Navigation links for 'About', 'Contact', and 'Español' are in the top right. The main content area features three numbered steps in colored boxes: 1. Who said it? (green), 2. When did they say it? (orange), and 3. How did they know? (brown). To the right of these steps is a blue box titled 'What is Trust It or Trash It?' containing a paragraph of text. Below the steps is another blue box with three links: 'Send us a note', 'Click here for a printer friendly version', and 'Click here for the developer version'. At the bottom, there is a footer with a Creative Commons license notice and design credits.

1 Who said it?

2 When did they say it?

3 How did they know?

What is Trust It or Trash It?

This is a tool to help you think critically about the quality of health information (including websites, handouts, booklets, etc.). Click on *Who said it?* *When did they say it?* and *How did they know?* to guide you through the process.

✉ Have questions, comments or suggestions? [Send us a note.](#)

🖨 [Click here](#) for a printer friendly version.

📄 The Quality Assessment Toolbox is for educational purposes only. Read our [disclaimer language.](#)

🔗 [Creating a resource?](#) [Click here](#) for the developer version.

Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 License. This tool is for educational purposes only.

⌘ DESIGN & DEVELOPMENT BY - WWW.PROJECTMISO.NET ⌘

[Trust It or Trash It](#)

Class exercise – evaluating websites

Resources

Google results

179,000,000 results

The image shows a Google search for "autism". The search bar at the top contains the word "autism" and shows "About 179,000,000 results (0.44 seconds)". The first search result is from "Autism Speaks" with the URL <https://www.autismspeaks.org/what-autism>. Below this is a "People also ask" section with four questions: "What are the early signs of autism?", "What are the 5 different types of autism?", "What are the behaviors of autism?", and "What is the main cause of autism?". Below that are three more search results: "Autism Speaks: Home", "Symptoms | What is Autism? | Autism Speaks", and "Autism Society: Home". The final result is "Autism - Wikipedia". On the right side of the page is a knowledge panel for "Autism", also called "autism spectrum disorder". It has tabs for "ABOUT", "SYMPTOMS", and "TREATMENTS". The "ABOUT" tab is selected. The panel includes a photo of a young child sitting on a couch, a definition: "A serious developmental disorder that impairs the ability to communicate and interact.", and a "Common" section stating "More than 200,000 US cases per year". It lists four key facts: "Treatment can help, but this condition can't be cured", "Chronic: can last for years or be lifelong", "Requires a medical diagnosis", and "Lab tests or imaging rarely required". At the bottom of the panel, it states "Autism spectrum disorder impacts the nervous system." and "The range and severity of symptoms can vary widely. Common symptoms include difficulty with communication, difficulty with social interactions, obsessive interests, and repetitive behaviors." It also mentions "Early recognition, as well as behavioral, educational, and family therapies may reduce symptoms and support development and learning."

MedlinePlus results

U.S. National Library of Medicine

MedlinePlus Trusted Health Information for You

Search: autism

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools

Home → Search Results

Related Topics

- Autism Spectrum Disorder
- Mitochondrial Diseases

Refine by Type

All Results (1,757)

- Health Topics (6)
- External Health Links (986)
- Drugs and Supplements (7)
- Medical Encyclopedia (24)
- MedlinePlus Magazine (8)
- Multiple Languages (4)
- National Institutes of Health (694)

Refine by Format

All Results (1,757)

- PDF (23)
- Images
- Videos (5)

Results 1 - 10 of 1,060 for **autism**

- Autism** Spectrum Disorder (National Library of Medicine)
Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts ...
<https://medlineplus.gov/autismspectrumdisorder.html> - Health Topics
- Autism** spectrum disorder
Autism; Autistic disorder; Asperger syndrome; Childhood disintegrative disorder; Pervasive developmental disorder ... to better diagnosis and newer definitions of ASD. Autism spectrum disorder now includes syndromes that used to ...
<https://medlineplus.gov/ency/article/001526.htm> - Medical Encyclopedia
- Learning about **Autism** (National Human Genome Research Institute)
Skip to main content Learning About **Autism** Enter Search Term(s): Español Research Funding An Overview Bioinformatics Current Grants Education and Training Funding Extramural Research News Features Funding Divisions Funding ...
<https://www.genome.gov/25522099> - External Health Links
- Autism** - resources
Resources - **autism** ... These organizations are good sources of information on **autism** : Association for Science in **Autism** Treatment -- www.asatonline ...
<https://medlineplus.gov/ency/article/002163.htm> - Medical Encyclopedia
- Autism** Society (Autism Society)
... Español Improving the lives of all affected by **autism**. The **Autism** Society is the nation's leading grassroots ... more Improving the lives of all affected by **autism**. The **Autism** Society is the nation's leading grassroots ...
www.autism-society.org - Other Resources
- Autism** (Nemours Foundation)
... School Counselors Kidney Stones Brain and Nervous System **Autism** KidsHealth > For Teens > **Autism** Print A A A ... it? And can it be treated? What is **Autism**? **Autism** is a word that refers to a ...
<https://kidshealth.org/en/teens/autism.html> - External Health Links
- Kids' Quest: **Autism** (Centers for Disease Control and Prevention)
... I Have Information For... Parents / Educators What is **autism** and how do I recognize a kid who might be diagnosed as having an **autism** spectrum disorder? Recommend on

748 results

U.S. National Library of Medicine

MedlinePlus Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

On this page

Basics <ul style="list-style-type: none">SummaryStart HereSymptomsDiagnosis and TestsTreatments and Therapies	Learn More <ul style="list-style-type: none">Living WithRelated IssuesSpecificsGenetics	See, Play and Learn <ul style="list-style-type: none">Health Check Tools
Research <ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Find an Expert	For You <ul style="list-style-type: none">ChildrenTeenagersPatient Handouts

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.

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

Get Autism Spectrum Disorder updates by email

Enter email address GO

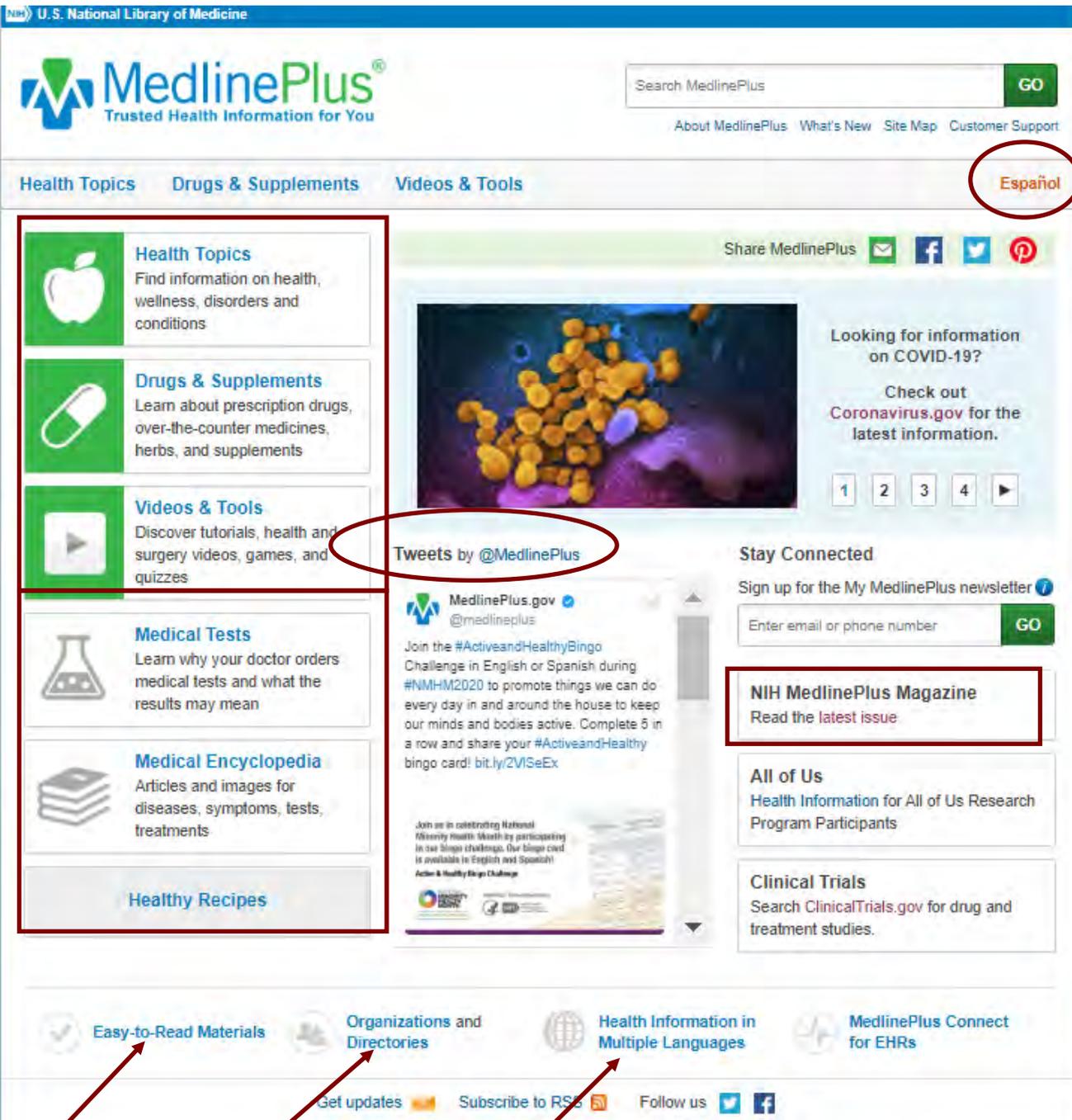
MEDICAL ENCYCLOPEDIA

- Asperger syndrome
- Autism
- Childhood disintegrative disorder

Related Health Topics

- Child Behavior Disorders

Autism health topic page



- Links to reliable, authoritative health websites
- Drugs | supplements | herbs
- Medical tests
- Medical encyclopedia
- Social media presence
- MedlinePlus Magazine
- Easy to Read Materials
- Links to local services
- English, Spanish and other languages
- No Advertisements!

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

<https://medlineplus.gov/>

MedlinePlus- health topic search

Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

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

Body Location/Systems	Disorders and Conditions	Demographic Groups
Blood, Heart and Circulation	Cancers	Children and Teenagers
Bones, Joints and Muscles	Diabetes Mellitus	Men
Brain and Nerves	Genetics/Birth Defects	Population Groups
Digestive System	Infections	Seniors
Ear, Nose and Throat	Injuries and wounds	Women
Endocrine System	Mental Health and Behavior	
Eyes and Vision	Metabolic Problems	
Immune System	Poisoning, Toxicology, Environmental Health	Health and Wellness
Kidneys and Urinary System	Pregnancy and Reproduction	Disasters
Lungs and Breathing	Substance Abuse Problems	Fitness and Exercise
Mouth and Teeth		Food and Nutrition
Skin, Hair and Nails	Diagnosis and Therapy	Health System
Female Reproductive System	Complementary and Alternative Therapies	Personal Health Issues
Male Reproductive System	Diagnostic Tests	Safety Issues
	Drug Therapy	Sexual Health Issues
	Surgery and Rehabilitation	Social/Family Issues
	Symptoms	Wellness and Lifestyle
	Transplantation and Donation	

Get email updates [Subscribe to RSS](#) Follow us

Home → Health Topics → Mental Health and Behavior

Mental Health and Behavior

[ADD](#) see [Attention Deficit Hyperactivity Disorder](#)

[ADHD](#) see [Attention Deficit Hyperactivity Disorder](#)

[Adolescent Development](#) see [Teen Development](#)

[Agoraphobia](#) see [Phobias](#)

[Alzheimer's Disease](#)

[Amnesia](#) see [Memory](#)

[Anorexia Nervosa](#) see [Eating Disorders](#)

[Antidepressants](#)

[Antisocial Personality Disorder](#) see [Personality Disorders](#)

[Anxiety](#)

[Asperger Syndrome](#) see [Autism Spectrum Disorder](#)

[Attention Deficit Hyperactivity Disorder](#)

[Autism](#) see [Autism Spectrum Disorder](#)

[Autism Spectrum Disorder](#)

[Baby Blues](#) see [Postpartum Depression](#)

[Bereavement](#)

[Bi-polar Disorder](#) see [Bipolar Disorder](#)

[Binge Eating](#) see [Eating Disorders](#)

[Bipolar Disorder](#)

[Borderline Personality Disorder](#) see [Personality Disorders](#)

[Bulimia](#) see [Eating Disorders](#)

[Cancer--Living with Cancer](#)

[Child Behavior Disorders](#)

[Child Mental Health](#)

[Chronic Illness, Coping](#) see [Coping with Chronic Illness](#)

[Compulsive Gambling](#)

[Conduct Disorder](#) see [Child Behavior Disorders](#)

[Coping with Chronic Illness](#)

MedlinePlus- health topic page

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

Health Topics Drugs & Supplements Videos & Tools

Home → Health Topics → Teen Mental Health

Teen Mental Health

On this page

Basics <ul style="list-style-type: none">SummaryStart HereDiagnosis and TestsTreatments and Therapies	Learn More <ul style="list-style-type: none">Related IssuesSpecifics	See, Play and Learn <ul style="list-style-type: none">Health Check Tools
Research <ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Find an Expert	For You <ul style="list-style-type: none">TeenagersPatient Handouts

Summary

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
- Feel depressed (sad and hopeless)

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

Start Here

- Child and Adolescent Mental Health (NIH) (National Institute of Mental Health)

Diagnosis and Tests

- Mental Health Conditions (Department of Health and Human Services, Office on Women's Health)
- Understanding Your Teen's Emotional Health (American Academy of Family Physicians)
Also in Spanish

Treatments and Therapies

- 11 Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent (American Academy of Child and Adolescent Psychiatry) - PDF
Also in Spanish
- Antidepressant Medications for Children and Adolescents: Information for Parents and Caregivers (NIH) (National Institute of Mental Health)
- Antidepressants for Children and Teens (Mayo Foundation for Medical Education and Research)
Also in Spanish
- Going to a Therapist (Nemours Foundation)
Also in Spanish
- Mental Health Medications (NIH) (National Institute of Mental Health)
- Psychotherapies for Children and Adolescents (American Academy of Child and Adolescent Psychiatry)
Also in Spanish
- Residential Treatment Programs (American Academy of Child and Adolescent Psychiatry)

Related Issues

- BAM! Guide to Getting Along (Centers for Disease Control and Prevention)
- Coping with Cliques (Nemours Foundation)
Also in Spanish
- Dealing with a Health Condition (Nemours Foundation)
Also in Spanish
- Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do (NIH) Easy-to-Read (National Institute of Mental Health)
Also in Spanish
- How Can I Deal with My Anger (Nemours Foundation)
Also in Spanish
- How Can I Help a Friend Who Cuts? (Nemours Foundation)
Also in Spanish
- Partnering with Your Child's School: A Guide for Parents (HSC Foundation) - PDF
- Peer Pressure (Nemours Foundation)
Also in Spanish
- Resilience for Teens: Got Bounce? (American Psychological Association)

Self-Harm

Teen Depression

Also in Spanish

- Trichotillomania (Nemours Foundation)

Health Check Tools

- How's Your Self-Esteem? (Quiz) (Nemours Foundation)

Statistics and Research

- Children's Mental Health: Data & Statistics (Centers for Disease Control and Prevention)
- Combinations of Types of Mental Health Services Received in the Past Year Among Young Adults (Substance Abuse and Mental Health Services Administration)
- Heritability Maps May Hold Clues to Delayed Onset of Mental Disorders (NIH) (National Institute of Mental Health)
- Psychotropic Medication Use among Adolescents: United States, 2005-2010 (National Center for Health Statistics)
- Therapy Reduces Risk in Suicidal Youth (NIH) (National Institute of Mental Health)
- Use of Selected Nonmedication Mental Health Services by Adolescent Boys and Girls with Serious Emotional or Behavioral Difficulties: United States, 2010-2012 (National Center for Health Statistics)

Clinical Trials

- ClinicalTrials.gov: Teen Mental Health (NIH) (National Institutes of Health)

Journal Articles

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

- Article: Addressing Children's Mental Health.
- Article: The effect of Three-Circle Post Standing (Zhanzhuang) Qigong on the...
- Article: Examining the relationship between sports participation and youth developmental outcomes...
- Teen Mental Health -- see more articles
- Teen mental health problems -- see more articles

Find an Expert

- American Academy of Child and Adolescent Psychiatry
- Behavioral Health and Substance Abuse Treatment Services Locator (Substance Abuse and Mental Health Services Administration)
- KidsHealth (Nemours Foundation)
- National Institute of Mental Health (NIH)
- National Suicide Prevention Lifeline (Substance Abuse and Mental Health Services Administration)
Also in Spanish
- Psychologist Locator (American Psychological Association)

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine
Pacific Northwest Region

Searching MedlinePlus – search box

The screenshot shows the MedlinePlus website interface. At the top left is the NIH logo and the text 'U.S. National Library of Medicine'. The MedlinePlus logo is prominently displayed with the tagline 'Trusted Health Information for You'. A search box in the top right contains the text 'teen mental health' and a green 'GO' button. Below the search box are navigation links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. A secondary navigation bar includes 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and 'Español'. The main content area shows search results for 'teen mental health'. On the left, there are two 'Refine by' sections: 'Refine by Type' and 'Refine by Format'. The 'Refine by Type' section lists categories like 'Health Topics (39)', 'External Health Links (1,435)', 'Drugs and Supplements (13)', 'Medical Encyclopedia (41)', 'MedlinePlus Magazine (6)', 'Multiple Languages (18)', and 'National Institutes of Health (316)'. The 'Refine by Format' section lists 'PDF (85)', 'Images', and 'Videos (7)'. The main results area features a featured article titled 'Teen Mental Health' with a blue header, a short text snippet, a small image of two people, and a '(Read more)' link. Below this, it shows 'Results 1 - 10 of 1,582 for teen mental health'. The first result is '1. Teen Mental Health (National Library of Medicine)', which is highlighted with a red box. This result includes a snippet of text and a URL: 'https://medlineplus.gov/teenmentalhealth.html - Health Topics'. Other results include links to 'Child and Adolescent Mental Health', 'ClinicalTrials.gov: Teen Mental Health', and 'Easy-to-Read'.

(National Library of Medicine) indicates a health topic page

MedlinePlus- videos & tools

The screenshot shows the MedlinePlus website interface. At the top, there is a blue header with the NIH logo and the text "U.S. National Library of Medicine". Below this is the MedlinePlus logo, which consists of a stylized green and blue cross with a white heart inside, followed by the text "MedlinePlus" in green and "Trusted Health Information for You" in blue. To the right of the logo is a search bar with the placeholder text "Search MedlinePlus" and a green "GO" button. Below the search bar are links for "About MedlinePlus", "Site Map", "FAQs", and "Customer Support".

Below the header is a navigation bar with the following items: "Health Topics", "Drugs & Supplements", "Videos & Tools" (which is highlighted), and "Español".

The main content area starts with a breadcrumb trail: "Home → Videos & Tools". Below this is the section title "Videos & Tools" in bold, followed by social media icons for email, Facebook, Twitter, and Google+. A paragraph of text reads: "Watch health videos on topics such as anatomy, body systems, and surgical procedures. Test your knowledge with interactive tutorials and games. Check your health with calculators and quizzes."

There are four main content boxes on the left side, each with an icon and a title:

- Health Videos**: Icon of a first aid kit. Text: "View videos of anatomy and body systems and how diseases and conditions affect them."
- Surgery Videos**: Icon of a person with a plus sign. Text: "Find videos of operations and surgical procedures."
- Health Check Tools**: Icon of a stethoscope. Text: "Check your health with interactive calculators, quizzes and questionnaires."
- Games**: Icon of a heart with a plus sign. Text: "Boost your health knowledge by playing interactive health games."

On the right side, there is a search box titled "Search all Videos & Tutorials" with a green "GO" button. Below this are three buttons with rounded corners and blue text:

- Understanding Medical Words Tutorial
- Evaluating Health Information Tutorial
- To Your Health: NLM Update Podcast

MedlinePlus- videos & tools examples

NIH U.S. National Library of Medicine

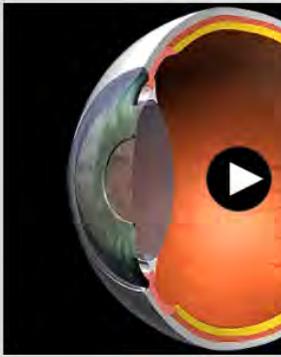


Health Topics Drugs & Suppl

Home → Videos & Tools → Health Videos

Macular degeneration

No audio description With audio description



For closed captioning, click the CC button in the video player keyboard shortcuts

Overview

The macula is the part of the retina that provides central vision. Macular degeneration results from a breakdown of the choroid layer of blood vessels behind the retina.

Review Date 8/15/2017

Updated by: Franklin W. Lusby, MD, MPH, reviewed by David Zieve, MD, MHA, M.D., A.D.A.M. Editorial team.

National Network of Libraries of Medicine Pacific Northwest Region

CDC Centers for Disease Control and Prevention CDC 24/7: Saving Lives. Protecting People

Immunization Schedules

Schedules Home

- For Health Care Professionals
- For Everyone: Easy-to-read Schedules
- Infants and Children
- Preteens and Teens
- Adults
- Display Immunization Schedules and Quiz on Your Website
- Web Buttons
- Past Immunization Schedules

Get Email Updates

To receive email updates about this page, enter your email address:

Submit

Related Information

- Vaccines & Immunizations
- Vaccines You Need as an Adult



HOME

WHY WE SLEEP

HOW SLEEP WORKS

SLEEP AND YOU

CAN'T SLEEP?

DREAMS

BRING OUT THE STARS

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SLEEP FOR KIDS

Teaching Kids The Importance of Sleep

A Service of the NATIONAL SLEEP FOUNDATION



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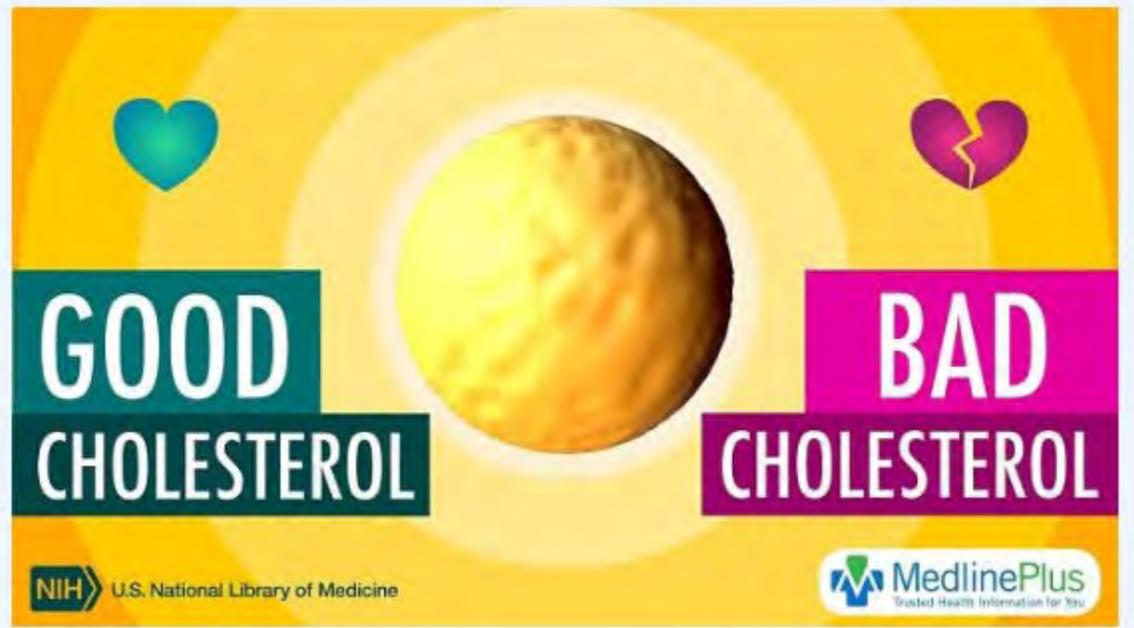
Health Topics Drugs & Suppl

Home → Videos and Tools → Evaluating Internet Health Information

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

- This tutorial teaches you how to evaluate information from the Internet.
- You need the Flash plug-in, version 9.0.0.32 or later, and Java software before you start.
- The tutorial runs automatically, but you can stop it at any time.

Learn how you can download a version of the tutorial for use when no Internet connection is available. Read the transcript of the tutorial.



GOOD CHOLESTEROL

BAD CHOLESTEROL

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Cholesterol Good and Bad

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Safe Sleep for Your Baby

Find out how to reduce the risk of SIDS and other sleep-related causes of infant death.

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In the News



Acute Flaccid Myelitis (AFM)

Information on this rare disease that affects the spinal cord in children.



Periodontal Disease

Researchers identify immune response to bone loss in gum disease.

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Special Issue: Parenting

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Safeguarding Our Health Vaccines Protect Us All

[Send us your comments](#)

We share more than food and culture within our homes and communities. We can also spread disease. Luckily, we live in a time when vaccines can protect us from many of the most serious illnesses. Staying current on your shots helps you—and your neighbors—avoid getting and spreading disease.



Vaccines have led to large reductions in illness and death for both kids and adults, says Dr. David M. Koelle, a vaccine expert at the University of Washington in Seattle. One study estimated that, among U.S. children born from 1994 to 2013, vaccines will prevent about 322 million illnesses, 21 million hospitalizations, and 732,000 deaths.

Vaccines harness your **immune system's** natural ability to detect and destroy disease-causing germs and then "remember" the best way to fight these germs in the future. Vaccination, or immunization, has completely eliminated naturally occurring smallpox worldwide—to the point that we no longer need to get shots against this fast-spreading, deadly disease. Polio has

Wise Choices

Recommended Vaccines

Talk to your doctor about these shots.

Learn more on [the CDC website](#):

- Bacterial meningitis
- Chickenpox
- Haemophilus influenzae type b
- Hepatitis A and Hepatitis B
- Cervical & other cancers caused by human papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, and Rubella—MMR
- Pneumococcal pneumonia
- Rotavirus diarrhea
- Shingles
- Tetanus, Diphtheria, and Pertussis (whooping cough)—DTaP/Tdap

Links

- [Community Immunity](#)
- [Protect Yourself Against HPV](#)
- [Measles: Preventable with Vaccines](#)
- [How To Whip Whooping Cough](#)
- [Vaccines and Immunizations \(CDC\)](#)
- [Immunization Schedules for Everyone \(CDC\)](#)
- [Vaccines for Children \(FDA\)](#)

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Institutes at NIH

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Directors of NIH Institutes and Centers

NIH Institute and Center Contact Information

NIH Office of the Director

List of NIH Institutes, Centers, and Offices

NIH Offices

NIH Office of the Director (OD)
The Office of the Director is the central office at NIH for its 27 Institutes and Centers. The OD is responsible for setting policy for NIH and for planning, managing, and coordinating the programs and activities of all the NIH components. OD program offices include the Office of AIDS Research and the Office of Research on Women's Health, among others.

NIH Institutes

National Cancer Institute (NCI) — Est. 1937
NCI leads a national effort to eliminate the suffering and death due to cancer. Through basic and clinical biomedical research and training, NCI conducts and supports research that will lead to a future in which we can prevent cancer before it starts, identify cancers that do develop at the earliest stage, eliminate cancers through innovative treatment interventions, and biologically control those cancers that we cannot eliminate so they become manageable, chronic diseases.

Quick Links

- NCI
- NEI
- NHLBI
- NHGRI
- NIA
- NIAAA
- NIAID
- NIAMS
- NIBIB
- NICHD
- NIDCD
- NIDCR
- NIDDK
- NIDA
- NIEHS
- NIGMS
- NIMH
- NIMHD
- NINDS
- NINR
- NLM
- CC
- CIT
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- FIC
- NCATS
- NCCIH
- OD

NIH National Institute of Arthritis and Musculoskeletal and Skin Diseases

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Apply now for the summer intern program

NIAMS Coalition: See recent meeting summary

Health Topics

Arthritis and Rheumatic Diseases
Arthritis is a type of rheumatic disease. Rheumatic diseases usually affect joints.

Resources

Portal en español
Find Spanish-language resources for conditions of bones, joints, muscles, and...

Multi-lingual and Multi-cultural

MedlinePlus and other resources

NIH and MedlinePlus- Spanish

NIH National Institutes of Health
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- Drogas, alcohol y tabaco
- Enfermedades y afecciones

¿Tiene una pregunta de salud y no puede encontrar la respuesta? Pregúntele a Carla, su guía de información de salud. Cada mes Carla responderá a una pregunta frecuente y le proporcionará

[NIH information in Spanish](https://salud.nih.gov/) <https://salud.nih.gov/>

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[Temas de salud](#) [Medicinas y suplementos](#) [Videos y multimedia](#) [English](#)

Temas de salud

Infórmese sobre temas de salud, bienestar, enfermedades y condiciones

Medicinas y suplementos

Aprenda sobre sus medicamentos de receta, de venta libre, hierbas y suplementos

Videos y multimedia

Descubra tutoriales, videos de cirugías, juegos y herramientas virtuales

Pruebas de laboratorio

Entérese por qué el doctor pide esa prueba y qué significan sus resultados

Enciclopedia médica

Artículos e imágenes sobre enfermedades, síntomas, exámenes, tratamientos

[Documentos de lectura fácil](#)

¿Su dieta necesita un poco de color?

Visite nuestra página sobre nutrición para conocer cómo darle más variedad a su plato.

1 2 3 4 II

Tweets de @MedlinePlusEsp

MedlinePlus Español @MedlinePlusEsp

Las chinches se alimentan de sangre humana. ¿Cómo prevenir que aparezcan chinches de cama en tu hogar? Entérate aquí ow.ly/rrkC30mkj5h

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Trusted Health Information for You

Health Topics Drugs & Supplements Videos & Tools

Home → Multiple Languages

Health Information in Multiple Languages

Use these links to find health information in languages other than English. See our [quick tour](#).

Browse information in multiple languages by **health topic**.

- Albanian (Gjuha Shqipe)
- Amharic (Amariñña / አማርኛ)
- Arabic (العربية)
- Armenian (Հայերեն)
- Bengali (Bangla / বাংলা)
- Bosnian (bosanski)
- Burmese (myanma bhasa)
- Cape Verdean Creole (Kabuverdianu)
- Chinese, Simplified (Mandarin dialect) (简体中文)
- Chinese, Traditional (Cantonese dialect) (繁體中文)
- Chuucese (Trukese)
- Dari (دري)
- Dzongkha (ཇོང་ཁ)
- Farsi (فارسی)
- French (français)
- German (Deutsch)
- Gujarati (ગુજરાતી)
- Haitian Creole (Kreyol ayisyen)
- Hakha Chin (Laiholh)
- Hindi (हिन्दी)

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Trusted Health Information for You

Health Topics Drugs & Supplements Videos & Tools

Home → Multiple Languages → Armenian (Հայերեն)

Health Information in Armenian (Հայերեն)

Go to: **A B C D E F G H I J K L M N**

HealthReach resources will open in a new window.

B

Bacterial Infections

- Vaccine Information Statement (VIS) -- Pneumococcal Polysaccharide Vaccine: What You Need to Know - English PDF
- Vaccine Information Statement (VIS) -- Pneumococcal Polysaccharide Vaccine: What You Need to Know - Հայերեն (Armenian) PDF

Centers for Disease Control and Prevention

C

Chickenpox

- Vaccine Information Statement (VIS) -- Chickenpox Vaccine: What You Need to Know - English PDF
- Vaccine Information Statement (VIS) -- Chickenpox Vaccine: What You Need to Know - Հայերեն (Armenian) PDF

Centers for Disease Control and Prevention

Childhood Immunization

- Vaccine Information Statement (VIS) -- Your Child's First Vaccines: What You Need to Know - English PDF
- Vaccine Information Statement (VIS) -- Your Child's First Vaccines: What You Need to Know - Հայերեն (Armenian) PDF

Centers for Disease Control and Prevention

ՊԱՏՎԱՍՏՄԱՆ ՄԱՍԻՆ ՏԵՂԵԿՎԱՏՎԱԿԱՆ ՀԱՅՏԱՐԱՐՈՒԹՅՈՒՆ

Ջրծաղիկի պատվաստանքի մասին

Ինչ պետք է իմանաք

1 Ինչու պատվաստում ստանալ

Ջրծաղիկը (որը նաև անվանում են «վարիցելա») տարածված մանկական հիվանդություն է: Այն սովորաբար ընթանում է մեղմ, սակայն կարող է նաև լինել լուրջ մահավանդ նորածինների և մեծահասակների մոտ:

- Այն առաջացնում է ցան, բոր, տեղը և հոգեանոթային:
- Այն կարող է հանգեցնել մաշկի ծանր վարակների, սպինների, թոքաբորբի, ուղեղի ժայռակների կամ մահվան:
- Ջրծաղիկի վիրուսը կարող է փոխանցվել մարդուց մարդ օդակաթիլային կամ ջրծաղիկի պատճառով առաջացած բշտիկներից հեղուկին դիպելու ճանապարհով:
- Ջրծաղիկ տարածների մոտ տարիներ անց կարող է առաջանալ ցավոտ ցան, որն ստացել է «գոտեռոբին» անվանումով:
- Պատվաստանքի մշակումից առաջ Միացյալ Նահանգներում ամեն տարի մոտ 11 000 մարդ ջրծաղիկի պատճառով հոսպիտալացվում էր:
- Պատվաստանքի մշակումից առաջ Միացյալ Նահանգներում ամեն տարի ջրծաղիկից մահանում էր մոտ 100 մարդ:

Ջրծաղիկի պատվաստանքը կարող է կանխարգելել հիվանդությունը:

Ջրծաղիկի դեմ պատվաստում ստացած մարդկանց մեծամասնությունը ջրծաղիկով չի հիվանդանում: Սակայն, եթե ջրծաղիկի դեմ պատվաստում ստացած մարդը հիվանդանալով, ապա հիվանդության ընթացքը մեղմ կլինի: Այս մարդկանց մոտ այդքան շատ բշտիկ չի առաջանում, նրանց մոտ ավելի հազվադեպ է բարձրանում ջերմությունը, նրանք ավելի արագ են ապաքինվում:

2 Ո՞վ պետք է ստանա ջրծաղիկի դեմ պատվաստում և ե՞րբ

Պատվաստանքը պետք է ստանա յուրաքանչյուր ծնունդով երեք և 5 տարեկան մեծահասակները, որոնք երբեք ջրծաղիկ չեն տարել, պետք է ստանան պատվաստում 2 դեղաչափ հետևյալ տարիներում:

1-ին դեղաչափը՝ 2-րդ դեղաչափը	12-15 ամսեկանում 4-ից 6 տարեկանում (կարելի է պատվաստել ավելի շուտ 1-ին դեղաչափից առավել 3 ամիս անց)
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13 տարեկան և ավելի մեծ տարիքի անհիք (ովքեր ջրծաղիկ երբեք չեն տարել կամ երբեք պատվաստված չեն եղել ջրծաղիկի դեմ պետք է ստանան երկու դեղաչափ՝ առավել 28 օր տարբերությամբ:

Varicella VIS - Armenian (3/13/08)

VACCINE INFORMATION STATEMENT

Varicella (Chickenpox) Vaccine: What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vi.
Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vi.

1 Why get vaccinated?

Varicella (also called chickenpox) is a very contagious viral disease. It is caused by the varicella zoster virus. Chickenpox is usually mild, but it can be serious in infants under 12 months of age, adolescents, adults, pregnant women, and people with weakened immune systems.

Chickenpox causes an itchy rash that usually lasts about a week. It can also cause:

- fever
- tiredness
- loss of appetite
- headache

More serious complications can include:

- skin infections
- infection of the lungs (pneumonia)
- inflammation of blood vessels
- swelling of the brain and/or spinal cord coverings (encephalitis or meningitis)
- blood stream, bone, or joint infections

Some people get so sick that they need to be hospitalized. It doesn't happen often, but people can die from chickenpox. Before varicella vaccine, almost everyone in the United States got chickenpox, an average of 4 million people each year.

Children who get chickenpox usually miss at least 5 or 6 days of school or childcare.

Some people who get chickenpox get a painful rash called shingles (also known as herpes zoster) years later.

Chickenpox can spread easily from an infected person to anyone who has not had chickenpox and has not gotten chickenpox vaccine.

2 Chickenpox vaccine

Children 12 months through 12 years of age should get 2 doses of chickenpox vaccine, usually:

- First dose: 12 through 15 months of age
- Second dose: 4 through 6 years of age

People 13 years of age or older who didn't get the vaccine when they were younger, and have never had chickenpox, should get 2 doses at least 28 days apart.

A person who previously received only one dose of chickenpox vaccine should receive a second dose to complete the series. The second dose should be given at least 3 months after the first dose for those younger than 13 years,

and at least 28 days after the first dose for those 13 years of age or older.

There are no known risks to getting chickenpox vaccine at the same time as other vaccines.

There is a combination vaccine called MMRV that contains both chickenpox and MMR vaccines. MMRV is an option for some children 12 months through 12 years of age. There is a separate Vaccine Information Statement for MMRV. Your health care provider can give you more information.

3 Some people should not get this vaccine

Tell your vaccine provider if the person getting the vaccine:

- Has any severe, life-threatening allergies.** A person who has ever had a life-threatening allergic reaction after a dose of chickenpox vaccine, or has a severe allergy to any part of this vaccine, may be advised not to be vaccinated. Ask your health care provider if you want information about vaccine components.
- Is pregnant, or thinks she might be pregnant.** Pregnant women should wait to get chickenpox vaccine until after they are no longer pregnant. Women should avoid getting pregnant for at least 1 month after getting chickenpox vaccine.
- Has a weakened immune system** due to disease (such as cancer or HIV/AIDS) or medical treatments (such as radiation, immunotherapy, steroids, or chemotherapy).
- Has a parent, brother, or sister with a history of immune system problems.**
- Is taking salicylates (such as aspirin).** People should avoid using salicylates for 6 weeks after getting varicella vaccine.
- Has recently had a blood transfusion or received other blood products.** You might be advised to postpone chickenpox vaccination for 3 months or more.
- Has tuberculosis.**

HealthReach

- Multilingual and multicultural
- Health education materials in various languages and formats
- Provider information
- National collaboration
- Submit your resources

[HealthReach](#)

The screenshot shows the HealthReach website header with the logo and tagline 'Health Information In Many Languages', the NIH logo, and navigation links for Home, Provider Info, A-Z Index, and Data Viz. A search bar is prominently displayed with a 'Search' button and filters for All Languages, All Formats, and All Authors. Below the search bar, there is a 'Featured Resources' section titled 'Opioid Misuse and Addiction Resources' with a 'NEW' tag. This section includes a brief description of the collection and two lists of resource links: one for 'Opioids' and one for 'Opioid addiction'.

HealthReach
Health Information In Many Languages

NIH U.S. National Library of Medicine

Home Provider Info A-Z Index Data Viz

Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Search

All Languages All Formats All Authors

Featured Resources

Opioid Misuse and Addiction Resources **NEW**

In response to the current opioid crisis, the National Library of Medicine partnered with [Healthy Roads Media](#) to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read handouts, videos, and audio recordings in English and Spanish.

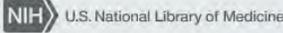
Opioids

1. [Basics](#)
2. [Pain](#)
3. [Prescription opioid medicines](#)
4. [Opioid pain medication management](#)
5. [What you should know if your child is prescribed opioids for pain](#)
6. [Getting rid of unused opioids](#)

Opioid addiction

1. [What is drug addiction?](#)
2. [Why do people take drugs?](#)
3. [Opioids and the brain](#)
4. [Why do some people become addicted to drugs, while others do not?](#)
5. [The effects of opioid misuse on the body](#)
6. [Fentanyl](#)
7. [Heroin](#)
8. [Prescription opioids and illegal opioids – What is the connection?](#)
9. [Comorbidity or dual diagnosis](#)

HealthReach- patient materials

Home Provider Info A-Z Index Data Viz

Search for Patient Materials

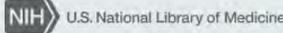
Find culturally relevant information in multiple languages and formats about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video. Search by language, choose a format, or browse by keyword.

All Languages ▾ All Formats ▾ All Authors ▾

1-10 of 18 results

10 per page ▾

Title	Format	Languages
Influenza	Document	English; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); French; Hindi; Japanese; Korean; Russian; Somali; Spanish; Ukrainian
Flu and You	Document	English; Amharic; Arabic; Burmese; Dzongkha; Farsi; Karen; Kirundi; Nepali; Oromo; Somali; Spanish
Home Care for Pandemic Flu	Document	English; Arabic; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); French; Hindi; Japanese; Korean; Russian; Somali; Spanish; Vietnamese
Pandemic Flu: What It Is and How to Prepare	Document	English; Arabic; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); French; Hindi; Japanese; Korean; Russian; Somali; Spanish; Vietnamese
Vaccine Information Statement (VIS) – Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know	Document	English; Amharic; Arabic; Armenian; Bengali; Burmese; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); Chuukese; Dari; Farsi; French; German; Haitian Creole; Hindi; Hmong; Ilocano; Indonesian; Japanese; Karen; Khmer; Kinyarwanda; Korean; Marshallese; Nepali; Oromo; Pashto; Polish;

Home Provider Info A-Z Index Data Viz

← Back to Search Results

Flu and You

Resource Properties

Abstract:

This six-page brochure educates people about influenza (flu). It uses text and illustrations to show how the flu is spread, and discusses symptoms and prevention, handwashing, treatment, and when to seek emergency medical care. Contact information for the CDC is provided.

Author(s): Centers for Disease Control and Prevention

Country of Origin: United States

Medical Reviewer: Coming soon

Other Reviewer: Coming soon

Development Method: Resource developed in English and translated into other languages

Translation Method: Community review
This translation was evaluated by a representative or group from the community for accuracy and cultural relevance.

Community Participation: coming soon

Country: N/A

Population: N/A

Resource Creation Date: Coming soon

Copyright: In the Public Domain

Last Reviewed by Author(s): 8/2/2016

Record Last Updated: 8/7/2017

Access Resource

Language	Document	Video	Audio
English	Open (PDF, 2.96 MB)		
Amharic	Open (PDF, 2.98 MB)		
Arabic	Open (PDF, 2.94 MB)		
Burmese	Open (PDF, 2.93 MB)		
Dzongkha	Open (PDF, 4.52 MB)		
Farsi	Open (PDF, 2.9 MB)		
Karen	Open (PDF, 4.14 MB)		
Kirundi	Open (PDF, 2.93 KB)		
Nepali	Open (PDF, 2.96 KB)		
Oromo	Open (PDF, 2.93 KB)		
Somali	Open (PDF, 2.94 KB)		
Spanish	Open (PDF, 3.07 KB)		

Drug Information

Including herbal and supplements

MedlinePlus- Drugs & Supplements

The screenshot shows the MedlinePlus website interface. At the top, there is a blue header with the NIH logo and the text 'U.S. National Library of Medicine'. Below this is the MedlinePlus logo, which consists of a stylized 'M' made of green and blue shapes, followed by the text 'MedlinePlus' and 'Trusted Health Information for You'. To the right of the logo is a search bar with the placeholder text 'Search MedlinePlus' and a green 'GO' button. Below the search bar are links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. A navigation bar below the search bar contains 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and a language selector for 'Español'. The main content area starts with a breadcrumb trail 'Home → Drugs, Herbs and Supplements'. The title 'Drugs, Herbs and Supplements' is prominently displayed. Below the title are social media icons for email, Facebook, Twitter, and Google+. The 'Drugs' section is highlighted, with a description: 'Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.' Below this is a 'Browse by generic or brand name:' section with a grid of letters from A to Z and '0-9'. A note states: 'For FDA approved labels included in drug packages, see DailyMed.' The 'Herbs and Supplements' section follows, with a description: 'Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.' Below this is a large blue button labeled 'All herbs and supplements'. At the bottom of the main content area, there is a copyright notice: 'Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland; Copyright © 2018. All Rights Reserved.' On the right side of the page, there is a 'Related Topics' section with a list of links: 'HIV/AIDS Medicines', 'Antibiotics', 'Antidepressants', 'Blood Pressure Medicines', 'Blood Thinners', 'Cancer Alternative Therapies', 'Cancer Chemotherapy', 'Cold and Cough Medicines', and 'Complementary and Alternative'.

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Drugs, Herbs and Supplements

Drugs, Herbs and Supplements

✉ Facebook Twitter Google+

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

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland; Copyright © 2018. All Rights Reserved.

Related Topics

- HIV/AIDS Medicines
- Antibiotics
- Antidepressants
- Blood Pressure Medicines
- Blood Thinners
- Cancer Alternative Therapies
- Cancer Chemotherapy
- Cold and Cough Medicines
- Complementary and Alternative

MedlinePlus- drug information

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Drugs, Herbs and Supplements → Drugs: O

Other drug names A-Z

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

Drugs: O

- Obeticholic Acid
- Obinutuzumab Injection
- Ocaliva ® see Obeticholic Acid
- Ocella ® (as a combination product containing Drospirenone, Ethinyl Estradiol) see Estrogen and Progestin (Oral Contraceptives)
- Ocrelizumab Injection
- Ocrevus ® see Ocrelizumab Injection
- Octreotide Injection
- Ocu-Cort ® (as a combination product containing Bacitracin Zinc, Hydrocortisone, Neomycin, Polymyxin B Sulfates) see Bacitracin Ophthalmic
- Ocu-Mycin ® see Gentamicin Ophthalmic
- Ocu-Tropine ® see Atropine Ophthalmic
- Ocufen ® see Flurbiprofen Ophthalmic
- Ocuflox ® see Ofloxacin Ophthalmic
- Odefsey ® (as a combination product containing Emtricitabine, Rilpivirine, Tenofovir) see Emtricitabine, Rilpivirine, and Tenofovir
- Odomzo ® see Sonidegib
- Ofatumumab Injection
- Ofev ® see Nintedanib
- Ofirmev ® see Acetaminophen Injection
- Ofloxacin

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MedlinePlus
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Search MedlinePlus

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Drugs, Herbs and Supplements → Oxycodone

Oxycodone
pronounced as (ox i koe' done)

Why is this medication prescribed?	What side effects can this medication cause?
How should this medicine be used?	What should I know about storage and disposal of this medication?
Other uses for this medicine	In case of emergency/overdose
What special precautions should I follow?	What other information should I know?
What special dietary instructions should I follow?	Brand names
What should I do if I forget a dose?	Brand names of combination products

IMPORTANT WARNING:

Oxycodone may cause serious or life-threatening breathing problems, especially during the first 24 to 72 hours of your treatment and any time your dose is increased. Your doctor will monitor you carefully during your treatment. Tell your doctor if you have or have ever had slowed breathing or asthma. Your doctor will probably tell you not to take oxycodone. Also tell your doctor if you have or have ever had lung disease such as chronic obstructive pulmonary disease (COPD; a group of diseases that affect the lungs and airways), a head injury or any condition that increases the amount of pressure in your brain. The risk that you will develop breathing problems may be higher if you are an older adult or are weak or malnourished due to disease. If you experience any of the following symptoms, call your doctor immediately or get emergency medical treatment: slowed breathing, long pauses between breaths, or shortness of breath.

Taking certain other medications with oxycodone may increase the risk of serious or life-threatening breathing problems, sedation, or coma. Tell your doctor and pharmacist if you are taking or plan to take any of the following medications: certain antibiotics such as clarithromycin (Biaxin, in PrevPac) and erythromycin (Erytab, Erythrocin); certain antifungal medications including itraconazole (Onmel, Sporanox), ketoconazole (Nizoral), and voriconazole (Vfend); benzodiazepines such as alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), diazepam (Dialstat, Valium), estazolam, flurazepam, lorazepam (Ativan), oxazepam, temazepam (Restoril), and triazolam (Halcion); carbamazepine (Carbatrol, Epitol, Equetro, Tegretol, Teril); medications for mental illness, nausea or pain; muscle relaxants; certain medications for human immunodeficiency virus (HIV) including indinavir (Crixivan), nelfinavir (Viracept), and ritonavir (Norvir, in Kaletra); phenytoin (Dilantin, Phenytek); rifabutin (Mycobutin), rifampin (Rifadin, Rimactane, in Rifamate); sedatives; sleeping pills; or tranquilizers. Your doctor may need to change the doses of your medication and will monitor you carefully. If you take oxycodone with any of these medications and you develop any of the following symptoms, call your doctor immediately or seek emergency medical care: unusual dizziness



MedlinePlus- herbs and supplements

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Health Topics Drugs & Supplements Videos & Tools

Home → Drugs, Herbs and Supplements

Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, 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
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 and drug interactions.

All herbs and supplements

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U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus GO

Health Topics Drugs & Supplements Videos & Tools

Home → Drugs, Herbs and Supplements → Herbs and Supplements

Herbs and Supplements

Go to: A B C D E F G H I J K L M N O P Q R S T

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

A

- [Acai](#) (National Center for Complementary and Integrative Health)
- [Activated Charcoal](#) (Natural Medicines Comprehensive Database)
- [Alfalfa](#) (Natural Medicines Comprehensive Database)
- [Aloe Vera](#) (National Center for Complementary and Integrative Health)
- [American Ginseng](#) (Natural Medicines Comprehensive Database)
- [Aristolochic Acids](#) (National Toxicology Program) - PDF
- [Arnica](#) (Natural Medicines Comprehensive Database)
- [Ashwagandha](#) (Natural Medicines Comprehensive Database)
- [Asian Ginseng](#) (National Center for Complementary and Integrative Health)
- [Astragalus](#) (National Center for Complementary and Integrative Health)

B

- [Bacillus Coagulans](#) (Natural Medicines Comprehensive Database)
- [Bee Pollen](#) (Natural Medicines Comprehensive Database)
- [Belladonna](#) (Natural Medicines Comprehensive Database)
- [Berberine](#) (Natural Medicines Comprehensive Database)
- [Beta-Carotene](#) (Natural Medicines Comprehensive Database)
- [Bifidobacteria](#) (Natural Medicines Comprehensive Database)
- [Bilberry](#) (National Center for Complementary and Integrative Health)

NIH National Institutes of Health
Office of Dietary Supplements

Strengthening Knowledge and Understanding of Dietary Supplements

Font Size

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Health Information News & Events For Researchers About ODS

Calcium

Fact Sheet for Consumers

Other Resources Health Professional Datos en español Consumer

Table of Contents

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

What is calcium and what does it do?

Calcium is a mineral found in many foods. The body needs calcium to maintain strong bones and to carry out many important functions. Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.

The body also needs calcium for muscles to move and for nerves to carry messages between the brain and every body part. In addition, calcium is used to help blood vessels move blood throughout the body and to help release [hormones](#) and [enzymes](#) that affect almost every function in the human body.

How much calcium do I need?

The amount of calcium you need each day depends on your age. Average daily recommended amounts are listed below in milligrams (mg):

Life Stage	Recommended Amount
Birth to 6 months	200 mg
Infants 7–12 months	260 mg
Children 1–3 years	700 mg
Children 4–8 years	1,000 mg
Children 9–13 years	1,300 mg
Teens 14–18 years	1,300 mg

Have a question?
Ask ODS: ods.od.nih.gov/contact

National Center for Complementary and Integrative Health (NCCIH)

The screenshot shows the NCCIH website homepage. At the top, there are navigation links for "U.S. Department of Health and Human Services", "National Institutes of Health", and "Información en Español". The NCCIH logo is prominently displayed on the left, with a search bar labeled "Search NCCIH" on the right. Below the logo, there are navigation tabs for "Health Info", "Research", "Grants & Funding", "Training", "News & Events", and "About NCCIH". A red banner at the top of the main content area reads "The COVID-19 outbreak is an emerging, rapidly evolving situation." Below this banner, there are two links: "View public health information from CDC" and "View research information from NIH". The main content area features a large image with the text "What does NCCIH do?" and a sub-headline "We conduct and support research and provide information about complementary health products and practices." Below this, there is a section titled "Health Information" with six icons and labels: "A-Z Health Topics A-Z", "Be an Informed Consumer", "For Health Care Professionals", "Herbs at a Glance", "Pain", and "Know the Science". At the bottom of the screenshot, there is a "Highlights" section.

- Health topics
- How to make health decisions
- Herbs at a Glance
- Safety Information
- Know the Science

[NCCIH](https://www.nccih.nih.gov)

NCCIH- Herbs

NIH...Turning Discovery Into Health Información en Español

Health Info | Research | Grants & Funding | Training | News & Events | About NCCIH

Herbs at a Glance

Share:    

Herbs at a Glance is a series of brief fact sheets that provides basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information.



© Steven Foster

- Acai
- Aloe Vera
- Asian Ginseng
- Astragalus
- Bilberry
- Bitter Orange
- Black Cohosh
- Bromelain
- Butterbur
- Cat's Claw
- Chamomile
- Chasteberry
- Cinnamon
- Cranberry
- Dandelion
- Echinacea
- Ephedra
- European Elder
- European Mistletoe
- Evening Primrose Oil
- Fenugreek
- Feverfew
- Flaxseed and Flaxseed Oil
- Garcinia Cambogia
- Garlic
- Ginger
- Ginkgo
- Goldenseal
- Grape Seed Extract
- Green Tea
- Hawthorn
- Hoodia
- Horse Chestnut
- Kava
- Lavender
- Licorice Root
- Milk Thistle
- Noni
- Passionflower
- Peppermint Oil
- Pomegranate
- Red Clover
- Rhodiola
- Sage
- Saw Palmetto
- Soy
- St. John's Wort
- Tea Tree Oil
- Thunder God Vine
- Turmeric
- Valerian
- Yohimbe

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NIH National Center for Complementary and Integrative Health

NIH...Turning Discovery Into Health

Health Info | Research | Grants & Funding | Training

HerbList App

Share:    

Put an herb database in the palm of your hand

Download HerbList™ – NCCIH's app for research-based information about the safety and effectiveness of herbal products.

Download the HerbList app today.

Download on the App Store

GET IT ON Google Play

The herb info you need in an on-the-go package

HerbList gives you fast, free access to science-based summaries on more than 50 popular herbs, such as aloe, chamomile, ginger, and turmeric. Features include:

- Information on the herbs' common names, history, and uses, plus what the science says about their effectiveness for health purposes
- Easy-to-find facts on potential safety problems, side effects, and herb-drug interactions
- A quick way to select your favorites, so that you can talk about them later with your doctor or pharmacist
- The option to work offline! No Internet connection is required for in-app navigation.

Find out what the science says about popular herbs

Shopping for herbal products? Take your herb database with you to the supermarket or drugstore. With HerbList on your phone or tablet, you'll have information on the science and safety of popular herbs at your fingertips when you need it most.

Get the facts about herbs from a trusted source—the National Institutes of Health. Download HerbList to your phone or tablet.

NNLM class - Will Duct Tape Cure My Warts?

Will Duct Tape Cure My Warts? Examining Complementary and Alternative Medicine

The goal of this class is to increase understanding of Complementary and Alternative Medicine (CAM). Students will learn the history of CAM and its impact on medical practices. They will learn how CAM is used, how to avoid "bad science" and how to look up evidence of the effectiveness of CAM therapies. This class is offered in person for 2 and 4 CE, and via Moodle for 8CE. Both classes will include lecture, discussion, and hands-on training.

Objectives

- Have knowledge of the definition and types of Complementary and Alternative Medicine (CAM).
- Have greater knowledge of the history of CAM and its impact on medical practice.
- Have greater understanding of usage of CAM.
- Increase confidence in evaluating health websites.
- Increase skills in avoiding "bad science" found on the Internet or in the news.
- Become more proficient in searching for evidence of the effectiveness of CAM.

Course Materials

2 CE hour class

- [Agenda](#)
- [Pretest](#)
- [PowerPoint](#)
- [Website Evaluation](#)
- [Website Recommendations](#)

Will Duct Tape Cure My Warts?
Examining Complementary and
Alternative Medicine
[Additional Details](#)

Monday, May 18, 2020 to Friday,
June 26, 2020 ET

Instructor(s):
Dana Abbey

[Register](#)

Will Duct Tape Cure My Warts?
Examining Complementary and
Alternative Medicine
[Additional Details](#)

Monday, November 2, 2020 to
Friday, December 11, 2020 ET

Instructor(s):
Dana Abbey

- Have knowledge of the definition and types of Complementary and Alternative Medicine (CAM).
- Have greater knowledge of the history of CAM and its impact on medical practice.
- Have greater understanding of usage of CAM.
- Become more proficient in searching for evidence of the effectiveness of CAM.

[Will Duct Tape Cure My Warts](#)



U.S. National Library of Medicine

National Network of Libraries of Medicine
Pacific Northwest Region

Pillbox

PILLBOX Home About Pillbox Developers Statistics, Data & Images Contact Old Pillbox

Identify or search

Start by selecting characteristics of the

Name or Ingredient Imprint Shape

SEARCH

Pillbox

PILLBOX Home About Pillbox Developers Statistics, Data & Images Contact Old Pillbox

Name or Ingredient 513 Capsule Yellow Inactive Ingredient

CLEAR ALL Advanced Search >

Pillbox



About Pillbox

The Pillbox website was developed to help quickly identify medications.



Developers

Pillbox's data and images API is a powerful tool for drug identification.

Contact Us

Do you have a question or comment about Pillbox? Need help learning

Statistics, Data & Images

Pillbox is one of the largest free databases of prescription and over-



Specific Health Topics

Diet, exercise, cancer, mental health, substance abuse

MedlinePlus diet and exercise

MedlinePlus Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W XYZ List of All Topics

Body Location/Systems	Disorders and Conditions	Demographic Groups
Blood, Heart and Circulation	Cancers	Children and Teenagers
Bones, Joints and Muscles	Diabetes Mellitus	Men
Brain and Nerves	Genetics/Birth Defects	Population Groups
Digestive System	Infections	Seniors
Ear, Nose and Throat	Injuries and Wounds	Women
Endocrine System	Mental Health and Behavior	
Eyes and Vision	Metabolic Problems	
Immune System	Poisoning, Toxicology, Environmental Health	
Kidneys and Urinary System	Pregnancy and Reproduction	
Lungs and Breathing	Substance Abuse Problems	
Mouth and Teeth		
Skin, Hair and Nails		
Female Reproductive System		
Male Reproductive System		

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)
- [Personal Health Issues](#)
- [Safety Issues](#)
- [Sexual Health Issues](#)
- [Social/Family Issues](#)
- [Wellness and Lifestyle](#)

MedlinePlus Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Healthy Recipe of the Week

Healthy Recipe of the Week

Staying healthy can be a challenge, but simple lifestyle changes can help a lot – like eating healthy and being physically active. Research shows that engaging in these health-promoting behaviors can help reduce the risk of heart attack and stroke.

These recipes show you how to prepare tasty, healthy meals. They use fat-free milk, small amounts of vegetable oil, lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, and lots of fresh herbs and spices for flavor. Follow these heart healthy tips to start a tradition of healthy eating in your family.

<p>Classic Macaroni and Cheese 45 minutes</p>	<p>Pupusas Revueltas 55 minutes</p>	<p>Mango Shake 5 minutes</p>	<p>Apple Coffee Cake 50 minutes</p>
--	--	---	--

Go4Life

Go4Life from the National Institute on Aging at NIH

Search

Get Started Try These Exercises Go to My Go4Life Get Free Stuff Be a Partner

Get Ready! Get Moving! Go4Life! Celebrate Go4Life Month in September!

GET INVOLVED



ACTIVITIES
Help older adults get ready and get moving during **Go4Life Month**.
Plan activities for each week. →

EXERCISE
Include endurance, strength, balance, and flexibility in your **Go4Life Month** plans.
Try all 4 types of exercise. →

MOTIVATION
Inspire others to move more, be safe, and track their exercise progress.
Share social media messages. →

Go4Life

Go4Life from the National Institute on Aging at NIH

Search

Get Started Try These Exercises Go to My Go4Life Get Free Stuff Be a Partner

BALANCE

Heel-to-Toe Walk



Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.

TIP: If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.

Go4Life Exercise—Heel-to-Toe Walk

BALANCE

Heel to Toe Walk



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MedlinePlus- Cancers

Home → Health Topics

Health Topics



Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W XYZ List of All Topics

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

Disorders and Conditions

- Cancers**
- Diabetes Mellitus
- Genetics/Birth Defects
- Infections
- Injuries and Wounds
- Mental Health and Behavior
- Metabolic Problems
- Poisoning, Toxicology, Environmental Health
- Pregnancy and Reproduction
- Substance Abuse Problems
- Diagnosis and Therapy
 - Complementary and Alternative Therapies
 - Diagnostic Tests
 - Drug Therapy
 - Surgery and Rehabilitation
 - Symptoms
 - Transplantation and Donation

Demographic Groups

- Children and Teenagers
- Men
- Population Groups
- Seniors
- Women

Health and Wellness

- Disasters
- Fitness and Exercise
- Food and Nutrition
- Health System
- Personal Health Issues
- Safety Issues
- Sexual Health Issues
- Social/Family Issues
- Wellness and Lifestyle

Health Topics Drugs & Supplements Videos & Tools

Español

Home → Health Topics → Colorectal Cancer

Colorectal Cancer

Also called: Colon cancer, Rectal cancer



On this page

Basics

- Summary
- Start Here
- Diagnosis and Tests
- Prevention and Risk Factors
- Treatments and Therapies

Learn More

- Living With
- Related Issues
- Specifics
- Genetics

See, Play and Learn

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Resources

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- Find an Expert

For You

- Women
- Patient Handouts



Summary

The colon and rectum are part of the large intestine. Colorectal cancer occurs when tumors form in the lining of the large intestine. It is common in both men and women. The risk of developing colorectal cancer rises after age 50. You're also more likely to get it if you have colorectal polyps, a family history of colorectal cancer, ulcerative colitis or Crohn's disease, eat a diet high in fat, or smoke.

Symptoms of colorectal cancer include

- Diarrhea or constipation
- A feeling that your bowel does not empty completely
- Blood (either bright red or very dark) in your stool
- Stools that are narrower than usual
- Frequent gas pains or cramps, or feeling full or bloated
- Weight loss with no known reason
- Fatigue
- Nausea or vomiting

Because you may not have symptoms at first, it's important to have screening tests. Everyone over 50 should get screened. Tests include colonoscopy and tests for blood in the stool. Treatments for colorectal cancer include surgery, chemotherapy, radiation, or a combination. Surgery can usually cure it when it is found early.

NIH: National Cancer Institute

Get Colorectal Cancer updates by email

Enter email address

GO

MEDICAL ENCYCLOPEDIA

- Abdominal CT scan
- Abdominal exploration
- Abdominal exploration - slideshow
- Abdominal radiation - discharge
- After chemotherapy - discharge
- Barium enema
- Bloody or tarry stools
- Colon cancer
- Colon cancer - slideshow
- Colon cancer screening



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Pacific Northwest Region

National Cancer Institute

NIH NATIONAL CANCER INSTITUTE

1-800-4-CANCER Live Chat Publications Dictionary

ABOUT CANCER CANCER TYPES RESEARCH GRANTS & TRAINING NEWS & EVENTS ABOUT NCI search

NCI is the nation's trusted source for cancer information

About Cancer

- HPV and Cancer**
Learn about the link between human papillomavirus (HPV) infection and cancer.
- Dense Breasts: Answers to Commonly Asked Questions**
Get answers to commonly asked questions about mammographically dense breasts and a list of questions to ask your doctor.
- FIND A CLINICAL TRIAL**
Looking for a Clinical Trial?
With our new basic search form, you can find a trial or contact the NCI for help via phone, email, or online chat.

Your Guide to Cancer

- Cancer Basics**
What Is Cancer
- Newly Diagnosed**
Diagnosis & Staging
- Treatment**
Types of Treatment

[National Cancer Institute](https://www.cancer.gov/) <https://www.cancer.gov/>

1-800-4-CANCER Live Chat Publications Dictionary

ABOUT CANCER CANCER TYPES RESEARCH GRANTS & TRAINING NEWS & EVENTS ABOUT NCI search

Skin Cancer (Including Melanoma)–Patient Version

Go to Health Professional Version

OVERVIEW

The skin protects against heat, sunlight, injury, and infection. Skin also helps control body temperature and stores water and fat. Skin cancer is the most common type of cancer. It usually forms in skin that has been exposed to sunlight, but can occur anywhere on the body.

Skin has several layers. Skin cancer begins in the epidermis (outer layer), which is made up of squamous cells, basal cells, and melanocytes.

There are several different types of skin cancer. Squamous cell and basal cell skin cancers are sometimes called nonmelanoma skin cancers. Nonmelanoma skin cancer usually responds to treatment and rarely spreads to other parts of the body. Melanoma is more aggressive than most other types of skin cancer. If it isn't diagnosed early, it is likely to invade nearby tissues and spread to other parts of the body. The number of cases of melanoma is increasing each year. Only 2 percent of all skin cancers are melanoma, but it causes most deaths from skin cancer.

Rare types of skin cancer include Merkel cell carcinoma, skin lymphoma, and Kaposi sarcoma.

Did You Know? Melanoma Cancer Statistics

Key statistics about melanoma from the SEER Cancer Statistics Review, 1975-2010.

TREATMENT

PDQ Treatment Information for Patients

- Skin Cancer Treatment
- Melanoma Treatment
- Merkel Cell Carcinoma Treatment

More information

- Unusual Cancers of Childhood Treatment (PDQ®)
- Late Effects of Treatment for Childhood Cancer (PDQ®)
- Drugs Approved for Skin Cancer
- Drugs Approved for Melanoma
- Clinical Trials to Treat Skin Cancer (Nonmelanoma)
- Clinical Trials to Treat Melanoma
- Clinical Trials to Treat Merkel Cell Carcinoma

RESEARCH

- Checkpoint Inhibitors Hold Promise for Rare Melanoma
- Nivolumab Improves Survival for Some Patients with Advanced Melanoma
- Immune, Targeted Therapies May Delay Melanoma Recurrence
- Personalized Treatment Vaccines for Melanoma

View more research

CAUSES & PREVENTION

SCREENING

MedlinePlus- Mental/Behavioral Health

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

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

Body Location/Systems	Disorders and Conditions	Demographic Groups
Blood, Heart and Circulation	Cancers	Children and Teenagers
Bones, Joints and Muscles	Diabetes Mellitus	Men
Brain and Nerves	Genetics/Birth Defects	Population Groups
Digestive System	Infections	Seniors
Ear, Nose and Throat	Injuries and Wounds	Women
Endocrine System	Mental Health and Behavior	
Eyes and Vision	Metabolic Problems	
Immune System	Poisoning, Toxicology, Environmental Health	Health and Wellness
Kidneys and Urinary System	Pregnancy and Reproduction	Disasters
Lungs and Breathing	Substance Abuse Problems	Fitness and Exercise
Mouth and Teeth	Diagnosis and Therapy	Food and Nutrition
Skin, Hair and Nails	Complementary and Alternative Therapies	Health System
Female Reproductive System	Diagnostic Tests	Personal Health Issues
Male Reproductive System	Drug Therapy	Safety Issues
	Surgery and Rehabilitation	Sexual Health Issues
	Symptoms	Social/Family Issues
	Transplantation and Donation	Wellness and Lifestyle

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Anxiety

Anxiety

On this page

Basics <ul style="list-style-type: none">SummaryStart HereTreatments and Therapies	Learn More <ul style="list-style-type: none">Living WithRelated IssuesSpecificsGenetics	See, Play and Learn <ul style="list-style-type: none">Health Check Tools
Research <ul style="list-style-type: none">Clinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Find an Expert	For You <ul style="list-style-type: none">ChildrenTeenagersWomenSeniorsPatient Handouts



Get Anxiety updates by email

Enter email address

MEDICAL ENCYCLOPEDIA

- Agitation
- Generalized anxiety disorder
- Generalized anxiety disorder - children
- Generalized anxiety disorder -- self-care
- Hyperventilation
- Palliative care - fear and anxiety
- Separation anxiety in children
- Stress and your health

Related Health Topics

- Obsessive Compulsive Disorder

Summary

Fear and anxiety are part of life. You may feel anxious before you take a test or walk down a dark street. This kind of anxiety is useful - it can make you more alert or careful. It usually ends soon after you are out of the situation that caused it. But for millions of people in the United States, the anxiety does not go away, and gets worse over time. They may have chest pains or nightmares. They may even be afraid to leave home. These people have anxiety disorders. Types include

- Panic disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Phobias
- Generalized anxiety disorder

Treatment can involve medicines, therapy or both.

NIH: National Institute of Mental Health

Start Here

- Anxiety Disorders (American Psychiatric Association)
- Anxiety disorders (Department of Health and Human Services, Office on Women's Health) Also in Spanish
- Understanding Anxiety Disorders: When Panic, Fear, and Worries Overwhelm



U.S. National Library of Medicine

National Network of Libraries of Medicine
Pacific Northwest Region

MentalHealth.gov and SAMHSA

The screenshot shows the MentalHealth.gov homepage. At the top, there is a navigation bar with 'Home | Newsroom | Español' and a search bar. The main header features the logo 'MentalHealth.gov' with the tagline 'Let's talk about it.' Below this is a menu with categories: 'Basics', 'What To Look For', 'Talk About Mental Health', and 'How To Get Help'. The main content area is divided into several sections: 'Help For Veterans' with a silhouette image and buttons for 'ISMICC Webcast', 'Consumer Guide', 'Suicide Prevention', and 'Veterans'; 'Featured Topics' with sub-sections for 'Eating Disorders', 'Mental Health Experts, Resources', 'Help for Young People', and 'Show You Care. Connect and Share'; and a 'Get Immediate Help' section featuring the 'NATIONAL SUICIDE PREVENTION LIFELINE' (1-800-273-8255) and the 'Veterans Crisis Line' (1-800-273-8255 PRESS 1). A 'Treatment Locator' button is also present.

[MentalHealth.gov](https://www.mentalhealth.gov)

The screenshot shows the SAMHSA website homepage. At the top, there is a navigation bar with 'U.S. Department of Health & Human Services', 'Home | Site Map | Contact Us', and a search bar. The main header features the logo 'SAMHSA' with the tagline 'Substance Abuse and Mental Health Services Administration'. Below this is a menu with categories: 'Find Help & Treatment', 'Grants', 'Data', 'Programs & Campaigns', 'Newsroom', 'About Us', and 'Publications'. The main content area is divided into several sections: 'Addressing the Opioid Crisis' with a 'Learn More' button; 'HHS 5-POINT STRATEGY TO COMBAT THE OPIOIDS CRISIS' with five numbered points: 'Better addiction prevention, treatment, and recovery services', 'Better data', 'Better pain management', 'Better targeting of overdose reversing drugs', and 'Better research'; and 'Get Help' with three helpline options: 'National Suicide Prevention Lifeline' (1-800-273-TALK (8255)), 'Disaster Distress Helpline' (1-800-985-5990), and 'National Helpline' (1-800-662-HELP (4357)). A 'Find treatment facilities confidential and anonymously.' section includes a search bar and a 'Search Facilities' button.

[SAMHSA](https://www.samhsa.gov)

National Institute of Mental Health

NIH National Institute of Mental Health
Transforming the understanding and treatment of mental illnesses.

Search the NIMH website

MENTAL HEALTH INFORMATION | OUTREACH | RESEARCH PRIORITIES | FUNDING | LABS AT NIMH | NEWS & EVENTS | ABOUT US

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

Healthtopics

Anxiety Disorders	Attention Deficit Hyperactivity Disorder
Autism Spectrum Disorder	Bipolar Disorder
Borderline Personality Disorder	Depression
Eating Disorders	Obsessive-Compulsive Disorder
Post-Traumatic Stress Disorder	Schizophrenia
Suicide Prevention	More Topics

Featured Topics

- Director's Message: Confronting Bias to Advance Science
- Suicide: How You Can Make a Difference
- Mental Health 101

In the News | Events | About NIMH

NIH National Institute of Mental Health
Transforming the understanding and treatment of mental illnesses.

Search the NIMH website

HEALTH & EDUCATION | OUTREACH | RESEARCH PRIORITIES | FUNDING | LABS AT NIMH | NEWS & EVENTS | ABOUT US

Mental Health Information | Statistics | Consumer Health Publications | Help for Mental Illnesses | Clinical Trials

Home > Health & Education

Publications

Free Publications
Order Now

Haga su Pedido por el Internet (en español)
Phone: 1-866-615-6464
TTY: 1-866-415-8051

Esta página está disponible en español

PUBLICATIONS BY LANGUAGE

- EN Publications in English
- ES Publicaciones en Español

BROWSE BY DISORDER

- Anxiety Disorders (4 items)
- Attention Deficit Hyperactivity Disorder (ADHD) (2 items)
- Autism (1 item)

BROWSE BY TYPE

- Booklets
- Brochures
- Fact Sheets
- Posters

SPECIAL TOPICS

- Brain Anatomy & Physiology
- Children & Teens
- Clinical Trials
- Coping with Traumatic Events

ABOUT NIMH PUBLICATIONS

- How to Download & View NIMH eBooks
- Citing NIMH Information & Publications

National Institute of Mental Health

MedlinePlus- Substance Abuse Problems

Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W XYZ List of All Topics

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Brain and Nerves	Genetics/Birth Defects	Population Groups
Digestive System	Infections	Seniors
Ear, Nose and Throat	Injuries and Wounds	Women
Endocrine System	Mental Health and Behavior	
Eyes and Vision	Metabolic Problems	
Immune System	Poisoning, Toxicology, Environmental Health	Health and Wellness
Kidneys and Urinary System	Pregnancy and Reproduction	Disasters
Lungs and Breathing	Substance Abuse Problems	Fitness and Exercise
Mouth and Teeth	Diagnosis and Therapy	Food and Nutrition
Skin, Hair and Nails	Complementary and Alternative Therapies	Health System
Female Reproductive System	Diagnostic Tests	Personal Health Issues
Male Reproductive System	Drug Therapy	Safety Issues
	Surgery and Rehabilitation	Sexual Health Issues
	Symptoms	Social/Family Issues
	Transplantation and Donation	Wellness and Lifestyle

U.S. National Library of Medicine

MedlinePlus

Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

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

Home → Health Topics → Methamphetamine

Methamphetamine

Also called: Chalk, Crystal, Glass, Ice, Meth, Speed, Tina

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none">SummaryStart HereDiagnosis and Tests	<ul style="list-style-type: none">Related IssuesSpecifics	<ul style="list-style-type: none">ImagesHealth Check Tools
Research	Resources	For You
<ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	<ul style="list-style-type: none">Reference DeskFind an Expert	<ul style="list-style-type: none">ChildrenTeenagersWomenPatient Handouts



Summary

Methamphetamine - meth for short - is a very addictive stimulant drug. It is a powder that can be made into a pill or a shiny rock (called a crystal). The powder can be eaten or snorted up the nose. It can also be mixed with liquid and injected into your body with a needle. Crystal meth is smoked in a small glass pipe.

Meth at first causes a rush of good feelings, but then users feel edgy, overly excited, angry, or afraid. Meth use can quickly lead to addiction. It causes medical problems including

- Making your body temperature so high that you pass out
- Severe itching
- "Meth mouth" - broken teeth and dry mouth
- Thinking and emotional problems

NIH: National Institute on Drug Abuse

Start Here

- Meth (Crank, Ice) Facts **NIH** Easy-to-Read (National Institute on Drug Abuse)

Get Methamphetamine updates by email

Enter email address GO

MEDICAL ENCYCLOPEDIA

Methamphetamine overdose
Substance use -- amphetamines

Related Health Topics

Drug Abuse

National Institute on Alcohol Abuse & Alcoholism



National Institute on Alcohol Abuse and Alcoholism

NIH...Turning Discovery Into Health®

Donations | Join a Clinical Study | Alcohol Treatment Navigator

Instagram | Twitter | Facebook | YouTube

[NIAAA](#)

- Alcohol & Your Health
- Publications & Multimedia
- Research
- Research Training
- Grants Funding
- News & Events

DO YOU KNOW:
THE SIGNS THAT ALCOHOL IS CAUSING HARM?



[Find Out >](#)

Latest News

[View all News >](#)

NEWS RELEASE

October 17, 2018
Dr. Peter M. Monti to Deliver 10th Annual Jack Mendelson Honorary Lecture at the National Institutes of Health
What: The National Institute on Alcohol...

NEW & NOTEWORTHY

October 01, 2018
NIAAA Director's Blog: Raising Awareness about Fetal Alcohol Spectrum Disorders
From the latest...

NEW & NOTEWORTHY

September 28, 2018
Now online: New Director's Report and the Fall 2018 issue of the NIAAA Spectrum
The NIAAA Director's Report to the National Advisory...

NEWS RELEASE

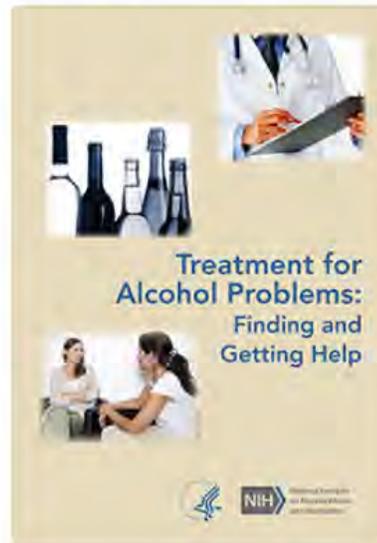
August 29, 2018
Event Registration Opens Today for National Drug & Alcohol Facts Week Observance to be held...

Home » Publications » Treatment for Alcohol Problems: Finding and Getting Help

[Print version](#)

Treatment for Alcohol Problems: Finding and Getting Help

This guide is written for individuals, and their family and friends, who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them. **Please note:** NIAAA recently launched the NIAAA Alcohol Treatment Navigator. This online tool helps you find the right treatment for you — and near you. It guides you through a step-by-step process to finding a highly qualified professional treatment provider. Learn more at <https://alcoholtreatment.niaaa.nih.gov>.



Treatment for Alcohol Problems:
Finding and Getting Help

NIH National Institute on Alcohol Abuse and Alcoholism

Table of Contents

[When Is It Time for Treatment?](#)

[Options for Treatment](#)

[Treatments Led by Health Professionals](#)

[What FDA-Approved Medications Are Available?](#)

[Tips for Selecting Treatment](#)

[An Ongoing Process](#)

[Resources](#)

National Institute on Drug Abuse

NIDA

The screenshot shows the main homepage of the National Institute on Drug Abuse (NIDA). At the top, there is a search bar and social media links. A navigation menu includes 'Drugs of Abuse', 'Related Topics', 'Publications', 'Funding', 'News & Events', and 'About NIDA'. The main content area features a large banner for 'Marijuana Use and Health Problems Later in Life' with a video player. To the left, there are sections for 'Researchers' with a brain scan image and 'Emerging Trend Alerts' with a warning sign. Below the banner, there are sections for 'Latest Science', 'Trends and Statistics', and 'About the ABCD Study'. The right side of the page includes 'NIDA Director' information, 'Watch NIDA Videos', and 'NIDA TV'. At the bottom, there are sections for 'NIDA Notes', 'NIDA AIDS Research Program', 'Clinical Trials Network', 'Intramural Research Program', 'International Program', and 'Ordering Publications'.

This screenshot shows a specific page on the NIDA website titled 'Teens: Drug Use and the Brain'. The page features a dark header with the 'NIDA FOR TEENS' logo and navigation links for 'Teens', 'Teachers', 'Parents', 'Drugs & Health Blog', and 'National Drug & Alcohol Facts Week'. A red call-to-action button asks 'Have a drug problem—need help?'. The main content area includes a section for 'Teens: Drug Use and the Brain' with a sub-header 'Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!'. Below this, there are three featured items: 'Drug Facts' with a large 'FACTS' graphic, 'Heads Up: Real News About Drugs' with an e-cigarette graphic, and 'Take Our Poll' with a question 'If I thought I needed drug treatment, I would know who to contact.' and a 'VOTE' button. The page also includes a 'Drugs & Health Blog' section with a 'See All Blog Items >' link and three blog post thumbnails: 'Let's Shatter the Myths About Drugs', 'Pregnancy and Drugs: Update (Part 2 - Marijuana, Opioids, and Illegal Drugs)', and 'How Do the New FDA Rules Affect You?'.

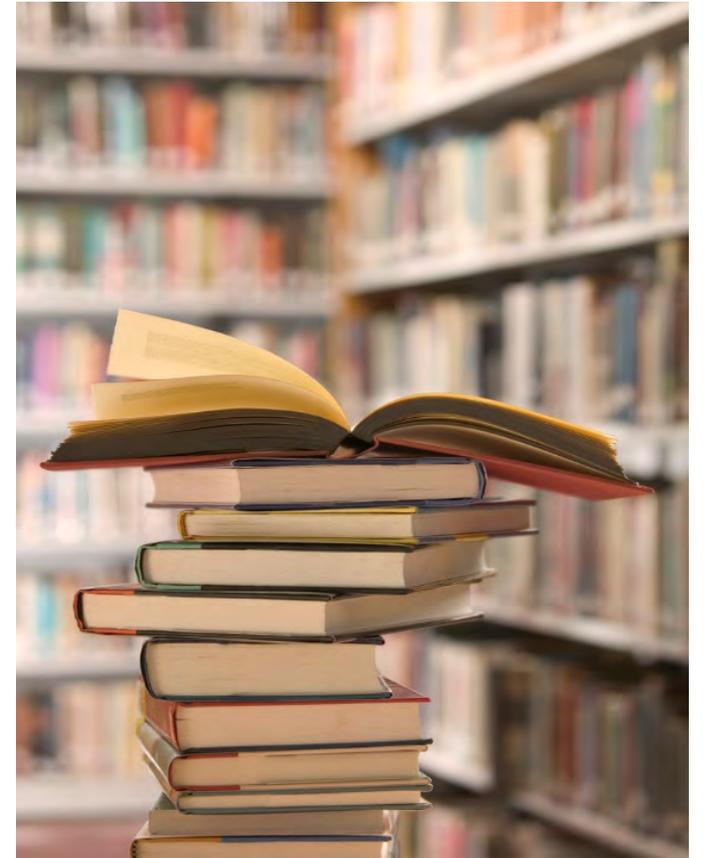


Collection Development

- Look for book lists from other institutions
 - Medical Library Association
 - Health science libraries
 - Other libraries

Medical Library Association books

“What criteria do consumer health librarians use to develop library collections?”



Give it a try

- A patron brings in their cholesterol tests results and wants to know if their levels are in the normal range. Where would you go to locate this information?
- The news has recently been reporting that your community has had a high rate of sexually transmitted diseases. What resources would you highlight to bring awareness of this health outbreak and provide helpful information regarding a topic patrons may find embarrassing?

Health Reference

Privacy, ethics, tips

Factors Impacting Information-Seeking Behavior

- Patients and caregivers may be fearful, angry, overwhelmed, disillusioned, or depressed. Emotions play a role in how they approach the library staff.
- Factors: age, gender, literacy level, socioeconomic background, culture, language.

Reference Skills

- Combination of knowledge and experience
- Good evaluation skills
 - Quality of information
- Understanding the patron
 - Health issues can cause stress, anger, sadness or other emotions
 - Cultural differences
- The library staff person's reaction and communication can help diffuse situations

Topic and Scope

- Many categories of health information
 - Diseases, treatments, prevention, causes
- Health questions can be complex
- How much detail is needed?
- What level of information is needed?
- What format(s) would be most appropriate?

The Health Reference Interview

- Provide a welcoming environment
- Be an active listener
- Use open ended questions
- Be prepared for emotions
- Be aware of body language
- Verify medical terms and spellings
- Repeat patron's question to verify what is wanted
- Consider creating a form with prepared questions either for you and the patron to fill out together

Ethical Guidelines

- Privacy / Confidentiality
- Do not interpret medical information
- Don't offer personal experiences
- Know your limits and limits of collection/information access
- Do not be afraid to refer the patron back to his/her health care provider
- Use a disclaimer or caution statement

Disclaimers / Caution Statements

- “Materials in the Resource Center represent the opinions of the authors and are intended as a complement, not a substitute for the advice of your healthcare providers.”
- “You should not act or rely upon any of the resources and information available in or from this website without seeking the advice of a physician or other healthcare provider.”

Class Exercise – Role Playing

- What did the library staff do correctly?
- What could have been done differently?

Health Reference class



- On-demand
- Asynchronous
- Interactive
- Self-paced
- Topics include:
 - Conducting health reference
 - Confidentiality and ethics
 - Evaluating online health information

[Introduction to Health Reference](#)

Outreach

Programs and services

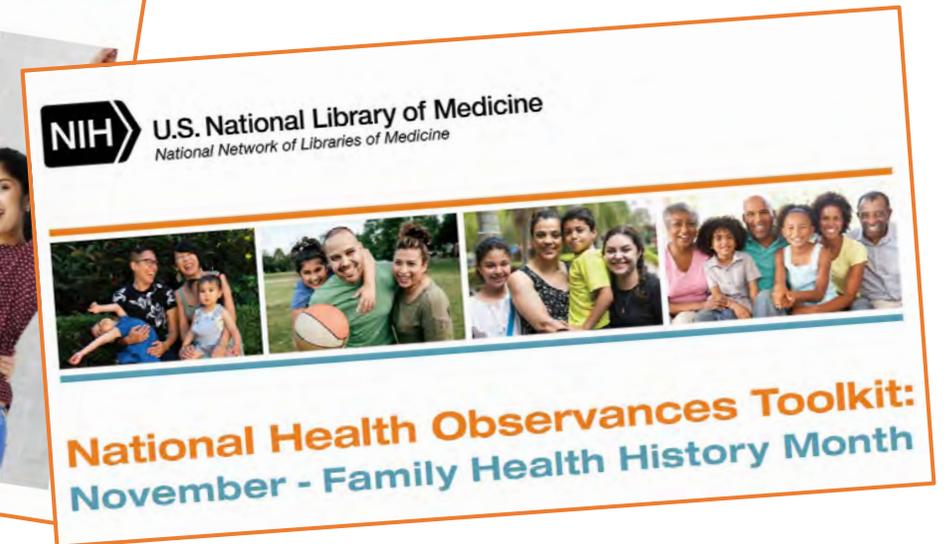
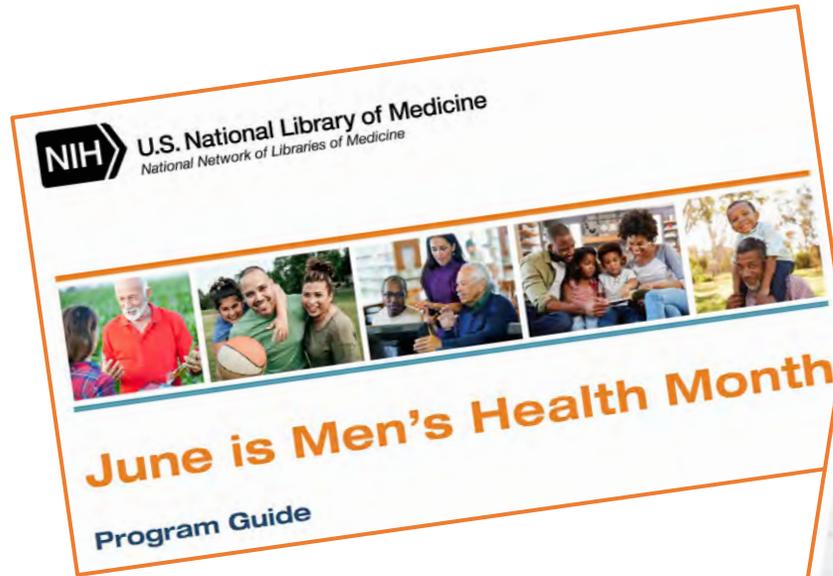
Demographics

- Analyze the demographics of your community
 - [CDC FastStats](#)
 - [Kaiser State Health Facts](#)
 - [County Health Rankings](#)
 - [Census Bureau](#)
 - [Rural Health Information Hub](#)

Programs and Services

- Bookmarks
- Links to health websites (subject guides)
- Brochures
- Health kiosk
- Lecture series
- Health screenings
- Newsletter
- Social media
- Health fairs
- Community events (exhibit table/guest speaker)
- Health tech tools
- Consumer health database searching series
- Others?

National Health Observances



[NNLM National Health Observances tools](#)

Book Discussion Kits

The screenshot shows the NIH NLM>NNLM website for the NER Graphic Medicine Initiative. The header includes the logo and navigation links for REGIONS, OFFICES, HELP, and a search bar. The main navigation menu lists NER HOME, About NER, Members, Funding, Initiatives, and Training. The page title is "NER Graphic Medicine Initiative". Below the title are three tabs: "Graphic Medicine Initiative", "Book Club Kits", and "Education & Information". The "Book Club Kits" tab is selected. The content area is divided into two columns. The left column is titled "Graphic Medicine Book Club Kits" and contains text describing the kits, including that they are available for any New England-based organization, loaned for six weeks, non-renewable, free-of-charge, and suitable for students, faculty, professionals, and the public alike. The right column is titled "What is a Graphic Medicine Book Club Kit?" and includes a "Request a Graphic Medicine Book Club Kit HERE!" link and contact information for Sarah Levin Lederer.

Graphic Medicine Book Club Kits

If you are curious about medical comics, want to start a book club in your organization, or just want to learn more about the experience of a specific topic, our Graphic Medicine Book Club Kits can help. Each kit includes six copies of a graphic novel, a quick-guide to reading comics, discussion questions, and topic-relevant MedlinePlus information. Currently there are eleven topic areas available (see below) to organizations in the New England Region (CT, MA, ME, NH, RI, VT).

What is a Graphic Medicine Book Club Kit?
Kits are...

- Available for any New England-based organization
- Loaned for six-weeks at a time
- Non-renewable
- Free-of-charge – mailed to you by us, with a return shipping label included
- Appropriate for both new and long-time comic readers
- Great for students, faculty, professionals, and the public alike!

Request a Graphic Medicine Book Club Kit [HERE!](#)

Contact Sarah Levin Lederer (Sarah.LevinLederer@umassmed.edu) or 508-856-5910 if you have questions about the kits or suggestions for other Graphic Medicine kit titles or programs.

Available Topics

[Graphic Medicine Book Club Discussion Guides](#)

The screenshot shows the NIH NLM>NNLM website for the NNLM Reading Club. The header includes the logo and navigation links for HELP, a search bar, and a search bar. The main navigation menu lists HOME, About Us, Resources, NNLM Reading Club, and National Health Observances. Below the navigation is a large image of six diverse people sitting on the floor, each reading a book. The page title is "The NNLM Reading Club". Below the image is a text block describing the club as a selection of "ready-to-use" book titles with free and downloadable materials designed to help libraries support health information needs. To the right of the text is a sidebar titled "IN THIS SECTION" with two items: "Featuring the NNLM Reading Club" and "Selection Process".

HOME About Us Resources **NNLM Reading Club** National Health Observances

HELP Search this site

The NNLM Reading Club

The NNLM Reading Club is a selection of "ready-to-use" book titles along with free and downloadable materials designed to help libraries support the health information needs in their communities. Through the fun and intimacy of a book club, readers will discuss health and wellness topics important to them and their loved ones as well as discover NIH National Library of Medicine consumer health resources.

IN THIS SECTION

- Featuring the NNLM Reading Club
- Selection Process

[NNLM All of Us Reading Club](#)

Programming Librarian

PROGRAMMING Librarian
A website of the American Library Association Public Programs Office

Browse Ideas ▾ News Blogs Program Models Learning About

Topic:

Leave this field blank
in

REFINE BY:

Budget: Library Type: Age:

Have a great program idea from your library? Share it with us.
SHARE YOUR PROGRAM

Learn to Skateboard: Partnering for Health and Exercise
Blog by Colleen Whittall
Teen librarian Colleen Whittall takes her teens to the skate park — with nary a book in sight.

Events & Celebrations
in News
Check out this list of monthly events and celebrations to help with your program planning.

Libraries Help Each Other Address Food Insecurity through Programming
Blog by Noah Lenstra
These two library programs help fill patrons' heads, bellies and hearts.

Read to Swim
in Program Models
A rural public library in Canada's Yukon territory partnered with a local pool to get kids reading and swimming over summer break.

A Range of Ages: Mixed-Age Play at the Library
Blog by Jenn Carson
Mingling different age groups enables kids to learn from one another in new ways.

Pumpkin Carving & Seed Saving Extravaganza
in Program Models
A western Massachusetts library...

The Cooperative Extension System: Your Library's Go-To Partner for Gardening, Nutrition, and Healthy Living Programming

Programming Librarian Health and Wellness programs



NLM Traveling Exhibits

EXHIBITION HOME

POLITICS OF Yellow
IN ALEXANDER HAMILTON'S AMER

HARRY POTTER RENAISSANCE

In 1997, I introduced and a lite Although Potter bo based par

EXHIBITION HO

GRAPHS MEDICINE

PHYSICIAN ASSISTANTS

Rashes to Research
SCIENTISTS AND PARENTS CONFRONT THE 1964 RUBELLA EPIDEMIC

Pregnant Women Used to Fear Rubella.

Once considered little more than a minor childhood illness, rubella's dangers hid in plain sight. Research in the 1940s and 1950s linked rubella infection early in a woman's pregnancy to miscarriage, stillbirth, and a constellation of health problems known as congenital rubella syndrome (CRS). Children with CRS may be born with hearing, vision, or heart conditions, cognitive disabilities, and more.

EXHIBITION PROGRAM



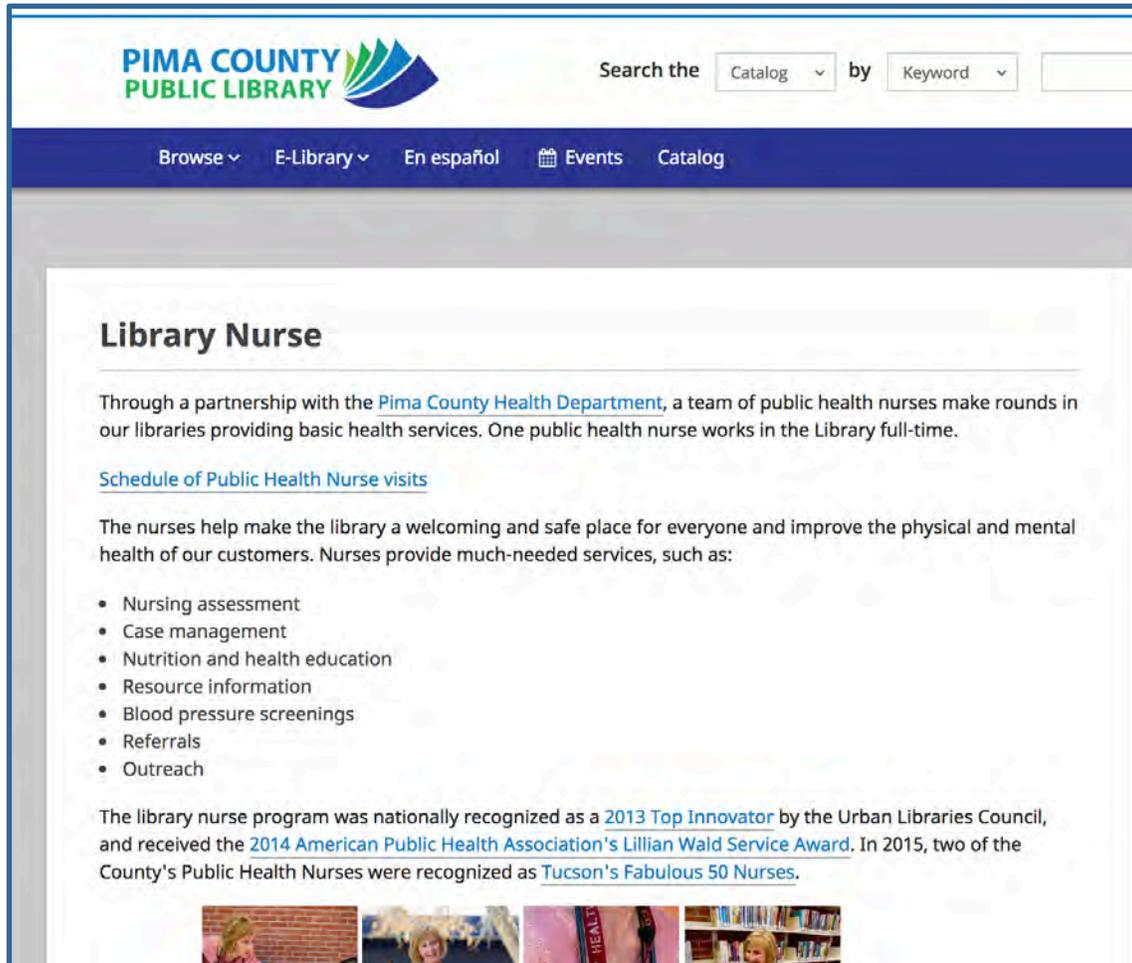
U.S. National Library of Medicine

National Network of Libraries of Medicine
Pacific Northwest Region

Partner

- Health clinics
- Medical practices
- Local health department
- Schools / childcare centers
- Long term care facilities
- Places of worship
- Veterinarians / pet supply shops
- Historical societies

Collaborative Programs



PIMA COUNTY PUBLIC LIBRARY

Search the Catalog by Keyword

[Browse](#) [E-Library](#) [En español](#) [Events](#) [Catalog](#)

Library Nurse

Through a partnership with the [Pima County Health Department](#), a team of public health nurses make rounds in our libraries providing basic health services. One public health nurse works in the Library full-time.

[Schedule of Public Health Nurse visits](#)

The nurses help make the library a welcoming and safe place for everyone and improve the physical and mental health of our customers. Nurses provide much-needed services, such as:

- Nursing assessment
- Case management
- Nutrition and health education
- Resource information
- Blood pressure screenings
- Referrals
- Outreach

The library nurse program was nationally recognized as a [2013 Top Innovator](#) by the Urban Libraries Council, and received the [2014 American Public Health Association's Lillian Wald Service Award](#). In 2015, two of the County's Public Health Nurses were recognized as [Tucson's Fabulous 50 Nurses](#).



Upcoming Events

Community Conversations

A CONVERSATIONAL APPROACH TO ALZHEIMER'S & DEMENTIA LED BY NATIONAL ADVOCATE

Lori La Bey, Alzheimer's Speaks

Mar 7 **Community Convos w/ Alzheimer's Speaks F...**
Mar 7 - Mar 8 · Westchester Public Library · Chesterton, IN
Health

★ Interested

NNLM Funding

- “That's My Medicine: Empowering Seniors to Identify and Utilize Personalized Health Information Online”
Idaho State University
- “Meridian Moves”
Meridian Library District
- “Be Well Nampa”
Nampa Public Library

Professional Development

Classes, webinars, news, and more

Learn more...

professional development

Training Opportunities

The following table contains a schedule of upcoming NNLM training opportunities available to individuals located within the Pacific Northwest Region. You can also [view all NNLM training opportunities](#).

Upcoming NNLM Classes

Date	Title	Location	Sponsoring RML/Center	Registration
02/26/2019	NNLM Journal Club: Patient Engagement	Online	NER	Log in to register
02/28/2019	Health Statistics on the Web	Online	MAR	Log in to register
02/28/2019	Grants and Proposal Writing	Online	NER	Log in to register
03/01/2019 to 03/31/2019	ABCs of DNA: Unraveling the Mystery of Genetics Information for Consumers	Online	PNR	Log in to register
	Music and Movement at the Library: An			

IN THIS SECTION

- Overview
- Webinars
- Training Schedule
- Class Descriptions
- Outreach Resources
- Training Resources
- Printed Materials
- Professional Development Library

NNLM Login

Log in to register for classes or edit a member organization.

[Log in](#)

[Request new password](#)
[Create new account](#)

- Webinars and Online Classes (synchronous and asynchronous)
 - NNLM Resource Picks (NLM resources)
 - PNR Rendezvous (various topics)
 - ABCs of DNA (genetics)
- On Demand Classes:
 - EvalBasics (evaluation)
 - Grants and Proposal Writing
 - Serving Diverse Communities (cultural competency)

[NNLM Training Schedule](#)

Keeping updated

The screenshot shows the PLA Health Interest Group page. At the top is the Public Library Association logo and navigation menu. The main content area features a 'PLA Health Interest Group' header with a 'SETTINGS' button. Below this is a navigation bar with 'Community Home', 'Discussion 61', 'Library 0', 'Events 0', and 'Members 65'. The page is divided into two columns: 'Latest Discussion Posts' and 'Announcements'. The 'Latest Discussion Posts' column includes a post titled 'Wildfire protections' by Leighann Wood and another titled 'Backpack giveaways' by Stephanie Smith. The 'Announcements' column features a post titled 'August PLA Health Initiative newsletter' by Laurence Deutsch, which includes a link to the newsletter.

The screenshot shows the 'Healthy Community Tools for Public Libraries' website. The header includes the title and navigation links for 'Newsletters | Initiatives | Today's Health News'. A search bar is located in the top right corner. Below the header is a dark blue navigation bar with links for 'Resources', 'Training', 'Regional Offices & Funding', and 'Databases'. The main content area features a large blue banner with the text: 'Public libraries are critical to our nation's health.' Below the banner is a paragraph explaining that all Americans need access to current, reliable health information, and that public libraries are a go-to resource. Another paragraph states that the website, a project of the National Network of Libraries of Medicine (NNLM) and the Public Library Association (PLA), brings together resources to help public libraries better serve their patrons' health needs. At the bottom, there are two columns: 'Latest Resources' and 'Latest Trainings'. The 'Latest Resources' column lists 'Libraries are Champions of Health Communities (Facebook Group)' and 'ALA Libraries Transform Health Literacy Toolkit'. The 'Latest Trainings' column lists 'The National Network of Libraries of Medicine and its Regional Medical Libraries offer live and online educational experiences for health professionals, medical librarians, public librarians and others. The courses below are those most relevant to public librarians.'

Healthy Community Tools for Public Libraries

In addition...

Blogs, Lists, & Bulletins

- [Dragonfly](#) (PNR blog)
- [Bringing Health Information to the Community](#) (BHIC blog)
- [HLIB-NW Discussion List](#)
- [MedLib-L Discussion List](#)
- [NLM Technical Bulletin](#)
- PNR News (subscribe to PNR's official email [announcements](#))

Bringing Health Information to the Community

Sharing health information resources, news, and issues affecting communities

My MedlinePlus Weekly Newsletter



Weekly Digest: October 9, 2018

In the Dragonfly:

[Announcing NNLM PNR funding support to attend ALA Midwinter preconference on Health Equity and Health Literacy](#)

The ALA Office for Diversity, Literacy and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine are eligible for a [Professional Development Award](#) to attend the preconference. [Read more of this post.](#)

[October is Health Literacy Month!](#)

It's October – Health Literacy month. We've still much work ahead to improve how we deliver actionable health information for the nine that low health literacy has real-world consequences, since it's well documented that individuals with low health literacy suffer poorer health which makes addressing this persistent challenge so compelling. [Read the post](#)

Educational Opportunities:

In the Shoes of a Fellow: The National Library of Medicine's Associate Fellowship Program: The National Library of Medicine component. The program is designed to provide a broad foundation in health sciences information services, and to prepare librarians for will discuss the organization of the program, her experiences as an Associate Fellow, and some of the projects she and other fellows wo

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National Network of Libraries of Medicine

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Health Literacy Toolkit from Libraries Transform

Because Libraries are Partners in a Healthy Community, NNLM and ALA have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy.

[Learn More!](#)

Pacific Northwest Region

Upcoming Classes

Interested in [training opportunities](#) from the National Network of Libraries of Medicine? Here are just a few of our upcoming classes:

TUESDAY, OCTOBER 23, 2018

- [NIER Update 2018](#)

THURSDAY, OCTOBER 25, 2018

Join us for PNR Rendezvous!

OCTOBER 17 AT 1:00PM PT

PNR Rendezvous is a monthly webinar series presented by the National Network of Libraries of Medicine Pacific Northwest Region.

Our next Rendezvous is Oct 17th: ["In the Shoes of a Fellow: The National Library of Medicine's Associate Fellowship Program"](#)

Thank You!



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