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More Than a Bandage

HEALTH INFORMATION RESOURCES FOR K-12 HEALTH
PROFESSIONALS

Who we are

**Health
Resources**

**Drug
Information**

**Multi-
Language
Multi-Cultural**

**Professional
Resources**

**NLM Traveling
Exhibition
Program**

Ways to use

Who We Are

NIH

- **National Institutes of Health**
- Nation's research agency
- 27 institutes and offices

NLM

- **National Library of Medicine**
- World's largest biomedical library

NNLM

- **National Network of Libraries of Medicine**
- Program of the NLM comprised of 8 Regional Libraries (RMLs) and 5 offices

PNR

- **Pacific Northwest Region (NNLM PNR)**
- Is one of the 8 RMLs
- Serves Alaska, Idaho, Montana, Oregon, Washington



The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

Health Resources

FROM NLM'S CONSUMER HEALTH COLLECTION

The screenshot shows the MedlinePlus website with the following elements highlighted:

- Search Bar:** A search box with the text "Search MedlinePlus" and a "GO" button.
- Language Selection:** A red circle highlights the "Español" link in the top navigation bar.
- Left Sidebar:** A large red box encompasses the "Health Topics" section, which includes links for "Health Topics", "Drugs & Supplements", "Videos & Tools", "Lab Test Information", and "Medical Encyclopedia".
- Twitter Feed:** A red circle highlights the "Tweets by @MedlinePlus" header.
- Magazine Section:** A red box highlights the "NIH MedlinePlus Magazine" section, featuring a cover image and a link to the "latest issue".
- Clinical Trials:** A red circle highlights the "Clinical Trials" section, which includes a search box for drug and treatment studies.
- Bottom Navigation:** Three red arrows point to the "Easy-to-Read Materials", "Organizations and Directories", and "Health Information in Multiple Languages" links.

- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia
- Links to local services
- English, Spanish and other languages
- No Advertisements!

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

<https://medlineplus.gov/>

MedlinePlus: School Health Topics



Searching MedlinePlus by health topic

The image shows three overlapping screenshots of the MedlinePlus website, illustrating the search process for a health topic. A red arrow points from the search bar in the top screenshot to the search bar in the middle screenshot. The middle screenshot shows the 'Health Topics' page with a search bar and a 'GO' button. The bottom screenshot shows the search results for 'Autism Spectrum Disorder', with the search term and the result title circled in red.

MedlinePlus Trusted Health Information for You

Search MedlinePlus

Health Topics Drugs & Supplements Videos & Tools

Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and 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

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

Demographics

- Children and Teenagers
- Population
- Seniors
- Women

Health and Safety

- Disasters
- Fitness and Physical Activity
- Food and Nutrition
- Health Systems
- Personal Health
- Safety Issues
- Sexual Health
- Social/Family
- Wellness and Prevention

Autism Spectrum Disorder

Abuse see Child Abuse

Acromegaly see Growth Disorders

ADD see Attention Deficit Hyperactivity Disorder

Adenoidectomy see Adenoids

Adenoids

ADHD see Attention Deficit Hyperactivity Disorder

Adolescent Development see Teen Development

Adolescent Health see Teen Health

Adolescent Pregnancy see Teenage Pregnancy

Adoption

Alcohol and Youth see Underage Drinking

Asperger Syndrome see Autism Spectrum Disorder

Asthma in Children

Attention Deficit Hyperactivity Disorder

Autism see Autism Spectrum Disorder

Baby see Infant and Newborn Care

Baby Health Checkup

Bedwetting

Birth Injuries see Childbirth Problems

Birth Weight

Body Art see Piercing and Tattoos

Bronchiolitis see Respiratory Syncytial Virus Infections

MedlinePlus Health Topic Page

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 → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

On this page

<p>Basics</p> <ul style="list-style-type: none"> ▪ Summary ▪ Start Here ▪ Latest News ▪ Symptoms ▪ Diagnosis and Tests ▪ Treatments and Therapies 	<p>Learn More</p> <ul style="list-style-type: none"> ▪ Living With ▪ Related Issues ▪ Specifics ▪ Genetics 	<p>See, Play and Learn</p> <ul style="list-style-type: none"> ▪ Health Check Tools
<p>Research</p> <ul style="list-style-type: none"> ▪ Statistics and Research ▪ Clinical Trials ▪ Journal Articles 	<p>Resources</p> <ul style="list-style-type: none"> ▪ Find an Expert 	<p>For You</p> <ul style="list-style-type: none"> ▪ Children ▪ Teenagers ▪ Patient Handouts



Get Autism Spectrum Disorder updates by email

Enter email address

MEDICAL ENCYCLOPEDIA

Asperger syndrome

Autism

Childhood disintegrative disorder

Related Health Topics

Summary

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

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

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

Symptoms

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

Diagnosis and Tests

- Autism: Diagnosis (Autism Society)
- Autism: Why Act Early? (Centers for Disease Control and Prevention)
Also in Spanish

Treatments and Therapies

- Therapies for Children With Autism Spectrum Disorder (Agency for Healthcare Research and Quality)
Also in Spanish
- What Are the Treatments for Autism? (NIH) (National Institute of Child Health and Human Development)
Also in Spanish

Living With

- 100 Day Kit for Newly Diagnosed Families of School Age Children (Autism Speaks) - PDF
- Autism Spectrum Disorders (ASD) and Diet (Academy of Nutrition and Dietetics)
- Autism through the Lifespan (Autism Society)
- Family Issues (Autism Society)
- Individualized Education Plans (IEPs) (For Parents) (Nemours Foundation)
Also in Spanish
- Occupational Therapy's Role with Autism (American Occupational Therapy Association) - PDF

Related Issues

- Autism Spectrum Disorder (ASD): Related Topics (Centers for Disease Control and Prevention)
- Communication Problems in Children with Autism Spectrum Disorder (NIH) (National Institute on Deafness and Other Communication Disorders)
Also in Spanish
- Is There a Connection Between Vaccines and Autism? (Nemours Foundation)
Also in Spanish

Specifics

- Asperger Syndrome (NIH) (National Institute of Neurological Disorders and Stroke) - Short Summary
- Asperger Syndrome (For Parents) (Nemours Foundation)
Also in Spanish

Genetics

- Common Gene Variants Account for Most Genetic Risk for Autism (NIH) (National Institute of Child Health and Human Development, National Institute of Mental Health)

Find health information in languages other than English on [Autism Spectrum Disorder](#)

NIH MedlinePlus Magazine

Autism Center First to Study Minimally Verbal Children

Predicting Autism in High-Risk Infants

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

Searching MedlinePlus – search box

The screenshot shows the MedlinePlus website interface. At the top, the NIH logo and 'U.S. National Library of Medicine' are visible. The MedlinePlus logo and tagline 'Trusted Health Information for You' are on the left. A search box in the top right contains the word 'autism' and a green 'GO' button. Below the search box are navigation links: 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. A horizontal menu contains 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and 'Español'. The main content area shows search results for 'autism', with a red box highlighting the first result: '1. Autism Spectrum Disorder (National Library of Medicine)'. To the left of the results is a sidebar with 'Related Topics' (Autism Spectrum Disorder, Mitochondrial Diseases), 'Refine by Type' (All Results: 1,062; Health Topics: 6; External Health Links: 627; Drugs and Supplements: 7; Medical Encyclopedia: 24; MedlinePlus Magazine: 9; Multiple Languages: 4; National Institutes of Health: 360), and 'Refine by Format' (All Results: 1,062; PDF: 21; Images; Videos: 4).

(National Library of Medicine)
indicates a health topic page

MedlinePlus Child and Teen Health Topic Pages

CHILDREN'S HEALTH

TEEN HEALTH

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 → Health Topics → Children's Health

Children's Health

On this page

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



Stay Connected

Sign up for the My MedlinePlus newsletter

Enter email address

MEDICAL ENCYCLOPEDIA

The day of surgery for your child
Well-child visits
When to use the emergency room - child
When your child has diarrhea
Your child and the flu

Related Health Topics

Summary

Your child's health includes physical, mental and social well-being. Most parents know the basics of keeping children healthy, like offering them healthy foods, making sure they get enough sleep and exercise and insuring their safety.

It is also important for children to get regular checkups with their health care provider. These visits are a chance to check your child's development. They are also a good time to catch or prevent problems.

Other than checkups, school-age children should be seen for

- Significant weight gain or loss
- Sleep problems or change in behavior
- Fever higher than 102
- Rashes or skin infections
- Frequent sore throats
- Breathing problems

Start Here

- Child Nutrition: MedlinePlus Health Topic (National Library of Medicine)
Also in Spanish
- Children: General Health (Nemours Foundation)

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 → Health Topics → Teen Health

Teen Health

Also called: Adolescent health

On this page

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



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MEDICAL ENCYCLOPEDIA

Teenagers and sleep

Related Health Topics

College Health
Puberty
Teen Development
Teen Mental Health

Summary

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

Healthy habits, including eating a healthy diet and being physically active, can help you feel good, look good, and do your best in school, work, or sports. They might also prevent diseases such as diabetes, high blood pressure, heart disease, osteoporosis, stroke, and some cancers when you are older.

Start Here

- Ages and Stages: Teen (American Academy of Pediatrics)
Also in Spanish
- Help! Is This My Body? (For Teens) (Nemours Foundation)
Also in Spanish
- Medical Care and Your 13- to 18-Year-Old (Nemours Foundation)
Also in Spanish
- Teenagers: How to Stay Healthy (American Academy of Family Physicians)
Also in Spanish
- Teens Health (Nemours Foundation)

MedlinePlus For Kids and Teens

FOR CHILDREN

The screenshot shows the MedlinePlus website interface for children. At the top, there is a search bar with the text "Search MedlinePlus" and a "GO" button. Below the search bar are navigation links: "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". The main navigation menu includes "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The page title is "Children's Page".

Children's Page

Home → Health Topics → Children's Page

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none"> Summary Start Here 	<ul style="list-style-type: none"> Related Issues Specifics 	<ul style="list-style-type: none"> Games
Research	Resources	For You
<ul style="list-style-type: none"> No links available 	<ul style="list-style-type: none"> Reference Desk Find an Expert 	<ul style="list-style-type: none"> No links available

Summary

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

Start Here

- BAM! Body and Mind (Centers for Disease Control and Prevention)
- FDA Kids' Home Page (Food and Drug Administration)
- KidsHealth for Kids (Nemours Foundation)
- ToxMystery (National Library of Medicine)
Also in Spanish
- USDA for Kids (Department of Agriculture)

Related Issues

- Food Labels Tell the Story! (National Institute of Environmental Health Sciences)
- Food Safety and Nutrition Information for Kids and Teens (Food and Drug Administration)
- Girls Health (Department of Health and Human Services, Office on Women's Health)
- Going to the Hospital (Nemours Foundation)
Also in Spanish
- Healthy Environments for Children (Pan American Health Organization) - PDF
Also in Spanish

Stay Connected

Sign up for the My MedlinePlus newsletter

Enter email address

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

FOR TEENS

The screenshot shows the MedlinePlus website interface for teens. At the top, there is a search bar with the text "Search MedlinePlus" and a "GO" button. Below the search bar are navigation links: "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". The main navigation menu includes "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The page title is "Teens' Page".

Teens' Page

Home → Health Topics → Teens' Page

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none"> Summary Start Here Prevention and Risk Factors 	<ul style="list-style-type: none"> Related Issues Specifics 	<ul style="list-style-type: none"> No links available
Research	Resources	For You
<ul style="list-style-type: none"> Clinical Trials 	<ul style="list-style-type: none"> Find an Expert 	<ul style="list-style-type: none"> No links available

Summary

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

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

Start Here

- Ages and Stages: Teen (American Academy of Pediatrics)
Also in Spanish
- Take Charge of Your Health: A Guide for Teenagers
Easy-to-Read (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish
- Teenagers: How to Stay Healthy (American Academy of Family Physicians)
Also in Spanish
- TeensHealth (Nemours Foundation)
Also in Spanish

Prevention and Risk Factors

- Vaccinations for Preteens and Teens, Age 11-19 Years (Immunization Action Coalition) - PDF
Also in Spanish

Related Issues

- Charge Up! Healthy Meals and Snacks for Teens

Stay Connected

Sign up for the My MedlinePlus newsletter

Enter email address

Related Health Topics

- Teen Health
- Teen Sexual Health
- Teen Violence
- Teenage Pregnancy

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus

MedlinePlus Videos and Tools

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 → Videos & Tools

Videos & Tools

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.

- Health Videos**
View videos of anatomy and body systems and how diseases and conditions affect them.
- Surgery Videos**
Find videos of operations and surgical procedures.
- Health Check Tools**
Check your health with interactive calculators, quizzes and questionnaires.
- Games**
Boost your health knowledge by playing interactive health games.

Search all Videos & Tutorials
Search all Videos & Tutorials GO

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

How helpful is this web page to you?
Not helpful ☆☆☆☆ Very helpful

Get email updates Subscribe to RSS Follow us

MouthHealthy kids Brought to you by the ADA American Dental Association®

English | Español

Search this Site Q

ACTIVITY SHEETS GAMES AND QUIZZES WATCH VIDEOS FOR PRETEENS FOR EDUCATORS

Games and Quizzes

MouthHealthy Kids > Games and Quizzes > To Tell the Tooth

- Visit the Dentist with Marty
- To Tell the Tooth
- Print and Take a Quiz

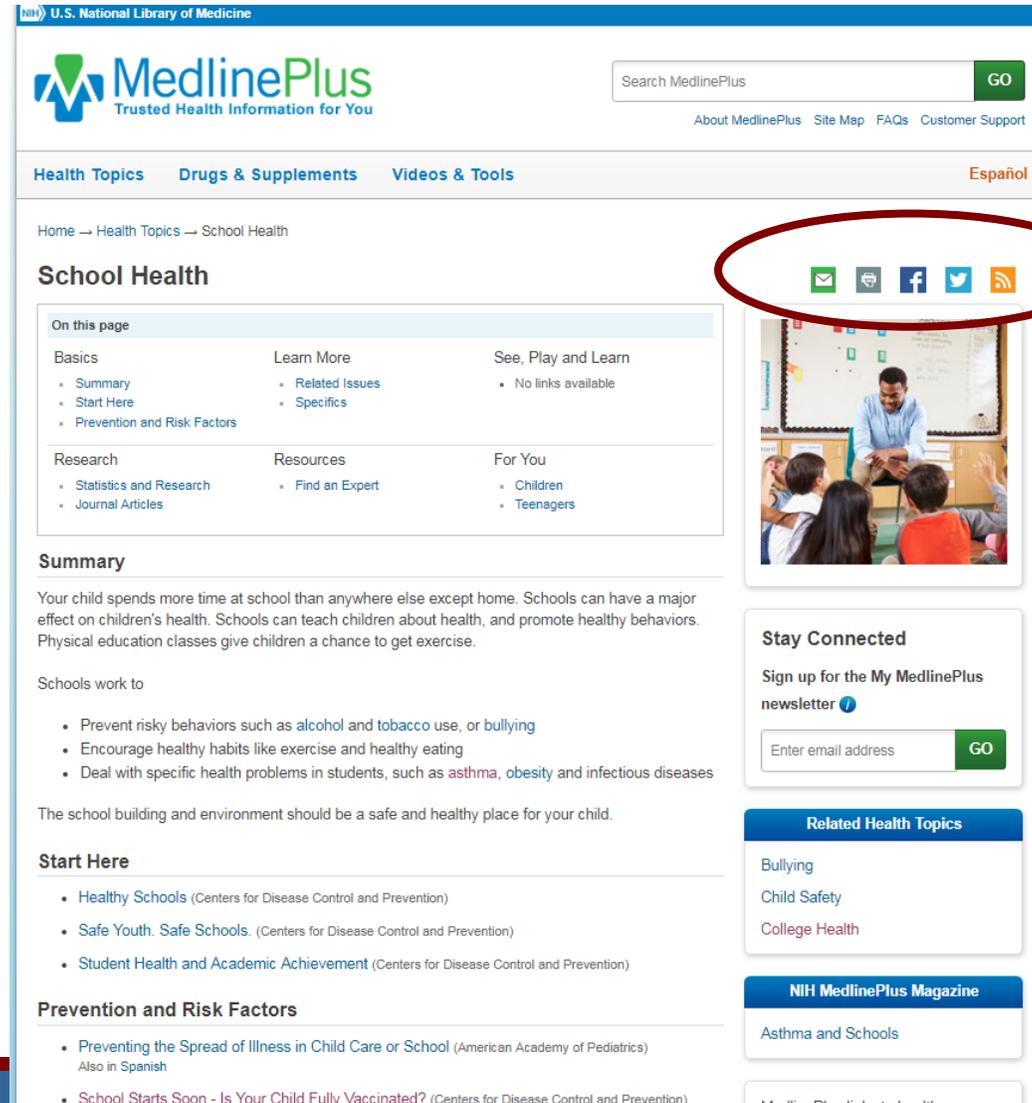
To Tell the Tooth

Al Smiles, the game host, gives you a question. Choose the correct answer from the four choices. Get it right and make Al smile!

Click on the image to open the game. Click the "Play" button at the bottom of the red screen.

to TELL the TOOTH with Al Smiles
* play
Copyright 2001, American Dental Association

MedlinePlus- Social Media



The screenshot shows the MedlinePlus website interface. At the top, there is a search bar with the text "Search MedlinePlus" and a "GO" button. Below the search bar are navigation links: "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". The main navigation bar includes "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español".

The page content is for "School Health". It features a breadcrumb trail: "Home → Health Topics → School Health". The "School Health" section includes a table of contents with categories like "Basics", "Learn More", "See, Play and Learn", "Research", "Resources", and "For You".

A red circle highlights a set of social media icons: an envelope (email), a speech bubble (comment), Facebook, Twitter, and RSS. Below these icons is a photograph of a teacher interacting with students in a classroom.

Other sections on the page include "Summary" (text about school health), "Start Here" (links to Healthy Schools, Safe Youth, and Student Health), and "Prevention and Risk Factors" (links to Preventing the Spread of Illness and School Starts Soon).

On the right side, there is a "Stay Connected" section with a newsletter sign-up form and a "Related Health Topics" section with links to Bullying, Child Safety, and College Health. At the bottom right, there is a "NIH MedlinePlus Magazine" section with a link to "Asthma and Schools".

Genetics Home Reference

The screenshot shows the homepage of the Genetics Home Reference website. At the top left is the logo with the text "Genetics Home Reference" and "Your Guide to Understanding Genetic Conditions". To the right is a search bar. Below the header is a navigation menu with links: "Health Conditions", "Genes", "Chromosomes & mtDNA", "Resources", and "Help Me Understand Genetics". A large banner image of a DNA double helix is at the top. Below the banner is a text box: "Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health." The main content area is divided into three columns. The left column has a "Health Conditions" section with a circular icon, a description "More than 1,100 health conditions, diseases, and syndromes", and a "Browse A-Z" button. The middle column has a "Genes" section with a DNA helix icon, a description "More than 1,300 genes and the health effects of genetic changes", and a "Browse A-Z" button. The right column has a "New & Updated Pages" section with sub-sections "New Pages" (listing "17q12 duplication", "ACAD9 deficiency", "primary coenzyme Q10 deficiency", and "More New Pages...") and "Updated Pages" (listing "5-alpha reductase deficiency", "Erdheim-Chester disease", "L1 syndrome", "Usher syndrome", and "More Updated Pages..."). At the bottom of the right column is a "Bulletins" section.

- Health conditions
- Genes
- Chromosomes and DNA
- Resources
- Genetic handbook

[Genetics Home Reference](#)

Household Products Database

The screenshot shows the homepage of the Household Products Database. At the top, it features the U.S. Department of Health & Human Services logo and the website URL www.hhs.gov. The main header includes the title 'Household Products Database' and the subtitle 'Health & Safety Information on Household Products'. Below the header, there are navigation tabs for 'Home', 'Products', 'Manufacturers', 'Ingredients', and 'Health Effects'. On the left side, there is a 'Quick Search' box with a search input field and a 'Go' button, followed by an 'Advanced Search' link. Below that is a 'Browse by Category' section with a list of categories: Inside the Home, Home Maintenance, Personal Care, Landscape/Yard, Arts & Crafts, Pet Care, Pesticides, Auto Products, Home Office, and Commercial / Institutional. A 'Browse A-Z' section follows, listing 'Product Names', 'Types of Products', 'Manufacturers', and 'Ingredients'. At the bottom left, there is a 'Support' section with links for 'About the Database', 'FAQ', 'Product Recalls', 'Help', 'Glossary', 'Contact Us', and 'More Resources'. The main content area features a grid of product categories, each with a representative image and a brief description. The 'Inside the Home' category is highlighted with a larger image and text: 'What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Learn more about what's in these products, about potential health effects, and about safety and handling.' Other categories include Home Maintenance, Personal Care, Landscape/Yard, Arts & Crafts, Pet Care, Pesticides, Auto Products, Home Office, and Commercial/Institutional. At the bottom of the main content area, there is a warning: 'For advice if someone is poisoned, call your local Poison Center at 1-800-222-1222.' and a navigation bar with links for 'Home', 'Products', 'Manufacturers', 'Ingredients', and 'Health Effects'.

- Based on Consumer Product Information Base
- Over 16,000 brands linked to Safety Data Sheets
- Multiple ways to search
- Useful for home, work, school

[Household Products Database](#)

NIH- National Institutes of Health

U.S. Department of Health & Human Services

NIH National Institutes of Health
Turning Discovery Into Health

Search NIH

NIH Employee Intranet | Staff Directory | En Español

Health Information | Grants & Funding | News & Events | Research & Training | **Institutes at NIH** | About NIH

Safe Sleep for Your Baby
Find out how to reduce the risk of SIDS and other sleep-related causes of infant death.
[Learn more »](#)



In the News



Acute Flaccid Myelitis (AFM)
Information on this rare disease that affects the spinal cord in children.



Periodontal Disease
Researchers identify immune cells linked to bone loss in gum disease.



Genetic Genealogy
Understanding genetic ancestry testing.



Fecal Transplants
Restoring gut microbes after cancer treatment.

NIH National Institutes of Health
Turning Discovery Into Health

Search NIH

NIH Employee Intranet | Staff Directory | En Español

Health Information | Grants & Funding | News & Events | Research & Training | **Institutes at NIH** | About NIH

Home » Institutes at NIH

INSTITUTES, CENTERS, AND OFFICES

Institutes at NIH

- List of NIH Institutes, Centers, and Offices
- 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.

National Eye Institute (NEI) — Est. 1968
The National Eye Institute's mission is to conduct and support research, training, health information dissemination, and other programs with respect to blinding eye 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
- CSR
- FIC
- NCATS
- NCCIH
- OD

NIH for Kids and Teens

NIH National Eye Institute (NEI)
Research Today... Vision Tomorrow

Search

NEI on Social Media | Search A-Z | en español | Text size S M L

About NEI | News & Events | Health Information | Grants and Funding | Research at NEI | Education Programs | Training and Jobs

Home > NEI for Kids

NEI for KIDS

All About Vision

- About the Eye
- Ask a Scientist Video Series
- Glossary
- The Visual System
- Your Eyes' Natural Defenses

Eye Health and Safety

- First Aid Tips
- Healthy Vision Tips
- Protective Eyewear
- Sports and Your Eyes

NEI for Kids

Most people rely on their eyes to see and make sense of the world around them. If you're reading this, your eyes are hard at work. You use your eyes for countless other things, too, like doing homework, playing sports, looking for that favorite shirt, or watching out for the neighborhood's angry dog. That's why it's important to take care of your eyes. Here you can learn about your eyes, how they work, and how to keep them healthy. Plus, you'll discover lots of fun eye facts.

Ask a Scientist
Watch now! NEI scientists

NIDA FOR TEENS
National Institute on Drug Abuse for Teens
Advancing Addiction Science

Teens | Teachers | Parents | Drugs & Health Blog | NDAFW

Drug Facts

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

Drugs & Health Blog

See All Blog Items >

Say What? "Epigenetics"

Could Snake Venom Help with the Opioid Problem?

"Addiction itself is not a crime, it's a disease."

Videos

Games

National Drug & Alcohol Facts Week

NIH Health Information

U.S. Department of Health & Human Services

NIH National Institutes of Health
Turning Discovery Into Health

Health Information

Grants & Funding

News & Events

Research & Training

HEALTH INFORMATION

Health Information

Health Info Lines

Health Services Locator

HealthCare.gov

NIH Clinical Research Trials and You

Wellness Toolkits

Talking to Your Doctor

Science Education Resources

Community Resources

Clear Health A-Z

Publications List

MedlinePlus Health Info

Newsletter

Sign up to receive the NIH Health Information newsletter and get email updates twice a month about healthy living and wellness from across NIH.

Subscribe

Search NIH Health Topics

influenza heart disease cancer sleep diabetes de
fitness cholesterol obesity stroke asthma

Health Highlights



Preventing Ear Infections

Get tips for helping your child avoid the pain of an ear infection.



When Someone Is in Crisis

What to do if you're concerned that someone you know may be in crisis.



What's in E-Cig Vapor?

The inhaled vapor from electronic cigarettes (e-cigs) usually contains nicotine, the addictive drug in tobacco. It also may have other harmful substances.

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NIH News in Health

A monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services

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October 2018

Managing Pain

Moving Beyond Opioids

There are many different ways to treat pain. Learn about the options beyond prescription medication.

Read more »



This Month: Ear Infections | Q&A Chronic Pain | Inducing Labor | E-Cigarettes | Lab Test Information

Popular Stories



Keeping Your Gut in Check



Cold, Flu, or Allergy?



Community Immunity



Positive Emotions and Your Health

KidsHealth.org

KidsHealth
from Nemours

for Parents ▾ for Kids ▾ for Teens ▾ for Educators ▾

🔍



Kids site >
Sitio para niños >

||

All about how the body works, homework help, and more – just for kids.

● ○ ● ●



Teens site >
Sitio para adolescentes >

||

Support and advice on health, emotions, and life – designed for teens and approved by doctors.



Parents site >
Sitio para padres >

||

Advice on children's health, behavior, and growth – from before birth through the teen years.



Educators site >

||

Expert-approved health education resources for PreK through 12th grade.

Girls' Health

girlshealth.gov
Be Healthy. Be Happy. Be You. Beautiful.

Search!

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[Drugs, alcohol & smoking](#)
[Your feelings](#)
[Relationships](#)
[Bullying](#)
[Safety](#)
[Your future](#)
[Environmental health](#)



Loves me, loves me not?

Learn what makes a healthy relationship.

[Learn more](#)

Got questions about your body or your period?

Confused about dating or friendships?

We have clear, fun, and reliable info on these topics and many more.

We are here to help you...

**Be healthy. Be happy.
Be you. Beautiful.**

#Relationships

Bad breakups, fights with friends, parents' rules, annoying siblings, and more. We are here to help!

Connect with these topics:

- Dating tips
- Is your relationship healthy?
- Sharing on social media
- How to help a friend in need
- Getting along with parents

STDs and Sex

Be empowered: No fiction, just the facts.

Here's what you need to know

- Facts about STDs
- Protect yourself
- Facts about sex
- Talk about it

Quick quizzes **The cool tools** **On the list**



Test your knowledge and take a quiz!
Check out:

- How much do you know about friendship?
- Body basics
- Food facts
- Are you being bullied?
- How much do you know about sleep?



Interactive tools for girls like you

- Ways to connect with your crush
- Best types of exercise
- Ways to get over your grief
- Fitness safety gear
- Inside your body
- Find your Body Mass Index
- Find testing for STDs



Our top tips

- 8 tips for texting and connecting online friendships
- 9 ways to get along with siblings
- 7 steps for dealing with conflict
- 11 tips for dealing with stress
- 10 tips for taking care of your body
- 7 simple stretches




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Young men's and young women's health

[Young Men's Health](#)

[Center for Young Women's Health](#)

MedlinePlus Magazine

NIH MedlinePlus the Magazine NIH MedlinePlus Salud

NIH MedlinePlus
MAGAZINE
Trusted Health Information from the National Institutes of Health

[DOWNLOAD THE CURRENT ISSUE PDF \[1.6 MB \]](#)

HOME CURRENT ISSUE PAST ISSUES



Welcome to the Web site for NIH MedlinePlus, the magazine.

Our purpose is to present you with the best in reliable, up-to-date health information.

We bring you the latest breakthroughs from NIH-supported research. We feature people from all walks of life talking about how they've handled their health challenges.

Sometimes it's the famous, like Nick Jonas, Randy Jackson or Mary Tyler Moore. But mostly, it's regular people who have turned to NIH for care and want to share their stories. Often, too, NIH scientists will write about their efforts to cure disease.

We hope NIH MedlinePlus becomes a favorite source of trusted health information for you, whether you read it in your doctor's office, local health center, clinic, or hospital waiting room. Best of all, we hope that you take out a free subscription. NIH MedlinePlus is produced by NIH, the National Library of Medicine, and the Friends of the National Library of Medicine.

With the best of good health to you and your family,

Patricia Flatley Brennan, RN, PhD
Director National Library of Medicine

[English edition of MedlinePlus Magazine](#)

NIH MedlinePlus Salud NIH MedlinePlus the Magazine

NIH MedlinePlus *Salud*
REVISTA
Información confiable de los Institutos Nacionales de Salud de los EE. UU.

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PRINCIPAL/HOME NÚMERO ACTUAL/CURRENT ISSUE EDICIONES ANTERIORES/PAST ISSUES



Bienvenido al sitio Web de la revista NIH MedlinePlus Salud.

Nuestro objetivo es presentarle lo mejor en información confiable y actualizada sobre la salud. Le brindamos los últimos adelantos de investigación apoyados por los Institutos Nacionales de Salud (NIH, por sus siglas en inglés). Le presentamos gente de todos los ámbitos hablando sobre cómo manejaron los desafíos a su salud.

Esperamos que NIH MedlinePlus Salud se convierta en una fuente favorita de información confiable sobre la salud, siendo que la lea en la oficina de su médico, sala de salud, clínica o sala de espera del hospital. Mejor aún, esperamos que se suscriba gratuitamente.

NIH MedlinePlus Salud es producida por los Institutos Nacionales de Salud, la Biblioteca Nacional de Medicina y la Sociedad de Amigos de la Biblioteca Nacional de Medicina en asociación con la Asociación Nacional Médica Hispana. La suscripción es gratuita.

Con mis mejores deseos de buena salud para usted y su familia,

Patricia Flatley Brennan, RN, PhD
Biblioteca Nacional de Medicina de los EE.UU.

[Spanish edition of MedlinePlus Magazine](#)

Drug Information

NLM AND NIH RESOURCES

MedlinePlus Drugs, Herbs, Supplements

The screenshot displays the MedlinePlus website interface. At the top, there is a blue navigation bar with the NIH logo and the text 'U.S. National Library of Medicine'. Below this is the MedlinePlus logo and tagline 'Trusted Health Information for You'. A search bar is located on the right side of the header, with a 'GO' button. Navigation links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support' are provided. The main content area features a breadcrumb trail 'Home → Drugs, Herbs and Supplements' and a title 'Drugs, Herbs and Supplements'. Under the 'Drugs' section, there is 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: 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. A note states: 'For FDA approved labels included in drug packages, see DailyMed.' The 'Herbs and Supplements' section includes the text: 'Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.' A prominent button labeled 'All herbs and supplements' is visible. On the right side, there is a 'Related Topics' sidebar with a list of categories: HIV/AIDS Medicines, Antibiotics, Antidepressants, Blood Pressure Medicines, Blood Thinners, Cancer Alternative Therapies, Cancer Chemotherapy, Cold and Cough Medicines, Complementary and Alternative Medicine, Diabetes Medicines, Dietary Supplements, Drug Safety, Herbal Medicine, and Hormone Replacement Therapy. Social media icons for email, Facebook, Twitter, and Google+ are also present.

MedlinePlus- medication pages

DRUGS

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 → Sertraline

Sertraline
pronounced as (ser' tra leen)

[Email](#) [Print](#) [Facebook](#) [Twitter](#) [Google+](#)

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?	

IMPORTANT WARNING:

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

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

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

The doctor or pharmacist will give you the manufacturer's patient information sheet (Medication Guide) when you begin treatment with sertraline. Read the information carefully and ask your doctor or pharmacist if you have any questions. You also can obtain the Medication Guide from the FDA website: <http://www.fda.gov/Drugs/DrugSafety/ucm085729.htm>.

No matter what your age, before you take an antidepressant, you, your parent, or your caregiver should talk to your doctor about the risks and benefits of treating your condition with an antidepressant or with other treatments. You should also talk about the risks and benefits of not

HERBS AND SUPPLEMENTS

U.S. Department of Health and Human Services National Institutes of Health

NIH National Center for Complementary and Integrative Health

NIH...Turning Discovery Into Health

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Tea Tree Oil

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On This Page

- Background
- How Much Do We Know?
- What Have We Learned?
- What Do We Know About Safety?
- Keep in Mind
- For More Information
- Key References



© Steven Foster

This fact sheet provides basic information about tea tree oil—common names, usefulness and safety, and resources for more information.

[Print this page](#)
[★ Health Topics A-Z](#)

NLM Drug information

PILLBOX

[Try the new version of Pillbox!](#)

Pillbox rapid identification, reliable information

United States National Library of Medicine
National Institutes of Health

Home About FAQ Developer Contact Us

Identify or Search for a Pill

Imprint: letters or numbers on either side of the pill
 Pill does not have an imprint.

Drug Name or Ingredient(s):

NIH U.S. National Library of Medicine

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

Name or Ingredient Imprint Capsule Purple Inactive Ingredient

CLEAR ALL Advanced Search >

Page 1 - Showing 1 - 20 of 306 results found

 Omeprazole	 VERELAN PM	 PRIOSECC	 PRIOSECC	 Lotrel	 Diltiazem Hydrochloride
 Zonisamide	 Nizatidine	 Levothyroxine sodium	 TIAZAC	 NEXIUM	 ziprasidone hydrochloride

[Try the new version of Pillbox](#)

DRUG INFORMATION PORTAL

Drug Information Portal
Quick Access to Quality Drug Information

United States National Library of Medicine
National Institutes of Health

Home News and Features NLM Resources NLM Research Resources Resources by Audience / Class Other Resources

Mobile Site

Search
DRUG INFORMATION PORTAL

Information available for 70,734 drugs.

By Name By Category

- ▶ Show examples.
- ▶ Show drug category names, results, and descriptions.
- ▶ Show top "By Name" searches (previous seven days).
- ▶ Show top "By Category" searches (previous seven days).
- ▶ Show top dispensed prescriptions in the US Market, 2010.
- ▶ Show common drug names list.
- ▶ Show generic name stems list.
- ▶ Show list of resources searched.

NIH Alternative Health Information

OFFICE OF DIETARY SUPPLEMENTS

U.S. Department of Health & Human Services National Institutes of 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

THINKING ABOUT TAKING A DIETARY SUPPLEMENT?

In this short animated video, the Office of Dietary Supplements (ODS) at the National Institutes of Health introduces the ODS website—the place for reliable, science-based answers to your questions about dietary supplements. 1 2 3 4 5

Health Information

- > Frequently Asked Questions (FAQ)
- > Dietary Supplements: What You Need to Know
- > Dictionary
- > Información en español

[more](#)

Dietary Supplement Fact Sheets

The Office of Dietary Supplements (ODS) fact sheets give a current overview of individual vitamins, minerals and other dietary supplements. ODS has fact sheets in two versions—Health Professional and Consumer. Both versions provide the same types of information but vary in the level of detail. Consumer versions are also available in Spanish. [more](#)

General Information

- > Dictionary
- > Background Information
- > Botanical Dietary Supplements
- > Full List of Fact Sheets
- > Frequently Asked Questions
- > ODS Videos
- > Información en español

[more](#)

Featured Dietary Supplement Fact Sheets

Potassium
Your body needs potassium for almost everything it does.

Pantothenic acid
Pantothenic acid helps turn the food you eat into the energy you need.

News & Events

HEADLINES

- > **NIH Seeks Candidates for ODS Director Position**
- > **Notice of Intent to Publish Funding Opportunity Announcements for Consortium for Advancing Research on Botanicals and Other Natural Products**

[more](#)

KEEP UP TO DATE

- > Read the ODS newsletters
- > Sign up for the ODS listserv
- > Follow us on Facebook
- > Follow us on Twitter

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U.S. Department of Health and Human Services National Institutes of Health

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Health

All Health Topics from A-Z
Research-based info from acupuncture to zinc.

Complementary, Alternative, or Integrative Health
What do these terms mean?

Be Informed
Learn how to make wise health decisions.

Herbs at a Glance
Uses and side effects of herbs and botanicals.

How To Find a Practitioner
Information on seeking treatment.

Information for Health Care Providers
Evidence-based medicine, continuing education, clinical practice guidelines, and more.

Know the Science
Tools to help you better understand complex scientific topics that relate to health research.

Featured Health Topics

Chronic Pain: In Depth (September 2018)

Yoga (September 2018)

Children and the Use of Complementary Health Approaches (July 2018)

Mind and Body Approaches for Cancer Symptoms and Treatment Side Effects
Resources for consumers and health professionals on what the science says about Mind and Body Approaches for Cancer Symptoms and Treatment Side Effects

[Learn more](#)

Cancer Get eBook New NCCIH Director Selected

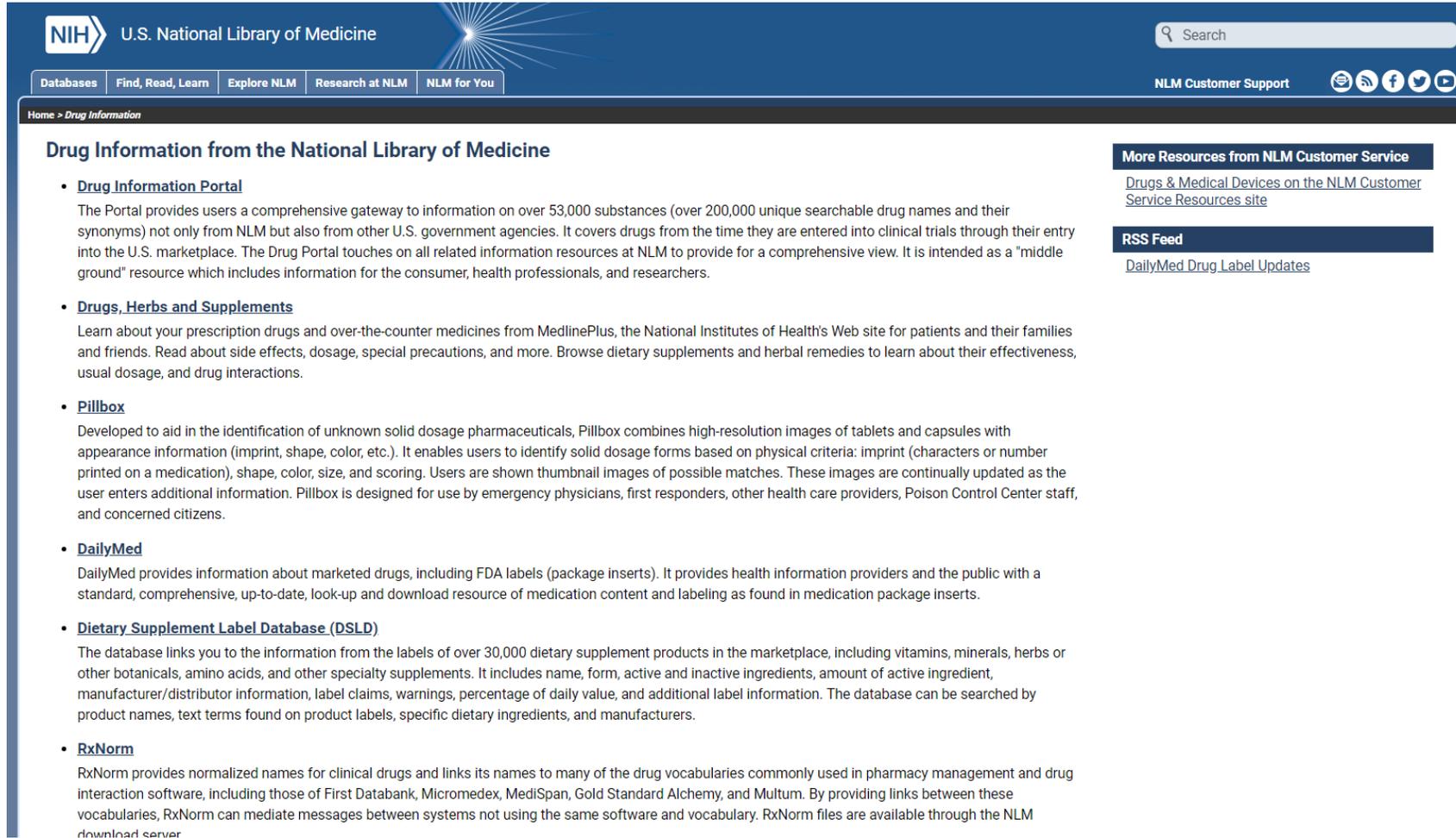
News

Blog Posts
New Report Reflects NCCIH Research Interest in

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What does NCCIH do?

NLM Drug Information list



The screenshot shows the NLM Drug Information list page. The header includes the NIH logo, the text "U.S. National Library of Medicine", a search bar, and navigation links for "Databases", "Find, Read, Learn", "Explore NLM", "Research at NLM", and "NLM for You". There are also social media icons and "NLM Customer Support" text.

Drug Information from the National Library of Medicine

- Drug Information Portal**

The Portal provides users a comprehensive gateway to information on over 53,000 substances (over 200,000 unique searchable drug names and their synonyms) not only from NLM but also from other U.S. government agencies. It covers drugs from the time they are entered into clinical trials through their entry into the U.S. marketplace. The Drug Portal touches on all related information resources at NLM to provide for a comprehensive view. It is intended as a "middle ground" resource which includes information for the consumer, health professionals, and researchers.
- Drugs, Herbs and Supplements**

Learn about your prescription drugs and over-the-counter medicines from MedlinePlus, the National Institutes of Health's Web site for patients and their families and friends. Read about side effects, dosage, special precautions, and more. Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.
- Pillbox**

Developed to aid in the identification of unknown solid dosage pharmaceuticals, Pillbox combines high-resolution images of tablets and capsules with appearance information (imprint, shape, color, etc.). It enables users to identify solid dosage forms based on physical criteria: imprint (characters or number printed on a medication), shape, color, size, and scoring. Users are shown thumbnail images of possible matches. These images are continually updated as the user enters additional information. Pillbox is designed for use by emergency physicians, first responders, other health care providers, Poison Control Center staff, and concerned citizens.
- DailyMed**

DailyMed provides information about marketed drugs, including FDA labels (package inserts). It provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.
- Dietary Supplement Label Database (DSLDB)**

The database links you to the information from the labels of over 30,000 dietary supplement products in the marketplace, including vitamins, minerals, herbs or other botanicals, amino acids, and other specialty supplements. It includes name, form, active and inactive ingredients, amount of active ingredient, manufacturer/distributor information, label claims, warnings, percentage of daily value, and additional label information. The database can be searched by product names, text terms found on product labels, specific dietary ingredients, and manufacturers.
- RxNorm**

RxNorm provides normalized names for clinical drugs and links its names to many of the drug vocabularies commonly used in pharmacy management and drug interaction software, including those of First Databank, Micromedex, MediSpan, Gold Standard Alchemy, and Multum. By providing links between these vocabularies, RxNorm can mediate messages between systems not using the same software and vocabulary. RxNorm files are available through the NLM download server.

More Resources from NLM Customer Service

[Drugs & Medical Devices on the NLM Customer Service Resources site](#)

RSS Feed

[DailyMed Drug Label Updates](#)

[NLM Drug Information Resources](#)

Multi-Language

AND MULTI-CULTURAL

MedlinePlus in Spanish

NIH Biblioteca Nacional de Medicina de los EE. UU.

MedlinePlus
Información de salud para usted

Busque en MedlinePlus **BUSCAR**

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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

Compartir

¿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 ||

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/mrKC30mkj5h](https://www.ly/mrKC30mkj5h)

Conéctese con nosotros
Suscríbese al boletín Mi MedlinePlus

Ingrese su email **ENVIAR**

Revista NIH MedlinePlus Salud
Lea el **último número**

Reciba alertas por email RSS Siganos en

MedlinePlus – Multiple Language

BY LANGUAGE

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

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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 quality guidelines for how we select the links on these pages.

Browse information in multiple languages by health topic.

Albanian (Gjuha Shqipe)

Amharic (Amanifñña / 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)

Chuukese (Trukese)

Dari (دري)

Dzongkha (ཇོངཀ་མ)

Farsi (فارسی)

French (français)

German (Deutsch)

Gujarati (ગુજરાતી)

Haitian Creole (Kreyol ayisyen)

Hakha Chin (Laiholh)

Hindi (हिन्दी)

Hmong (Hmoob)

HealthReach
Health Information In Many Languages
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BY HEALTH TOPIC

U.S. National Library of Medicine

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Home → Multiple Languages → All Health Topics

Health Information in Multiple Languages - All Health Topics

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

A

Abortion

Acute Bronchitis

Advance Directives

After Surgery

Alcohol

Alcoholism and Alcohol Abuse

Allergy

Alzheimer's Disease

Anal Disorders

Anemia

Angina

Angioplasty

Animal Bites

Ankle Injuries and Disorders

Anthrax

Anxiety

Appendicitis

Arm Injuries and Disorders

Arrhythmia

Arthritis

MedlinePlus: Asthma- Nebulizer

Nebulizer Treatments

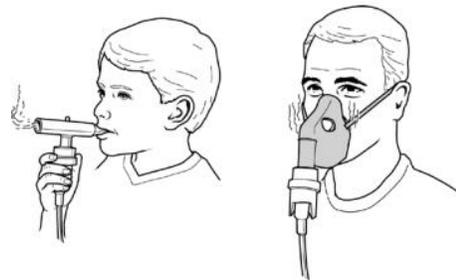
Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that is able to go more deeply into the airways of your lungs.

How often you have the nebulizer treatments will depend on:

- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

Taking a Treatment

- The treatment can be done with a mask or mouthpiece based on which works best for you.
 - ▶ If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
 - ▶ When using a mask, place it over your mouth and nose.
- Check your pulse before your treatment and write it down.
- You will see a fine mist when the treatment is started. Sit down, relax and breathe normally.
- Every four to five breaths take a deep breath in and hold it a few seconds. Then exhale or breathe out completely.
- Tap the nebulizer cup every few minutes to be sure all the medicine is nebulized. The treatment will last about 10 to 20 minutes.



ネブライザー療法

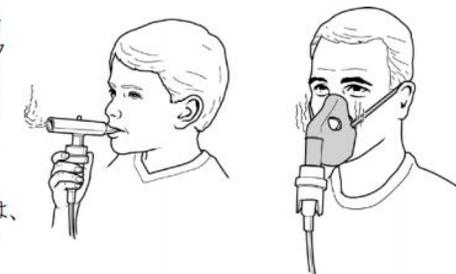
薬によってはネブライザー療法によって投与される必要があります。ネブライザー療法は、吸入療法、エアロゾル療法、噴霧療法などとも呼ばれます。ネブライザーにより液体の薬剤が細かい霧状になり、薬剤が肺の気道の奥深くまで届くようになります。

ネブライザー療法の使用回数は、以下の条件により異なります。

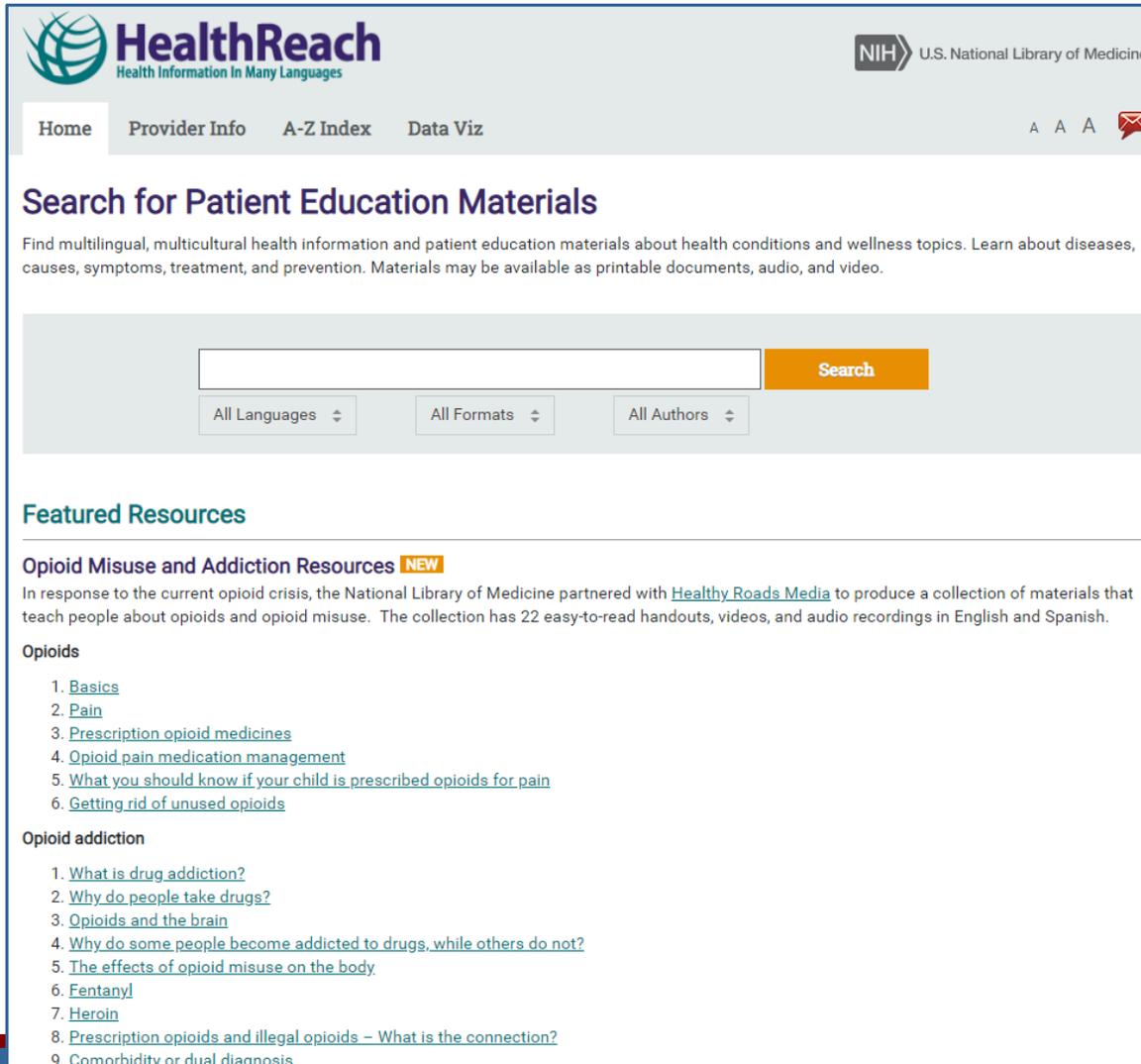
- 使用薬剤
- 息切れや喘鳴の度合い

処置をする

- ネブライザー療法は、マスクまたはマウスピースのどちらか適したほうを使用して行われます。
 - ▶ マウスピースを使用する場合は、歯の後ろ側にマウスピースを入れます。唇を閉じてマウスピースが口の中で密閉された状態にします。
 - ▶ マスクを使用する場合は、マスクで口と鼻の周りを覆います。
- 処置を始める前に心拍数を測り記録します。
- 処置を開始する際、細かい霧を確認します。椅子に座り、リラックスして、通常どおりの呼吸をします。
- 4～5回の呼吸ごとに深く息を吸い込み、そのまま数秒間息を止めます。その後息を完全に吐き出します。
- 数分ごとにネブライザーのカップを軽くたたき、薬剤がすべて霧状になっていることを確認します。処置は約 10～20 分で終わります。



Health Reach



The screenshot shows the Health Reach website interface. At the top left is the Health Reach logo with the tagline 'Health Information In Many Languages'. To the right is the NIH logo and 'U.S. National Library of Medicine'. Below the logo is a navigation menu with 'Home', 'Provider Info', 'A-Z Index', and 'Data Viz'. On the right side of the navigation menu are three 'A' icons and a red envelope icon. The main heading is 'Search for Patient Education Materials'. Below this is a paragraph: '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.' Below the paragraph is a search bar with a 'Search' button. Under the search bar are three dropdown menus: 'All Languages', 'All Formats', and 'All Authors'. Below the search bar is a section titled 'Featured Resources'. Under this section is a heading 'Opioid Misuse and Addiction Resources' with a 'NEW' tag. Below this heading is a paragraph: '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.' Below this paragraph are two sub-sections: 'Opioids' and 'Opioid addiction'. Each sub-section has a numbered list of links.

HealthReach
Health Information In Many Languages

NIH U.S. National Library of Medicine

Home Provider Info A-Z Index Data Viz A A A

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](#)

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

[Health Reach](#)

NIH- Spanish and other languages

[NIH information in Spanish](#)

EthnoMed



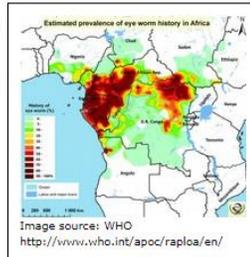
Cultures Clinical Topics Patient Education Cross-Cultural Health Calendar

You Are Here: Home

FEATURE: OCTOBER 2018

LOA LOA

The CDC recommends refugees from Loa loa-endemic countries in Africa "should not receive presumptive ivermectin for strongyloidiasis prior to departure. Management of Strongyloides should be deferred until arrival in the United States, unless Loa loa is excluded by reviewing a daytime (10 AM to 2 PM) Giemsa-stained blood smear. Deferral of treatment for strongyloides until after the refugee arrives in the United States is acceptable. Guidance is available for management of Strongyloides following arrival in the United States in the Domestic Intestinal Parasite Screening Guidelines."



These recommendations apply to those coming through the IOM resettlement process or asylum seekers or immigrants who choose to be screened. Unfortunately, this approach misses many immigrants and asylum seekers who do not know about routine screening and many Africans who originate in non-Loa loa infected regions and do not think to tell their clinicians they migrated through Loa loa endemic areas, living there often for months to years.

Drs. Carey Jackson and Duncan Reid describe a recent case of Loa loa in a patient originating outside of the loiasis-endemic area, including resulting questions for clinicians surrounding infection screening and treatment. [Read more...](#)

"PUBLIC CHARGE" RULE

Proposed Policy Changes and Implications for Health Care of Immigrant Families

The Department of Homeland Security published the Notice of Proposed Rulemaking (NPRM) in the Federal Register on October 10, marking the beginning of the 60-day comment period. The comment period will end Monday, December 10.

You can find the full text of the rule [here](#), and federal comment portal for the rule [here](#). (Some organizations are also providing portals for comment collection, documenting personal accounts of people harmed by the drafting and publication of the proposed rule, and other advocacy. See

Welcome To EthnoMed

EthnoMed contains information about cultural beliefs, medical issues and related topics pertinent to the health care of immigrants to Seattle or the US, many of whom are refugees fleeing war-torn parts of the world.

EthnoMed Newsletter & Twitter

Subscribe to our e-Newsletter to receive updates about what's new. [Read more...](#)

[Follow EthnoMed on Twitter](#)

Make A Gift

Donations made to the **EthnoMed Community Outreach Fund** support the development of this website and creation of its educational content. Please consider making a gift online. [Read more...](#)

Refugee Health Weekly Roundup

This summary is compiled by the Washington State Department of Health Refugee Health Program. The Weekly Roundup highlights upcoming events and opportunities, resources and news relevant to refugee health. Some information is local to WA, but also what's on the national agenda. Read the latest edition of the



Search Site

Cultures Clinical Topics Patient Education Cross-Cultural Health Calendar

You Are Here: Home → Patient Education

PATIENT EDUCATION



BROWSE BY TOPIC

- [Asthma](#)
- [Blood](#)
- [Breastfeeding](#)
- [Cancer](#)
- [Communication](#)
- [Diabetes](#)
- [Domestic Violence](#)
- [Emergency Preparedness](#)
- [End of Life](#)
- [Exercise/Physical Activity](#)
- [Flu](#)
- [Geriatrics](#)
- [Heart](#)
- [Hepatitis](#)
- [HIV/AIDS](#)
- [Hypertension](#)

BROWSE BY LANGUAGE

- [Amharic](#)
- [Chinese](#)
- [Hmong](#)
- [Karen](#)
- [Khmer](#)
- [Oromo](#)
- [Somali](#)
- [Spanish](#)
- [Tigrinya](#)
- [Vietnamese](#)

SPECIAL POPULATIONS

Blind/Low Literacy Audio Resources
Materials from the Utah Department of Health, Office of Health Disparities

RELATED WEBSITES

The following links to other websites are provided as a means of accessing information. EthnoMed does not claim to verify all information, including translations, found through links.

- [American Cancer Society](#)
- [Asian Pacific Islander Cancer Education](#)
- [Materials Tool](#)
- [Breast, Cervical and Colon Health Program - Seattle & King County](#)
- [Colorectal Cancer: Routine Screenings - Somali](#)
- [ECHO Minnesota - Emergency & Community Health Outreach](#)
- [Emergency and Earthquake Planning videos](#)
- [Health Information Translations](#)
- [Health Online: University of Washington](#)

EthnoMed

Professional Resources

PubMed



PubMed

PubMed comprises more than 28 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

Using PubMed

[PubMed Quick Start Guide](#)

[Full Text Articles](#)

[PubMed FAQs](#)

[PubMed Tutorials](#)



[New and Noteworthy](#)

PubMed Tools

[PubMed Mobile](#)

[Single Citation Matcher](#)

[Batch Citation Matcher](#)

[Clinical Queries](#)

[Topic-Specific Queries](#)

More Resources

[MeSH Database](#)

[Journals in NCBI Databases](#)

[Clinical Trials](#)

[E-Utilities \(API\)](#)

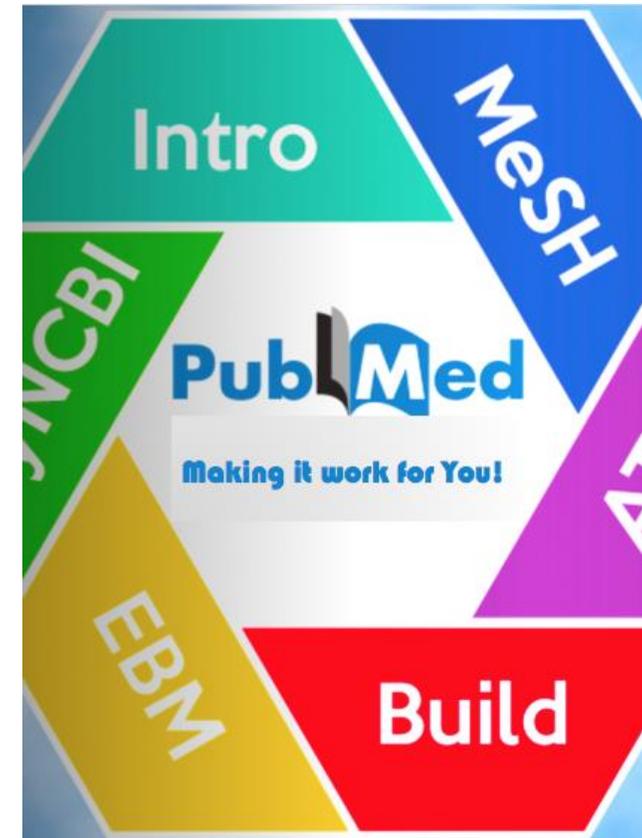
[LinkOut](#)

[PubMed](#)

PubMed for Nurses

The screenshot shows the 'PubMed for Nurses' tutorial page. At the top, there is the NIH logo and 'U.S. National Library of Medicine' text. A search bar is located in the top right. Below the header, there are navigation tabs: 'Databases', 'Find, Read, Learn', 'Explore NLM', 'Research at NLM', and 'NLM for You'. The main title 'PubMed for Nurses' is prominently displayed. A sidebar on the left lists navigation options: Introduction, Simple Search, Filters, Clinical Queries, My NCBI, and Reference Materials. The main content area features a 'Welcome to PubMed for Nurses' heading, followed by introductory text and a video thumbnail of a nurse at a computer workstation. The page is numbered '1' and includes a 'Next Section >' link. The footer contains copyright information, the USA.gov logo, and update dates.

[PubMed for Nurses tutorial](#)



[PubMed Tutorials](#)

PubMed Central

NCBI Resources How To Sign in to NCBI

PMC US National Library of Medicine National Institutes of Health

PMC Search

[Journal List](#) [Advanced](#) [Help](#)



PMC

PubMed Central® (PMC) is a free full-text archive of biomedical and life sciences journal literature at the U.S. National Institutes of Health's National Library of Medicine (NIH/NLM).

PubReader

A whole new way to read scientific literature at PubMed Central



Get Started

[PMC Overview](#)

[Users' Guide](#)

[Journal List](#)

[PMC FAQs](#)

[PMC Copyright Notice](#)

Participate

[Information for Publishers](#)

[How to Participate in PMC](#)

[Participation Agreements](#)

[File Submission Specifications](#)

[File Validation Tools](#)

Keep Up to Date

[New in PMC](#) | [RSS](#)

[PMC Announce Mail List](#)

[Utilities Announce Mail List](#)

[Tagging Guidelines Mail List](#)

Other Resources

[PMC International](#)

[Text Mining Collections](#)

[Developer Resources](#)

[PMC Citation Search](#)

[PMC Accessibility](#)

5 MILLION Articles

are archived in PMC.

Content provided in part by:

2163

[Full Participation Journals](#)

333

[NIH Portfolio Journals](#)

4740

[Selective Deposit Journals](#)

Public Access

[Fundors and PMC](#)

[How Papers Get Into PMC](#)

[NIH Manuscript Submission System](#)

[My Bibliography](#)

[PMCID/PMID/NIHMSID Converter](#)

PubMed Central

National Library of Medicine (NLM)

The screenshot shows the NLM website homepage. At the top, there is a purple header with the NIH logo and the text 'U.S. National Library of Medicine'. Below this is a navigation bar with four main categories: 'PRODUCTS AND SERVICES', 'RESOURCES FOR YOU', 'EXPLORE NLM', and 'GRANTS AND FUNDING'. The 'RESOURCES FOR YOU' category is highlighted with a red box and contains a dropdown menu with the following options: 'For Researchers', 'For Publishers', 'For Librarians', 'For Educators/Trainers', 'For Healthcare Professionals', and 'For the Public'. Below the navigation bar is a large banner with the text 'Accelerating Biomedical Discovery and Data-Powered Health' and a search bar. Underneath the banner are six service tiles: PubMed (Citations for biomedical literature), MedlinePlus (Reliable, up-to-date health information for you), Open-i (An experimental multimedia search engine), TOXNET (Search databases on hazardous chemicals), ClinicalTrials.gov (A database of clinical studies, worldwide), and BLAST (Basic Local Alignment Search Tool). Below the service tiles is a 'News and Highlights' section with six items: 'Director's Blog' (Data in the Scholarly Communications Solar System), 'In Focus' (Laughter at the National Library of Medicine?), 'NLM Announcements', 'NCBI Insights' (Improved search for eukaryotic and viral proteins and gene names), 'Circulating Now' ('Fit to Fight': Home front Army doctors and VD during WW I), and 'Technical Bulletin'.

[NLM
https://www.nlm.nih.gov/](https://www.nlm.nih.gov/)

Safe Sleep for Your Baby

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

Learn more »



In the News



Acute Flaccid Myelitis (AFM)
Information on this rare disease that affects the spinal cord in children.



Periodontal Disease
Researchers identify immune cells linked to bone loss in gum disease.



Genetic Genealogy
Understanding genetic ancestry testing.



Fecal Transplants
Restoring gut microbes after cancer treatment.

NURSING RESEARCH DEVELOPS KNOWLEDGE TO:

- Build the scientific foundation for clinical practice
- Prevent disease and disability
- Manage and eliminate symptoms caused by illness
- Enhance end-of-life and palliative care

WHAT'S NEW?



Meet the NINR Acting Director



NINR Seeks Director



Director's Lecture: "Integrative Biobehavioral Research in Heart Failure"



NINR's Graduate Partnerships Program 2019 Application Period Now Open

View All Announcements

FEATURED RESOURCES AND INITIATIVES

NICHD-Supported Opioids Research

Diana W. Bianchi, M.D., Director

CDC Healthy Schools

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

SEARCH

CDC A-Z INDEX

Healthy Schools



Managing **Chronic Health Conditions in Schools**

f t +

- Nutrition**

- Physical Activity**

- Obesity Prevention**

- Chronic Conditions**


- SCHOOL HEALTH INDEX
- STATE SUCCESS STORIES
- PROFESSIONAL DEVELOPMENT
- SCHOOL HEALTH SERVICES

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

SEARCH

CDC A-Z INDEX

Virtual Healthy School (VHS)



Home WSCC Model Resources Download

CAFETERIA GYMNASIUM GRADES K-2 GRADES 3-5 GRADES 6-8
PLAYGROUND NURSE'S OFFICE COUNSELOR'S OFFICE PRINCIPAL'S OFFICE CONFERENCE ROOM

Visit Our Healthy School

A Tobacco-Free Campus

[CDC Healthy Schools](#)

CDC Adolescent & School Health

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

Q

CDC A-Z INDEX ▾

Adolescent and School Health



DASH 30 YEARS

1988 | 2018

HEALTHY YOUTH
SUCCESSFUL FUTURES

@CDC_DASH Tweets

This month marks 30 years of DASH. Over that time, our programs have evolved to cover #STD and pregnancy prevention... <https://t.co/eQb3omjysj>

School staff are important adults in students' lives. The time, interest, attention, and emotional support they give... <https://t.co/tcsN00JxvE>

ABOUT DASH

DATA & STATISTICS

HEALTH SERVICES FOR TEENS

FACT SHEETS

FUNDED PROGRAMS

FOR FUNDED PROGRAMS

PROGRAM TOOLS

PUBLICATIONS, ARTICLES, & RESOURCES

INFORMATION FOR SPECIFIC GROUPS









[CDC Adolescent & School Health](https://www.cdc.gov/adolescent-school-health)

NLM

Traveling Exhibits

NLM Exhibition Program

NIH U.S. National Library of Medicine

Search

Databases Find, Read, Learn Explore NLM Research at NLM NLM for You

NLM Customer Support

History of Medicine

Home > History Home > About Us > Exhibition Program

History Home | About Us | Visit Us | Contact Us | Copyright | Site Map

EXHIBITION PROGRAM

ABOUT US EXHIBITIONS BOOK A TRAVELING EXHIBITION EDUCATION CONTACT US SITE MAP

SEARCH

make history!
expand your horizons

search exhibitions: explore, discover, enjoy!

explore our exhibitions

book a traveling exhibition

find an educational resource

curious? take a look

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

[NLM Exhibition Program](#)

Focus on Health Care Professions

CELEBRATING AMERICA'S WOMEN PHYSICIANS



Changing the face of Medicine

HOME RESOURCES VISIT ACTIVITIES



Discover how influential medical work is an intrinsic part of work. The National Library of Medicine presents an interactive, inspiring...

► VISIT
This exhibition at the National Library of Medicine closed on November 19, 2005. Its traveling exhibition [itinerary](#) is available online. Please refer to "On Exhibit at NLM" on the [Library's home page](#) for information on the current exhibition on display at the Library.

► PHYSICIANS
Perform your own customized database [search](#) to learn about the woman physicians featured in this exhibition. Learn about their sources of inspiration, challenges they faced, and their accomplishments.

► ACTIVITIES
Check out these online [interactive activities](#) that use games and learning modules to bring issues of science and medicine to life.

► SHARE your STORY
[Post your story](#) about a woman physician who you think should be part of this project and read stories that others have submitted.





HOME EXHIBITION EDUCATION DIGITAL GALLERY CREDITS TRAVELING INFO



EXHIBITION



THE ZWERDLING POSTCARD COLLECTION
PICTURES OF NURSING

The postcard is a fleeting and widespread art form influenced by popular ideas about social and cultural life in addition to fashions in visual style. Nurses and nursing have been the frequent subjects of postcards...

[EXPLORE THE EXHIBITION](#)

PHYSICIAN ASSISTANTS
Collaboration and Care



EXHIBITION PROGRAM

PA's are educated and trained to collaborate with other health professionals. During their coursework and clinical training, PAs learn from and work with physicians, other PAs, nurses, and additional health care professionals...



[EXPLORE](#)

HOME • EXHIBITION • EDUCATION • CREDITS

[LEARN more](#)



Explore educational resources.

[FIND OUT](#)

[EXPLORE the exhibition](#)



[BOOK the traveling exhibition](#)



Focus on Health Issues

CONFRONTING VIOLENCE IMPROVING WOMEN'S LIVES

Temperance and women's rights advocates called violence and aggression the mid-19th century efforts, society and ignore domestic

U.S. National Library of Medicine

EXHIBITION HOME | EXHIBITION COLLECTION | EDUCATION RESOURCES | TRAVELING EXHIBITION

EXHIBITION PROGRAM

GRAPHIC MEDICINE ILL-CONCEIVED & WELL-DRAWN!

10:12 A.M. EXACTLY.
MARISA, THIS IS DR. MILLS.
THERE IS AN ABNORMALITY.
MY WORLD CAME TO AN END.

LEARN more

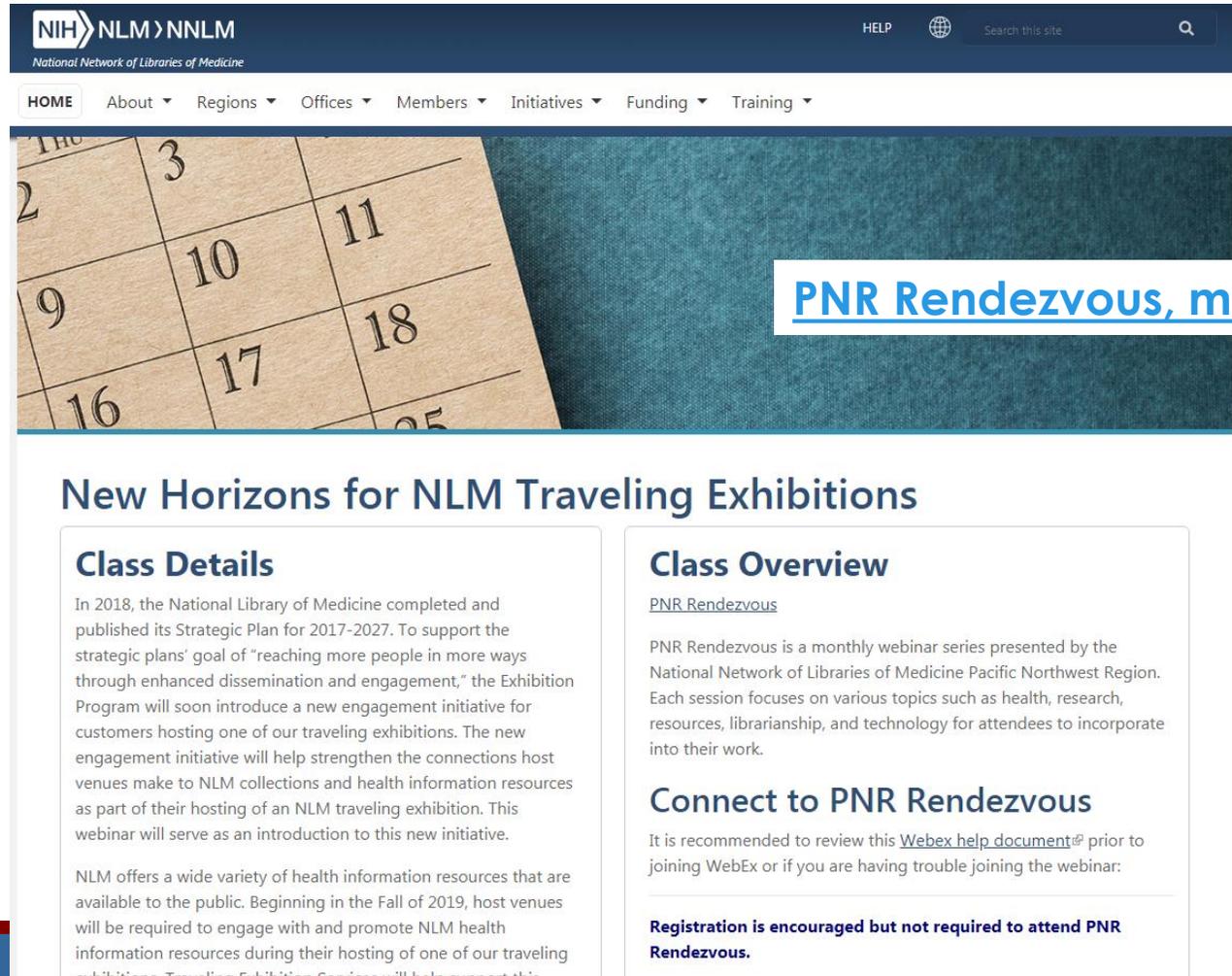
Who were some adv

FIND OUT +

Graphic medicine is the use of comics to tell personal stories of illness and health.

PNR Rendezvous webinar

November 14 2018 session



The screenshot shows the top navigation bar of the NLM website with the logo and menu items: HOME, About, Regions, Offices, Members, Initiatives, Funding, Training. Below the navigation is a banner image featuring a calendar and a blue textured background. A blue text box on the right side of the banner reads "PNR Rendezvous, monthly webinar series". Below the banner is the main content area with the heading "New Horizons for NLM Traveling Exhibitions". This area is divided into two columns: "Class Details" and "Class Overview".

NIH NLM>NNLM
National Network of Libraries of Medicine

HELP Search this site

HOME About Regions Offices Members Initiatives Funding Training

PNR Rendezvous, monthly webinar series

New Horizons for NLM Traveling Exhibitions

Class Details

In 2018, the National Library of Medicine completed and published its Strategic Plan for 2017-2027. To support the strategic plans' goal of "reaching more people in more ways through enhanced dissemination and engagement," the Exhibition Program will soon introduce a new engagement initiative for customers hosting one of our traveling exhibitions. The new engagement initiative will help strengthen the connections host venues make to NLM collections and health information resources as part of their hosting of an NLM traveling exhibition. This webinar will serve as an introduction to this new initiative.

NLM offers a wide variety of health information resources that are available to the public. Beginning in the Fall of 2019, host venues will be required to engage with and promote NLM health information resources during their hosting of one of our traveling exhibitions. *Traveling Exhibition Services* will help support this

Class Overview

[PNR Rendezvous](#)

PNR Rendezvous is a monthly webinar series presented by the National Network of Libraries of Medicine Pacific Northwest Region. Each session focuses on various topics such as health, research, resources, librarianship, and technology for attendees to incorporate into their work.

Connect to PNR Rendezvous

It is recommended to review this [Webex help document](#) prior to joining WebEx or if you are having trouble joining the webinar:

Registration is encouraged but not required to attend PNR Rendezvous.

Ways to Use

STAFF, STUDENTS, PARENTS, WIDER COMMUNITY

Sports

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Health Topics Drugs & Supplements Videos & Tools

Home → Health Topics → Head Injuries

Head Injuries

Also called: Cranial injuries, Skull fractures, Skull injuries

On this page

Basics	Learn More	See, Play a
<ul style="list-style-type: none">SummaryStart HereDiagnosis and TestsTreatments and Therapies	<ul style="list-style-type: none">Specifics	<ul style="list-style-type: none">No links a
Research	Resources	For You
<ul style="list-style-type: none">Clinical TrialsJournal Articles	<ul style="list-style-type: none">Find an Expert	<ul style="list-style-type: none">ChildrenTeenagersPatient H

Summary

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

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

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

It is important to know the warning signs of a moderate or severe head injury. The injured person has

- A headache that gets worse or does not go away
- Repeated vomiting or nausea
- Convulsions or seizures
- An inability to wake up
- Dilated (enlarged) pupil in one or both eyes
- Slurred speech
- Weakness or numbness in the arms or legs

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Health Topics Drugs & Supplements

Home → Health Topics → Sports Injuries

Sports Injuries

On this page

Basics	Learn More
<ul style="list-style-type: none">SummaryStart HerePrevention and Risk Factors	<ul style="list-style-type: none">Related IssuesSpecifics
Research	Resources
<ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	<ul style="list-style-type: none">Find an Expert

Summary

Exercising is good for you, but sometimes you can get hurt. Accidents, poor training practices, or improper gear can cause injuries if they are not in shape. Not warming up or stretching can also cause injuries.

The most common sports injuries are

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

If you get hurt, stop playing. Continuing to play or over-exercising begins with the RICE (Rest, Ice, Compression, and Elevation) and speed healing. Other possible treatments include pain relievers, rehabilitation, and sometimes surgery.

NIH: National Institute of Arthritis and Musculoskeletal Disorders

NIH U.S. National Library of Medicine

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

SEARCH

CDC A-Z INDEX

HEADS UP

CDC > HEADS UP > HEADS UP to Schools

HEADS UP to Schools: School Nurses

f t +

Keep HEADS UP to Schools materials available in your office and present them to other school staff during staff meetings. The signs and symptoms checklist is particularly useful in helping to monitor a student with a head injury. The fact sheet for parents should be sent home with a student who has a head injury so that parents and caregivers know which symptoms to look out for at home.

Fact Sheets Posters

Fact Sheet for School Nurses

Download

- Fact Sheet - School Nurses [PDF - 884 KB]
- Hoja informativa para enfermeras escolares [PDF - 2 MB]

Concussion Signs & Symptoms Checklist

Download

- Concussion Signs and Symptoms Checklist [PDF - 366 KB]
- Lista de verificación de signos y síntomas de una conmoción cerebral [PDF - 368 KB]

Concussion Signs & Symptoms Card

Download

- Concussion Signs & Symptoms card (7.25 x 5.5 in.) [PDF - 431 KB]
- Signos y síntomas de una conmoción cerebral (7.25 x 5.5 in.) [PDF - 422 KB]

Fact Sheet for Teachers, Counselors, and School Professionals

Download

- Concussion Fact Sheet for Teachers, Counselors, and School Professionals [PDF - 644 KB]
- Hoja informativa para maestros, consejeros y personal escolar profesional [PDF - 664 KB]

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What's this? Submit

Nutrition



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

Home → Health Topics → Child Nutrition

Child Nutrition

On this page

Basics

- Summary
- Start Here
- Latest News
- Diagnosis and Tests

Learn More

- Related Issues
- Specifics

See, Play and Learn

- Health Check Tools

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

Resources

- Reference Desk
- Find an Expert

For You

- Children
- Teenagers
- Patient Handouts



Get Child Nutrition updates by email

MEDICAL ENCYCLOPEDIA

Cow's milk and children
Eating extra calories when you are sick - children
Food jags
Kwashiorkor

[Related Health Topics](#)

Summary

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

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

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

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

Start Here

- [Healthy Eating](#) (Nemours Foundation)



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PROFESSIONALS

[Nutrition Communicators Network](#)

[Communicator's Guide](#)

[A Snapshot of the 2015-2020 Dietary Guidelines for Americans](#)

[Translating the Dietary Guidelines into Consumer Messages](#)

[Best Practices for Creating Nutrition Education Materials Resources](#)

[Teachers](#)

[Health Professionals](#)

[MyPlate Resources](#)

[Dietary Guidelines Resources](#)

[MyPlate Graphics](#)

MyPlate Resources



MyPlate Mini Poster

The MyPlate Mini Poster is a colorful quick guide that provides tips from each of the five food groups, as well as ways to cut back on calories from added sugars, saturated fats, and sodium. This is a great resource to print for patients! Also available in Spanish.



MyPlate Plan

The MyPlate Plan shows individuals their food group targets — what and how much to eat within their calorie allowance. Select a plan based on the individual's age, sex, height, weight, and physical activity level.



MyPlate Tip Sheets

The 10 Tips Nutrition Education Series and the MyPlate, MyWins Tips Series provide consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format.

- [Find your healthy eating style and maintain it for a lifetime](#)
- [Reach your nutrition goals](#)
- [Click here for more.](#)



Infographics

MyPlate's colorful infographics (information + graphics) are truly a great resource! Print out a couple and post them where you (and others) can use some nutrition information and tips. They are also great for Facebook, Twitter, or Pinterest.

BROWSE BY AUDIENCE

Immunizations

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 → Health Topics → Childhood Immunization

Childhood Immunization

Also called: Shots

- On this page

- Basics
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 - Related Issues
 - Specifics
- See, Play and Learn
 - Images
 - Health Check Tools
- Research
 - Statistics and Research
 - Clinical Trials
 - Journal Articles
- Resources
 - Reference Desk
 - Find an Expert
- For You
 - Children
 - Teenagers
 - Patient Handouts

Summary

Today, children in the United States routinely get vaccines that protect them from more than a dozen diseases such as measles, polio, tetanus, diphtheria, and pertussis (whooping cough). Most of these diseases are now at their lowest levels in history, thanks to years of immunization. Children must get at least some vaccines before they may attend school.

Vaccines help make you immune to serious diseases without getting sick first. Without a vaccine, you must actually get a disease in order to become immune to the germ that causes it. Vaccines work best when they are given at certain ages. For example, children don't receive measles vaccine until they are at least one year old. If it is given earlier it might not work as well. The Centers for Disease Control and Prevention publishes a schedule for childhood vaccines.

Although some of the vaccines you receive as a child provide protection for many years, adults need immunizations too.

Centers for Disease Control and Prevention

Start Here

- Childhood Vaccines: What They Are and Why Your Child Needs Them (American Academy of Family Physicians)
Also in Spanish
- For Parents: Vaccines for Your Children (Centers for Disease Control and Prevention)
- Frequently Asked Questions about Immunizations (Nemours Foundation)

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MEDICAL ENCYCLOPEDIA

Immunizations - general overview

Related Health Topics

- Chickenpox
- Diphtheria
- Flu Shot
- Haemophilus Infections

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

Vaccines site SEARCH

CDC A-Z INDEX

Vaccines & Immunizations

f t +

Growing Up With Vaccines: What Should Parents Know?

Whether before birth, before school, or into adulthood, learn which vaccines you need throughout life.

PARENTS (BIRTH-18 YRS)

[More >](#)

ADULTS (19 AND OLDER)

[More >](#)

PREGNANCY AND VACCINATION

[More >](#)

HEALTHCARE PROVIDERS

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For Specific Groups of People

[Travelers](#)

Immunization Managers

- Price Lists & Vaccine Codes

Immunization Partners

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Mental Health

U.S. National Library of Medicine

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Teen Mental Health

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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)

U.S. Department of Health & Human Services

SAMHSA
Substance Abuse and Mental Health Services Administration

Home | Site Map | Contact Us

Search SAMHSA.gov

Find Help & Treatment Grants Data Programs & Campaigns Newsroom About Us Publications

Topics » School and Campus Health

School and Campus Health

Substance Use and Mental Health

SAMHSA's Efforts

Information for Educators, Students, and Parents

Grants

Publications and Resources

School and Campus Health

SAMHSA supports efforts to promote mental health and substance use prevention in schools and on campuses and to provide safe learning environments.

Overview

Young people face a variety of life challenges that can affect their mental health and/or use or abuse of alcohol and other drugs. Schools and campuses should be safe havens for them to grow and learn. Both settings offer a number of mental health promotion and substance use prevention activities, yet America's schools and campuses are facing challenging public health issues such as bullying, violence, delinquency, alcohol use, and illegal or prescription drug abuse. For example:

- In 2014, 18- to 25-year-olds had the highest rate of alcohol dependence or abuse (16.3%) among people aged 12 or older.
- Youth who drop out of school and adolescents frequently absent from school have higher rates of illegal drug use.
- In 2014, 9.4% of 12- to 17-year-olds (an estimated 2.3 million youths) reported using illicit drugs within the month prior to being surveyed.
- Of children living in the United States, 13% to 20% experience a mental illness in a given year, and surveillance over the past two decades has shown the

SHARE+





Data and Statistics

- » [SAMHSA Data: Adolescents](#)
- » [SAMHSA Data: Youth \(under 18 years of age\)](#)
- » [SAMHSA Data: Young Adults \(18-24 years of age\)](#)
- » [Centers for Disease Control and Prevention: Adolescent and School Health](#)
- » [Centers for Disease Control and Prevention: Mental Health Surveillance Among Children](#)

Flu

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Home → Health Topics → Flu

Flu

Also called: Gripe, Influenza

On this page

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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">ChildrenTeenagersWomenSeniorsPatient Handouts

Summary

Flu is a respiratory infection caused by a number of viruses. The viruses pass through the air and enter your body through your nose or mouth. Between 5% and 20% of people in the U.S. get the flu each year. The flu can be serious or even deadly for elderly people, newborn babies, and people with certain chronic illnesses.

Symptoms of the flu come on suddenly and are worse than those of the common cold. They may include

- Body or muscle aches
- Chills
- Cough
- Fever
- Headache
- Sore throat

Is it a cold or the flu? Colds rarely cause a fever or headaches. Flu almost never causes an upset stomach. And "stomach flu" isn't really flu at all, but gastroenteritis.

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MEDICAL ENCYCLOPEDIA

Colds and the flu - what to ask your doctor - adult

Colds and the flu - what to ask your doctor - child

College students and the flu

Flu

Pregnancy and the flu

Your baby and the flu

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

SEARCH

Influenza (Flu)

Language: English (US)



Want to be a Disease Detective? Download CDC's New Graphic Novel Today!

Influenza Updates:

- Flu activity in the U.S. is low now, but expected to pick up in the coming months.

CDC on Flu Vaccine:

- CDC's vaccine recommendations for the 2018-2019 flu season are now available.
- CDC recommends yearly flu vaccination for people 6 months and older.
- Get vaccinated by the end of October.
- See how much 2018-2019 flu vaccine has been distributed.

PREVENT FLU

Everyone 6 months & older should receive a yearly flu vaccine.

SYMPTOMS & DIAGNOSIS

Flu can cause mild to severe illness. Learn the symptoms of flu.

TREATMENT

Prescription medications called antiviral drugs can be used to treat flu.

FLU ACTIVITY & SURVEILLANCE

During week 41 (Oct 7-13, 2018), flu activity is at levels below baseline in the U.S.

ABOUT FLU
Learn about flu season and get answers to questions.

COMMUNICATION RESOURCE CENTER
Find resources to promote flu prevention.

FLU SEASON
Find information about current and past flu seasons.

HEALTH PROFESSIONALS
Learn what CDC recommends this season.

Flu Vaccine Finder

Everyone six months of age or older needs a flu vaccine.

Bullying

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Bullying

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Research <ul style="list-style-type: none"> Clinical Trials Journal Articles 	Resources <ul style="list-style-type: none"> Find an Expert 	For You <ul style="list-style-type: none"> Teenagers

Summary

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

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

Centers for Disease Control and Prevention

Start Here

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

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Related Health Topics

- [Child Mental Health](#)
- [School Health](#)
- [Teen Mental Health](#)
- [Teen Violence](#)

Other Languages

Find health information in languages other than English on [Bullying](#)

An official website of the United States government. Here's how you know

stopbullying.gov Search | [Español](#)

[Bullying](#) [Cyberbullying](#) [Prevention](#) [Resources](#) [Blog](#)



October is National Bullying Prevention Month

Kindness is one of the most significant contributors to positive school climate.

[Try Being Kind](#)

Stop Bullying on the Spot

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

Current Trends

Partnership™ for Drug-Free Kids
Where families find answers

Get Help & Support | Learn | Get Involved

Home > Learn > Prevention > How to Talk About Marijuana

How to Talk About Marijuana

Where do you start? What do you say? We're here to help. Between old and new ways of using (edibles, vaporizers, concentrates), it's becoming more difficult to address marijuana use with your kids.

Start with a Better Understanding of Marijuana and the Teen Brain

The parts of the **adolescent brain** that develop first are those responsible for coordination, emotion and motivation. However, the part of the brain responsible for reasoning and impulses — known as the prefrontal cortex — does not fully develop until the age of 25.

It's as if, while the other parts of the brain are shouting, the prefrontal cortex is not ready to play referee. This can have noticeable effects on behavior:

- Difficulty holding back or controlling emotions

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Health Topics | Drugs & Supplements | Vaccines

Home → Health Topics → Piercing and Tattoos

Piercing and Tattoos

Also called: Body art, Body piercing

On this page

Basics | Learn More

- Summary
- Start Here
- Prevention and Risk Factors
- Related Issues
- Specifics

Research | Resources

- Clinical Trials
- Journal Articles
- Find an Expert

Summary

Piercings and tattoos are body decorations that go back centuries. Making a hole in the skin so that you can insert jewelry, piercings are designs on the skin made with a sharp object. A tattoo is made by injecting ink into the skin. A tattoo is meant to last forever. Permanent makeup is a type of tattoo.

The health risks of piercings and tattoos include:

- Allergic reactions
- Keloids, a type of scar that forms during healing
- Infections, such as hepatitis

To reduce the risks, make sure that the facility is clean, and the sterilization of the equipment is important. Be sure to follow the instructions of the professional.

Holes from piercing usually close up if you no longer wear the jewelry, but it's painful and can cause scarring.

Start Here

- [Body Piercing](#) (American Academy of Family Physicians) Also in Spanish
- [Tattoos and Permanent Makeup: Easy to Read](#) (Food and Drug Administration)

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

SEARCH

CDC A-Z INDEX

Smoking & Tobacco Use

Home > Basic Information > Electronic Cigarettes

Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults

What's the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.¹
- E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.



The use of e-cigarettes is unsafe for kids, teens, and young adults.

What Are E-cigarettes?

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or "mods," do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems (ENDS)."

government agencies, including the U.S. Food and Drug Administration, also links to health information from

On This Page

- What Are E-cigarettes?
- How Do E-cigarettes Work?
- What Is JUUL?
- Why Is Nicotine Unsafe for Kids, Teens, and Young Adults?
- What Are the Other Risks of E-cigarettes for Kids, Teens, and Young Adults?
- What Is in E-cigarette Aerosol?
- Can Using E-cigarettes Lead to Future Cigarette Smoking Among Kids, Teens, and Young Adults?
- Aren't E-cigarettes Safer Than Cigarettes?
- What Can I Do to Prevent My Child from Using E-cigarettes or to Help Them Stop?
- Where Can I Learn More?
- Related Resources
- Sources

Language: English (US)

Get Email Updates

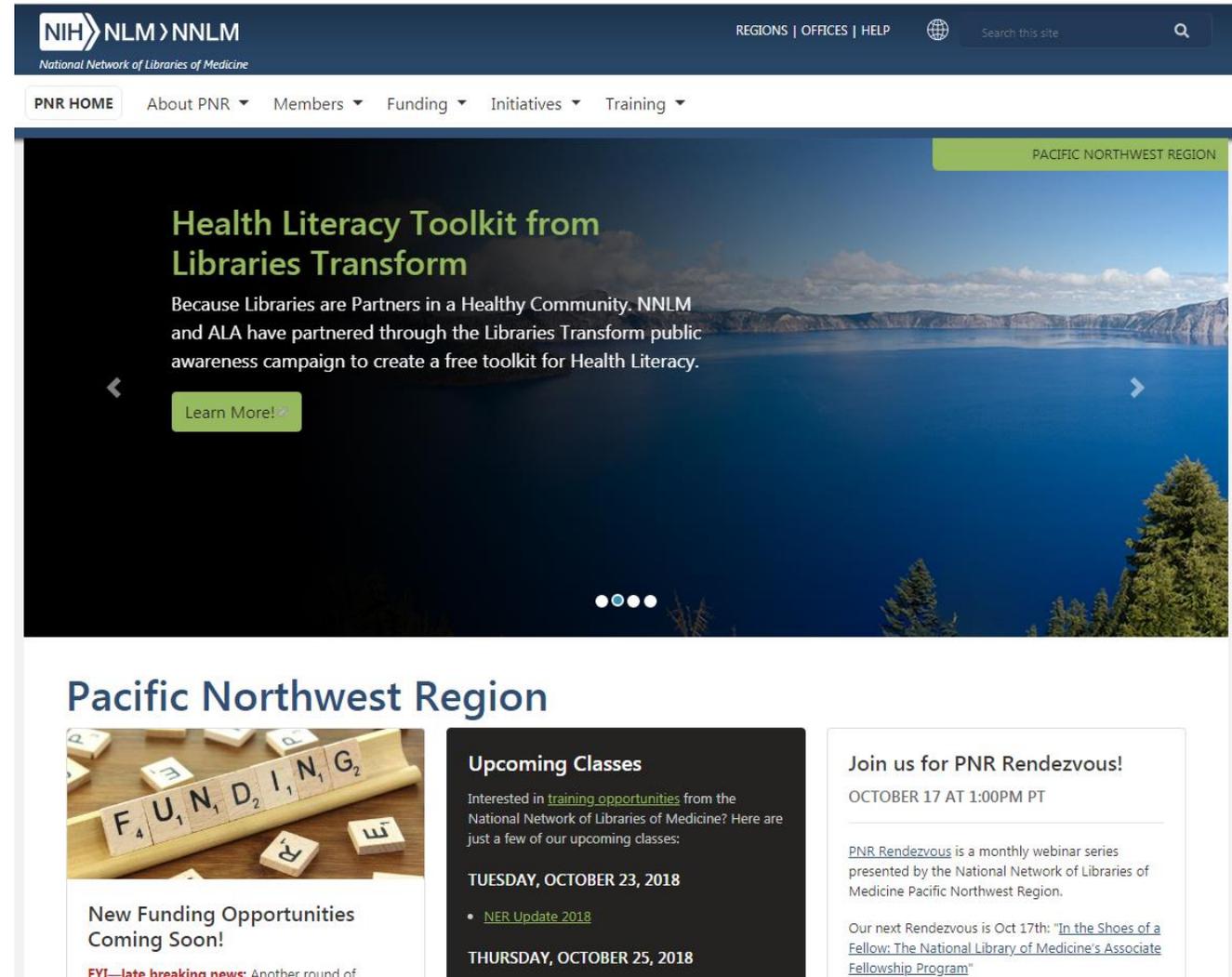
To receive email updates about *Smoking & Tobacco Use*, enter your email address:

NNLM PNR

- Help your students/ parents/school staff be informed about health
- Provide health resources and increase health awareness to parents and the wider community
- Connect with the community through collaboration and information
- Look to NNLM PNR for great resources, classes, webinars, funding and other opportunities

[NNLM PNR](https://nnlm.gov/pnr)

<https://nnlm.gov/pnr>



The screenshot shows the NNLM PNR website for the Pacific Northwest Region. The header includes the NIH logo and navigation links for REGIONS, OFFICES, and HELP. A search bar is also present. The main navigation menu includes PNR HOME, About PNR, Members, Funding, Initiatives, and Training. The main content area features a large banner for the "Health Literacy Toolkit from Libraries Transform" campaign, with a "Learn More!" button. Below the banner, there are three columns of content: "New Funding Opportunities Coming Soon!" with a "FYI—late breaking news" note, "Upcoming Classes" listing events for Tuesday, October 23, 2018 and Thursday, October 25, 2018, and "Join us for PNR Rendezvous!" listing an event for October 17 at 1:00 PM PT.

Thank You!



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