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More Than a Bandage

HEALTH INFORMATION RESOURCES FOR K-12 HEALTH
PROFESSIONALS

Overview

- Who We Are
- Health Resources
- Drug Information
- Multi-Language/Multi-cultural
- Professional Resources
- NLM Traveling Exhibits
- Ways to Use

[Presentation/resources](https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations)

<https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations>

Who We Are



NIH

NLM

NNLM

What's the difference?

NNLM PNR



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

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

<https://nnlm.gov/pnr>

Health Resources

FROM NLM'S CONSUMER HEALTH COLLECTION

How do you search for health information?

The Google logo is centered on the page, featuring its characteristic multi-colored letters: 'G' in blue, 'o' in red, 'o' in yellow, 'g' in blue, 'l' in green, and 'e' in red.A white search input field with a thin grey border. On the right side of the field, there is a small, colorful microphone icon, indicating voice search functionality.

Google Search

I'm Feeling Lucky

MedlinePlus

The screenshot shows the MedlinePlus website with several red annotations. A red box highlights the left sidebar menu containing 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', 'Medical Encyclopedia', and 'Medical Dictionary from Merriam-Webster'. Another red box highlights the 'Español' language link in the top navigation bar. A third red box highlights the 'NIH MedlinePlus Magazine' section. At the bottom, 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 with large illustrations
- Links to local services
- English, Spanish and other languages
- No Advertisements!

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

<https://medlineplus.gov/>

MedlinePlus: School Health Topics



Searching MedlinePlus

The image displays three sequential screenshots of the MedlinePlus website to illustrate the search process. A red arrow indicates the user's navigation path: starting from the search bar in the top right of the first screenshot, moving to the 'Health Topics' link in the second screenshot, and finally clicking on the 'Children and Teenagers' link in the 'Demographic Group' section of the third screenshot.

Screenshot 1: Home Page
 The top navigation bar includes the NIH logo and the text 'U.S. National Library of Medicine'. The main header features the MedlinePlus logo and a search bar. Below the header are navigation tabs for 'Health Topics', 'Drugs & Supplements', and 'Videos & Tools'. A sidebar on the left contains links to 'Health Topics', 'Drugs & Supplements', and 'Videos & Tools'. The main content area shows 'Today's Health News' and 'Stay Connected' options.

Screenshot 2: Health Topics Page
 The breadcrumb trail reads 'Home → Health Topics'. The page title is 'Health Topics'. A sub-header states: 'Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. Health topics are regularly reviewed, and links are updated daily.' Below this is a 'Find topics A-Z' section with a list of letters from A to Z, and a 'List of' link. The 'Demographic Group' section is highlighted with a red circle, and 'Children and Teenagers' is selected.

Screenshot 3: Children and Teenagers Page
 The breadcrumb trail reads 'Home → Health Topics → Children and Teenagers'. The page title is 'Children and Teenagers'. The main content area lists various health topics related to children and teenagers, such as 'Abuse see Child Abuse', 'Acromegaly see Growth Disorders', 'ADHD see Attention Deficit Hyperactivity Disorder', and 'Autism see Autism Spectrum Disorder'.

MedlinePlus Health Topic Page



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[Site Map](#)
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[Customer Support](#)

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

Home → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

On this page

Basics

- Summary
- Start Here
- Latest News
- Symptoms
- Diagnosis and Tests
- Treatments and Therapies

Learn More

- Living With
- Related Issues
- Specifics
- Genetics

See, Play and Learn

- Health Check Tools

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

Resources

- Find an Expert

For You

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

Genetics

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 Latest News 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



Get Children's Health updates by email

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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](#)

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
- Coughing problems

U.S. National Library of Medicine

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[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 Latest News 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

MedlinePlus For Kids and Teens

FOR CHILDREN

NIH U.S. National Library of Medicine



Search MedlinePlus

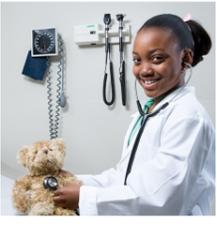
About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Children's Page

Children's Page

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



Get Children's Page updates by email

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.

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)

FOR TEENS

NIH U.S. National Library of Medicine



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Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Teens' Page

Teens' Page

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



Get Teens' Page updates by email

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 (NIH) Easy-to-Read (National Institute of Diabetes and Digestive and Kidney Diseases) Also in Spanish
- TeensHealth (Nemours Foundation) Also in Spanish

Prevention and Risk Factors

- Are You 11-19 Years Old? Then You Need to Be Vaccinated against These Serious Diseases! (Immunization Action Coalition) - PDF Also in Spanish

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

MedlinePlus Videos and Tools

NIH U.S. National Library of Medicine

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

Health Topics
Find information on health, wellness, disorders and conditions

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

Videos & Tools
Discover tutorials, health and surgery videos, games, and quizzes

Medical Encyclopedia
Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster
Look up in Dictionary

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Your skin is the largest organ in your body!
Learn about common and uncommon skin conditions.

1 2 3 4 ||

Today's Health News

Could Germs in the Gut Give Rise to Chronic Fatigue Syndrome?

Docs May Miss Major Cause of Vision Loss in Seniors

Repeat Teen Births Still a Problem in United States: CDC

More health news

Clinical Trials
Search ClinicalTrials.gov for drug and treatment studies.

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Home → Videos & Tools

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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.

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[Evaluating Health Information](#)

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MedlinePlus- Social Media

U.S. National Library of Medicine



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

[Español](#)

Home → Health Topics → School Health

School Health

On this page

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





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Related Health Topics

- [Bullying](#)
- [Child Safety](#)
- [College Health](#)

NIH MedlinePlus Magazine

- [Asthma and Schools](#)

MedlinePlus links to health information from the National

Summary

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

Schools work to

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

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

Start Here

- [Healthy Schools](#) (Centers for Disease Control and Prevention)
- [Safe Youth, Safe Schools](#). (Centers for Disease Control and Prevention)
- [Student Health and Academic Achievement](#) (Centers for Disease Control and Prevention)

Genetics Home Reference

The screenshot shows the homepage of the Genetics Home Reference website. At the top left is the logo and tagline: "Genetics Home Reference | Your Guide to Understanding Genetic Conditions". To the right is a search bar. Below this is a navigation menu with links for "Health Conditions", "Genes", "Chromosomes & mtDNA", "Resources", and "Help Me Understand Genetics". A main banner features a DNA double helix and the text: "Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health." Below the banner are two main content areas. The "Health Conditions" section, marked with a magnifying glass icon, states "More than 1,100 health conditions, diseases, and syndromes" and includes a "Browse A-Z" button, accompanied by a photo of a family. The "Genes" section, marked with a DNA helix icon, states "More than 1,300 genes and the health effects of genetic changes" and includes a "Browse A-Z" button, accompanied by a background of DNA sequence letters. On the right side, there is a "New & Updated Pages" section with sub-sections for "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 right of this section is a "Bulletins" header.

- 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. Further down is a 'Browse A-Z' section with sub-sections for Product Names, Types of Products, Manufacturers, and Ingredients. At the bottom left 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

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

Autism Awareness

Autistic adults bring many talents to America's workforce. Learn more about autism.

[Learn more »](#)

In the News

Mental Health
Mental health topics and the latest research.

Opioids
The facts about opioid misuse.

Vaccines
Staying current on your shots protects us all.

Zika Virus Infection
Information to help stay protected from zika when traveling.

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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?

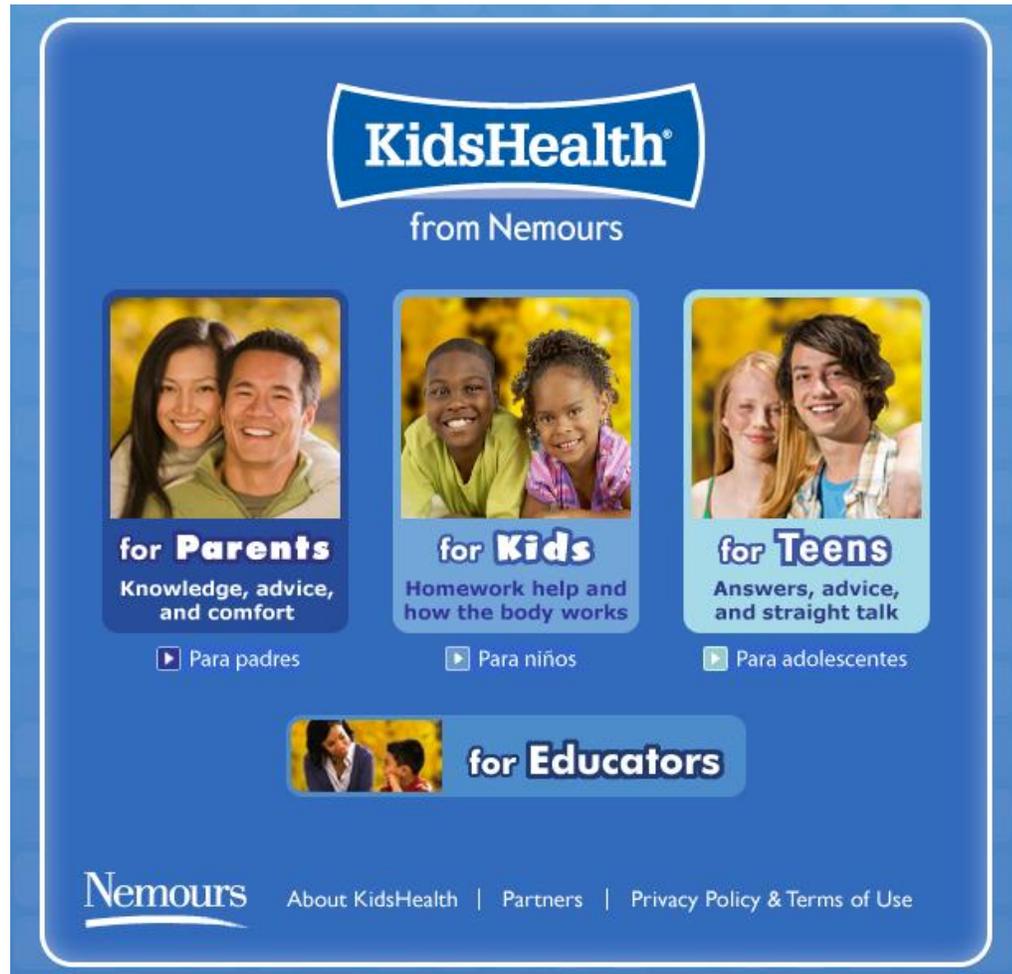
"Addiction itself is not a crime, it's a disease."

Videos

Games

National Drug & Alcohol Facts Week

KidsHealth.org



The banner features the KidsHealth logo at the top center, with the text "from Nemours" below it. Below the logo are three main categories: "for Parents" (Knowledge, advice, and comfort), "for Kids" (Homework help and how the body works), and "for Teens" (Answers, advice, and straight talk). Each category includes a representative photo and a Spanish translation. At the bottom, there is a section for "for Educators" and the Nemours logo with navigation links: "About KidsHealth | Partners | Privacy Policy & Terms of Use".

KidsHealth
from Nemours

for Parents
Knowledge, advice,
and comfort
▶ Para padres

for Kids
Homework help and
how the body works
▶ Para niños

for Teens
Answers, advice,
and straight talk
▶ Para adolescentes

for Educators

Nemours About KidsHealth | Partners | Privacy Policy & Terms of Use

- Information for:
 - parents
 - kids
 - teens
 - educators
- English in print and audio
- Spanish in print and audio
- MedlinePlus often links to KidsHealth.org

Health resource for Students

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

Body Fitness Nutrition Illness & disability Drugs, alcohol & smoking Your feelings Relationships Bullying Safety Your future Environmental health

Spotlight: Mina K.
Mina K. talks about being the boss of HIV.
[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

Ask Us Health Guides Quizzes Parents About Us Donate

Young Men's Health
General Health Sexual Health Medical Conditions Nutrition & Fitness Emotional Health

Acne
Acne is a common and treatable skin condition that causes pimples or "zits" and other skin problems...read more.

Welcome to Young Men's Health, a website for teen guys and young men featuring up-to-date health information. Here, you can find answers to your questions, health guides, & more!
Boston Children's Hospital
Unit every child is well

Center for Young Women's Health

Tweets by @YoungMensHealth
 Young Men's Health @YoungMensHealth
 Q: Does lactose-free milk have the same amount of calcium and vitamins that regular milk has?
 A: bit.ly/2oGjeQB

[Young Men's Health](#)

NIH News in Health

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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April 2017

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Painful Joints?

Early Treatment for Rheumatoid Arthritis Is Key



Pain and stiffness from rheumatoid arthritis can interfere with your home and work life. Scientists continue to search for the cause of this disease and for ways to improve treatment. [Read more about rheumatoid arthritis.](#)

Keep Your Voice Sound

How to Prevent and Avoid Voice Problems

Overuse and misuse of your voice can lead to voice problems. Take steps to protect your voice health. [Read more about keeping your voice healthy.](#)



IN THIS ISSUE

Features

- Painful Joints?
- Keep Your Voice Sound

Health Capsules

- Reducing Underage Drinking Among American Indians
- How Cancer Cells Spread in the Body
- Featured Website: Understanding Drug-Supplement Interactions

OTHER ARTICLES AND ISSUES

Most Viewed

- Soothing a Sore Throat
- Cold, Flu, or Allergy?
- Red, Itchy Rash?
- Keep Your Skin Healthy
- How to Spot and Prevent Deep Vein Thrombosis

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Latest Research News from NIH

- Biomarkers for early organ transplant rejection
- Blocking scar tissue formation around medical device implants
- Socially contagious itching hardwired into brain

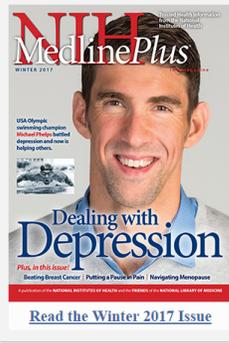
For more consumer health news and information, visit Health.nih.gov.

MedlinePlus Magazine

NIH MedlinePlus the Magazine NIH MedlinePlus Salud

the magazine **NIH MedlinePlus** Trusted Health Information from the National Institutes of Health
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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 Lance Armstrong, 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. Lastly, the magazine's lively graphics, fun quizzes and practical tips have been designed with your daily health in mind.

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.

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

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NIH MedlinePlus Salud NIH MedlinePlus the Magazine

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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 la 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 la 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
Directora
Biblioteca Nacional de Medicina de los EE.UU.

Lea el número de Invierno de 2016
[Read the Winter 2016 issue](#)

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Patricia Flatley Brennan, RN, PhD
Director
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[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 header 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 with a 'GO' button is positioned to the right. Navigation links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support' are located below the search bar. A secondary navigation bar includes 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and a language option for 'Español'. The main content area is titled 'Home → Drugs, Herbs and Supplements' and features a sub-header 'Drugs, Herbs and Supplements'. Under the 'Drugs' section, there is a brief description and a 'Browse by generic or brand name:' section with a grid of letters from A to Z and 0-9. A note mentions 'For FDA approved labels included in drug packages, see DailyMed.' The 'Herbs and Supplements' section includes a description and a prominent button labeled 'All herbs and supplements'. A 'Related Topics' sidebar on the right lists various categories such as 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 visible.

MedlinePlus- medication pages

DRUGS

U.S. National Library of Medicine

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About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Drugs, Herbs and Supplements → Isotretinoin

Isotretinoin
pronounced as (eye soe tret' i noyn)

Why is this medication prescribed?
How should this medicine be used?
Other uses for this medicine
What special precautions should I follow?
What special dietary instructions should I follow?
What should I do if I forget a dose?

What side effects can this medication cause?
What should I know about storage and disposal of this medication?
In case of emergency/overdose
What other information should I know?
Brand names

IMPORTANT WARNING:

For all patients:

Isotretinoin must not be taken by patients who are pregnant or who may become pregnant. There is a high risk that isotretinoin will cause loss of the pregnancy, or will cause the baby to be born too early, to die shortly after birth, or to be born with birth defects (physical problems that are present at birth).

A program called iPLEDGE has been set up to make sure that pregnant women do not take isotretinoin and that women do not become pregnant while taking isotretinoin. All patients, including women who cannot become pregnant and men, can get isotretinoin only if they are registered with iPLEDGE, have a prescription from a doctor who is registered with iPLEDGE and fill the prescription at a pharmacy that is registered with iPLEDGE. Do not buy isotretinoin over the internet.

You will receive information about the risks of taking isotretinoin and must sign an informed consent sheet stating that you understand this information before you can receive the medication. You will need to see your doctor every month during your treatment to talk about your condition and the side effects you are experiencing. At each visit, your doctor may give you a prescription for up to a 30-day supply of medication with no refills. If you are a woman who can become pregnant, you will also need to have a pregnancy test in an approved lab each month and have your prescription filled and picked up within 7 days of your pregnancy test. If you are a man or if you are a woman who cannot become pregnant, you must have this prescription filled and picked up within 30 days of your doctor visit. Your pharmacist

HERBS AND SUPPLEMENTS

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

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★ Health Topics A–Z

NLM Drug information

[PILLBOX](https://pillbox.nlm.nih.gov/pillimage/search.php)

[HTTPS://PILLBOX.NLM.NIH.GOV/PILLIMAGE/SEARCH.PHP](https://pillbox.nlm.nih.gov/pillimage/search.php)


rapid identification, reliable information


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Identify or Search for a Pill

Imprint:
Drug Name or Ingredient(s):
 Pill does not have an imprint.

Shape:
Inactive Ingredient(s):
 Find pills WITHOUT this ingredient.

Color:
Label Author:

Size:
DEA Schedule:

Score:
 Unknown
 1
 2
 3
 4

Product Code: -

Do not search repackaged and relabeled medications.

Discover

There's more to a pill than how it looks. What's inside the pill other than the drug? Is it a controlled substance?

Connect

Learn more than the pill's name. Pillbox links you to the drug label, clinical trials, breastfeeding safety, and more.

Explore



Pillbox's advanced search app has been retired. A new Pillbox website will soon launch that has the same features as the advanced search and runs on phones, tablets, and browsers.

[DRUG INFORMATION PORTAL](https://druginfo.nlm.nih.gov/drugportal/)

[HTTPS://DRUGINFO.NLM.NIH.GOV/DRUGPORTAL/](https://druginfo.nlm.nih.gov/drugportal/)




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Mobile Site



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 Supplements Information

[OFFICE OF DIETARY SUPPLEMENTS](https://ods.od.nih.gov/)

[HTTPS://ODS.OD.NIH.GOV/](https://ods.od.nih.gov/)

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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DIETARY SUPPLEMENTS: WHAT YOU NEED TO KNOW

ODS experts are featured in this 2-minute video introduction to the Office of Dietary Supplements.

1 2 3 4 5

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

Omega-3 Fatty Acids

Omega-3s are found in foods such as fatty fish and shellfish.

Choline

Many foods contain choline, including mushrooms.

Health Information

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

News & Events

HEADLINES

- > **NEW** Dietary Supplement Information Page for Health Professionals [more](#)

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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.

Featured Health Topics

- Seasonal Allergies (Allergic Rhinitis) (March 2017)
- Complementary Health Practices for U.S. Military, Veterans, and Families (February 2017)
- Bedside's Disease (December 2016)

New Approach to Funding Clinical Trials

NCCIH released a series of new funding opportunity announcements designed for clinical trials focused on natural product and mind and body intervention studies.

[Learn More](#)

NLM Drug Information list

Home > Drug Information

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.



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Frequently Asked Questions

[Drug information including formulations and interactions](#)

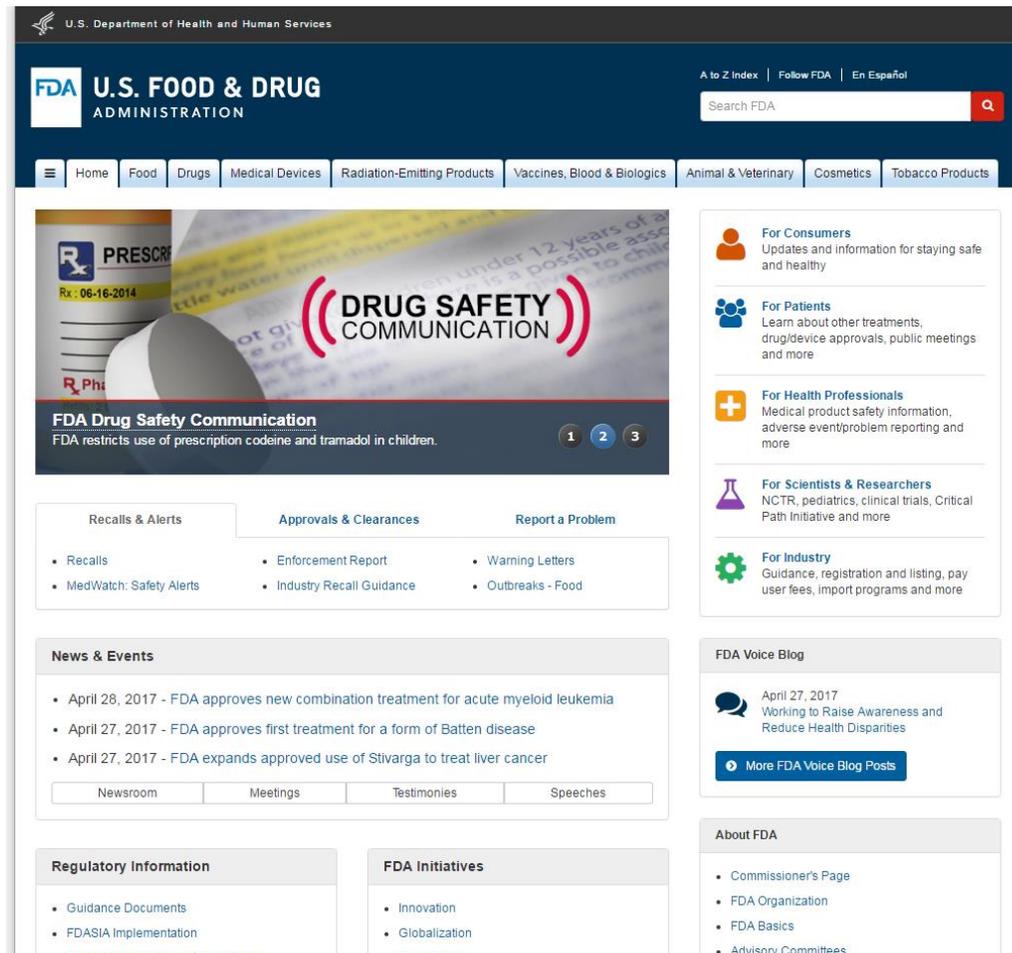
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U.S. Department of Health and Human Services

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DRUG SAFETY COMMUNICATION

FDA Drug Safety Communication
FDA restricts use of prescription codeine and tramadol in children.

Recalls & Alerts | Approvals & Clearances | Report a Problem

- Recalls
- MedWatch: Safety Alerts
- Enforcement Report
- Industry Recall Guidance
- Warning Letters
- Outbreaks - Food

News & Events

- April 28, 2017 - FDA approves new combination treatment for acute myeloid leukemia
- April 27, 2017 - FDA approves first treatment for a form of Batten disease
- April 27, 2017 - FDA expands approved use of Stivarga to treat liver cancer

Newsroom | Meetings | Testimonies | Speeches

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- Innovation
- Globalization

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For Scientists & Researchers
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For Industry
Guidance, registration and listing, pay user fees, import programs and more

FDA Voice Blog

April 27, 2017
Working to Raise Awareness and Reduce Health Disparities

[More FDA Voice Blog Posts](#)

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Compartir   

 ¡La piel es el órgano más extenso del cuerpo!
Infórmese sobre las condiciones que afectan la piel

1 2 3 4 ||

Últimas noticias de salud

Genes podrían determinar su riesgo de estrés postraumático

La enfermedad de Parkinson podría originarse en los intestinos

Las mujeres son más sensibles a los implantes de articulaciones de metal que los hombres

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- Bengali (Bangla)
- Bosnian (Bosanski)
- Burmese (myanmasa)
- Chamorro (chamoru)
- Chinese - Simplified (简体中文)
- Chinese - Traditional (繁體中文)
- Chuukese (Trukese)
- Farsi (فارسی)
- French (français)
- German (Deutsch)
- Gujarathi (ગુજરાતી)
- Haitian Creole (Kreyol)
- Hindi (हिन्दी)
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A

- Acne
- Acute Bronchitis
- Advance Directives
- After Surgery
- Alcohol
- Alcoholism and Alcohol Abuse
- Allergy
- Alzheimer's Caregivers
- Alzheimer's Disease
- Anal Disorders
- Anemia
- Aneurysms
- Angina
- Angioplasty
- Animal Bites
- Ankle Injuries and Disorders
- Anthrax

MedlinePlus: Asthma- Nebulizer

Nebulizer Treatments

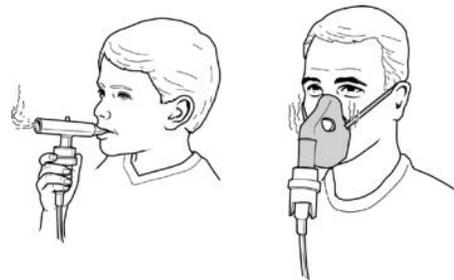
Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that is able to go more deeply into the airways of your lungs.

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

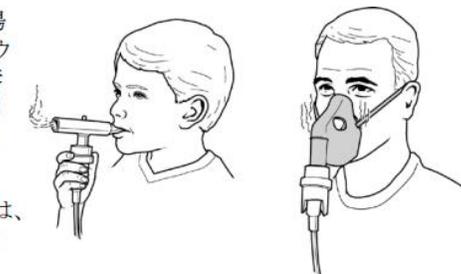
薬によってはネブライザー療法によって投与される必要があります。ネブライザー療法は、吸入療法、エアロゾル療法、噴霧療法などとも呼ばれます。ネブライザーにより液体の薬剤が細かい霧状になり、薬剤が肺の気道の奥深くまで届くようになります。

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。
 - ▶ ユー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 header with the NIH logo and navigation links: Home, Patient Materials, Provider Information, and A-Z Index. Below the navigation is a search bar with a 'Search' button and radio buttons for 'Patient Materials', 'Provider Information', and 'Search All'. Three featured resource cards are displayed: 'Patient Materials' (with a family photo), 'Provider Information' (with a doctor at a desk), and 'A-Z Index' (with a filing cabinet).

- Multiple language
- Health education materials in various languages and formats
- Provider information
- Special collections on women's health, substance abuse, and mental health
- National collaboration
- Submit your resources

Featured Resources

Weather Emergencies

Find reliable, multilingual consumer health information to help people prepare for, respond to, and recover from a natural disaster or weather emergency. These easy to read resources provide advice about disaster preparedness, what to do during and after a weather emergency, and health risks after storms and other disasters. Links to information about humanitarian programs providing assistance to those in need of shelter or aid from disasters, and other urgent circumstances are also provided.

- [Home Preparedness](#)
- [Floods](#)
- [Winter Storms and Cold](#)
- [Heat Waves](#)
- [Fires](#)

Zika Virus Resources

[**Health Reach**](#)

NIH – Spanish

Escriba aquí el término que desea buscar

Buscar

Investigaciones sobre la salud

Noticias y multimedia

Actividades y proyectos

Acerca del NICHD

Inicio



[Infografía: Mitos sobre el embarazo.](#)

[¿Cuáles son las causas de las enfermedades de transmisión sexual?](#)

[El NICHD es pionero en esfuerzos para detectar trastornos tratables en los recién nacidos.](#)

[Preguntas y respuestas sobre el VIH/SIDA](#)

[Ver todas las dispositivas](#)



¿Qué hace el NICHD?

El Instituto apoya y realiza investigaciones sobre temas relacionados con la salud de los niños, los adultos, las familias y las comunidades, incluyendo:

Compartir:



¿Qué es el NICHD?

El Instituto Nacional de la Salud Infantil y Desarrollo Humano Eunice Kennedy Shriver (NICHD, por sus siglas en inglés) es una agencia del gobierno federal que realiza investigaciones sobre temas de salud.

Creado en 1962, el Instituto es parte de los Institutos Nacionales de la Salud (NIH, por sus siglas en inglés) del Departamento de Salud y Servicios Humanos de los Estados Unidos.

[Más información en inglés](#)

[A-Z Index](#) | [Health Information](#)

Home

Health Info

Research

Funding

Training

News & Events

About Us

[Página principal](#)

Información en español

Bienvenido al Instituto Nacional de la Sordera y Otros Trastornos de la Comunicación (NIDCD, por sus siglas en inglés), parte de los Institutos Nacionales de la Salud. Tenemos información de salud que puede ayudarle a usted y a su familia. Ofrecemos información sobre la audición, el equilibrio, el gusto, el olfato, la voz, el habla y el lenguaje.

También, nuestro sitio web de *El mundo es ruidoso: Proteja la audición de sus hijos* ofrece información para preadolescentes (niños de 8 a 12 años), sus padres y otras personas que quieran aprender más sobre las causas y la prevención de la pérdida de audición inducida por el ruido. Por favor comparta nuestra información con sus familiares y amigos.



Información de salud

- ≡ [Audición, infecciones del oído y sordera \(Hearing, Ear Infections, and Deafness\)](#)
- ≡ [Equilibrio \(Balance\)](#)
- ≡ [Gusto y olfato \(Taste and Smell\)](#)
- ≡ [Voz, habla y lenguaje \(Voice, Speech and Language\)](#)

Ensayos clínicos

- ≡ [Información para el público y posibles voluntarios \(Information for the Public and Volunteers\)](#)
- ≡ [ClinicalTrials.gov](#)
- ≡ [Investigación clínica](#)

► Acerca del NIDCD

- ≡ [Mensaje del director del NIDCD \(NIDCD Director's Message\)](#)
- ≡ [Misión \(Mission\)](#)
- ≡ [Comuníquese con nosotros \(Contact Us\)](#)

Recursos de salud

- ≡ [Publicaciones gratis: Solicite copias impresas de las publicaciones del NIDCD](#)
- ≡ [Ensayos clínicos: Información para el público y para posibles voluntarios](#)
- ≡ [Directorio de organizaciones: Enlaces a organizaciones dedicadas a la sordera y otros trastornos de la comunicación](#)
- ≡ [Base de datos de salud de MedlinePlus para el consumidor](#)

¿Tiene preguntas?

Tenemos especialistas en información que pueden responder a sus preguntas en español o en inglés.

Teléfono: 1-800-241-1044
TTY: 1-800-241-1055



EthnoMed



Cultures Clinical Topics Patient Education Cross-Cultural Health Calendar

You Are Here: Home

FEATURE: MAY/JUNE 2017

Upcoming Fasting Holiday: Ramadan 2017

Consider Medical & Scheduling Implications for Some Patients

It is anticipated that Ramadan will start Saturday, May 27th and last for 30 days until Sunday, June 25th. Note that in the Muslim calendar, a holiday begins on the sunset of the previous day, so observing Muslims will celebrate Ramadan beginning on the sunset of Friday, May 26th. Many Muslims, including many in the local community, will follow dates established by the sighting of the moon in Muslim countries such as Saudi Arabia. Beginning and ending dates may therefore vary. Ramadan is the ninth month of the year in the Islamic calendar.



Clinical Considerations:

During Ramadan, Muslims will abstain from food and drink from dawn to sunset. In northern locations like Seattle, the days this year will be long, around 16 hours.

There can be medical and scheduling implications of fasting for some patients. For those who fast, the diurnal pattern of caloric intake is obviously reversed and diabetic medication schedules will have to be adjusted to accommodate this significant change. Sometime in the month prior to Ramadan a discussion between provider and patient should take place to plan medication adjustments. Consider scheduling visits with primary care provider and with a dietitian to establish a Ramadan meal plan (and pharmacist if needed for medication consultation). Consider asking the patient to practice with their new regimen prior to Ramadan and have a plan if additional adjustments are needed.

Blood draws, anticoagulation, breastfeeding regimens, TID regimens, surgeries and other procedures may also merit special consideration during Ramadan. Senior doctors might consider bringing this to the attention of new interns who may not be in the habit of thinking about Ramadan when prescribing medication, scheduling procedures, and arranging follow-up on discharge from the hospital.

Health care providers should be vigilant and ask their patients whether they intend to observe regular or modified fasting. Engage in a full discussion of the degree of the individual's risk from fasting with the patient who intends to fast. For patients who prefer to fast, individualization of care and frequent monitoring is highly recommended. Patients often have experimented and developed their own regimen. Exploring this with the patient helps build a partnership between patient and provider, capitalizing on the knowledge of both parties.

Patients' decisions to fast may need to vary year by year, and their participation in the fast may need to become modified as they become more fragile and unable to do the entire fast without risk of dehydration, hypoglycemia, or exacerbation of illnesses requiring daily monitoring or medications.

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 **Refugee Health Weekly**



Search Site Search

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](#)
- [Immunization/Vaccination](#)

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 Medical Center/IHW Medicine Patient](#)

EthnoMed

Professional Resources

PubMed

NCBI Resources How To
Sign in to NCBI


PubMed

Search

US National Library of Medicine
National Institutes of Health

Advanced Help



PubMed

PubMed comprises more than 27 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](#)

Latest Literature

New articles from highly accessed journals

- Am J Clin Nutr (7)
- Blood (2)
- Circulation (3)
- Cochrane Database Syst Rev (4)
- J Biol Chem (9)
- JAMA (2)
- N Engl J Med (6)
- Nature (32)
- PLoS One (133)
- Proc Natl Acad Sci U S A (3)

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PubMed Journals

Trending Articles

PubMed records with recent increases in activity

- Free leucine supplementation during an 8-week resistance training program does not increase muscle mass and strength in untrained young adult subjects. *Amino Acids*. 2017.
- Phylogenetic ctDNA analysis depicts early stage lung cancer evolution. *Nature*. 2017.
- Tracking the Evolution of Non-Small-Cell Lung Cancer. *N Engl J Med*. 2017.
- Exercise therapy for chronic fatigue syndrome. *Cochrane Database Syst Rev*. 2017.
- Overexpression of the Cytokine BAFF and Autoimmunity Risk. *N Engl J Med*. 2017.

See more

PubMed Commons

Featured comments

- Bringing NMR spectra to modern browser: Author A Williams (@ChemConnector) replies to @egonwillighagen. [bit.ly/2nE3BbV](#)
Apr 28
- Checking files: R Pazoki notes apparent error in supplemental tables for genome-wide association analyses. [bit.ly/2nVBgty](#)
Apr 27
- Tracking changes: Author A Kniss (@WyoWeeds) links to correction & PDF of article with revisions annotated. [bit.ly/2nIV8Ed](#)
Apr 26
- Interpreting mouse responses in go/no-go behavioral tasks: Janelia Neural Circuit Comp Journal Club discusses. [bit.ly/2nTuogr](#)
Apr 25
- Analyzing microbial genomes to determine phenotypes: R Pechacek (@randiclam) links to author post about software. [bit.ly/2ovpdab](#)
Apr 24

See more

PubMed for Nurses

The screenshot shows the PubMed for Nurses tutorial page. At the top, there is the NIH logo and the text "U.S. National Library of Medicine". Below this is a search bar and navigation links for "Databases", "Find, Read, Learn", "Explore NLM", "Research at NLM", and "NLM for You". The main heading is "PubMed for Nurses" with a sub-heading "MEDLINE/PubMed Resources Guide | Return to PubMed". The page content includes a sidebar with a table of contents: Introduction, Simple Search, Filters, Clinical Queries, My NCBI, and Reference Materials. The main text area is titled "Welcome to PubMed for Nurses" and contains an introductory paragraph and a video player showing a woman at a computer. The page is numbered "1" and includes a "Next Section >" link. At the bottom, it says "Created by Megan Kellner" and provides copyright information.

NIH U.S. National Library of Medicine

Search

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

PubMed for Nurses MEDLINE/PubMed Resources Guide | Return to PubMed

Home > Distance Education Resources > PubMed Online Training

- Introduction
- Simple Search
- Filters
- Clinical Queries
- My NCBI
- Reference Materials

Welcome to PubMed for Nurses

The following set of videos, designed specifically for nurses, provides an introduction to searching literature in PubMed.

Watch the video then complete the quiz or exercise to test your knowledge.

1

[Next Section >](#)

Created by [Megan Kellner](#)

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U.S. National Library of Medicine, 9600 Rockville Pike, Bethesda, MD 20894
National Institutes of Health, Health & Human Services
Freedom of Information Act, NLM Customer Support

USA.gov

Last updated: 17 December 2015
First published: 08 December 2015

The title slide features a blue background with a white star in the top left corner. The main text is centered and reads: "PubMed for Nurses: Creating a Tutorial for the National Library of Medicine". Below this, it says "PNR Rendezvous NN/LM Pacific Northwest Region October 19, 2016". In the bottom right corner, there is the NN/LM Pacific Northwest Region logo.

PubMed for Nurses: Creating a Tutorial for the National Library of Medicine

PNR Rendezvous
NN/LM Pacific Northwest Region
October 19, 2016

NN/LM
Pacific Northwest Region

[PNR Rendezvous PubMed for Nurses](#)

[PubMed for Nurses tutorial](#)

PubMed Central

NCBI Resources How To
Sign in to NCBI



[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

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- [Users' Guide](#)
- [Journal List](#)
- [PMC FAQs](#)
- [PMC Copyright Notice](#)

Participate

- [Information for Publishers](#)
- [Add a Journal to 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](#)
- [NLM LitArch](#)
- [PMC Citation Search](#)
- [PMC Accessibility](#)

4.3 MILLION Articles
are archived in PMC.

Content provided in part by:

2006	325	4233
<small>Full Participation Journals</small>	<small>NIH Portfolio Journals</small>	<small>Selective Deposit Journals</small>

Public Access

- [Funders and PMC](#)
- [How Papers Get Into PMC](#)
- [NIH Manuscript Submission System](#)
- [My Bibliography](#)
- [PMCID/PMID/NIHMSID Converter](#)

You are here: [NCBI](#) > [Literature](#) > [PubMed Central \(PMC\)](#) [Support Center](#)

<p>GETTING STARTED</p> <ul style="list-style-type: none"> NCBI Education NCBI Help Manual NCBI Handbook Training & Tutorials Submit Data 	<p>RESOURCES</p> <ul style="list-style-type: none"> Chemicals & Bioassays Data & Software DNA & RNA Domains & Structures Genes & Expression 	<p>POPULAR</p> <ul style="list-style-type: none"> PubMed Bookshelf PubMed Central PubMed Health BLAST 	<p>FEATURED</p> <ul style="list-style-type: none"> Genetic Testing Registry PubMed Health GenBank Reference Sequences Gene Expression Omnibus 	<p>NCBI INFORMATION</p> <ul style="list-style-type: none"> About NCBI Research at NCBI NCBI News NCBI FTP Site NCBI on Facebook
--	---	---	---	---

[PubMed Central](#)

PubMed Health

U.S. National Library of Medicine - The World's Largest Medical Library Sign in to NCBI

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PubMed Health PubMed Health Search

Contents For researchers What's new Featured review Understanding clinical effectiveness Blog

What works?
Clinical effectiveness.

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Norwegian Institute of Public Health R&D

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You are here: NCBI > Literature > PubMed Health Support Center

GETTING STARTED NCBI Education NCBI Help Manual NCBI Handbook Training & Tutorials Submit Data	RESOURCES Chemicals & Bioassays Data & Software DNA & RNA Domains & Structures Genes & Expression Genetics & Medicine Genomes & Maps Homology Literature	POPULAR PubMed Bookshelf PubMed Central PubMed Health BLAST Nucleotide Genome SNP Gene	FEATURED Genetic Testing Registry PubMed Health GenBank Reference Sequences Gene Expression Omnibus Map Viewer Human Genome Mouse Genome Influenza Virus	NCBI INFORMATION About NCBI Research at NCBI NCBI News NCBI FTP Site NCBI on Facebook NCBI on Twitter NCBI on YouTube
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- Clinical effectiveness research answers the question “What works?” in medical and health care
- Provides information for consumers and clinicians on prevention and treatment of diseases and conditions
- Specializes in reviews of clinical effectiveness research
- Easy-to-read summaries for consumers as well as full technical reports

[PubMed Health](#)

Environmental Health & Toxicology

The screenshot shows the homepage of the Environmental Health & Toxicology website. 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 'Environmental Health & Toxicology' and the National Library of Medicine logo. Below the header is a navigation bar with links for 'SIS Home', 'About Us', 'Site Map & Search', 'SIS News', and 'Contact Us'. A search bar is also present. The main content area is divided into several sections: a left sidebar with a 'Find Information About...' menu; a central 'ToxTutor' section with an image of laboratory glassware and a mouse; a 'Search TOXNET' section; an 'In the Spotlight' section with links to resources; a 'Stay Connected' section with social media links; and a 'News & Events' section. At the bottom, there is a footer with copyright information and dates.

U.S. Department of Health & Human Services | www.hhs.gov

Environmental Health & Toxicology | National Library of Medicine | National Institutes of Health | NLM

SIS Home | About Us | Site Map & Search | SIS News | Contact Us | Search This Site

Find Information About...
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Other Professional Resources
Resources for the Public
Enviro-Health Links
Guides & Tutorials
Quick Tours

ToxTutor

Search TOXNET
TOXNET - Collection of databases on hazardous chemicals, toxic releases, and environmental health

In the Spotlight
Which Resource Should I Use?
TOXNET Class Schedule and Workbook
Guides, Tutorials and Quick Tours
TOXNET Database Descriptions

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News & Events
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Search Our Web Site

A to Z Index of Resources

About TEHIP
Toxicology & Environmental Health Information Program
Which Resource Should I Use?
Contact Us: Provide Feedback

For Information About...
Especially for Students and Educators
Educational materials on toxicology, chemistry, and environmental health
Learn to Use TOXNET
TOXNET training manual and schedule of TOXNET training classes.
Training Videos
Short video introductions to HSDB, LactMed, and TOXMAP

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National Institutes of Health, Health & Human Services

Last updated: 04 November 2016
First published: 15 March 2010
NLM Customer Support

- Wide range of environmental and toxicology topics
- Health effects
- Information for:
 - variety of professionals
 - the public
 - teachers and students
- Tutorials and guides provided

National Library of Medicine (NLM)



The screenshot shows the NLM website homepage with a blue header and a central banner for 'NLM Musings from the Mezzanine'. The banner features a woman holding a tablet and a human anatomy diagram. Below the banner are four numbered tabs (1-4). The page is organized into several columns and sections:

- Top Header:** NIH U.S. National Library of Medicine logo on the left, a search bar, and 'NLM Customer Support' with social media icons on the right.
- Left Column:** A 'Databases' section listing PubMed/MEDLINE, MeSH, UMLS, ClinicalTrials.gov, MedlinePlus, TOXNET, Images from the History of Medicine, Digital Collections, LocatorPlus, and All NLM Databases & APIs.
- Center Banner:** 'NLM Musings FROM THE Mezzanine' with a woman and a human anatomy diagram. Below the banner is a caption: 'NLM Musings from the Mezzanine: Innovations in and insights about health information from the Director of the National Library of Medicine.' and four numbered tabs (1-4).
- Right Column:** A 'Find, Read, Learn' section with links: Search biomedical literature, Find medical terminologies, Search NLM collections, Read about diseases, Learn about drugs, Explore history, Find a clinical trial, Use a medical dictionary, and Find free full-text articles.
- Bottom Section:** Three main columns:
 - Explore NLM:** About NLM, Health Information, Library Catalog & Services, History of Medicine, Online Exhibitions & Digital Projects, Information for Publishers, Visit the Library, Health Information in Other Languages.
 - Research at NLM:** Human Genome Resources, Biomedical Research & Informatics, Environmental Health & Toxicology, Health Services Research & Public Health, Health Information Technology.
 - NLM for You:** Grants & Funding, Meaningful Use Tools, Training & Outreach, National Network of Medical Libraries, Regional Activities, Careers @ NLM, Mobile Gallery.
- Bottom Right:** A 'News, Events, Videos' section with a list of recent news items, including NLM Announces 2017-2018 Associate Fellows (04/27/17), RxNorm Completes the Prescribable Name Project (04/03/17), NLM Mourns the Loss of Faye G. Abdellah, former Deputy Surgeon General and NLM Board of Regents member, ex-officio (03/15/17), and NLM to Hold First Annual Michael E. DeBakey Lecture in the History of Medicine on Tuesday, March 21 (03/14/17).
- Footer:** A row of five icons with labels: Technical Bulletin, Connect with NLM, Musings from the Mezzanine, NLM in Focus Newsletter, and Databases & APIs.

U.S. Department of Health & Human Services

NIH National Institutes of Health
Turning Discovery Into Health

Search NIH

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

Autism Awareness

Autistic adults bring many talents to America's workforce. Learn more about autism.

Learn more »

In the News

-  **Mental Health**
Mental health topics and the latest research.
-  **Opioids**
The facts about opioid misuse.
-  **Vaccines**
Staying current on your shots protects us all.
-  **Zika Virus Infection**
Information to help stay protected from zika when traveling.

NIH National Institute of Nursing Research
Building the Scientific Foundation for Clinical Practice

Font Size - +

Search site... SEARCH

Connect with NINR: YouTube Email

Home | Research & Funding | Training | News & Information | About NINR

RESEARCH HIGHLIGHTS

-  Chronic Wound Microbiome Dynamics Influence Healing
-  Pain Experience Changes During the Menopause Transition
-  Interdependence between Caregivers and Patients
-  Marker May Aid in Identifying Bone Loss in Menopausal Women
-  Cancer Type Plays a Role in Palliative Care

WHAT IS NURSING RESEARCH?

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

LEARN MORE ABOUT

RESEARCH & FUNDING  Resources for investigators and new applicants.	NEWS & INFORMATION  The latest press releases and NINR publications.
TRAINING  Opportunities for early-career and established scientists.	ABOUT NINR  Our mission, organization and history.

Quick Links

- ▶ Advancing Nursing Research Through Data Science
- ▶ Areas of Science and Program Contacts
- ▶ Division of Extramural Science Programs
- ▶ Division of Intramural Research
- ▶ Funding Opportunities
- ▶ Global Health

What's New

Join Us for a Webinar! The webinars on May 10th and 15th will address symptom and self-management science research including a proposed set of biomarkers to be used as Common Data Elements. A discussion will follow for feedback on the proposed set of biomarkers.

NINR releases "Milestones in NINR History". NINR's interactive timeline highlights significant accomplishments, discoveries, and initiatives over NINR's 30-year history.

[View All Announcements](#)

DIRECTOR'S PAGE



Patricia A. Grady, PhD, RN, FAAN
Director

National Institute of Nursing Research
National Institutes of Health

Director's Message: NINR is pleased to announce the release of its Strategic Plan.

Minority Health Resources

U.S. Department of Health & Human Services

Outreach & Resource

SPECIALIZED INFORMATION SERVICES

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

SIS Home > Outreach Activities & Resources > **Minority Health**

- Outreach Projects
 - Disaster Health
 - Environmental Health
 - Health Professionals
 - HIV/AIDS
 - Library Science
 - Minority and Ethnic Populations
 - Specific Populations
 - Students/Educators
- Resource & Tools
 - Funding Opportunities
 - Training Resources
 - Promotional Materials
- About Us
 - Outreach & Special Populations Branch
 - NLM Outreach Programs
 - Specialized Information Services Division
 - Staff Publications
- Announcements
 - See the Outreach Blog for the latest news!

Connect with NLM

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

National Institute on Minority Health and Health Disparities

Subscribe to our Email News

About | Programs | Funding Opportunities | News and Events

What can we help you find?

Access cross-cultural, multilingual health information with NIMHD's new Language Access Portal. Learn more...

Funding Opportunity
Specialized Center on Minority Health
Now Available: Recording @

HHS.gov | U.S. Department of Health & Human Services

OMH

U.S. Department of Health and Human Services
Office of Minority Health

En Español | Newsroom | Contact Us

About OMH | What We Do | Resource Center | Policy and Data | Cultural Competency | Funding and Programs

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH 2017

STRATEGIC PRIORITIES

- Access to Quality Health Care
- The HHS Action Plan to Reduce Racial and Ethnic Health Disparities
- National Partnership for Action to End Health Disparities

NEWS

- FY2017 FOA Technical Assistance Webinars
- Become a Grant Reviewer
- Zika Roundtable Replay (in Spanish)
- Health Equity Change Makers – Guy's Story

SPOTLIGHT

- National Minority Health Month
- Twitter Town Hall

KNOWLEDGE CENTRAL

- Online Library Search
- National CLAS Standards

MY HEALTH

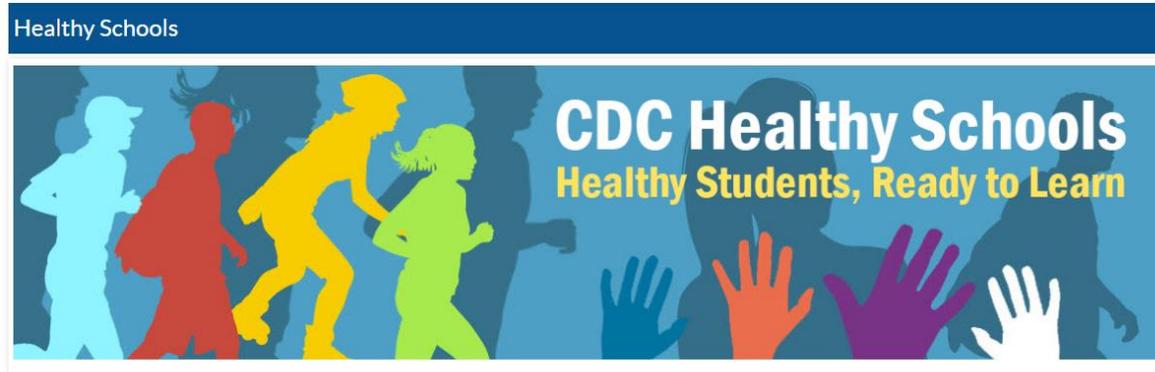
- Resources for You and Your Family
- Find a Clinic Near You

BLOG FOR HEALTH EQUITY

for Health Equity

Closing the science and service gap for behavioral health

CDC Healthy Schools



<p>Nutrition Environment</p>	<p>Physical Activity</p>	<p>Obesity Prevention</p>	<p>Chronic Conditions</p>
-------------------------------------	---------------------------------	----------------------------------	----------------------------------

DATA & STATISTICS	PROFESSIONAL DEVELOPMENT & TRAINING	MULTIMEDIA
STATE PROGRAMS	TOOLS & RESOURCES	INFOGRAPHICS

[CDC Healthy Schools](https://www.cdc.gov/healthyschools/)

CDC Adolescent & School Health



CDC A-Z INDEX ▾

Adolescent and School Health

Lesbian, Gay and Bisexual Youth Surveillance Report: 2015 Results



@CDC_DASH

Tweets by @CDC_DASH

CDC DASH Retweeted

NIH NIAAA News @NIAAAnews
New @CDCMMWR report shows binge drinking among high school students has declined from 31.3% in 1991 to 17.7% in 2015 bit.ly/2q97cys

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[CDC Adolescent & School Health](#)

NLM

Traveling Exhibits

NLM Exhibition Program

The screenshot shows the NLM Exhibition Program website. At the top, there is a navigation bar with the NIH logo and the text "U.S. National Library of Medicine". Below this is a search bar and a menu with options: "Databases", "Find, Read, Learn", "Explore NLM", "Research at NLM", and "NLM for You". To the right, there is a link for "NLM Customer Support" and social media icons for Facebook, Twitter, and YouTube. The main content area features a red header with "History of Medicine" and a breadcrumb trail: "Home > History Home > About Us > Exhibition Program". Below the header is a navigation menu with links: "ABOUT US", "EXHIBITIONS", "BOOK A TRAVELING EXHIBITION", "EDUCATION", "CONTACT US", and "SITE MAP". A search bar is also present. The main heading reads "make history! expand your horizons". Below this is another search bar with the text "search exhibitions: explore, discover, enjoy!". There are four featured sections: "explore our exhibitions" with an image of a colorful insect, "book a traveling exhibition" with an image of a historical scene, "find an educational resource" with a world map, and "curious? take a look" with an image of a human eye. At the bottom, a blue banner contains the text: "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 program to inspire...

► 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.





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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...

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Collaboration and Care

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...

[CONTINUE to PART OF A TEAM](#)



[EXPLORE](#)

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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 attention to family violence and agitated for reform during the mid-19th century. Despite their efforts, society as a whole continued to ignore domestic violence.

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Who were some advocates for change?

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For All the People

A CENTURY OF CITIZENSHIP IN HEALTH CARE REFORM

Health care reform has been a political issue in the United States for more than a hundred years.

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NATIVE VOICES

NATIVE PEOPLES' CONCEPTS OF HEALTH AND ILLNESS

EXHIBITION INTERVIEWS TIMELINE RESOURCES VISIT

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WATCH OVERVIEW VIDEOS



Listen to the director of the National Library of Medicine introduce *Native Voices*. Watch an overview of the exhibition that demonstrates how Native peoples of the United States today enhance their wellness through both traditional and Western healing practices.

NATIVE VOICES



Watch interviews with Native people telling how the wellness of individuals and communities has been affected by epidemics, government policies, and the inhibition of Native culture. Hear contemporary stories of renaissance, recovery, and self-determination.

THE TRAVELING EXHIBITION + SCHEDULE

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March 2017 session recording

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Ways to Use

STAFF, STUDENTS, PARENTS, WIDER COMMUNITY

Sports



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Head Injuries

Also called: [Cranial injuries](#), [Skull fractures](#), [Skull injuries](#)

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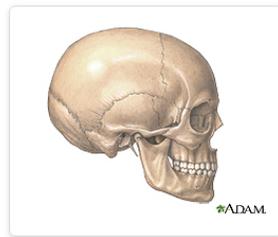
Summary

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

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

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

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



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- [Head injury - first aid](#)
- [Preventing head injuries in children](#)
- [Skull fracture](#)
- [Skull x-ray](#)

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Sports Injuries

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Summary

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

The most common sports injuries are

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

If you get hurt, stop playing. Continuing to play or exercise can cause more harm. Treatment often



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- [Achilles tendon repair](#)
- [ACL reconstruction](#)
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- [How to avoid exercise injuries](#)

Nutrition

NIH U.S. National Library of Medicine



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Child Nutrition



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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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- [Cow's milk and children](#)
- [Eating extra calories when you are sick - children](#)
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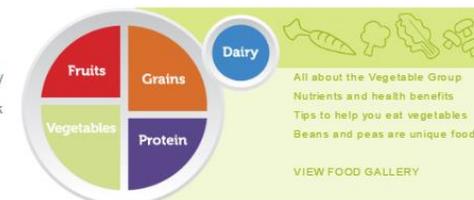
MYPLATE | AUDIENCE | HEALTHY EATING STYLE | PHYSICAL ACTIVITY | ONLINE TOOLS | POPULAR TOPICS

SuperTracker
Plan, analyze, and track your food and physical activity on mobile, tablet, and desktop. New features: SuperTracker Groups and Challenges

Sign up for updates

CLICK A FOOD GROUP TO EXPLORE

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate, in your cup, or in your bowl.



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Immunizations

U.S. National Library of Medicine



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Immunization

Also called: Vaccination



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Summary

Shots may hurt a little, but the diseases they can prevent are a lot worse. Some are even life-threatening. Immunization shots, or vaccinations, are essential. They protect against things like measles, mumps, rubella, hepatitis B, polio, tetanus, diphtheria, and pertussis (whooping cough). Immunizations are important for adults as well as children.

Your immune system helps your body fight germs by producing substances to combat them. Once it does, the immune system "remembers" the germ and can fight it again. Vaccines contain germs that have been killed or weakened. When given to a healthy person, the vaccine triggers the immune system to respond and thus build immunity.

Before vaccines, people became immune only by actually getting a disease and surviving it. Immunizations are an easier and less risky way to become immune.

NIH: National Institute of Allergy and Infectious Diseases

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Vaccines & Immunizations



Updated Easy-to-Read Immunization Schedules
Find the right 2017 immunization schedule for yourself or your child



PARENTS (BIRTH-18 YRS)



ADULTS (19 AND OLDER)



PREGNANCY AND VACCINATION



HEALTHCARE PROVIDERS

Mental Health

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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



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MEDICAL ENCYCLOPEDIA

- Help your teen cope with stress
- Helping your teen with depression
- Managing your depression - teens
- Recognizing teen depression

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Substance Abuse and Mental Health Services Administration

SAMHSA

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Popular Programs, Campaigns, **School and Campus Health** Popular Technical Assistance & Resource

School and Campus Health

Substance Use and Mental Health SAMHSA's Efforts Information for Educators, Students, and Parents Grants Publications and Resources

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 prevalence of these conditions to be increasing.

SAMHSA offers a number of grant programs and other resources designed to promote mental health and emotional development among school-age youth and to prevent violence and substance use in schools and on campuses. However, because some of the college population are over the minimum legal drinking age of 21, programs targeting this age group typically emphasize the prevention of excessive drinking rather than the prevention of

SAFE SCHOOLS HEALTHY STUDENTS

i talk they hear you **Underage Drinking Prevention**

Data and Statistics

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

Current Trends



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Health Topics Drugs & Supplements Videos

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 legalization 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 that controls reasoning and impulses — known as the prefrontal cortex — does not fully mature 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, such as:

- Difficulty holding back or controlling emotions

Home → Health Topics → Piercing and Tattoos

Piercing and Tattoos

Also called: Body art, Body piercing

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Summary

Piercings and tattoos are body decorations that go back to an ancient time. Making a hole in the skin so that you can insert jewelry. This is done on other parts of the body. Tattoos are designs on the skin made with permanent tattoo ink. Permanent tattoo ink 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, safe and that the sterilization of the equipment is important. Be sure to follow the instructions.

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

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ABOUT PRIORITIES REPORTS & PUBLICATIONS USPHS COMMISSIONED CORPS

Home > Reports & Publications > E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, 2016

Text Size: **A A A**

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- Public Health Reports
- National Library of Medicine

E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, 2016

- Executive Summary
- Full Report
- Surgeon General PSA
- Other Documents

Executive Summary

This Executive Summary provides an overview of the full report of the Surgeon General and highlights the conclusions and findings.

- Executive Summary

Full Report

This is the first Surgeon General's Report that focuses on the use of electronic cigarettes by youth and young adults.

- Full Report

Surgeon General Public Service Announcement

Other Documents

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- Parent Tip Sheet

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Bullying

NIH U.S. National Library of Medicine



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Bullying

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Summary

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

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

Centers for Disease Control and Prevention

Start Here

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



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

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stopbullying.gov

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CYBER BULLYING

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Educators



Community



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- January 26, 2017
[Bullying Knows No Boundaries – Lessons Learned from the UK](#)
- January 17, 2017
[Protecting Youth from Bullying: The Role of the Politician](#)

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Flu



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Flu

Also called: Grippe, Influenza



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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](#)

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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

[CDC-A-Z INDEX](#)

Influenza (Flu)

Seasonal Influenza (Flu)

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International Influenza

Flu Prevention Partners

Flu Activity & Surveillance

FluVaxView

National Influenza Vaccination Week (NIVW)

[Seasonal Influenza \(Flu\)](#)

Flu and You



Language: [English](#)



[learn more](#)

Get Vaccinated



Everyone 6 months of age and older should get a flu vaccine every season, especially those at [high risk](#).

[More](#)

Preventive Steps



Take steps every day to stop the spread of germs. Getting the [flu vaccine](#) is the most important step.

[More](#)

Treatment



Learn what to do if you are sick and what steps you should take to protect others. Also, find tips to [care for others](#) who are sick.

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Opioids

U.S. National Library of Medicine

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Opioid Abuse and Addiction

Also called: Narcotics, Opiates

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MEDICAL ENCYCLOPEDIA

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[Codeine overdose](#)

[Hydrocodone and acetaminophen overdose](#)

[Hydrocodone/oxycodone overdose](#)

[Hydromorphone overdose](#)

[Methadone overdose](#)

Summary

Opioids, sometimes called narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid. Some opioids are made from the opium plant, and others are synthetic (man-made).

A doctor may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some doctors prescribe them for chronic pain.

Opioids can cause side effects such as drowsiness, mental fog, nausea, and constipation. They may also cause slowed breathing, which can lead to overdose deaths. If someone has signs of an overdose, call 9-1-1.

DRAGONFLY » MAY 20TH, 2017

NNLM PNR blog, Dragonfly

MAY 12

Resources Focusing on the Opioid Epidemic

Posted by Carolyn Martin Posted in: [Emergency Preparedness](#), [Health Literacy/Consumer Health](#), [News from NLM](#), [Public Health](#)

The following is news from the NIH/NLM Disaster Information Management Research Center

(DIMRC)

The Centers for Disease Control and Prevention have declared [opioid abuse an epidemic](#), calling it a serious public health issue. Two states, [Florida](#) and [Maryland](#), have recently declared states of emergency in response to the opioid crisis.

NIH MedlinePlus magazine has an overview to help readers [understand the opioid overdose epidemic](#), and the statistics are staggering: an estimated 1.9 million people in the US have a prescription opioid use disorder, while another 586,000 have a heroin use disorder. In 2014 alone, more than 28,000 people died from an opioid overdose.

The Department of Health & Human Services (HHS) has collected [resources about the opioid epidemic](#), including resources for health professionals and law enforcement.

Issues that face first responders and first receivers include appropriate personal protective equipment (PPE), treatment for overdoses, and coping with stress. The National Library of Medicine provides access to resources for responders, health professionals, and the general public:

- **For first responders and healthcare professionals:** Find links to detailed drug information about [opioids on Drug Information Portal](#), and information about [Naloxone](#). Also check the Chemical Hazards Emergency Medical Management (CHEMM) database for important information about [Naloxone](#) for first responders. NLM just added an [Opioids](#) record to TOXNET ChemIDplus, a dictionary of chemicals that includes names, synonyms and structures.
- **For the general public:** Learn about [opioid abuse and addiction](#), [prescription drug abuse](#), and [heroin](#), including prevention, diagnosis, and treatment options. Learn more about [Naloxone injection](#), an emergency medical treatment to reverse the effects of opiate overdoses. Family and friends can be negatively affected by a loved one's opioid use disorder—find resources for coping with traumatic events on the NLM Disaster Health information guide to [Coping With Disasters](#).
- **Multiple languages:** Information about opioid abuse and addiction is [available in Spanish from MedlinePlus](#). HealthReach provides a handout in nine languages called [What is Addiction?](#) Text and video versions of [Safe, Smart and Healthy: Keeping Success in Your Hand](#) have Spanish, Vietnamese and Chinese subtitles.

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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 displays the NNLM PNR website interface. At the top, there is a navigation bar with the NNLM logo and links for 'REGIONS | OFFICES | HELP'. Below this is a secondary navigation bar with 'PNR HOME' and dropdown menus for 'About PNR', 'Members', 'Funding', and 'Professional Development'. The main content area features a large banner for the 'Members' section, which includes a call to action 'Join the Network Today!' and a description of membership benefits. Below the banner are buttons for 'View', 'Edit', 'Revisions', and 'Unpublish'. The 'Pacific Northwest Region' section is highlighted, containing three sub-sections: 'Help us think about data!' with a link to 'PNR'S DATA NEEDS ASSESSMENT', 'Webinars' with a list of upcoming events, and 'Regional Partners' featuring 'Idaho State University'.

Thank You!



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[Presentation/resources](https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations)

<https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations>