

# Finding Health Information You Can Trust

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National Network of Libraries of Medicine Pacific NW Region



# Overview

- Introduction
- Health literacy
- Website evaluation
- Health information resources
- Health news

# Who We Are

- NIH (National Institutes of Health)
  - Nation's research agency
  - 27 institutes and centers
- NLM (National Library of Medicine)
  - World's largest biomedical library
  - A NIH institute
- NNLM (National Network of Libraries of Medicine)
  - Outreach program of the NLM comprised of 8 Regional Medical Libraries (RMLs) and 5 offices
- PNR (Pacific Northwest Region)
  - One of the 8 RMLs
  - Serves Alaska, Idaho, Montana, Oregon, Washington

# What is Health Literacy?

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

**U.S. Department of Health and Human Services. 2000. Healthy People 2010, 2020. Washington, DC: U.S. Government Printing Office.**

# Why Health Literacy is Important

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



# Website Evaluation

# 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

# Google results

The image shows a Google search interface for the term "autism". The search bar at the top left contains the word "autism" and shows the Google logo. Below the search bar, navigation tabs for "All", "News", "Images", "Videos", "Books", and "More" are visible, along with "Settings" and "Tools". The search results indicate "About 188,000,000 results (0.57 seconds)".

A featured snippet is displayed, stating: "In a widely shared Facebook post, 23-year-old Ayo Isola said he and his family members – mother Abi, sister Kemi and younger brother Tayo, who is on the **autism** spectrum and “essentially nonverbal” – boarded Flight 3596 in Detroit on their way home after a two-week vacation in Europe. 2 days ago". Below this, a link is provided: "Delta apologizes after family of autistic passenger complains about... https://www.washingtonpost.com › travel › 2019/08/22 › flight-crew-ground...".

Below the featured snippet is a "People also ask" section with the question "What are the 5 different types of autism?". The answer states: "There are three types of autism spectrum disorders:" followed by a bulleted list:

- Autistic Disorder. This is sometimes called “classic” autism. ...
- Asperger Syndrome. People with Asperger syndrome usually have milder symptoms of autistic disorder. ...
- Pervasive Developmental Disorder – Not Otherwise Specified.

At the bottom of the "People also ask" section, a link is provided: "Autism: Types of Autism Spectrum Disorders dhss.alaska.gov › dph › wcfh › Pages › autism › spectrum".

On the right side of the search results, a knowledge panel for "Autism" is displayed. It includes the text "Also called: autism spectrum disorder" and navigation tabs for "ABOUT", "SYMPTOMS", and "TREATMENTS". Below the tabs is an image of a young child sitting on a couch, holding a small object. The text below the image reads: "Impaired communication and social interaction". A definition follows: "A serious developmental disorder that impairs the ability to communicate and interact." At the bottom of the panel, the word "Common" is displayed, followed by the text "More than 200,000 US cases per year".

188,000,000 results

# Types of Websites

What is the **purpose** of the Web page?

- Advocacy (American Heart Association)
- Business/marketing (Eli Lilly)
- Informational (National Center for Health Statistics)
- News (CNN)
- Entertainment (Dr. Oz)

# ABC's (+U) of Evaluation

- Accuracy
- Authority
- Bias
- Currency
- Coverage
- Usability

# Accuracy

- **Is the information accurate?**

- Is the information based on sound medical research?
- Are endnotes, bibliography or references provided?
- Are those cited references reliable?
- Web standards to ensure accuracy don't exist

# Accuracy Example

the ONION

NEWS IN BRIEF • 11.18.16 VOL 52 / ISSUE 45

## Surgeon General Recommends Exercising Once Every Several Months During Flash Of Panic About Health

WASHINGTON—Highlighting the benefits of brief, infrequent aerobic activity, U.S. surgeon general Vivek Murthy urged Americans Friday to make sure to exercise once every few months during a frenzied moment of panic regarding their health. “It’s important that citizens of all ages, genders, and backgrounds make the time every four to nine months to go for a quick jog or do 15 halfhearted push-ups in the midst of a frantic surge of concern about their physical fitness,” said Murthy, who explained that individuals need not possess a gym membership or their own exercise equipment to engage in twice-yearly anxiety-fueled attempts at working out, and could instead simply perform five to 20 minutes of various calisthenics in their own home during a short-lived fit of worry spurred by an increase in their

the ONION VIDEO WATCH MORE >

HOW DO THEY CURATE RECOMMENDATIONS?  
A complex algorithm determines what you were previously watching, then processes that data to suggest watching the next episode of that show.

### 5 Things To Know About Netflix

#### Trending Now

NEWS IN BRIEF

#### Aides Wrestle Drill From Trump’s Hands As He Tries To Remove Obama Listening Device From Skull

NEWS IN BRIEF

#### Man Sets Unsustainable Precedent Of Saying Hello To Coworker Every Morning

NEWS IN BRIEF

#### Study Finds Average American Hopes No One Saw That 12 Times Per Day

### Weird New Gadget Gives ADHD Sufferers Laser Sharp Focus

Revolutionary new Focus Gadget flying off the shelves after finally being released to public.

# Authority

- **Is the author an authority on the subject?**
  - Who published the information? What are their credentials?
  - Is the contact information easy to find?
  - What does the About Us section tell you about the purpose of the author/sponsor/organization?
  - Check if the Web page has the backing of a well-established organization, institution, or agency.
  - What is the domain name? (.com, .gov, .edu, .org)

# Authority Example

**AllergicChild** HOME WHO WE ARE ▾ BLOG ALLERGIC REACTIONS ▾ TOP FOOD ALLERGIES ▾ ALLERGY INFO ▾ LIVING WITH FOOD ALLERGY ▾ NICOLE'S BOOKS CONTACT US 🔍

Living A Full Life with Food Allergies

**CATEGORIES**

- College with Food Allergies
- Eczema & Rashes
- Emotional Aspects of Food Allergies
- Eosinophils & Mast Cells
- Food Allergies & Asthma
- Food Allergies & Boy Scouts
- Food Allergies & Evacuation
- Food Allergies & Study Abroad
- Food Allergy & Anaphylaxis
- Food Allergy & EpiPen
- Food Allergy & Families
- Food Allergy Bloggers Conference
- Holidays & Food Allergies
- Interviews
- Recipes for Allergy Safe Eating
- Research for a Cure
- School & Food Allergies
- Travel/Eating Out & Food Allergy
- Uncategorized

**ALLERGICCHILD.COM**  
EMPOWERING FAMILIES AND COMMUNITIES  
MANAGING FOOD ALLERGIES

### Welcome to AllergicChild!

With over 20 years of experience of dealing with all aspects of food allergies, we are your premier resource for managing food allergies. We truly understand what it takes to live with food allergies and how it affects everyday life. We understand the challenges of being with family, in school, and in all aspects of life. We can help your child be included and stay safe with food allergies.

Our founder, Nicole Smith, started AllergicChild with one goal in mind: Help children live a full life with food allergies. We provide an active blog with posts that contain helpful tips and stories for you and your child. We have multiple articles about allergies that provide both the latest medical research and experience-based suggestions. The information contained within this site is a knowledge base accumulated over 20 years of managing food allergies in school, travel, family, friends, and places of worship.

**ABOUT US**

AllergicChild.com is the creation of Robert and Nicole Smith. We are the parents of a severely food allergic college age son, Morgan, first diagnosed at the age of 9 months old with life threatening allergies to peanuts, (tree nuts, sesame, fish and shellfish came later); and a grown daughter, Michaela, diagnosed with celiac disease and a mast cell mediated disorder. We'd like to share our experience with you to help you keep your food allergic child safe, healthy and living as close to a 'normal' life as possible.

**GET IN TOUCH!**

f t in p r

**Subscribe to our mailing list**

\* indicates required

Email Address \*

SUBSCRIBE

# Bias

- **Does the author bring any biases in posting the information?**
  - Can you tell if the information is an advertisement?
  - What kind of institution sponsored the webpage? A pharmaceutical company? A non-profit organization?
  - Do the graphics and wording add an emotional “kick” through photographs, exclamation points, huge fonts, etc.?
  - Is the author using data improperly to promote a product or position?
  - Is the information fact or opinion?

# Bias Example

The screenshot shows the Dr. Oz website interface. At the top is a green navigation bar with the 'OZ' logo, menu items for 'EPISODES', 'THE DISH', 'TOPICS', and 'MORE', social media icons for Facebook, Twitter, and Email, a 'MY PROFILE' link, and a search bar. Below the navigation bar is a promotional banner for 'USANIMALS™ Premium Children's Supplement' with the text 'A Happy, Healthy Future with' and a 'LEARN MORE' button. The main content area features a video player with a 'VIDEO' icon and the title 'Is It Worth It to Buy Pre-Marinated Meats?'. The video description reads: 'Chef Seamus Mullen breaks down the difference between the marinated meats you buy at a butcher's versus those from a...'. To the right of the video is a sidebar titled 'OZ'S PICKS' containing several article links: 'The New Butter Trend You Should Try', 'Have You Signed Up for the Dr. Oz Newsletter?', 'Risk Factors of Heart Disease in Young Adults Can Be Permanent, According to New Study', 'Which Liquid Should You Put in Your Smoothie?', and 'New Recipes from The Dish!'. Below the sidebar is an advertisement for 'Best Internet in America' by Speedtest by Ookla, featuring a laptop and the text 'AMERICA'S BEST INTERNET PROVIDER'.

# Currency

- **Is the information current and timely?**
  - Is there a date when information was posted?
  - Has the information been revised or updated?
  - Do the links work?
  - Has more recent medical research been published? What was published a year ago may be outdated now.

# Currency Example

NIH NATIONAL CANCER INSTITUTE

Español

1-800-4-CANCER Live Chat Publications Dictionary

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

Home > Cancer Types > Skin Cancer > Patient

AA Print Email Facebook Twitter Pinterest

**SKIN CANCER**

Patient

- Skin Cancer Treatment
- Melanoma Treatment
- Merkel Cell Carcinoma Treatment
- Skin Cancer Prevention**
- Skin Cancer Screening

Health Professional +

Research Advances +

## Skin Cancer Prevention (PDQ®)-Patient Version

[Go to Health Professional Version](#)

### ON THIS PAGE

- [What is prevention?](#)
- [General Information About Skin Cancer](#)
- [Skin Cancer Prevention](#)
- [About This PDQ Summary](#)

### What is prevention?

Cancer prevention is action taken to lower the chance of getting cancer. By preventing cancer, the number of new cases of cancer in a group or population is lowered. Hopefully, this will lower the number of deaths caused by cancer.

To prevent new cancers from starting, scientists look at risk factors and protective factors. Anything that

**Last updated:**  
April 10, 2019

# Coverage

- **The information may be accurate but important information may be left out.**
  - Is the information appropriate and relate to your health information needs?
  - How does this information compare with other sources on the same topic?
  - Is a better source available?
  - Are sources/links provided for additional information?

# Coverage Example

MODERN FAMILIES • FRESH IDEAS  
**parenting**

ALL 3 MAGAZINES • FOR \$21<sup>97</sup>  
Parents EatingWell [more](#)

JOIN NOW | LOG IN

Search

FERTILITY PREGNANCY BABY NAMES BABY TODDLER CHILD FAMILY TIME ADVICE [SHOP](#)

CHILDREN'S **FLONASE SENSIMIST** ALLERGY RELIEF  
IN A GENTLE MIST KIDS WILL BARELY FEEL  
LEARN MORE

## Family Health Guide

Home / Family Health Guide / Sudden Infant Death Syndrome (SIDS)

[SHARE](#) [PIN IT](#) [TWEET](#) [COMMENT](#)

### Overview

### Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS) is an unexplained death usually during during sleep of an otherwise healthy baby under a year old. SIDS is a subcategory of SUID, which stands for Sudden Unexpected Infant Death. Other subcategories of SUID include hypothermia or hyperthermia, metabolic diseases or accidental suffocation. If an infant death is investigated and reported, and no explanation is found, it is classified as SIDS.

Here are the facts about SIDS:

- It is the leading cause of death in children between the ages of one month and one year.
- The current official total of deaths specifically attributed to SIDS was 2,327 in 2006, yet the Centers for Disease Control and Prevention (CDC) says that as many as 1,164 additional seemingly healthy babies under a year will also die unexpectedly.
- The deaths peak between the ages of 2 and 4 months.
- Ninety percent occur before 6 months of age.
- The condition hits boys more than girls, particularly Native American and African-American babies.
- Another vulnerable population is premature/low birth weight babies and infants whose mothers did not have prenatal care, or who smoked.
- SIDS is *not* caused by vomiting or choking
- SIDS is *not* caused by diphtheria, pertussis, tetanus (DTAP) vaccines or other immunizations
- SIDS is *not* child abuse or neglect

[back to A to Z guide](#)

ALL 3 • FOR \$21<sup>97</sup>  
[SUBSCRIBE NOW](#)

Complete care for delicate baby skin  
Discover Baby Dove

Save the Children  
CHILDHOOD IS ENDING TOO SOON  
[GET INVOLVED](#)  
[LEARN ABOUT CHILDHOOD ENDERS](#)

the buzz list

the buzz list

# Evaluate Resources for Usability

- Font size
- Clear organization
- “White” space
- Short sentences
- Jargon-free, definitions of medical terms included
- Information in short segments
- Meaningful images

# Usability Example

**ADVERTISEMENT**

LESS TD MORE OF ME

The first FDA-approved treatment for adults with the uncontrollable movements of tardive dyskinesia (TD).

**INGREZZA**  
(valbenazine) capsules

See Important Safety Information below.

Please see INGREZZA full Product Information or visit [www.INGREZZA.com](http://www.INGREZZA.com)

LEARN MORE >

PRODUCT INFORMATION >

**MENU** ▾

Depression >

## Depression Health Center

**Trintellix**  
vortioxetine  
5mg-10mg-20mg tablets

Take the first step.  
Talk to your healthcare professional.

Find Out How >

TRINTELLIX is a prescription medicine used to treat Major Depressive Disorder (MDD) in adults.

Important Safety Information [+]

**Celebrities With Bipolar Disorder**

17 famous faces you might recognize.

### TODAY ON WEBMD

**15 Conditions That Can Change Your Personality**  
What could alter your character?

**Business is changing.**  
T-Mobile for Business

**Warning Signs of Bipolar Disorder**  
When it's not "just" depression.

**What You Should Know About Bipolar**  
How it affects daily life.

# Trust It or Trash It?

## [Trust It or Trash It website](#)



The screenshot shows the 'Trust It or Trash It?' website. At the top, there is a navigation bar with a magnifying glass icon, the title 'Trust It or Trash It?', and links for 'About', 'Contact', and 'Español'. Below the navigation bar, there are three numbered steps in colored boxes: 1. 'Who said it?' (green), 2. 'When did they say it?' (orange), and 3. 'How did they know?' (brown). To the right of these steps is a blue box titled 'What is Trust It or Trash It?' containing a paragraph of text. Below the steps is another blue box with four links: 'Have questions, comments or suggestions? Send us a note.', 'Click here for a printer friendly version.', 'The Quality Assessment Toolbox is for educational purposes only. Read our disclaimer language.', and 'Creating a resource? Click here for the developer version.'. At the bottom of the page, there is a footer with a Creative Commons license notice and a design credit to www.projectmiso.net.

**Trust It or Trash It?** About | Contact | Español

- 1 Who said it?**
- 2 When did they say it?**
- 3 How did they know?**

**What is Trust It or Trash It?**

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

- ✉ Have questions, comments or suggestions? [Send us a note.](#)
- 🖨 [Click here](#) for a printer friendly version.
- 📄 The Quality Assessment Toolbox is for educational purposes only. Read our [disclaimer language.](#)
- 🔗 [Creating a resource?](#) [Click here](#) for the developer version.

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# MLA-For Patients & NIA- Health Information

## Medical Library Association



**MLA MEDICAL LIBRARY ASSOCIATION**

ABOUT MLA ▾ JOIN MLA COMMUNITIES ▾ PROFESSIONAL DEVELOPMENT ▾ MEETINGS ▾ ADVOCACY ▾ PUBLICATIONS ▾ **FOR PATIENTS** MEDLIB-ED

### For Health Consumers and Patients

Find Good Health Information

What Did My Doctor Say?

Top Health Websites

Recommended Sites for Cancer Information

## Find Good Health Information

A 2015 [Pew Research Center Study](#) reveals that "73% of all those ages 16 and over say libraries contribute to people finding the health information they need. 42% of those who have gone online at a library using its computers, internet connections or Wi-Fi have done so for health-related searches."

In 2013, the [Pew Research Internet Project](#) reported that "59% of U.S. adults say they have looked online for information about a range of health topics in the past year. 35% of U.S. adults say they have gone online specifically to try to figure out what medical condition they or someone else might have." Whether the health information is needed for personal reasons or for a loved one, millions of health-related web pages are viewed by millions of consumers. Sometimes the information found is just what was needed. Other searches end in frustration or retrieval of inaccurate, even dangerous, information.

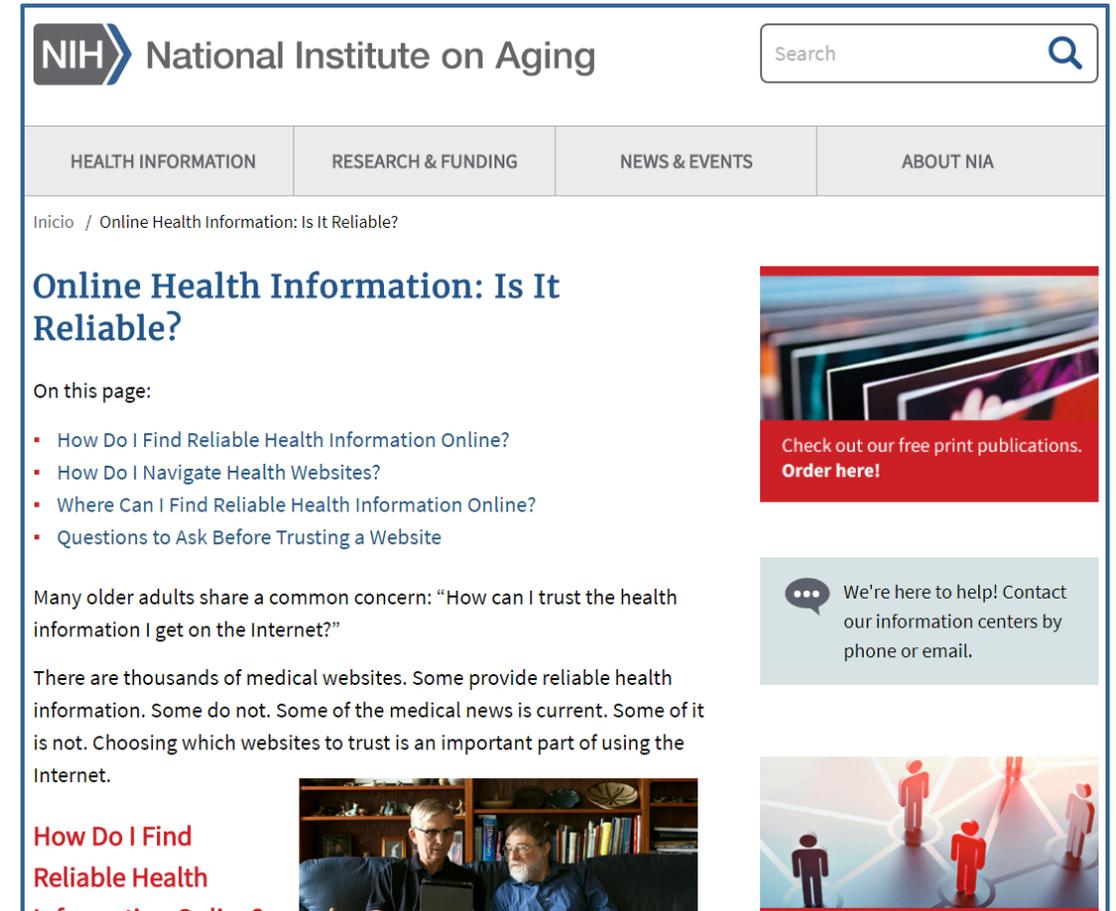
This guide outlines the collective wisdom of medical librarians who search the web every day to discover quality information in support of clinical and scientific decision making by doctors, scientists, and other health practitioners responsible for the nation's health. This guide is supported by the Medical Library Association (MLA), the library organization whose primary purpose is promoting quality information for improved health and whose members were the first to realize that not all health information on the web is credible, timely, or safe.

The guide is presented in three brief sections. The first section, "[Getting Started](#)," provides tips on filtering health-related web pages through the health subsets of major search engines and using quality electronic finding tools developed by the U.S. government to do an initial screen of websites for further examination. This section is followed by a set of [guidelines](#) developed for evaluating the content of health-related websites. The [final section](#) points to other information of interest to consumers searching for health-related information on the web.

**When MI means heart attack, not Michigan.**

**LEARN MORE**

**R2 DIGITAL LIBRARY**



**NIH** National Institute on Aging

Search

HEALTH INFORMATION RESEARCH & FUNDING NEWS & EVENTS ABOUT NIA

Inicio / Online Health Information: Is It Reliable?

## Online Health Information: Is It Reliable?

On this page:

- How Do I Find Reliable Health Information Online?
- How Do I Navigate Health Websites?
- Where Can I Find Reliable Health Information Online?
- Questions to Ask Before Trusting a Website

Many older adults share a common concern: "How can I trust the health information I get on the Internet?"

There are thousands of medical websites. Some provide reliable health information. Some do not. Some of the medical news is current. Some of it is not. Choosing which websites to trust is an important part of using the Internet.

**How Do I Find Reliable Health**

Check out our free print publications. **Order here!**

We're here to help! Contact our information centers by phone or email.

## National Institute on Aging



# Health Resources

# Google results

The image shows a Google search interface for the term "autism". At the top, the search bar contains "autism" and the Google logo. Below the search bar, navigation tabs for "All", "News", "Images", "Videos", "Books", and "More" are visible, along with "Settings" and "Tools". The search results indicate "About 188,000,000 results (0.57 seconds)".

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- Autistic Disorder. This is sometimes called “classic” autism. ...
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At the bottom of the snippet is a link: "Autism: Types of Autism Spectrum Disorders" with the URL "dhss.alaska.gov › dph › wcfh › Pages › autism › spectrum".

On the right side of the search results is a knowledge panel for "Autism". It includes the text "Also called: autism spectrum disorder" and navigation tabs for "ABOUT", "SYMPTOMS", and "TREATMENTS". Below the tabs is an image of a young child sitting on a couch, looking thoughtful. The text below the image reads: "Impaired communication and social interaction". A definition follows: "A serious developmental disorder that impairs the ability to communicate and interact." At the bottom of the panel, it says "Common" and "More than 200,000 US cases per year".

188,000,000 results

# MedlinePlus results

713 results

The screenshot shows the MedlinePlus search results page for the term 'autism'. The page features a search bar with 'autism' entered and a 'GO' button. Below the search bar, there are navigation links for 'Health Topics', 'Drugs & Supplements', and 'Videos & Tools', along with a language selector for 'Español'. The main content area displays 'Results 1 - 10 of 713 for autism'. The first result is 'Autism Spectrum Disorder (National Library of Medicine)', followed by 'Autism spectrum disorder', 'Predicting autism in high-risk infants | NIH MedlinePlus Magazine', and 'Autism Society (Autism Society)'. A sidebar on the left offers 'Refine by Type' and 'Refine by Format' options, with 'All Results (1,084)' listed below.

# Autism health topic page

The screenshot shows the MedlinePlus health topic page for 'Autism Spectrum Disorder'. The page features the MedlinePlus logo and a search bar. Below the logo, there are navigation links for 'Health Topics', 'Drugs & Supplements', and 'Videos & Tools', along with a language selector for 'Español'. The main content area displays the title 'Autism Spectrum Disorder' and a subtitle 'Also called: ASD, Pervasive developmental disorder (PDD)'. Below the title, there are social media icons and a 'GO' button. The page is organized into several sections: 'On this page' with links for 'Basics', 'Learn More', and 'See, Play and Learn'; 'Research' with links for 'Statistics and Research', 'Clinical Trials', and 'Journal Articles'; 'Resources' with a link for 'Find an Expert'; and 'For You' with links for 'Children', 'Teenagers', and 'Patient Handouts'. A 'Summary' section provides a brief overview of the disorder. Below the summary, there is a 'Get Autism Spectrum Disorder updates by email' section with an email input field and a 'GO' button. A 'MEDICAL ENCYCLOPEDIA' section lists related topics: 'Asperger syndrome', 'Autism', and 'Childhood disintegrative disorder'. A 'Related Health Topics' section lists 'Child Behavior Disorders'. The page also includes a 'GO' button in the top right corner.

# MedlinePlus

- Links to reliable, authoritative health websites
- Easy-to-read articles
- Lab test information
- Medical encyclopedia
- Social media presence
- Clinical Trials
- Links to local services
- English, Spanish and other languages
- MedlinePlus Magazine
- No Advertisements!

The screenshot shows the MedlinePlus website interface. At the top, there is a search bar and navigation links. The main content area is divided into several sections:

- 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 Tests**: Learn why your doctor orders medical tests and what the results may mean.
- Medical Encyclopedia**: Articles and images for diseases, symptoms, tests, treatments.
- Healthy Recipes**: A link to healthy recipes.

Other features highlighted include:

- Spanish Language**: A link to the Spanish version of the site.
- Tweets by @MedlinePlus**: A section showing tweets from the MedlinePlus account.
- Stay Connected**: A sign-up form for the My MedlinePlus newsletter.
- NIH MedlinePlus Magazine**: A link to read the latest issue.
- All of Us**: A link to health information for All of Us Research Program participants.
- Clinical Trials**: A link to search ClinicalTrials.gov for drug and treatment studies.

At the bottom, there are links for **Easy-to-Read Materials**, **Organizations and Directories**, **Health Information in Multiple Languages**, and **MedlinePlus Connect for EHRs**. There are also links for **Get updates**, **Subscribe to RSS**, and **Follow us** on social media.

**MedlinePlus**

<https://medlineplus.gov/>

# MedlinePlus- search box

MedlinePlus  
Trusted Health Information for You

diabetes type 2 GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Search Results Search Help

**Refine by Type**

All Results (2,877)

- Health Topics (44)
- Medical Encyclopedia (219)
- External Health Links (1,532)
- Medical Tests (50)
- Drugs and Supplements (251)
- National Institutes of Health (616)
- MedlinePlus Magazine (17)
- Healthy Recipes
- Multiple Languages (21)

**Refine by Format**

All Results (2,877)

- PDF (109)
- Images (6)
- Videos (12)

**Diabetes Type 2**

Diabetes means your blood glucose, or blood sugar, levels are too high. With type 2 diabetes, the more common type, your body does not make or use insulin well. Insulin is a hormone that helps glucose get into your cells to give them energy. Without insulin, too much glucose stays in your blood. Over time, high blood glucose can lead to serious problems with your heart, eyes, kidneys, nerves, and gums and teeth.



You have a higher risk of type 2 diabetes if you are older, have obesity, have a family history of diabetes, or do not exercise. Having prediabetes also increases your risk. Prediabetes means that your blood sugar is higher than normal but not high enough to be called diabetes. If you are at risk for type 2 diabetes, you may be able to delay or prevent developing it by making some lifestyle changes.

(Read more)

Results 1 - 10 of 2,169 for **diabetes type 2**

- Diabetes Type 2** (National Library of Medicine)  
Diabetes means your blood glucose, or blood sugar, levels are too high. With **type 2 diabetes**, the more common **type**, your body does not make or use insulin well. ...  
<https://medlineplus.gov/diabetestype2.html> - Health Topics
- Diabetes**  
Diabetes - type 1: Diabetes - type 2: Diabetes - gestational: Type 1 diabetes: Type 2

<https://medlineplus.gov/ency/article/001214.htm> - Medical Encyclopedia

- Diabetes type 2 - meal planning**  
**Type 2 diabetes** diet; Diet - **diabetes - type 2** ... range by maintaining a healthy weight. People with **type 2 diabetes** are often overweight or obese. Losing even 10 ...  
<https://medlineplus.gov/ency/article/007429.htm> - Medical Encyclopedia
- Type 2 diabetes - what to ask your doctor**  
What to ask your provider about **diabetes - type 2** ... nih.gov/pubmed/29222374 . Dungan KM. Management of **type 2 diabetes** mellitus. In: Jameson JL, De Groot LJ, de ...  
<https://medlineplus.gov/ency/patientinstructions/000217.htm> - Medical Encyclopedia
- Diabetes Type 2 Symptoms** (American Diabetes Association)  
... resources for people living with **diabetes** | Read more **Type 2 Diabetes - Symptoms**  
Back to **Type 2 Overview Diabetes Symptoms** The following symptoms of **diabetes** ...  
<https://www.diabetes.org/diabetes/type-2/symptoms> - External Health Links
- Type 2 diabetes**  
Noninsulin-dependent **diabetes**; **Diabetes - type II**; Adult-onset **diabetes**; Diabetic - **type 2 diabetes**; Oral hypoglycemic - **type 2 diabetes**; High blood ...  
<https://medlineplus.gov/ency/article/000313.htm> - Medical Encyclopedia
- ClinicalTrials.gov: Preventing **Diabetes Type 2**  (National Institutes of Health)  
[https://clinicaltrials.gov/...etes+mellitus,+type+2"&term=prevention](https://clinicaltrials.gov/...etes+mellitus,+type+2) - External Health Links
- Type 2 diabetes - self-care**  
**Type 2 diabetes** - managing ... well-balanced diet are important. Some people with **type 2 diabetes** can stop taking medicines after losing weight (even ...  
<https://medlineplus.gov/ency/patientinstructions/000328.htm> - Medical Encyclopedia
- Genetics Home Reference: **type 2 diabetes**  (National Library of Medicine)  
... Me Understand Genetics Home Health Conditions **Type 2 diabetes Type 2 diabetes**  
Printable PDF Open All Close All Enable Javascript ... greatly increasing the likelihood of developing **type 2 diabetes** . **Type 2 diabetes** can occur at any age, but it ...  
<https://ghr.nlm.nih.gov/condition/type-2-diabetes> - External Health Links
- Take Steps to Prevent **Type 2 Diabetes Easy-to-Read** (Office of Disease Prevention and Health Promotion)  
... chronic (long-term) condition. What is **type 2 diabetes**? **Type 2 diabetes** is the most common form of **diabetes** . ... I at Risk? Am I at risk for **type 2 diabetes**? Many things can put you at risk for ...  
<https://healthfinder.gov/.../take-steps-to-prevent-type-2-diabetes> - External Health Links

# MedlinePlus- health topic search

Home → Health Topics

## Health Topics

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

**Find topics A-Z**

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

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

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

Home → Health Topics → Diabetes Mellitus

## Diabetes Mellitus

[A1C](#)

[Blood Glucose](#) see [Blood Sugar](#)

[Blood Sugar](#)

[Children and Diabetes](#) see [Diabetes in Children and Teens](#)

[Diabetes](#)

[Diabetes and Pregnancy](#)

[Diabetes Complications](#)

[Diabetes in Children and Teens](#)

[Diabetes Medicines](#)

[Diabetes Mellitus](#) see [Diabetes](#)

[Diabetes Prevention](#) see [How to Prevent Diabetes](#)

[Diabetes Type 1](#)

[Diabetes Type 2](#)

[Diabetic Diet](#)

[Diabetic Eye Problems](#)

[Diabetic Foot](#)

[Diabetic Heart Disease](#)

[Diabetic Kidney Problems](#)

[Diabetic Nephropathy](#) see [Diabetic Kidney Problems](#)

[Diabetic Nerve Problems](#)

[Diabetic Retinopathy](#) see [Diabetic Eye Problems](#)

[Gestational Diabetes](#) see [Diabetes and Pregnancy](#)

[Glucose](#) see [Blood Sugar](#)

[Hemoglobin A1c](#) see [A1C](#)



# MedlinePlus- health topic page

Home → Health Topics → Diabetes Type 2

## Diabetes Type 2

Also called: Type 2 Diabetes

NIH, National Institute of Diabetes and Digestive and Kidney Diseases

**On this page**

Basics	Learn More
<ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Symptoms</li><li>Diagnosis and Tests</li><li>Prevention and Risk Factors</li><li>Treatments and Therapies</li></ul>	<ul style="list-style-type: none"><li>Living With</li><li>Related Issues</li><li>Specifics</li><li>Genetics</li></ul>
Research	Resources
<ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<ul style="list-style-type: none"><li>Reference Desk</li><li>Find an Expert</li></ul>

### Summary

Diabetes means your blood glucose, or blood sugar, is too high. In the most common type, your body does not make or use insulin properly. Insulin is a hormone that helps your cells take in glucose from the blood to give them energy. Without insulin, too much glucose can lead to serious problems with your eyes, kidneys, nerves and heart.

You have a higher risk of type 2 diabetes if you are older, have a family history of diabetes, are overweight, or do not exercise. Having prediabetes also means your blood sugar is higher than normal but not high enough to be diagnosed as diabetes, you may be able to delay or prevent developing diabetes.

The symptoms of type 2 diabetes appear slowly. Some common symptoms can include:

- Being very thirsty
- Urinating often
- Feeling very hungry or tired
- Losing weight without trying
- Having sores that heal slowly
- Having blurry eyesight

Blood tests can show if you have diabetes. One type of blood test is called a hemoglobin A1c test. Many people can manage their diabetes with lifestyle changes and medication.

### Start Here

- Diabetes Mellitus Type 2: Overview (Beyond the Basics) (UpToDate)
- Facts about Type 2 Diabetes (American Diabetes Association) Also in Spanish
- Type 2 Diabetes (Mayo Foundation for Medical Education and Research)
- Types of Diabetes (NIH) Easy-to-Read (National Institute of Diabetes and Digestive and Kidney Diseases) Also in Spanish

### Symptoms

- Symptoms (American Diabetes Association) Also in Spanish

### Diagnosis and Tests

- A1C Test and Diabetes (NIH) (National Institute of Diabetes and Digestive and Kidney Diseases)
- Comparing Tests for Diabetes and Prediabetes: A Quick Reference Guide (NIH) (National Institute of Diabetes and Digestive and Kidney Diseases)
- Diagnosis of Diabetes and Prediabetes (NIH) (National Institute of Diabetes and Digestive and Kidney Diseases) Also in Spanish
- Ketones in Urine (NIH) (National Library of Medicine) Also in Spanish
- Microalbumin Test (Mayo Foundation for Medical Education and Research)

### Prevention and Risk Factors

- All about Your Risk for Prediabetes, Type 2 Diabetes, and Heart Disease (American Diabetes Association) - PDF
- Exercise and Type 2 Diabetes (NIH) (National Institute on Aging) - PDF Also in Spanish
- Family Health History and Diabetes (NIH) (National Diabetes Education Program)
- Find a Diabetes Prevention Program Near You (Centers for Disease Control and Prevention)
- How to Prevent Diabetes: MedlinePlus Health Topic (NIH) (National Library of Medicine) Also in Spanish

### Treatments and Therapies

- Choosing a Type 2 Diabetes Drug: Why Generic Metformin is Often the Best Choice (Consumers Union of U.S.) - PDF Also in Spanish
- Diabetes and Dietary Supplements (NIH) (National Center for Complementary and Integrative Health) Also in Spanish

### Living With

- 4 Steps to Manage Your Diabetes for Life (NIH) Easy-to-Read (National Diabetes Education Program) Also in Spanish
- Anger (American Diabetes Association) Also in Spanish
- Changing Your Habits: Steps to Better Health (NIH) (National Institute of Diabetes and Digestive and Kidney Diseases) - PDF
- Checking for Ketones (American Diabetes Association) Also in Spanish
- Diabetes Mellitus Type 2: Alcohol, Exercise, and Medical Care (Beyond the Basics) (NIH) (National Institute of Diabetes and Digestive and Kidney Diseases) Also in Spanish
- Diabetic Diet: MedlinePlus Health Topic (NIH) (National Library of Medicine) Also in Spanish
- Getting the Very Best Care for Your Diabetes (American Diabetes Association)
- Monitoring (American Association of Diabetes Educators)
- Stress (American Diabetes Association) Also in Spanish
- Taking Care of Type 2 Diabetes (American Diabetes Association) - PDF
- Type 2 Diabetes Mellitus and Diet (Beyond the Basics) (UpToDate)
- Weight Loss (American Diabetes Association) Also in Spanish
- Where Do I Begin with Type 2? (American Diabetes Association)
- Your First Visit (to a Doctor) (American Diabetes Association)

### Related Issues

- 6 Things to Know about Type 2 Diabetes and Dietary Supplements (NIH) (National Center for Complementary and Integrative Health)
- Acanthosis Nigricans (Mayo Foundation for Medical Education and Research)
- Causes of Diabetes (NIH) (National Institute of Diabetes and Digestive and Kidney Diseases) Also in Spanish
- Diabetes Diet, Eating, & Physical Activity (NIH) Easy-to-Read (National Institute of Diabetes and Digestive and Kidney Diseases) Also in Spanish
- Diabetes Myths (American Diabetes Association) Also in Spanish
- Monogenic Diabetes (Hormone Health Network) - PDF Also in Spanish
- National Diabetes Prevention Program (Centers for Disease Control and Prevention)

### Reference Desk

- Diabetes: Glossary of Terms (Centers for Disease Control and Prevention)

### Find an Expert

- American Diabetes Association
- Find a Diabetes Educator (American Association of Diabetes Educators)
- National Diabetes Education Program (NIH)
- National Institute of Diabetes and Digestive and Kidney Diseases (NIH)

### Men

- Men (American Diabetes Association) Also in Spanish

### Women

- Diabetes Fact Sheet (Department of Health and Human Services, Office on Women's Health) Also in Spanish
- Women and Diabetes: Frequently Asked Questions (American Diabetes Association) Also in Spanish
- Women at High Risk for Diabetes (Centers for Disease Control and Prevention) - PDF

### Seniors

- Diabetes in Older People (NIH) (National Institute on Aging) Also in Spanish
- Diabetes: Unique to Older Adults (AGS Foundation for Health in Aging)

### Patient Handouts

- A1C test (Medical Encyclopedia) Also in Spanish
- Diabetes type 2 - meal planning (Medical Encyclopedia) Also in Spanish
- Giving an insulin injection (Medical Encyclopedia) Also in Spanish
- High blood sugar (Medical Encyclopedia)

Disclaimer about external links and our quality guidelines.



# MedlinePlus- videos & tools

The screenshot displays the MedlinePlus website interface. At the top, the NIH logo and 'U.S. National Library of Medicine' are visible. The MedlinePlus logo, featuring a green cross and the text 'MedlinePlus Trusted Health Information for You', is on the left. A search bar with the text 'Search MedlinePlus' and a green 'GO' button is on the right. Below the search bar are links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. A navigation bar contains 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and 'Español'. The main content area starts with 'Home → Videos & Tools' and a 'Videos & Tools' heading. Below the heading is a paragraph: '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.' To the right of this text are social media icons for email, Facebook, Twitter, and Google+. The page is divided into two columns. The left column has four boxes: 'Health Videos' (with a first aid kit icon) describing videos on anatomy and diseases; 'Surgery Videos' (with a person and cross icon) for operations and procedures; 'Health Check Tools' (with a stethoscope icon) for calculators and quizzes; and 'Games' (with a heart icon) for interactive health games. The right column features a search bar for 'all Videos & Tutorials' with a 'GO' button, and three buttons: 'Understanding Medical Words Tutorial', 'Evaluating Health Information Tutorial', and 'To Your Health: NLM Update Podcast'.

NIH U.S. National Library of Medicine

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Home → Videos & Tools

## Videos & Tools

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

[Health Videos](#)  
View videos of anatomy and body systems and how diseases and conditions affect them.

[Surgery Videos](#)  
Find videos of operations and surgical procedures.

[Health Check Tools](#)  
Check your health with interactive calculators, quizzes and questionnaires.

[Games](#)  
Boost your health knowledge by playing interactive health games.

**Search all Videos & Tutorials**

Search all Videos & Tutorials **GO**

[Understanding Medical Words Tutorial](#)

[Evaluating Health Information Tutorial](#)

[To Your Health: NLM Update Podcast](#)

# MedlinePlus- videos & tools examples

NIH U.S. National Library of Medicine



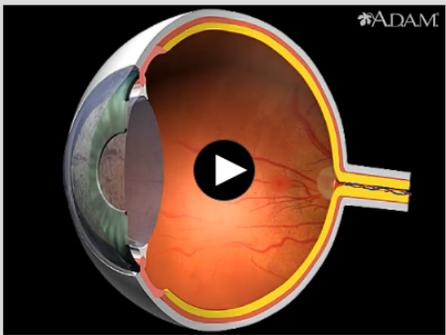
Trusted Health Information for You

Health Topics Drugs & Supplements Videos & Tools

Home → Videos & Tools → Health Videos → Macular degeneration

## Macular degeneration

No audio description With audio description



For closed captioning, click the CC button in the upper right corner of Video player keyboard shortcuts

### Overview

The macula is the part of the retina that distinguishes fine details at the center of the visual field. Macular degeneration results from a partial breakdown of the insulating layer of blood vessels behind the retina. Macular degeneration affects central vision only.

**Review Date 8/15/2017**

Updated by: Franklin W. Lusby, MD, ophthalmologist, Lusby Vision Institute, La Jolla, CA. Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and the A.D.A.M. Editorial team.

NIH National Network of Libraries of Medicine Pacific Northwest Region

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

## Immunization Schedules

Schedules Home > For Parents & Adults

Schedules Home

- For Health Care Providers +
- For Parents & Adults -**
- Schedule for Infants and Children (birth-6 years)
- Schedule for Preteens and Teens (7 years - 18 years)

[Resources for Parents](#)

[Resources for Adults](#)

### The Adult

[Español \(Spanish\)](#)

Vaccines are recommended for all adults. No personal information is collected.

### Instructions:

1. Answer the questions
2. Get a list of vaccines (This list may include more than one vaccine.)
3. Discuss the list with your healthcare provider.

Get Email Updates

To receive email updates about

Mouth Healthy kids Brought to you by the ADA American Dental Association®

English | Español

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ACTIVITY SHEETS GAMES AND QUIZZES WATCH VIDEOS FOR PRETEENS FOR EDUCATORS

### Games and Quizzes

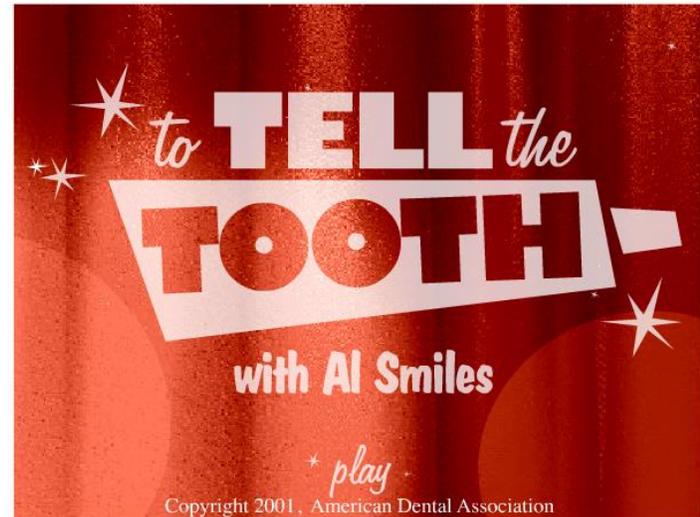
- Visit the Dentist with Marty
- To Tell the Tooth
- Print and Take a Quiz

MouthHealthy Kids > Games and Quizzes > To Tell the Tooth

## To Tell the Tooth

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

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



Copyright 2001, American Dental Association

# MedlinePlus tutorials

Home → Videos & Tools → Understanding Medical Words: A Tutorial

## Understanding Medical Words: A Tutorial from the National Library of Medicine



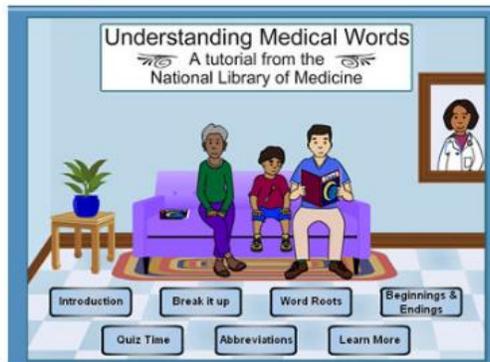
This tutorial teaches you about medical words. You'll learn about how to put together parts of medical words. You'll also find quizzes to see what you've learned.

You will need Flash Player to view the programs.

Download the [Flash Player](#) for free.

Note for users of assistive technology: This tutorial is a flash movie that contains changing content and interactive quizzes. You may be required to use additional keyboard commands to navigate the content depending on the software you use to browse the Web.

Use the controls on the bottom left of the screen to adjust the volume or to turn off the sound.



Start the tutorial

Home → Videos and Tools → Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

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



- This tutorial teaches you how to evaluate the health information that you find on the Web. It is about 16 minutes long.
- You need the Flash plug-in, version 8 or above, to view it. If you do not have Flash, you will be prompted to obtain a free download of the software before you start.
- The tutorial runs automatically, but you can also use the navigation bar at the bottom of the screen to go forward, backward, pause, or start over.

Start the tutorial



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

# Genetics Home Reference

The screenshot shows the homepage of the Genetics Home Reference website. At the top left is the NIH logo and the text "U.S. National Library of Medicine". To the right is a "Share This Page" button. Below this is the "Genetics Home Reference" logo and the tagline "Your Guide to Understanding Genetic Conditions". A search bar is located to the right of the tagline. Below the search bar is a navigation menu with links for "Health Conditions", "Genes", "Chromosomes & mtDNA", "Classroom", and "Help Me Understand Genetics". The main content area features a large banner with 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 is a "Health Conditions" section with a circular icon and the text: "Learn about the signs and symptoms, causes, and inheritance of more than 1,200 health conditions with a genetic basis." A "Browse A-Z" button is located below this text. To the right of the "Health Conditions" section is a "Recently Added Pages" section with a blue header. Underneath, it lists "New Pages" including "SETBP1 disorder", "Dystonia 16", and "Attention-deficit/hyperactivity disorder", followed by a "More New Pages..." link. A photograph of a family (a woman, a child in a stroller, and a man) is positioned between the "Health Conditions" and "Recently Added Pages" sections.

- Health conditions
- Genes
- Chromosomes & DNA
- Educational resources
- Help Me Understand Genetics

# National Institutes of Health (NIH)

U.S. Department of Health & Human Services

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Turning Discovery Into Health

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## Your Healthiest Self

Science-based wellness tips to help you live a healthy life.

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### In the News



#### Heart Valve Replacement

Scientists developed technique that prevents coronary artery obstruction.



#### Prosthetic Devices

Feedback technology improves control of bionic hands.



#### ALS

Team confirms new genetic mutation link to ALS.



#### Brain Activity

Wearable scanner tracks brain activity while body moves.

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## HEALTH INFORMATION

Health Information

Health Info Lines

Health Services Locator

HealthCare.gov

NIH Clinical Research Trials and You

Wellness Toolkits

Talking to Your Doctor

Science Education Resources

Community Resources

Clear Health A-Z

Publications List

MedlinePlus Health Info

Newsletter

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

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Search NIH Health Topics

flu heart disease cancer sleep diabetes depression  
fitness cholesterol obesity stroke asthma

### Health Highlights

 **Pets Bring Health Benefits**  
Did you know that most U.S. homes have a pet? Having a pet can lower stress, improve heart health, and help children with social skills.

 **Unexplained Cases of Allergic Reactions Linked to Red Meat**  
Researchers found that some people's repeated, severe allergic reactions stemmed from a red meat allergy linked to a specific type of tick bite.

 **How Common Is Mental Illness?**  
One of every six adults in the United States has a mental illness. Check out statistics for dozens of types.

 **Bullying Prevention**

### NIH News in Health

Check out these popular recent stories from our monthly newsletter, which brings you practical health news and tips based on NIH research:

- Sound Health
- Cancer Care Gets Personal
- Coping With Grief
- Managing Diabetes
- Spotlight on Brain Tumors
- More stories »

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### NIH Research News

February 27, 2018  
Biological factors and weight loss methods



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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.

**Quick Links**

- NCI
- NEI
- NHGRI
- NIA
- NIAID
- NIAMS
- NICHD
- NIDCD
- NIDDK
- NIDA
- NIGMS
- NIMH
- NINDS
- NINR
- CC
- CIT
- FIC
- NCATS
- OD

**NIH** National Eye Institute  
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

### Virtual Reality Experience App

Millions of people are affected by eye diseases. But describing vision loss is difficult. Try the new "NEI VR: See What I See" application for your smartphone (Android or iOS) to help you experience vision loss from age-related macular degeneration or cataracts.

Download the app

Five circular icons at the bottom: an eye, a vision chart, a person at a microscope, a person in a lab, and the word 'HOLA'.

# National Eye Institute

The image shows a screenshot of the National Eye Institute (NEI) website. The top navigation bar includes the NIH logo, the text 'National Eye Institute Research Today...Vision Tomorrow', a search bar, and links for 'NEI on Social Media', 'Search A-Z', 'en español', and text size options (S, M, L). Below this is a green menu with categories: 'About NEI', 'News & Events', 'Health Information', 'Grants and Funding', 'Research at NEI', 'Education Programs', and 'Training and Jobs'. The main content area is titled 'Home » NEI for Kids' and features a 'Listen' button. The 'NEI for Kids' section includes a logo, a list of links: 'All About Vision', 'About the Eye', 'Ask a Scientist Video Series', 'Glossary', 'The Visual System', and 'Your Eyes' Natural Defenses', and a section for 'Eye Health and Safety'. A large illustration depicts a forest scene with stylized trees and a cat's face. A text box explains the importance of eye care.

**NIH** National Eye Institute  
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 ▾

Home » Health Information

Listen

## Health Information

### A-Z Diseases and Disorders

- Age-Related Macular Degeneration (AMD)
- Amblyopia
- Anophthalmia and Microphthalmia
- Astigmatism
- Behçet's Disease of the Eye
- Bietti's Crystalline Dystrophy
- Blepharitis
- Blepharospasm
- Cataract
- Clinical Studies
- Coloboma, Uveal
- Color Blindness
- Cornea and Corneal Disease
- Diabetic Eye Disease
- Dry Eye
- Floaters
- Glaucoma

Home » NEI for Kids

Listen

## 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

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

Search for NEI Publications

# National Institute of Mental Health

NIH National Institute of Mental Health

Transforming the understanding and treatment of mental illness

HEALTH INFORMATION OUTREACH RESEARCH PRIORITIES

Mental Health Information Statistics Consumer Health Publications

Home > Health Information

## Mental Health Information

The National Institute of Mental Health (NIMH), the lead federal agency for research on mental disorders, offers basic information on mental disorders, a range of related topics, and the latest research.

It is not the intention of NIMH to provide specific medical advice, but rather to provide information to better understand their health and their diagnosed disorders. Consult your health care provider for diagnosis, treatment, and answers to your personal questions.

**Please Note:** Links to other websites are provided for informational purposes only and do not constitute an endorsement by NIMH.

### Mental Disorders and Related Topics

- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder (ADHD, ADD)
- Autism Spectrum Disorders (ASD)
- Bipolar Disorder (Manic-Depressive Illness)
- Borderline Personality Disorder
- Depression
- Disruptive Mood Dysregulation Disorder
- Eating Disorders
- HIV/AIDS and Mental Health
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)

Twitter Chat on Teen Depression

NIMH to Host Twitter Chat on Teen Depression

Hubs Help Native American Communities Address Youth Mental Health

New at NIMH

- NIMH R21 Changes
- NIMH Strategic Research Priorities Update
- Psychosocial Research at NIMH: A Primer
- NIMH Clinical Trials: Portfolio, Progress to Date, and the Support for Clinical Trials at NIMH

## Coping with Traumatic Events

### Overview

A traumatic event is a shocking, scary, or dangerous experience that affects someone emotionally. These situations may be natural, like a tornado or earthquake. They can also be caused by other people, like a car accident, crime, or terror attack.

How individuals respond to traumatic events is an important area of research for the National Institute of Mental Health (NIMH). Researchers are exploring the factors that help people cope as well as the factors that increase their risk for problems following the event.

### Warning Signs

There are many different responses to potentially traumatic events. Most people have intense responses immediately following, and often for several weeks or even months after, a traumatic event. These responses can include:

- Feeling anxious, sad, or angry
- Trouble concentrating and sleeping
- Continually thinking about what happened

For most people, these are normal and expected responses and generally lessen with time. Healthy ways of coping in this time period include avoiding alcohol and other drugs, spending time with loved ones and trusted friends who are supportive, trying to maintain normal routines for meals, exercise, and sleep. In general,

### Science News About Coping with Traumatic Events

- An Asian American Family's Story of Resilience
- Children Carry Emotional Burden of AIDS Epidemic in China
- History of Childhood Maltreatment Linked to Higher Rates of Unemployment, Poverty

Featured Publications About Coping with Traumatic Events

More Publications About Coping with Traumatic Events

Coping with Traumatic Events Research

- PubMed: Journal Articles About Coping with Traumatic Events

NIMH website



# Drug Information

# MedlinePlus- Drugs & Supplements

NIH U.S. National Library of Medicine

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## Drugs, Herbs and Supplements

### Drugs

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

**Browse by generic or brand name:**

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[V](#) [W](#) [X](#) [Y](#) [Z](#) [0-9](#)

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

### Herbs and Supplements

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

[All herbs and supplements](#)

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Home → Drugs, Herbs and Supplements → Drugs: O

Other drug names A-Z  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0-9

**Drugs: O**

Obeticholic Acid

Obinutuzumab Injection

Ocaliva® see Obeticholic Acid

Ocella® (as a combination product containing Drospirenone, Ethinyl Estradiol) see Estrogen and Progestin (Oral Contraceptives)

Ocrelizumab Injection

Ocrevus® see Ocrelizumab Injection

Ocrotetide Injection

Ocu-Cort® (as a combination product containing Bacitracin Zinc, Hydrocortisone, Neomycin, Polymyxin B Sulfates) see Bacitracin Ophthalmic

Ocu-Mycin® see Gentamicin Ophthalmic

Ocu-Tropine® see Atropine Ophthalmic

Ocufen® see Flurbiprofen Ophthalmic

Ocuflox® see Ofloxacin Ophthalmic

Odefsey® (as a combination product containing Emtricitabine, Rilpivirine, Tenofovir) see Emtricitabine, Rilpivirine, and Tenofovir

Odomzo® see Sonidegib

Ofatumumab Injection

Ofev® see Nintedanib

Ofirmev® see Acetaminophen Injection

Ofloxacin

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Home → Drugs, Herbs and Supplements → Oxycodone

**Oxycodone**  
pronounced as (ox i koe' done)

[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](#)

[Brand names of combination products](#)

**IMPORTANT WARNING:**

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

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

## What special precautions should I follow?

### Before taking oxycodone,

- tell your doctor and pharmacist if you are allergic to oxycodone, any other medications, or any of the ingredients in the oxycodone product you plan to take. Ask your pharmacist for a list of the ingredients.
- tell your doctor and pharmacist what other prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking or plan to take. Be sure to mention the medications listed in the IMPORTANT WARNING section and any of the following: antihistamines (found in cold and allergy medications); diuretics ("water pills"); buprenorphine (Butrans, in Suboxone, in Zubsolv, others); butorphanol; cyclobenzaprine (Amrix); dextromethorphan (found in many cough medications; in Nuedexta); medications for glaucoma, irritable bowel disease, and urinary problems; lithium (Lithobid); medications for migraine headaches such as almotriptan (Axert), eletriptan (Relpax), frovatriptan (Frova), naratriptan (Amerge), rizatriptan (Maxalt), sumatriptan (Imitrex, in Treximet), and zolmitriptan (Zomig); mirtazapine (Remeron); nalbuphine; naloxone (Evox, Narcan, others); pentazocine (Talwin); 5-HT<sub>3</sub> receptor antagonists such as alosetron (Lotronex); dolasetron (Anzemet); granisetron (Kytril); ondansetron (Zofran, Zuplenz), or palonosetron (Aloxi); selective serotonin-reuptake inhibitors such as citalopram (Celexa), escitalopram (Lexapro), fluoxetine (Prozac, Sarafem, in Symbyx), fluvoxamine (Luvox), paroxetine (Brisdelle, Prozac, Pexeva), and sertraline (Zoloft); serotonin and norepinephrine reuptake inhibitors such as duloxetine (Cymbalta), desvenlafaxine (Khedezla, Pristiq), milnacipran (Savella), and venlafaxine (Effexor); tramadol (Conzip, Ultram, in Ultracet); trazodone (Olepro); or tricyclic antidepressants ("mood elevators") such as amitriptyline, clomipramine (Anafranil), desipramine (Norpramin), doxepin (Silenor), imipramine (Tofranil), nortriptyline (Pamelor), protriptyline (Vivactil), and trimipramine (Surmontil). Also tell your doctor or pharmacist if you are taking or receiving the following monoamine oxidase (MAO) inhibitors or if you have stopped taking them within the past two weeks: isocarboxazid (Marplan), linezolid (Zyvox), methylene blue, phenelzine (Nardil), selegiline (Eldelpril, Emsam, Zelapar), or tranylcypromine (Parnate). Many other medications may also interact with oxycodone, so be sure to tell your doctor about all the medications you are taking, even those that do not appear on this list. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.
- tell your doctor what herbal products you are taking, especially St. John's wort and tryptophan.
- tell your doctor if you have or have ever had any of the conditions mentioned in the IMPORTANT WARNING section or paralytic ileus (condition in which digested food does not move through the intestines). Your doctor may tell you not to take oxycodone.
- Also tell your doctor if you have or have ever had a blockage in your stomach or intestine; low blood pressure; seizures; Addison's disease (condition in which the adrenal gland does not produce enough hormone); urethral stricture (blockage of the tube that allows urine to leave the body); enlarged prostate (a male reproductive gland); problems urinating; or heart, kidney, liver, pancreas, thyroid, or gall bladder disease. If you will be taking the extended-release tablets or extended-release capsules, also tell your doctor if you have or have ever had difficulty swallowing, diverticulitis (condition in which small pouches form in the intestines and become swollen and infected), colon cancer (cancer that begins in the large intestine), or esophageal cancer (cancer that begins in the tube that connects the mouth and stomach).
- tell your doctor if you are breastfeeding.
- you should know that this medication may decrease fertility in men and women. Talk to your doctor about the risks of taking oxycodone.
- if you are having surgery, including dental surgery, tell the doctor or dentist that you are taking oxycodone.
- you should know that this medication may make you drowsy. Do not drive a car, operate heavy machinery, or participate in any other possibly dangerous activities until you know how this medication affects you.
- you should know that oxycodone may cause dizziness, lightheadedness, and fainting when you get up too quickly from a lying position. To help avoid this problem, get out of bed slowly, resting your feet on the floor for a few minutes before standing up.
- you should know that oxycodone may cause constipation. Talk to your doctor about changing your diet or using other medications to prevent or treat constipation while you are taking oxycodone.

## What special dietary instructions should I follow?

Unless your doctor tells you otherwise, continue your normal diet.

## What should I do if I forget a dose?

If you are taking oxycodone on a regular schedule, take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one. Do not take more than

# MedlinePlus- herbs and supplements

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## Drugs, Herbs and Supplements

### Drugs

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

**Browse by generic or brand name:**

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For FDA approved labels included in drug packages, see DailyMed.

### Herbs and Supplements

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

**All herbs and supplements**

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## Herbs and Supplements

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

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

### A

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

### B

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

NIH National Institutes of Health  
Office of Dietary Supplements

Strengthening Knowledge and Understanding of Dietary Supplements

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## Calcium

Fact Sheet for Consumers

**Table of Contents**

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

**What is calcium and what does it do?**

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

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

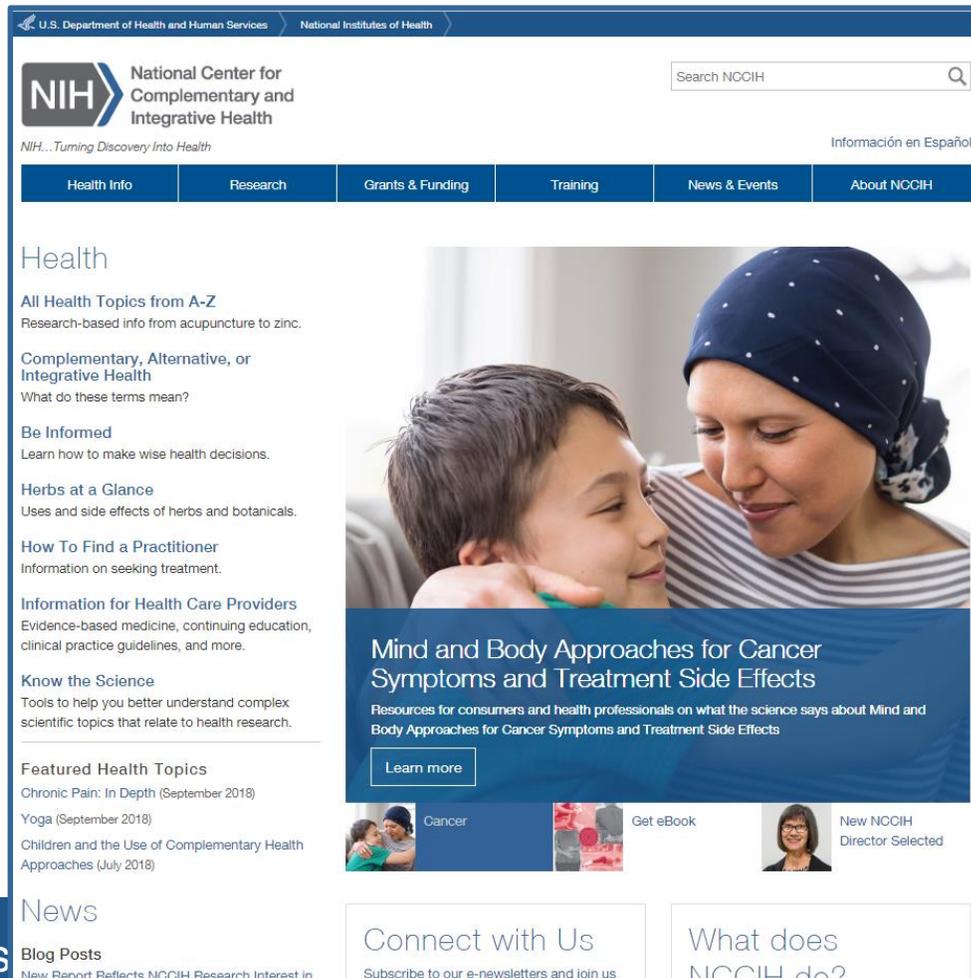
**How much calcium do I need?**

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

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

**Have a question? Ask ODS: [ods.od.nih.gov/contact](https://ods.od.nih.gov/contact)**

# National Center for Complementary and Integrative Health (NCCIH)



The screenshot shows the NCCIH website homepage. At the top, there is a navigation bar with the NIH logo and the text "National Center for Complementary and Integrative Health". Below this is a search bar and a language selector for "Información en Español". A horizontal menu contains links for "Health Info", "Research", "Grants & Funding", "Training", "News & Events", and "About NCCIH". The main content area features a large image of a woman and a child. To the left of this image is a sidebar with various health topics and featured health topics. The main content area has a blue banner with the text "Mind and Body Approaches for Cancer Symptoms and Treatment Side Effects" and a "Learn more" button. Below the banner are three small images with captions: "Cancer", "Get eBook", and "New NCCIH Director Selected". At the bottom, there are two boxes: "Connect with Us" and "What does NCCIH do?".

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Información en Español

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## Health

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

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

Be Informed  
Learn how to make wise health decisions.

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

How To Find a Practitioner  
Information on seeking treatment.

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

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

### Featured Health Topics

Chronic Pain: In Depth (September 2018)

Yoga (September 2018)

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

## Mind and Body Approaches for Cancer Symptoms and Treatment Side Effects

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

Learn more

Cancer | Get eBook | New NCCIH Director Selected

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Blog Posts  
New Report Reflects NCCIH Research Interest in National Network of Libraries of Medicine Pacific Northwest Region

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- How to make health decisions
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- Finding a practitioner
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**NCCIH**



# NCCIH- Herbs

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## Herbs at a Glance

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



© Steven Foster

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

**How might herbs interact with medicines?**  
Learn about herb-drug interactions.

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## HerbList App

Share:    

**Put an herb database in the palm of your hand**  
Download HerbList™ – NCCIH's app for research-based information about the safety and effectiveness of herbal products.

**Download the HerbList app today.**

**The herb info you need in an on-the-go package**  
HerbList gives you fast, free access to science-based summaries on more than 50 popular herbs, such as aloe, chamomile, ginger, and turmeric. Features include:

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

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

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



# Health News

# The TACO CLEANSE

THE TORTILLA-BASED DIET PROVEN TO

"Prett  
best, ho  
of a  
—ISA CHAN  
POST #

Wed, Aug 29, 2018

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### HEALTH

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

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

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

UPDATE: [Drinking red wine could help burn fat, says new study](#)



## YAHOO!

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

### N

Lizette Borrelli, Newsweek - October 4, 2017



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



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

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

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# Health News Tips

- Sound too good to be true? It probably is.
- Does the story only claim the benefits? Does it quickly run through the list of side effects?
- What about the cost of the procedure, product or treatment?
- Does the story report about a "simple screening test"? If it does, that should raise a red flag as there are no "simple screening tests".
- More is not always better. Newer is not always better when it comes to health care.

# But also watch for...

- Headlines are intended to draw attention to an article, not summarize conclusions.
- Look for the names and affiliation of the scientists responsible for research.
- Does the article mention where and when the study has been or will be published?
- Who funded the study? Do you see a potential bias? (This is important).
- Are the results from animal studies?
- Reports from medical conferences- be cautious! "At conferences, researchers often present preliminary findings that can be quite tantalizing, but that may or may not pan out"

# HealthNewsReview.org

Note to our followers: Our nearly 13-year run of daily publication of new content on HealthNewsReview.org came to a close at the end of 2018. Publisher Gary Schwitzer and other contributors may post new articles periodically. But all of the 6,000+ articles we have published contain lessons to help you improve your critical thinking about health care interventions. And those will still be alive on the site for a couple of years.

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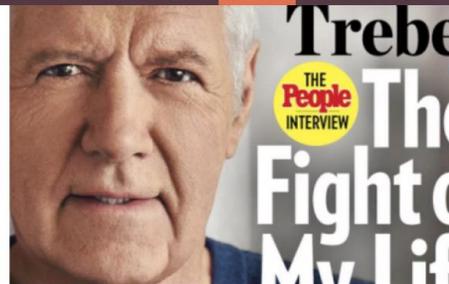
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A reminder that "awareness" campaigns are not always helpful



**Cardiovascular news craziness**  
CNN, NY Times report "silly, irresponsible" coffee/blueberry claims



**Analyzing celebrity health news**  
7 expert sources discuss what's missing from Alex Trebek's public story

## Tips for analyzing studies, medical evidence and health care claims



To back up our goal of improving the public dialogue about health care interventions, we offer these tips for analyzing studies and health care claims and interventions, aimed at helping both journalists and consumers.

We also offer [writing tips for health care journalists](#) that touch upon some of these issues.



- [Absolute vs. relative risk](#)
- [Animal & lab studies](#)
- [Biohype bibliography](#)
- [Be careful with composite endpoints/outcomes](#)
- [Phases of drug trials](#)
- [Medical devices](#)
- [FDA approval not guaranteed](#)
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# Understanding Medical Research

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## Understanding Medical Research



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### Summary

It seems to happen almost every day - you hear about the results of a new medical research study. Sometimes the results of one study seem to disagree with the results of another study.

It's important to be critical when reading or listening to reports of new medical findings. Some questions that can help you **evaluate** health information include:

- Was the study in animals or people?
- Does the study include people like you?
- How big was the study?
- Was it a randomized controlled clinical trial?
- Where was the research done?
- If a new treatment was being tested, were there side effects?
- Who paid for the research?
- Who is reporting the results?

*NIH: National Institutes of Health*

### Start Here

- [Clinical Research and Clinical Trials](#)  (National Institute of Child Health and Human Development) Also in Spanish



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# Understanding the Science



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## Know the Science

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Why is it important to know the science of health? Simply put, because there is a lot of misinformation out there—from anecdotes disguised as evidence to excessive claims made by supplement manufacturers to TV doctors touting the latest “miracle cure.”

On this page you'll find tools to help you better understand complex scientific topics that relate to health research so that you can be discerning about what you hear and read and make well-informed decisions about your health. Know the Science features a variety of materials including interactive modules, quizzes, and videos to provide engaging, straightforward content. Learn more about how the *Know the Science* initiative got started.

So, what are you waiting for? Dive in, and get to know the science.

### Interactive Modules



**Know the Science: 9 Questions To Help You Make Sense of Health Research**  
Understanding the basics of scientific studies to help you make better health decisions.



**Know the Science: The Facts About Health News Stories**  
Find out how to tell if a news story is reliable or has missing, misleading, or conflicting information.



**Know the Science: How Medications and Supplements Can Interact**  
Find out if the drugs and supplements you take may interact in a harmful way.



**Know the Science: 6 Commonly Misunderstood Words About Complementary Health Approaches**  
Do you know the difference between *holistic* and *homeopathic*? Take this 6-question quiz to find out.

## NCCIH Know the Science

# Learn more...



## All Scheduled Classes

Date	Title	Description	Register
09/30/2019 to 10/27/2019	<a href="#">Stand Up for Health: Health and Wellness Services for Your Community for Public Libraries REGISTRATION FULL</a>	Do you work in a public library? Are you interested in engaging with other public librarians and staff members to improve your knowledge and comfort with health and wellness related reference and...	
09/30/2019	<a href="#">Effective Health Communication and Health Literacy: Understanding the Connection</a>	(Previously titled Health Literacy Its Importance to You). Are you curious as to why health communication and health literacy are connected? Do you want to be more effective in providing health...	

**FILTER CLASS(ES)**

Keyword(s)

**Continuing Education Category**

Certified Health Education Specialists

Consumer Health Information Specialization

Disaster Information Specialization

**Experience Level**

- Any -

Beginner

Intermediate

Advanced

## Webinars and Online (synchronous and asynchronous)

- NNLM Resource Picks (NLM resources)
- PNR Rendezvous (various topics)
- Improving the Health, Safety, and Well-being of LGBTQ+ Populations
- Evaluation Basics

## [NNLM Training Schedule](#)

# Go to your public library or hospital library



# Thank you!

## Carolyn Martin, MLS, AHIP

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- NNLM Pacific Northwest Region
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PACIFIC NORTHWEST REGION

### Pacific Northwest Region

The University of Washington Health Sciences Library serves as the regional Network Office for network member organizations throughout the National Network of Libraries of Medicine, Pacific Northwest Region (NNLM PNR) including the states of Alaska, Idaho, Montana, Oregon and Washington

[Learn more about PNR](#)

### Pacific Northwest Region

#### Blogs, Lists, & Bulletins

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

#### Upcoming Classes

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

**MONDAY, SEPTEMBER 9, 2019**

- [Health and Wellness @ the Library: The Essentials of Providing Consumer Health Services](#)

#### Join us for PNR Rendezvous!

OCTOBER 16 AT 1:00PM PT

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

The next PNR *Rendezvous* session is: [Health Insurance Literacy and How Librarians Can Help](#)  
October 16 at 1:00pm PT  
Registration is encouraged

Presenter: Emily Vardell, Assistant Professor in the School of Library and Information Management at Emporia State University

Watch the recording of the previous session: [Libraries Connecting Communities to Vaccine Information & Resources](#)

#### Diversity, Equity, and Inclusion with Jessica Pettitt

OCTOBER 16 AT 9:00AM PT

Are you confused about all the topics under the umbrella of Diversity, Equity, and Inclusion? Are you overwhelmed by all things swirling around in our world today? Are you ready to have less frustrating conversations?

[Diversity, Equity, and Inclusion: Nine Conversations that Matter to Health Sciences Librarians with Jessica Pettitt](#) is a webinar series underwritten by the Association of Academic Health Sciences