

Healthy Aging at the Library: Empowering Your Patrons

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NN/LM PACIFIC NORTHWEST REGION

NIH

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difference?





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



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

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

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

[JOIN THE NETWORK](#)

NN/LM PNR Resources - Copyright



Copyright Resources

See the NN/LM PNR [Resource Sharing and Document Delivery](#) page for sources for copyright information from the Medical Library Association, the American Library Association, and a link to an ongoing free Coursera course: "Copyright for Educators & Librarians," from Duke University, Emory University & The University of North Carolina at Chapel Hill.



Overview

- Aging in America
- Health Literacy
- Patient Engagement
- Older Adults and the Internet
- Health Resources
- Training and Library Resources

Aging in America



Early Boomers reached 65 in 2011



According to the CDC

- Americans aged 65 years or older will double to about 72 million in next 25 years
- By 2030, older adults will account for roughly 20% of the U.S. population
- 2 out of 3 older Americans have multiple chronic conditions, and treatment accounts for 66% of the country's health care budget

Previous Leading Causes of Death

- Tuberculosis
- Diarrhea
- Enteritis
- Syphilis

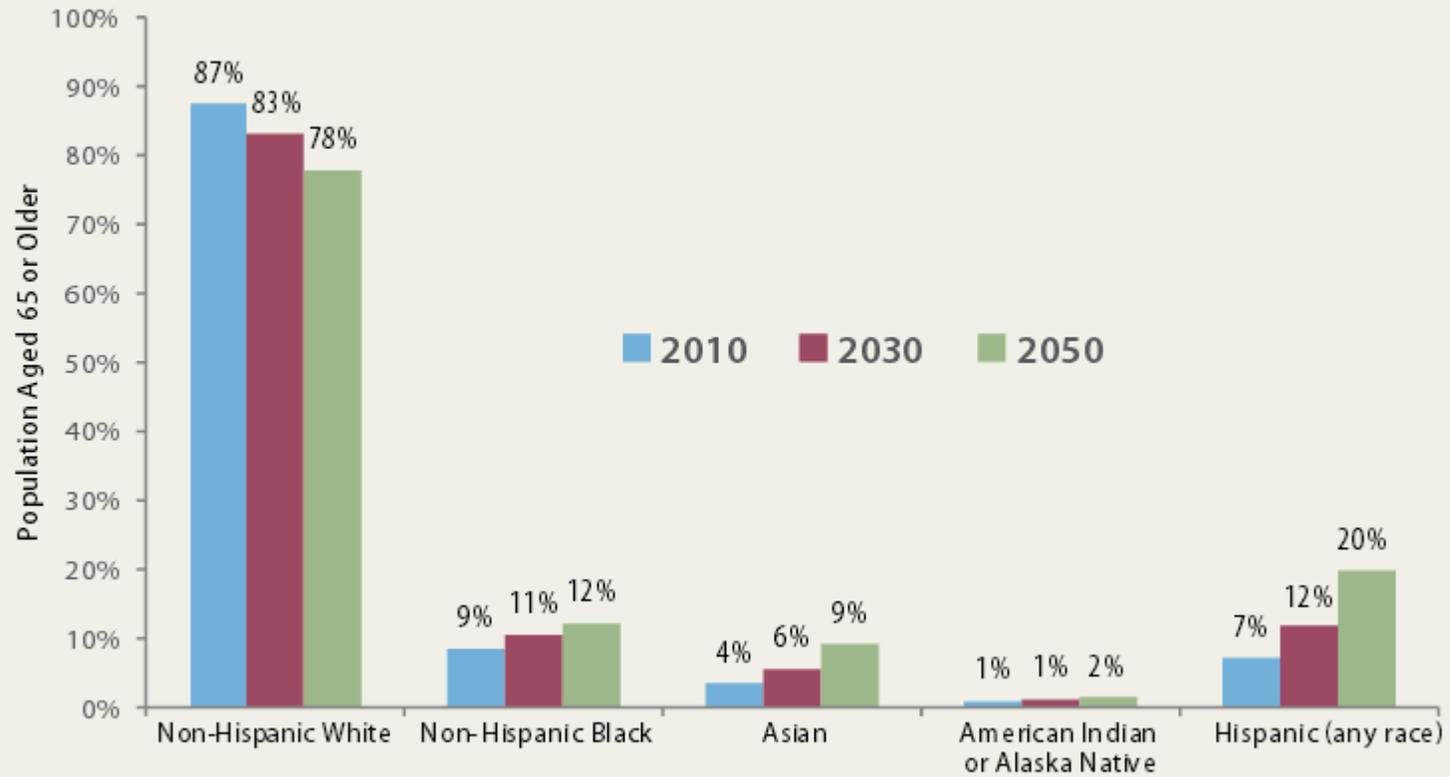
Present Leading Causes of Death

- Heart Disease
- Cancer
- Chronic Lower Respiratory Diseases
- Accidents (unintentional injuries)
- Stroke
- Alzheimer's
- Diabetes
- Influenza & Pneumonia

Rural Health Disparities

- Higher incidence of disease and disability
- Higher rates of pain and suffering
- Poor health behaviors
- Lower life expectancy
- Fewer health care options

Figure 1. U.S. population aged 65 years or older and diversity, 2010–2050



Source: U.S. Census Bureau, 2008.

Older Minorities Health Status

- Lagged behind non-Hispanic whites
 - Health disparities more significant than with young people
- Language barriers reduce access to health care
- Lower socioeconomic
- Differing cultural norms

Exercise 1:

Statistical Information

- Name a resource that would contain statistical information about our aging society.

Health Literacy



Low Health Literacy



Access + Utilization = Health Literacy

Health Literacy:

- “The degree to which individuals have the capacity to obtain, process and understand basic health information and services need to make appropriate health decisions.”
(Healthy People 2010)

[ACP Foundation Video on health literacy:](http://www.youtube.com/watch?v=ImnlptxIMXs)

<http://www.youtube.com/watch?v=ImnlptxIMXs>

Health Literacy

- 90 million people, almost half of the US population, have inadequate health literacy skills
- 41.6% of people surveyed were unable to comprehend directions for taking medication on an empty stomach

Why is an understanding of Health Literacy important for older adults?

- Adults age 65 and older have lower health literacy scores than all other age groups
- Only 3% of older adults surveyed had proficient health literacy skills

Additional factors affecting understanding of health information

- Vision and hearing changes
- Cognitive changes
- Additional Disabilities



And to make things worse...

- Multiple conditions
- Many, many medications
- Uncomfortable talking to doctors
- Internet/technology comfort levels



Technology Barriers

- Physical challenges to using technology
 - 2 in 5 seniors report physical or health condition makes daily life difficult
- Skeptical attitudes about the benefits of technology
 - 35% felt they were not missing out on important information versus 18% who do
- Difficulties learning to use new technologies
 - Significant number felt they needed assistance, 77% who felt uncomfortable versus 18% who felt comfortable
 - However, once adapted, seniors comfortable 71% use technology everyday

Costs of Low Health Literacy

- Annual health care costs for individuals with low literacy skills are 4 times higher
- Patients with low literacy skills were observed to have a 50% increased risk of hospitalization
- Patients with low health literacy and chronic diseases have less knowledge of their disease and fewer correct self-management skills

Recognizing easy to read materials

EASY

Manage your diabetes

Many people avoid the long-term problems of diabetes. Work with your health care team to reach your goals.

- **Use your diabetes meal plan.** If you do not have one, ask your doctor for one.
- **Eat healthy foods** such as fruits and vegetables without the skin, dry peas or beans, whole grain bread, and low-fat cheese.
- **Keep fish and lean meat and poultry portion** (3 ounces of cooked meat, or 2 ounces of fish, or 1/2 cup of cooked poultry). Bake, broil, or grill it.
- **Eat foods that have less fat and salt.**
- **Eat foods with more fiber** such as whole grain bread, pasta, and fruit.
- **Get 30 to 60 minutes of physical activity** on most days. This is a great way to move more.
- **Stay at a healthy weight** by using your meal plan.
- **Take medicines even when you feel good.** Ask your doctor to prevent a heart attack or stroke. Tell your doctor about any side effects.
- **Check your feet every day** for cuts, blisters, or sores. Tell your health care team right away about any sores that do not heal.
- **Brush your teeth and floss every day** to avoid gum disease.
- **Check your blood glucose.** You may want to use the card at the back of this booklet to keep a record. Be sure to take this record to your doctor visits.
- **Check your blood pressure** if your doctor advises you to.
- **Report any changes in your eyesight** to your doctor.

EASIER

What should I do each day to stay healthy with diabetes?



Follow the healthy eating plan that you and your doctor or dietitian have worked out.



Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.



Take your medicines as directed.



Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.

Health Literacy and Older Adults

<http://www.cdc.gov/healthliteracy/pdf/olderadults.pdf>

Improving Health Literacy for Older Adults



Expert Panel Report
2009



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Exercise 2:

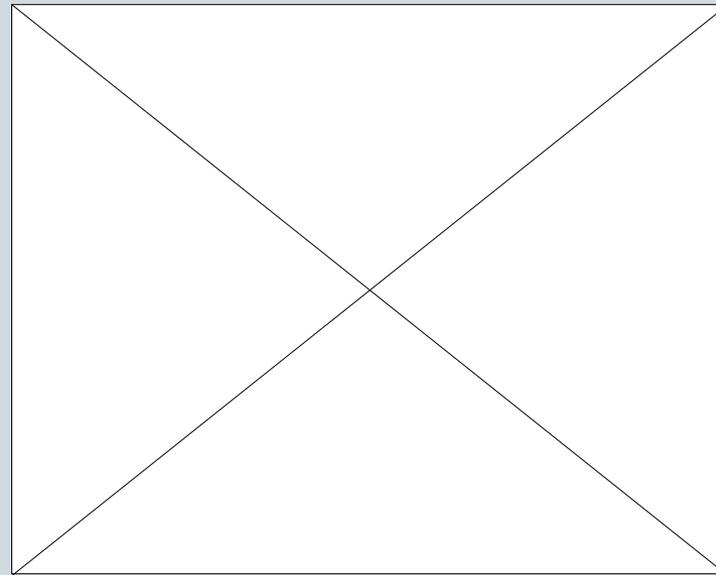
Health Literacy

- Name an additional factor that affects health literacy in older adults.

Engaging Seniors



Disempowered patients



[Health and the City YouTube](http://www.youtube.com/watch?v=iFCblxW4db0)

<http://www.youtube.com/watch?v=iFCblxW4db0>

Talking to Doctors: The New World Order

- Before 1972, doctors told patients what they wanted patients to know, and what they wanted patients to do.
- 1972 – AHA Patient Bill of Rights
 - “The patient has the right and is encouraged to obtain from physicians and other direct caregivers relevant, current, and understandable information about his or her diagnosis, treatment, and prognosis.”
- 2010 New Patient’s Bill of Rights created along with Affordable Care Act
 - New patient protections in dealing with insurance companies

Prepare for Next Doctor Visit

- Write down questions and concerns
- Don't be afraid to ask for information to be repeated or to clarify
- Bring a friend or family member along
- Bring paper and pencil along
- Bring a recording device (phone)
- Have the doctor write the information down (legibly)
- Review information before leaving
- Ask about Personal Health Record availability
- Ask if there is someone to help with information such as a librarian at the hospital, university or a public health librarian

AskMe3



Ask Me3™

- ▶ When To Ask?
- ▶ Who Needs to Ask?
- ▶ What If I Still Do Not Understand?
- ▶ Your Doctor Wants to Answer
- ▶ Tips for Clear Health Communication

Good questions for your good health

- 1** What is my main problem?
- 2** What do I need to do?
- 3** Why is it important for me to do this?

IMPORTANT INFORMATION ABOUT THE NEW MEDICARE RX BENEFIT FROM PCHC AND CMS

Every time you talk with a doctor, nurse, or pharmacist, use the **Ask Me 3** questions to better understand your health.

Before you visit your doctor please review our [checklist](#).

Asking these questions can help me:

- Take care of my health
- Prepare for medical tests
- Take my medicines the right way

AHRQ : Questions are the Answer

The screenshot shows the AHRQ website with a navigation bar and a main content area. The navigation bar includes links for Health Care Information, For Patients & Consumers, For Professionals, For Policymakers, Research Tools & Data, Funding & Grants, Offices, Centers & Programs, and News & Events. The main content area is titled 'Questions To Ask Your Doctor' and features a sidebar with categories like Care Planning, Diagnosis & Treatment, Patient Involvement, and Prevention & Health. The Patient Involvement section is expanded to show 'Questions To Ask Your Doctor', 'Patient & Clinician Videos', 'Tips & Tools', 'Conozca las preguntas', and 'Healthy Men'. The main content area has a sub-header 'Questions Are the Answer' and a paragraph stating 'Your health depends on good communication'. It then discusses the importance of asking questions and provides a list of 'The 10 Questions You Should Know'. A blue circle highlights the list of questions. Below the list is a section titled 'Check out our videos' with a video thumbnail and a caption.

AHRQ Agency for Healthcare Research and Quality
Advancing Excellence in Health Care

Health Care Information | For Patients & Consumers | For Professionals | For Policymakers | Research Tools & Data | Funding & Grants | Offices, Centers & Programs | News & Events

Home > For Patients & Consumers > Patient Involvement > Questions To Ask Your Doctor

Care Planning

Diagnosis & Treatment

Patient Involvement

- ▶ Questions To Ask Your Doctor
- ▶ Patient & Clinician Videos
- ▶ Tips & Tools
- ▶ Conozca las preguntas
- ▶ Healthy Men

Prevention & Health

Questions To Ask Your Doctor

Questions Are the Answer

Your health depends on good communication

Asking questions and providing information to your doctor and other care providers can improve your care. Talking with your doctor builds trust and leads to better results, quality, safety, and satisfaction.

Quality health care is a team effort. You play an important role. One of the best ways to communicate with your doctor and health care team is by asking questions. Because time is limited during medical appointments, you will feel less rushed if you prepare your questions before your appointment.

Your doctor wants your questions

Doctors know a lot about a lot of things, but they don't always know everything about you or what is best for you.

Your questions give your doctor and health care team important information about you, such as your most important health care concerns.

What is why they need you to speak up.

- [The 10 questions you should know](#)
- [Questions to ask before your appointment](#)
- [Questions to ask during your appointment](#)
- [Questions to ask after your appointment](#)
- [Build your own list of questions](#)

Check out our videos

Watch our videos here.

Patients and clinicians share why it's important to ask questions and offer ways that you can ask questions and get your health care needs met. In these short, compelling videos, patients talk about how simple questions

RELATED CONTENT

Topic: Patients

AFFILIATED CENTERS, PORTFOLIOS & INITIATIVES

Center for Quality Improvement and Patient Safety (CQIPS)

Office of Extramural Research, Education and Priority Populations (OERP)

THE 10 QUESTIONS YOU SHOULD KNOW

A simple question can help you feel better, let you take better care of yourself, or save your life. The questions below can get you started.

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?

AHRQ: Question Builder

U.S. Department of Health & Human Services

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AHRQ Agency for Healthcare Research and Quality
Advancing Excellence in Health Care

QUESTIONS ARE THE ANSWER

Before Your Appointment During Your Appointment After Your Appointment Patient and Clinician Videos

Question Builder

Be prepared for your next medical appointment. Create a list of questions that you can take with you whether you are get talking about a problem or health condition, getting a prescription, or discussing a medical test or surgery. Whatever the reason for your visit, it is important to be prepared. With the Question Builder, it is easy.

Step 1: Choose the kind of appointment you need

Why are you going to see your doctor?
Select one of these options:

- To talk about a health problem
- To get or change a medicine
- To get medical tests
- To talk about surgery

Next »

Question Builder

Be prepared for your next medical appointment. Create a list of questions for a checkup, talking about a problem or health condition, getting a prescription, or discussing a medical test or surgery. Whatever the reason for your visit, it is important to be prepared. With the Question Builder, it is easy.

My Questions List for Talking About a Health Problem
Print your questions or use the Back button below to change your list. If you selected My Questions List for Talking About a Health Problem

What is my diagnosis?

What are my treatment options?

What is the outlook for my future (prognosis)?

« Back Print Your Questions List Start Over

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Home > [Health Topics A-Z](#) > Talking With Your Doctor: Planning Your Doctor Visit

In This Topic

- [Planning Your Doctor Visit](#)
- [Your Visit To The Doctor](#)
- [Discussing Sensitive Topics](#)
- [Hospital Stays And ER Visits](#)
- [Asking Questions](#)
- [After A Diagnosis](#)
- [Treatments And Surgery](#)
- [Discussing Prevention](#)
- [Talking With A Specialist](#)
- [In Case Of A Serious Illness](#)
- [Frequently Asked Questions](#)

Learn More

- [Talking With Your Doctor Videos](#)
- [Quiz Yourself](#)
- [MedlinePlus For More Information](#)
- [National Institute On Aging](#)

Talking with Your Doctor

Planning Your Doctor Visit

A Partnership

How well you and your doctor talk to each other is one of the most important factors in getting good health care. Unfortunately, talking with your doctor in the past, the doctor typically took the lead and the patient followed. A good doctor relationship is a partnership. You and your doctor can work together to make the most of your doctor visits.

Creating a basic plan before you go to the doctor can help you get the most out of your visit. The tips in this chapter will make it easier for you and your doctor to talk about everything you need to talk about.

Make a List of Your Symptoms

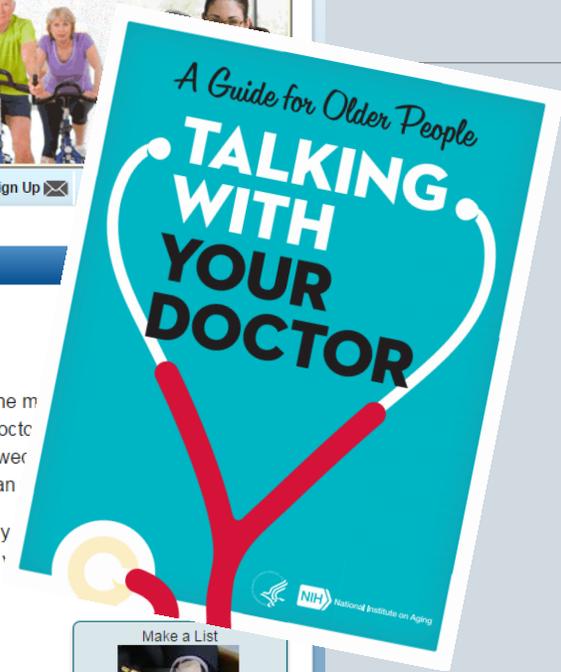
Talking about your health means sharing information about how you feel. Sometimes it can be hard to remember everything that is bothering you during your doctor visit. Making a list of your symptoms before your visit will help you not forget to tell the doctor anything.

Symptoms can be physical, such as pain, fever, a lump or bump, unexplained weight gain or loss, change in energy level, or having a hard time sleeping. Symptoms can also involve your thoughts and your feelings. For example, you would want to tell your doctor if you are often confused, or if you feel sad a lot.

What to Include

When you list your symptoms, be specific. Your list should include:

- what the symptom is



ConsumerTMHealthChoices

Home About » Partnerships » Campaigns » Catalog » In Depth » Connect » News and notes

Catalog item

When to Say Whoa (wallet card)

Article Type: Campaign Support
 Language: English
 Format: PDF
 Most recent update: 05/01/2013



A handy wallet card, suitable for tucking behind your health insurance card, that reminds you what questions to ask your doctor about proposed tests and treatments.

Files to download

The file: ["When to Say Whoa" Wallet Card](#) →

[← Return to full catalog list](#)

Customize the catalog

Filter by Campaign series

Any Campaign series... ▼

Filter by Affiliation

Any Affiliation... ▼

Filter by Medical category

Any Medical category... ▼

Filter by Article type

Any Article type... ▼

Filter by Available Format

Any Available Format... ▼

Filter by Available Language

Any Available Language... ▼

Print, cut, fold, and glue or tape together. Keep it in your wallet behind your health insurance card.

When to say "whoa" to your doctor

Common tests and procedures you might not need:

1. EKGs and stress tests unless you have heart disease symptoms
2. Imaging tests for lower-back pain
3. CT scans and MRIs for headaches
4. Bone density scans for low-risk women
5. Antibiotics for sinusitis

ConsumerReportsHealth

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Choosing Wisely
 An initiative of the ABIM Foundation

Learn more: www.consumerhealthchoices.org/choosing

Ask these 5 questions:

1. Do I really need this test or procedure? The answer should be direct and simple.
2. What are the risks? Ask about side effects and the chances of getting inaccurate test results.
3. Are there simpler, safer options? A lifestyle change may help enough.
4. What happens if I don't do anything? Ask if your condition might get worse – or better – if you don't have the test or procedure right away.
5. How much does it cost? Ask if there are less-expensive tests, treatments, or procedures. Also ask about generic drugs instead of brand-name drugs.

Video encourages questions

- Think about it
- Ask about it
- Talk about it



Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

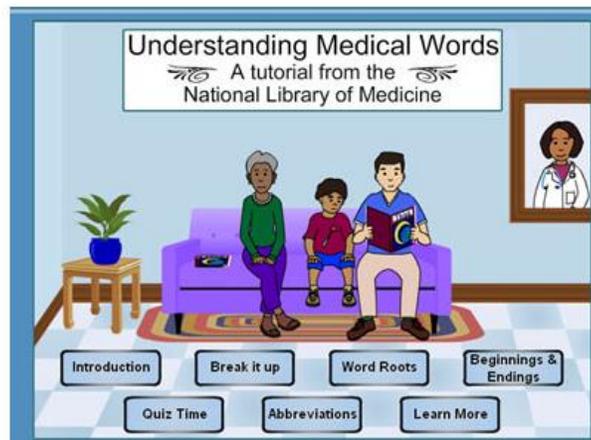
Understanding Medical Words: A Tutorial from the National Library of Medicine



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](#)

Learn how you can [download](#) a version of the tutorial for use when no Internet connection is available.

If you have questions about the tutorial, please contact NLM customer service at custserv@nlm.nih.gov.



More care isn't always better.

YouTube f SHARE

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Ask yourself: • Do I really need this test or procedure? • Are there simpler, safer options? • How much does it cost?



- HEALTH TOPICS
- RESOURCES
- GET INVOLVED
- ABOUT
- CHOOSING WISELY

Own Your Health is a campaign to empower consumers to become active participants in their own health and health care. [Learn more ▶](#)

Spotlight

Explore our new health topic: **Making Smart Choices**

Download a card for your wallet to remind you **"When to Say Whoa to Your Doctor."**

Use the Own Your Health **"Personal Medication Tracker."**

Get **"Tips on What to Do Before Your Health Care Appointment."**

Find out **"Five Ways to Get the Right Amount of Health Care."**

Get **"Tips on What to Do During Your Health Care Appointment."**

Be part of Own Your Health. **Share your story now.**

[Learn more](#) about Own Your Health.

YouTube



That's Marty! - "The Rash" - Episode 1
1:57

How will our guy Marty deal with a certain medical...



That's Marty! - "The Rash" - Episode 2
4:11

How will our guy Marty deal with a certain medical...

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Own Your Health Washington
December 7, 2015

Want to be health care savvy shopper? Look for high quality + good patient experience + right cost.



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Own Your Health @OwnYourHealthWA
It's National #PatientSafety Awareness Week. Visit #CommunityCheckup to see how WA hospitals rate. [ow.ly/ZrThl](#)

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When you go to the doctor, do you bring a list of questions?

- Yes
- No
- Sometimes

Personal Health Record

Defined by HHS.gov :

There is currently no universal definition of a PHR, although several relatively similar definitions exist within the industry. In general, a PHR is an electronic record of an individual's health information by which the individual controls access to the information and may have the ability to manage, track, and participate in his or her own health care. A PHR should not be confused with an electronic health record (EHR). An EHR is held and maintained by a health care provider and may contain all the information that once existed in a patient's paper medical record, but in electronic form.

PHRs:

- Are managed by patients
- Can include information from a variety of sources, including health care providers and patients themselves
- Can help patients securely and confidentially store and monitor health information, such as diet plans or data from home monitoring systems, as well as patient contact information, diagnosis lists, medication lists, allergy lists, immunization histories, and much more
- Are separate from, and do not replace, the legal record of any health care provider
- Are distinct from portals that simply allow patients to view provider information or communicate with providers
- Properly designed and implemented, PHRs can help patients manage their health information and become full partners in the quest for good health.

PHR Concerns

Be Aware :

- Not all are covered by HIPAA
- Decide their own privacy policies and some other privacy laws may be applicable
- Consumer may have only partial access
- May or may not be portable (switching health plans or health providers)

PHR Personal Health Record

<https://www.healthit.gov/patients-families/maintain-your-medical-record>

The screenshot shows the HealthIT.gov website interface. At the top, there is a navigation bar with links for 'Blog', 'Consumer Toolkit', 'Contact', and 'Get Email Updates', along with social media icons for RSS, Twitter, YouTube, Facebook, LinkedIn, and Google+. The HealthIT.gov logo is prominently displayed on the left. Below the logo, there are navigation tabs for 'Providers & Professionals', 'Patients & Families' (which is selected), and 'Policy Researchers & Implementers'. Under the 'Patients & Families' tab, there are sub-navigation items: 'Basics of Health IT', 'E-Health' (selected), 'Benefits of Health IT', 'Protecting Your Privacy & Security', 'Health IT Stories', and 'Your Health Records'. A search bar is located on the right side of the top navigation area. Below the navigation, a breadcrumb trail reads 'HealthIT.gov > For Patients & Families > e-Health > Maintain Your Medical Record'. There are also 'Print' and 'Share' icons. The main content area features a large 'e-Health' header. On the left, there is a sidebar with links for 'Stay Well', 'Electronic Health Records - How they connect you and your doctors', 'Find Quality Resources', 'Get a Handle on Your Medical Bills', 'Health Conditions', and 'Maintain Your Medical Record'. The main article is titled 'Maintain Your Medical Record' and has a sub-heading 'How can eHealth tools help me manage my personal medical and health records?'. The article text discusses the challenges of managing medical records across different providers and formats, and mentions the benefits of Personal Health Records (PHRs) in organizing and sharing health information.

HealthIT.gov > For Patients & Families > e-Health > Maintain Your Medical Record

e-Health

Maintain Your Medical Record

How can eHealth tools help me manage my personal medical and health records?

Keeping track of medical records can be difficult if your health information is in multiple places or in a format (such as paper) that is difficult to use. This challenge gets harder when working with several doctors to address several health concerns. Your doctor and other health care providers maintain their own medical records about you. But many patients see advantages in also maintaining their own personal health records to record past appointments, test results, prescriptions, and more. Today, many apps and online services exist to make the job of organizing this information easier. And in some cases, these tools also help patients and family caregivers share information among doctors and other family members so everyone is on the same page.

A personal health record (PHR) is similar to the electronic health record (EHR) that your doctor might keep, except that you store your most important health information and control who has access to it. Most PHRs require you to add your own information.

PHR Personal Health Record

U.S. National Library of Medicine

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Trusted Health Information for You

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Personal Health Records

Also called: **Electronic health records, Patient health record**



On this page		
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Research <ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Find an Expert	For You <ul style="list-style-type: none">ChildrenTeenagersPatient Handouts

Summary

You've probably seen your chart at your doctor's office. In fact, you may have charts at several doctors' offices. If you've been in the hospital, you have a chart there, too. These charts are your medical records. They may be on paper or electronic. To keep track of all this information, it's a good idea to keep your own personal health record.

What kind of information would you put in a personal health record? You could start with

- Your name, birth date, blood type, and emergency contact information
- Date of last physical
- Dates and results of tests and screenings
- Major illnesses and surgeries, with dates
- A list of your medicines and supplements, the dosages, and how long you've taken them
- Any allergies
- Any chronic diseases
- Any history of illnesses in your family

Start Here

Get Personal Health Records updates by email

Enter email address

MEDICAL ENCYCLOPEDIA

[Patient portals - An online tool for your health](#)

Related Health Topics

- [Family History](#)
- [Patient Safety](#)

Exercise 3:

Patient Engagement

- What can a person do to participate in their health?

Older Adults and the Internet



Pew Reports regarding Older Adults and Technology

- 80% of younger baby boomers use the Internet
- 81% of younger online boomers have looked for health information; 84% of older boomers
- 27% of Americans 65 and older now own a smartphone (fairly low number).
 - 8-point increase in ownership among seniors compared with early 2014
 - Offers freedom (while younger people find it a leash)
- Use of social media increasing
- Barriers: medical issues, cost, ability to adapt to continual technology changes
- How will this change as digital natives age?

ABCs (+U) of Evaluation

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



Evaluate Resources for Usability

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

Click **HERE** to Win!!!!

Web Usability

Additional Features for the Web

- Mouse-free controls
- No flashing images or distractions
- High contrast
- No “watermarks”
- Step-by-step navigation
- Read-out-loud features
- Highlighted text (hyperlinks) in dark color (other than blue)

Evaluation of Health Resources

Important Safety Information | Prescribing Information | FAQs | Contact Us | Glossary | Shop | Tell a Friend

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HAVIDOL[®]

(avafynetyne HCl)
20mg tablets and suppositories

WHEN MORE IS NOT ENOUGH

HAVIDOL IS THE FIRST AND ONLY TREATMENT FOR DYSPHORIC SOCIAL ATTENTION CONSUMPTION DEFICIT ANXIETY DISORDER (DSACDAD)

Use the ZING SELF ASSESSMENT TOOL

Take the Quiz

New! HAVIDOL gift ideas in the shop

IMPORTANT SAFETY INFORMATION
Problems can be avoided if you take HAVIDOL only when you are able to immediately benefit from its effects. To fully benefit from HAVIDOL patients are encouraged to engage in activities requiring exceptional mental, motor, and consumptive coordination. HAVIDOL is not for you if you have abruptly stopped using alcohol or sedatives. Havidol should be taken indefinitely. Side effects may include mood changes, muscle strain, extraordinary thinking, dermal gloss, impulsivity induced consumption, excessive salivation, hair growth, markedly delayed sexual climax, inter-species communication, taste perversion, terminal smile, and oral inflammation. Very rarely users may experience a need to change physicians. Talk to your doctor about HAVIDOL.

Did you know...?
DSACDAD can be a progressive condition that can get worse over time.

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Rewards for Good

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Capricorn (Dec 22 - Jan 19)



Money Essentials



Volunteer Today



Local Activities for Grandkids



Legal Advocacy



Be Fearless at 50 Sweepstakes

Health

Brain Health · Conditions & Treatments · Medicare & Medicaid · Health Insurance · Healthy Living · Drugs & Supplements



HEALTHY LIVING

10 Tips to Outsmart Diabetes

Here's how to prevent or manage this disease

- 10 Tips to Beat Obesity
- Video: Dr. Oz on Diabetes Myths

1 of 4

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Brain Health



Are Old Head Injuries Fogging Your Brain?

Experts warn effects of trauma can linger for decades



You (and Your Brain) Are What You Eat

How the MIND diet is helping the fight against cognitive decline



Brain Health: What Helps, What Hurts

There's some good news on cognitive function as you age

Your Membership

HomeServe

NIH Senior Health

Built with You in Mind



Resize Text: [A](#) [A](#) [A](#) [Change Contrast](#)

[Print](#) [Sign Up](#) [Share](#)

Health and wellness information for older adults from the National Institutes of Health.

Health Topics by First Letter

[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](#)

Categories

- [Bones and Joints](#)
- [Cancer](#)
- [Diseases and Conditions](#)
- [Healthy Aging](#)
- [Heart and Lungs](#)
- [Memory and Mental Health](#)
- [Treatments and Therapies](#)
- [Vision and Hearing](#)
- [All Topics A-Z](#)

Featured Topic



Dry Eye

Exercise Stories

People of all ages and physical conditions benefit from exercise and physical activity. These [exercise stories](#) feature older adults and the diverse activities they enjoy.



Health Videos

Many of our health topics feature short videos that complement the information in the topic. The [health videos](#) offer up-to-date medical information, tips for healthy living, and inspiring stories of older adults who are coping with diseases or conditions of aging.



Free Tips on Healthy Aging



[Sign up here for free tips on healthy aging from NIH Senior Health.](#)

Training Tools

Are you interested in helping older adults learn to search online health information on their own? Browse the [Trainer's Toolkit](#) for more information.



Home

Organization

- Awards
- Committees
- Documents
- Membership
- Officers

Consumer Health

- Top 100

Publications

- Newsletter
- Discussion List

Annual Meeting

- CAPHIS at MLA

Managing a CHIS

- Bibliography
- Budget & Funding
- Collection Development
- Evaluation
- Literacy
- Patient Education
- Personnel
- Planning
- Reference
- Promotion
- Tech Svcs & Organization
- Trends

CAPHIS Top 100 » Senior Health Websites You Can Trust

-  General Health
-  Parenting & Kids
-  For Health Professionals
-  Women's Health
-  Senior Health
-  Drug Information Resources
-  Men's Health
-  Specific Health
-  Complementary & Alternative
-  Other Useful Health Sites

[pdf of complete Top 100 List](#)

Administration on Aging

<http://aoa.gov/AoARoot/Index.aspx>

Website is designed to assist older people and their caregivers to quickly obtain information on aging-related topics and government-sponsored programs. There is excellent information on elder rights, promoting a healthy lifestyle, finding state and local elder-care programs, national and state benefits and services for seniors, long-term care insurance, and caregiver support programs.

AgeingCare: an Online Community for Caregivers

<http://www.ageingcare.com/>

Online community created for caregivers of elderly parents. Includes information on the most common health problems, financial and legal matters, making choices between different housing options, and more. One can sign up for their newsletter and participate in forums and blogs on caregiving topics.

The AGS Foundation for Health in Aging

<http://www.healthinaging.org>

The American Geriatrics Society Foundation created this website to provide consumers and caregivers with up-to-date information on health and aging. Overseen by a team of experts on caring for older adults, HealthinAging.org content is based on resources that the American Geriatrics Society has developed for its professional members.

CDC's Health Aging

<http://www.cdc.gov/aging/>

This Centers for Disease Control's website has statistics and research information including the latest State of Aging and Health and State of Mental Health and Aging in America reports, information on the Healthy Brain Initiative and advance care planning and chronic disease management, and links to other articles, reports, and organizations.

Buying Health Products/Services Online

The screenshot shows the OnGuardOnline.gov website. At the top, there is a search bar with the text "Search OnGuardOnline.gov" and a magnifying glass icon. To the right of the search bar is a language selector for "Español" and a "STOP | THINK | CONNECT" slogan. The main content area is titled "Buying Health Products and Services Online" and includes an introductory paragraph, a list of tips, and a "Related Items" section. A sidebar on the left contains navigation links for "Avoid Scams", "Secure Your Computer", "Protect Kids Online", "Be Smart Online", "Video and Media", and "Onguard Online Blog".

OnGuardOnline.gov Search OnGuardOnline.gov Español

STOP | THINK | CONNECT

Avoid Scams

Secure Your Computer

Protect Kids Online

Be Smart Online

Video and Media

Onguard Online Blog

Buying Health Products and Services Online

Veá esta página en español

The web is convenient for comparing prescription drug prices, researching health products and services, and preparing for your next medical appointment. Use these tips to be smart and safe when researching health products and services online.

Related Items

FOLLYWOOD SQUARES

Game: Follywood Squares

- Common Online Scams
- Comparing Products Online

→ Know Who You're Dealing With

→ Consider the Source

→ Buy Prescription Drugs From Licensed U.S. Pharmacies Only

→ Talk to Your Doctor or Health Professional

→ Report Online Fraud

Know Who You're Dealing With

Before you give out any personal or financial information online, whether it's to buy an item or get more information, remember that anyone can set up shop online. If you're thinking about buying a health-related product from an unfamiliar company or website, **do some research**.

- Confirm the online seller's physical address (not just a P.O. Box) and phone number, so you know you can reach someone if you need to.
- Do a search for the company name and website, and be sure to look beyond the first page of results. If you find a lot of negative reviews, you are better off taking your business elsewhere.
- Look for indicators the site is secure, like a URL that begins with **https** (the "s" is for secure). But that's not foolproof: security icons can be forged. Avoid sites that ask you to send personal or financial information by email, or ask you to wire cash through a money transfer service.

Consider the Source

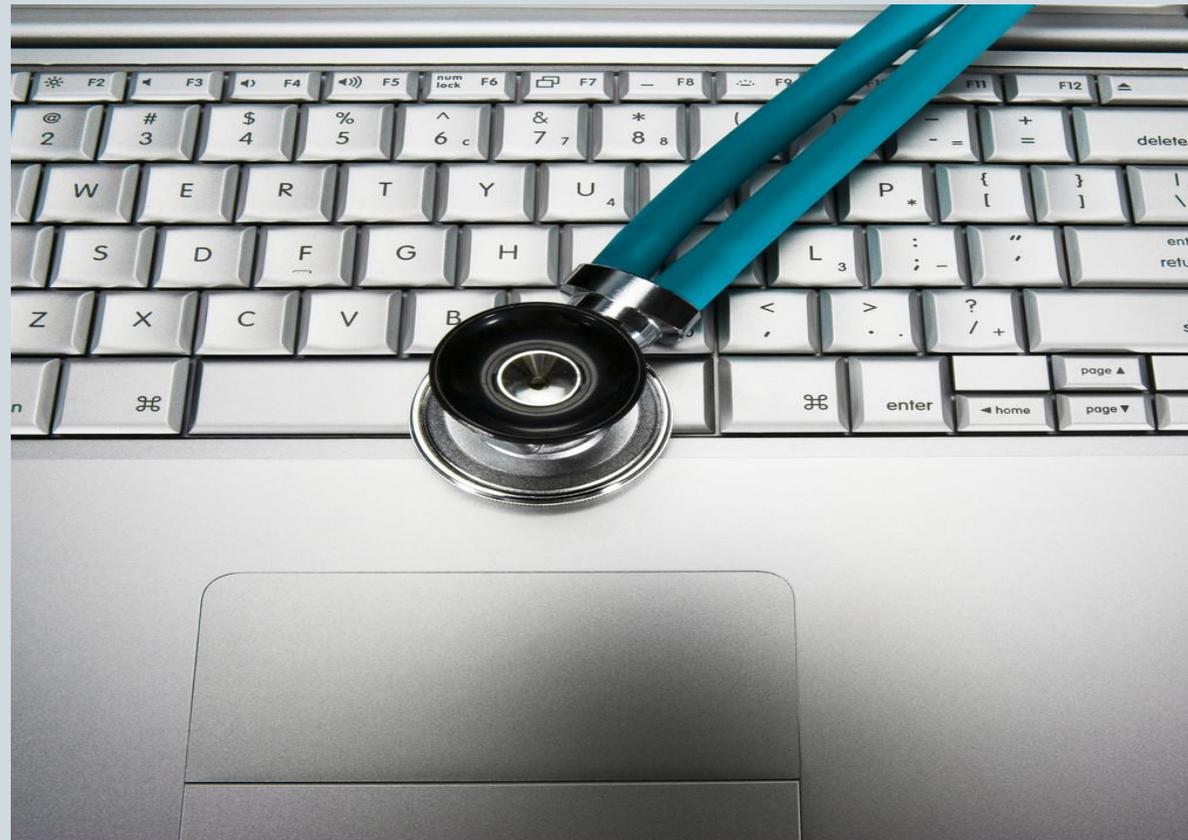
When you start your search for health products, services, or information, consider who's behind the information. Government websites (sites ending in .gov) are a good bet. Two great choices are **MedlinePlus** and **Healthfinder.gov**; both let you look up hundreds of health topics and the latest health headlines. So are university or medical school websites (.edu).

Nonprofit groups with a mission that focuses on research and teaching about specific conditions (their URLs typically end in .org) also can be good resources, like the **American Heart Association** or the **American Cancer Society**.

Exercise 4: Web Evaluation

- Name one of the ABCs of evaluation.

HEALTH RESOURCES



NIHSeniorHealth

- <http://nihseniorhealth.gov>
- Health information for older adults
- Partnership of National Institute on Aging and National Library of Medicine
- Information comes from National Institutes of Health
- Senior-friendly features (large text, sound, contrast)
- Information in bite-sized pieces

The screenshot shows the NIH Senior Health website homepage. At the top, there is a navigation bar with links for "Skip Navigation", "Help", "Home", "Health Topics A-Z", "Videos A-Z", "About Us", and "Contact Us". A search bar is located on the right. Below the navigation bar is the main header with the "NIH Senior Health" logo and the tagline "Built with You in Mind". To the right of the logo is a photograph of several older adults. Below the header, there are options to "Resize Text" and "Change Contrast". A secondary navigation bar contains "Print", "Sign Up", and "Share" buttons. The main content area features a heading "Health and wellness information for older adults from the National Institutes of Health." followed by "Health Topics by First Letter" with a grid of letters from A to Z. Below this is a "Categories" section with two columns of links: "Bones and Joints", "Cancer", "Diseases and Conditions", "Healthy Aging", "Heart and Lungs", "Memory and Mental Health", "Treatments and Therapies", "Vision and Hearing", and "All Topics A-Z". To the right of the categories is a "Featured Topic" section titled "Bladder Health" with a small image of a woman. The page is divided into four columns of content: "Exercise Stories" (with a small image of a person exercising), "Health Videos" (with a small image of a person), "Free Tips on Healthy Aging" (with a small image of a person and a link to sign up for tips), and "Training Tools" (with a small image of a person). At the bottom, a footer states: "This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). Read more about NIH Senior Health."

MedlinePlus

- <http://medlineplus.gov>
- Links to reliable, understandable health websites
- Health Topics for Seniors
- Easy-to-read articles
- Slideshows that have sound and contrast
- Medical dictionary
- Medical encyclopedia with large illustrations
- Links to local services
- English, Spanish and other languages
- No Advertisements!





Health Topics Drugs & Supplements



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



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



Videos & Tools Discover tutorials, surgery videos, and quizzes



Medical Encyclopedia Articles and images on diseases, symptoms, and treatments

Medical Dictionary from Merriam-Webster

Look up in Dictionary



Easy-to-Read Materials

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Health Topics Drugs & Supplements

Home -> Health Topics

Health Topics

Read about symptoms, causes, treatments, and health topics are regularly reviewed.

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 X Y Z

Body Location/Systems

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



Health Topics Drugs & Supplements

Home -> Health Topics -> Seniors

Seniors

- Abuse *see* Elder Abuse
- Accidents *see* Falls
- Age-Related Macular Degeneration *see* Macular Degeneration
- Ageusia *see* Taste and Smell Disorders
- Aging *see* Seniors' Health
- Aging Skin *see* Skin Aging
- Alzheimer's Caregivers
- Alzheimer's Disease
- AMD *see* Macular Degeneration
- Amnesia *see* Memory
- Angina
- Anosmia *see* Taste and Smell Disorders
- Arteriosclerosis, Coronary *see* Coronary Artery Disease
- Artificial Lens *see* Cataract
- Assisted Living
- Assistive Devices
- Atherosclerosis, Coronary *see* Coronary Artery Disease
- Balance Problems
- Bladder Control *see* Urinary Incontinence
- Blood Pressure *see* High Blood Pressure
- Bone Loss *see* Osteoporosis
- Brain Attack *see* Stroke
- CAD *see* Coronary Artery Disease
- Cardiac Diseases *see* Heart Diseases
- Cardiac Failure *see* Heart Failure



Health Topics Drugs & Supplements

Home -> Health Topics -> Falls

Falls

On this page

- Basics
 - Summary
 - Start Here
 - Latest News
 - Diagnosis and Tests
 - Prevention and Risk Factors
- Research
 - Statistics and Research
 - Clinical Trials
 - Journal Articles

Summary

A fall can change your life. If your bones are fragile from osteoporosis, diabetes and other conditions, or nervous systems. Some medications or things can make a fall worse. Furniture and down stairs, for example.

Falls and accidents seldom "just happen." Eye exams and physicals may help you find out if you do fall, make sure that you are safe.

NIH: National Institute on Aging

Start Here

- Falls and Fractures (NIH) Available in Spanish
- Falls and Older Adults (NIH)
- What Are Ways to Prevent Falls (NIH) Easy-to-Read (National Institute on Aging) Available in Spanish

- Speak Up: Reduce Your Risk of Falling (Joint Commission) - PDF

Statistics and Research

- Falls Among Older Adults: An Overview (Centers for Disease Control and Prevention)
- Falls May Be Sign of Future Alzheimer's Disease, Cognitive Decline (NIH) (National Institute on Aging)
- FastStats: Accidents or Unintentional Injuries (National Center for Health Statistics)

Clinical Trials

- ClinicalTrials.gov: Accidental Falls (NIH) (National Institutes of Health)

Journal Articles

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

- Article: Gap between falls prevention policies and practice revealed.
- Article: The risk of fall and fracture with the initiation of...
- Article: Reducing the risk of baby falls in maternity units.
- Falls -- see more articles

Find an Expert

- National Institute on Aging (NIH) Available in Spanish

Children

- First Aid: Falls (Nemours Foundation) Available in Spanish

Seniors

- Balance Problems (American Geriatrics Society) - PDF
- Check for Safety: A Home Fall Prevention Checklist for Older Adults (Centers for Disease Control and Prevention) - PDF
- Fall Proofing Your Home (NIH) (National Institute on Aging) - PDF
- Falls in Nursing Homes (Centers for Disease Control and Prevention)
- Falls Prevention: Unique to Older Adults (AGS Foundation for Health in Aging)

Patient Handouts

- After a fall in the hospital Available in Spanish
- Bathroom safety - adults Available in Spanish
- Exercises to help prevent falls Available in Spanish
- Preventing falls

Ukrainian (Українська)

NIH MedlinePlus Magazine

- Home Improvements Prevent Falls
- How Can Older Adults Prevent Falls?
- Preventing Falls
- Preventing Falls: Great Help for Older Americans

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.



Health Topics Drugs & Suppl

Health Topics Drugs & Supplements Videos & Tools



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



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



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



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

Medical Dictionary from Merriam-Webster

Look up in Dictionary **GO**

Easy-to-Read Materials

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Home → Search Results

Refine by Type

All Results (2,629)

- Health Topics (47)**
- External Health Links (1,667)**
- Drugs and Supplements (108)**
- Medical Encyclopedia (351)**
- Videos and Tutorials (27)**
- News (36)**
- MedlinePlus Magazine (307)**
- Other Resources (73)**
- Multiple Languages (13)**

Falls

A fall can change your life. If you're elderly and have osteoporosis, you could break a bone. Aging alone doesn't make people fall. Diabetes and heart disease affect balance. So do problems with circulation, thyroid or nervous systems. Some medicines make people dizzy. Eye problems or alcohol can be factors. Any of these things can make a fall more likely. Babies and young children are also at risk of falling - off of furniture and down stairs, for example.

Falls and accidents seldom "just happen." Taking care of your health by exercising and getting regular eye exams and physicals may help reduce your chance of falling. Getting rid of tripping hazards in your home and wearing nonskid shoes may also help. To reduce the chances of breaking a bone if you do fall, make sure that you get enough calcium and vitamin D.

(Read more)

Results 1 - 10 of 2,622 for falls

- Falls** (National Library of Medicine) A fall can change your life. If you're elderly and have osteoporosis, you could break a bone. Aging alone doesn't make people fall. Diabetes and heart disease affect balance. So do problems with circulation, thyroid or nervous systems. Some medicines make people dizzy. Eye problems or alcohol can be factors. Any of these things can make a fall more likely. Babies and young children are also at risk of falling - off of furniture and down stairs, for example. <https://www.nlm.nih.gov/medlineplus/ency/pa...>
- Preventing falls - what to ask your doctor** (National Institute on Aging) **Fall** prevention - what to ask your doctor. **Falls** ... stronger or improve my balance. <https://www.nlm.nih.gov/.../ency/pa...>



Search MedlinePlus **GO**

About MedlinePlus Site Map FAQs Contact Us

Health Topics Drugs & Supplements Videos & Tools

Español

Home → Health Topics → Falls

Falls

On this page

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

Summary

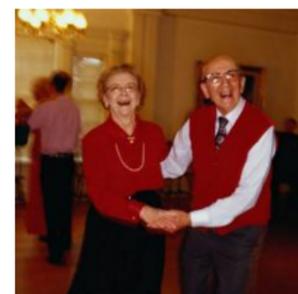
A fall can change your life. If you're elderly, it can lead to disability and a loss of independence. If your bones are fragile from osteoporosis, you could break a bone, often a hip. But aging alone doesn't make people fall. Diabetes and heart disease affect balance. So do problems with circulation, thyroid or nervous systems. Some medicines make people dizzy. Eye problems or alcohol can be factors. Any of these things can make a fall more likely. Babies and young children are also at risk of falling - off of furniture and down stairs, for example.

Falls and accidents seldom "just happen." Taking care of your health by exercising and getting regular eye exams and physicals may help reduce your chance of falling. Getting rid of tripping hazards in your home and wearing nonskid shoes may also help. To reduce the chances of breaking a bone if you do fall, make sure that you get enough calcium and vitamin D.

NIH: National Institute on Aging

Start Here

- Falls and Fractures** (NIH) (National Institute on Aging) Available in Spanish
- Falls and Older Adults** **NIHSeniorHealth** (National Institute on Aging)
- What Are Ways to Prevent Falls and Related Fractures?** (NIH) **Easy-to-Read** (National Institute of Arthritis and Musculoskeletal and Skin Diseases) Available in Spanish



Get Falls updates by email **!**

Enter email address **GO**

MEDICAL ENCYCLOPEDIA

- After a fall in the hospital
- Bathroom safety - adults
- Exercises to help prevent falls
- Preventing falls
- Preventing falls - what to ask your doctor

Related Health Topics

- Balance Problems
- Wounds and Injuries

National Institutes of Health



Health Topics Drugs & Supplements Videos & Tools



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



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



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All Results (156)

- Health Topics (2)
- External Health Links (49)
- Drugs and Supplements (96)
- Medical Encyclopedia (5)
- Videos and Tutorials
- News (1)
- MedlinePlus Magazine (3)
- Other Resources
- Multiple Languages

Results 1 - 10 of 156 for zoloft

1. **Sertraline**
Zoloft® ... Sertraline is used to treat depression, anxiety, and panic disorder. It may also be used for other conditions. Side effects include drowsiness, dry mouth, constipation, and bloating, and breast tenderness. Selective serotonin reuptake inhibitor (SSRI).
<https://www.nlm.nih.gov/medlineplus/drugsinfo/a68212b.html>
2. **Sertraline (Zoloft) and Sertraline (Zoloft) - PDF**
Sertraline (Zoloft®) and Pristiq® (desvenlafaxine) are antidepressants. They may be used together to increase the chance of having a baby. mothertobaby.org/fact-sheets/sertraline-zoloft-and-pristiq-desvenlafaxine/
3. **Aspirin to Zoloft: Ways to Improve Your Mental Health**
... Articles | Inside Life Science
Emily Carlson Posted August 2014
Prozac, Paxil and Zoloft) are antidepressants. <https://publications.nigms.nih.gov/mental-health/ways-to-improve-your-mental-health/>
4. **List of Confused Drug Names**
... PREXA Cele BREX Ceretrol MAZINE chlordiazepoxide POXIDINE SERO quel XR sertraline sertraline
www.ismp.org/Tools/confused-drug-names/
5. **Treating Depression: Shared Decision Making**
... are available as generics.
Drugs to Treat Depression (Zoloft, Zoloft Generic One \$21 Sertraline)
www.consumerreports.org/drugs/sertraline/
6. **Index to Drug-Specific Information**
... Sensipar (cinacalcet) Sertraline



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Health Topics Drugs & Supplements Videos & Tools

Español

Home → Drugs, Herbs and Supplements → Sertraline

Sertraline

pronounced as (ser' tra leen)



Why is this medication prescribed?

How should this medicine be used?

Other uses for this medicine

What special precautions should I follow?

What special dietary instructions should I follow?

What should I do if I forget a dose?

What side effects can this medication cause?

What should I know about storage and disposal of this medication?

In case of emergency/overdose

What other information should I know?

Brand names

IMPORTANT WARNING:

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

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

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

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

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



Health Topics Drugs & Supplement



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



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



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Page



Health Topics Drugs & Supplement

Home → Drugs, Herbs and Supplements

Drugs, Herbs and Supplements

Drugs

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

Browse by generic or brand name

A B C D E F G H I
U V W X Y Z 0-9

For FDA approved labels included in drug package inserts

Herbs and Supplements

Browse dietary supplements and herbal remedies, and drug interactions.

All herbs and supplements

Prescription and over-the-counter medication information, copyrighted by the American Society of Health-System Pharmacists, Bethesda, Maryland; Copyright © 2016. All rights reserved.

Fenugreek (National Center for Complementary and Integrative Health)

Feverfew (National Center for Complementary and Integrative Health)

Flaxseed and Flaxseed Oil (National Center for Complementary and Integrative Health)

Folate (National Center for Complementary and Integrative Health)

Folic acid (Natural Medicines) (National Center for Complementary and Integrative Health)

G

Garlic (National Center for Complementary and Integrative Health)

Gelatin (Natural Medicines) (National Center for Complementary and Integrative Health)

Ginger (National Center for Complementary and Integrative Health)

Ginkgo (National Center for Complementary and Integrative Health)

Ginseng, Siberian (Natural Medicines) (National Center for Complementary and Integrative Health)

Glucosamine hydrochloride (Natural Medicines) (National Center for Complementary and Integrative Health)

Glucosamine sulfate (Natural Medicines) (National Center for Complementary and Integrative Health)

Goji (Natural Medicines) (National Center for Complementary and Integrative Health)

Goldenseal (National Center for Complementary and Integrative Health)

Grape (Natural Medicines) (National Center for Complementary and Integrative Health)

Grape Seed Extract (Natural Medicines) (National Center for Complementary and Integrative Health)

Grapefruit (Natural Medicines) (National Center for Complementary and Integrative Health)

Green Coffee (Natural Medicines) (National Center for Complementary and Integrative Health)

Green Tea (National Center for Complementary and Integrative Health)

Guarana (Natural Medicines) (National Center for Complementary and Integrative Health)

Gymnema (Natural Medicines) (National Center for Complementary and Integrative Health)

H

Hawthorn (National Center for Complementary and Integrative Health)

Hibiscus (Natural Medicines) (National Center for Complementary and Integrative Health)

Honey (Natural Medicines) (National Center for Complementary and Integrative Health)

Hoodia (National Center for Complementary and Integrative Health)

Hops (Natural Medicines) (National Center for Complementary and Integrative Health)

Horny Goat Weed (Natural Medicines) (National Center for Complementary and Integrative Health)

Horse Chestnut (National Center for Complementary and Integrative Health)

Horsetail (Natural Medicines) (National Center for Complementary and Integrative Health)

Hydrazine Sulfate (FDA Approved) (National Center for Complementary and Integrative Health)

I



National Center for Complementary and Integrative Health

NIH... Turning Discovery Into Health

- Health Info
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Información en Español

Ginkgo

On This Page

- Introduction
- What the Science Says
- Side Effects and Cautions
- For More Information
- Key References



Common Names: ginkgo, *Ginkgo biloba*, fossil tree, maidenhair tree, Japanese silver apricot, baiguo, bai guo ye, kew tree, yinhsing (yin-hsing)

Latin Name: *Ginkgo biloba*

Introduction

This fact sheet provides basic information about ginkgo—common names, what the science says, potential side effects and cautions, and resources for more information.

The ginkgo tree is one of the oldest types of trees in the world. Ginkgo seeds have been used in traditional Chinese medicine for thousands of years, and cooked seeds are occasionally eaten. Historically, ginkgo leaf extract has been used to treat a variety of ailments and conditions, including asthma, bronchitis, fatigue, and tinnitus (ringing or roaring sounds in the ears). Today, folk uses of ginkgo leaf extracts include attempts to improve memory; to treat or help prevent Alzheimer's disease and other types of dementia; to decrease intermittent claudication (leg pain caused by narrowing arteries); and to treat sexual dysfunction, multiple sclerosis, tinnitus, and other health conditions.

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Health Topics A–Z

Medical Dictionary

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- Pilot Study Provides New Insight on Effect of Ginkgo Extract on Dementia in the Elderly (05/06/08)
- The Ginkgo Evaluation of Memory (GEM) Study
- Find Active Medical Research Studies on Ginkgo (ClinicalTrials.gov)
- Using Dietary Supplements Wisely
- Herbs at a Glance

Identify or Search for a Pill

Imprint: <input type="text" value="letters or numbers on either side of the pill"/>	Drug Name or Ingredient(s): <input type="text"/>
<input type="checkbox"/> Pill does not have an imprint.	
Shape: <input type="text" value="Select Shape"/>	Inactive Ingredient(s): <input type="text"/>
	<input type="checkbox"/> Find pills WITHOUT this ingredient.
Color: <input type="text" value="Select Color"/>	Label Author: <input type="text"/>
Size: <input type="text" value="Select Size (search +/- 2mm)"/>	DEA Schedule: <input type="text" value="Select DEA Schedule"/>
Score: <input checked="" type="radio"/> Unknown <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4	Product Code: <input type="text"/> - <input type="text"/>
<input checked="" type="checkbox"/> Do not search repackaged and relabeled medications.	
<input type="button" value="Search"/> <input type="button" value="Clear"/>	

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 image explorer is a photo album for pills. Sort by color, shape, size, scoring, and the text printed on the pill.

(requires Adobe Flash and will not run on some mobile devices)

[Mobile Site](#)



Information available for 63,203 drugs.

By Name By Category

- ▶ Show examples.
- ▶ Show drug category 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 category names list.
- ▶ Show generic name stems list.
- ▶ Show list of resources searched.



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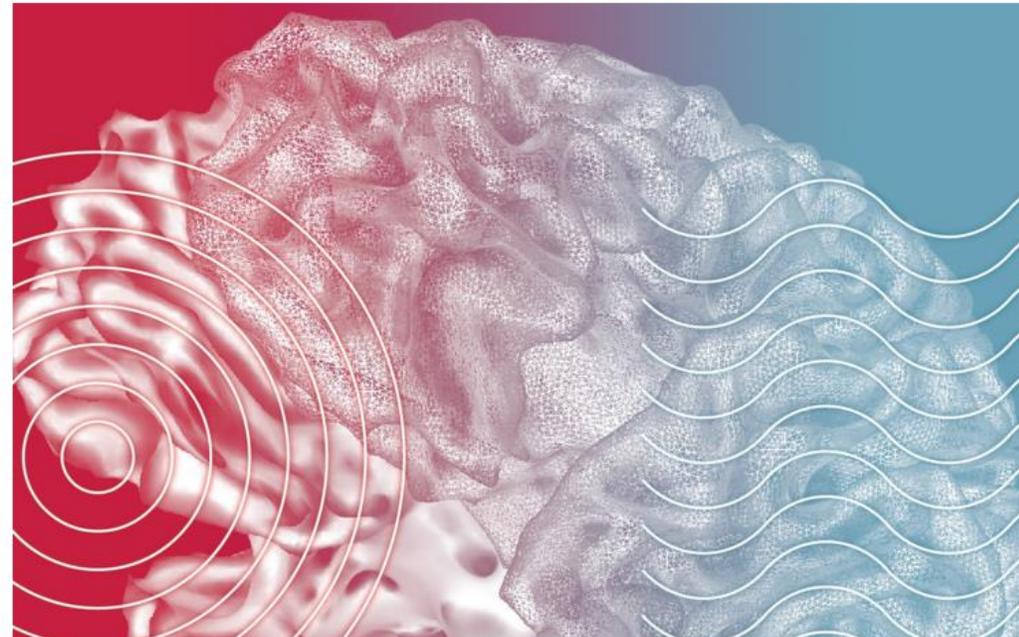
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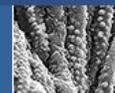
Pain Research

NCCIH sponsors and conducts pain research to learn about nonpharmacologic approaches to pain management.

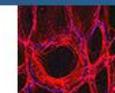
Learn more about our research and find information for consumers.



Pain Research

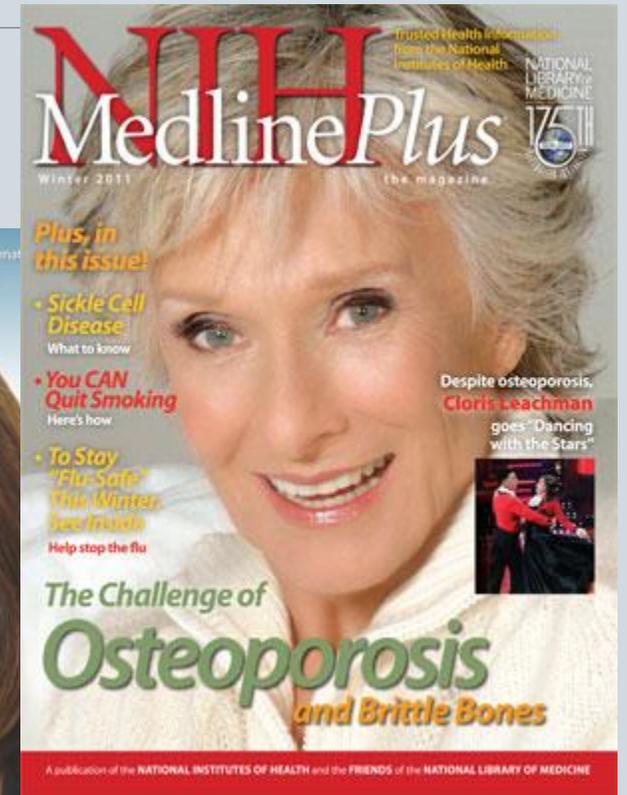


Seasonal Allergies



Cardiovascular Health

MedlinePlus Magazine





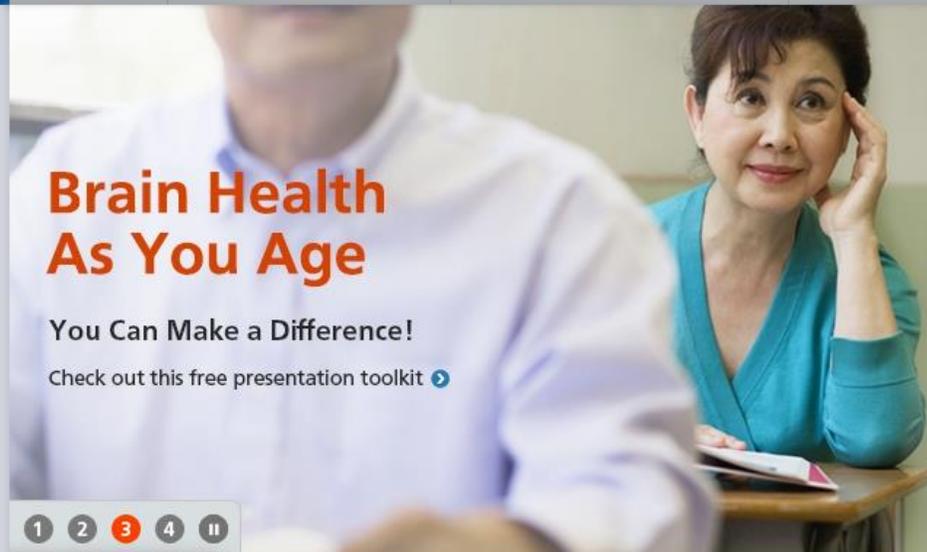
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Brain Health As You Age

You Can Make a Difference!

Check out this free presentation toolkit [▶](#)



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3/23/16

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The Leader in Aging Research



NIA, one of the 27 Institutes and Centers of NIH, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. NIA is the primary Federal agency

supporting and conducting Alzheimer's disease research.

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Fuel your workout!

Support your workout with healthy foods.

SNACK BETTER!



NUTRITION

Healthy eating and exercise go hand in hand.

Check out *Go4Life's* nutrition tip sheets. [➔](#)



EXERCISE

Balance exercises can help you with activities like climbing stairs and avoiding falls.

Read about ways to build your



MOTIVATION

Need an exercise boost?

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Older Adults



Stay Healthy as You Grow Older

There's a lot you can do to keep yourself healthy and feeling great in your 60s, 70s, and beyond. Take this quiz to get some tips on how to do it.

Start Quiz



Health Conditions and Diseases

Get health information for older adults.

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Doctor Visits

Find out how to get the most out of visits to the doctor or nurse.

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Find out how to eat healthy and stay active as you get older.

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PROGRAMS & SERVICES

RESEARCH & DATA



HEALTH TOPICS - ELDER'S HEALTH

Our Health

Alzheimer's

- ▶ [Stories from Caregivers Video](#)
(Banner Alzheimer's Institute)

Three Native American families caring for loved ones and health professionals share their experiences with this illness. Their experiences are shared by many Native Americans, both on-and-off the Reservation. (9 minutes 22 seconds)

Arthritis

- ▶ [Arthritis in American Indian and Alaska Native Elders \(PDF, 54 KB\)](#)
(NRCNAA/University of North Dakota Center for Rural Health)

Cancer

- ▶ [Cancer Screening Practices Among American Indian and Alaska Native Elders \(PDF, 50 KB\)](#)
(NRCNAA/University of North Dakota Center for Rural Health)

- ▶ Native American Elders Diagnosed with Cancer
(Native American Cancer Research)

[Access to Quality Care \(PDF, 1.13 MB\)](#)
[Decisions, Coping and Communication \(PDF, 1.4 MB\)](#)
[What Is This All About? \(PDF, 861 KB\)](#)
[Transportation and Financial Resources \(PDF, 1.65 KB\)](#)
[Spirituality \(PDF, 1.16 MB\)](#)

Diabetes

- ▶ [The Prevalence of Diabetes in American Indian Elders](#)
(National Indian Council on Aging)

Elder Abuse

- ▶ [Elder Abuse in Indian Country](#)
(National Center on Elder Abuse)

End-of-Life (Palliative Care)

- ▶ [A Look at End-of-Life Care Issues for Native Americans \(PDF, 76.1 KB\)](#)
(National Cancer Institute, NIH)

This article takes a look at end-of-life care issues for this population as it relates to cancer as well as other diseases.

Exercise

- ▶ [Well-Balanced](#)
(Wise Elders Living Longer)

WELL-Balanced (Wise Elders Living Longer) is a health promotion program designed to be carried out by volunteer coaches. It provides community support for Native elders with diabetes, arthritis, and hypertension, as well as helping elders reduce their risk of falling.

General

- ▶ [NativeWeb Health and Elder Resources](#)
(NativeWeb)



NICOA

National Indian Council On Aging

Advocating for American Indian and Alaska Native Elders



NATIONAL NATIVE HIV/AIDS AWARENESS DAY

CLICK ON 'NICOA NEWS'
above
to receive
free
health &
wellbeing
resources

FOR ELDER



FOR CAREGIVERS



FOR STAKEHOLDERS





National Resource Center on Native American Aging

- Our **mission** is to identify and increase awareness of evolving Native elder health and social issues.
- Our **vision** is to empower Native people to develop community based solutions.



Notice of Funding Availability



Foster Grandparent and Senior Companion Grants is open to Federally-recognized Indian Tribes. Established in 1965, the Foster Grandparent Program (FGP) is one of the oldest intergenerational programs in the country, engaging adults age 55 and over to provide loving and experienced tutors and mentors to children and youth with special needs or exceptional needs.

→ [Learn more](#)

Needs Assessment



The **Needs Assessment, Identifying Our Needs: A Survey of Elders** assists tribes, villages, and homesteads in creating a record of the health and social needs of their elders. Survey results satisfy the requirement for Title VI nutrition and caregiving grants and document the needs of your elders to help with tribal planning, long-term care discussions, and grant applications.

→ [How to get started](#) | [Assessment materials](#)



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- [Inclusion in Action: Giving Riders a Voice in Transportation Planning and Making Dialysis Less Stressful](#) (01/21/2016)
- [National Family Caregivers Month 2015: Recognizing the Value of Respite for Caregivers](#) (11/23/2015)

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- [March is National Nutrition Month](#) (03/11/2016)
- [Assistant Secretary for Aging sees network at a crossroads—and a place of new opportunities](#) [↗](#) (03/10/2016)
- [CDC Announces Critical Component in Elder Abuse Fight](#) (02/01/2016)
- [Comment Period for Draft APS Consensus Guidelines Extended to Feb. 8](#) (02/01/2016)
- [HUD Offers Approximately \\$15 Million in Grants to Test a New Approach to Help Low-income Seniors Age in Place](#) (01/20/2016)

Laboratory Tests

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Summary

Laboratory tests check a sample of your blood, urine, or body tissues. A technician or your doctor analyzes the test samples to see if your results fall within the normal range. The tests use a range because what is normal differs from person to person. Many factors affect test results. These include

- Your sex, age and race
- What you eat and drink
- Medicines you take
- How well you followed pre-test instructions

Your doctor may also compare your results to results from previous tests. Laboratory tests are often part of a routine checkup to look for changes in your health. They also help doctors diagnose medical conditions, plan or evaluate treatments, and monitor diseases.

Start Here

- [Directory of Medical Tests](#) (Nemours Foundation)
Available in Spanish
- [Laboratory Tests](#) (Food and Drug Administration)
- [Understanding Laboratory Tests](#) (National Cancer Institute)



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- Arabic (العمرية)
- Chinese - Simplified (简体中文)
- Chinese - Traditional (繁體中文)
- French (français)

Know Your RA Score

Laboratory Blood Test for Measuring Rheumatoid Arthritis Activity



Lab Tests Online

Empower Your Health. Understand Your Tests.

Home

 Search Help? Tests

Learn more about ...

The FDA approval process for lab tests

Understanding Your Tests

Index of Tests
Index of Conditions

The following articles are intended to help patients and providers better understand

Deciphering Your Lab Report

Learn how to read your lab report, including specimen source, specimen collector results, interpretation of results, and other important parts of a lab report.

Reference Ranges and What They Mean

Test results are often interpreted in relation to a reference range provided by the lab article explains what reference ranges are, how they are determined, and some of ranges.

Making Informed Decisions for Better Health

It's important to make informed decisions about medical tests and lab results for a care. We offer questions to ask your healthcare provider when testing is recommen

Point-of-Care Testing

Learn about point-of-care testing (POCT), which encompasses any laboratory tests the site where care or treatment is provided. Point-of-care test results are typically acted upon without delay.

With Home Testing, Consumers Take Charge of Their Health

Home medical tests offer many benefits, including convenience and privacy, but it errors and bogus tests.

How Reliable is Laboratory Testing?

All laboratory test methods must meet scientifically rigorous criteria before they can be used to provide information about an illness or about health status that exists in the disc

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How the reliability of lab tests is measured

Deciphering Your Lab Report

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The U.S. Department of Health and Human Services (HHS) issued a final rule in 2014 that allows patients or their representatives direct access to laboratory test reports after having their identities verified, without the need to have the tests sent to a health practitioner first. This rule is intended to empower you, to allow you to act as a partner with your healthcare provider and take a more active role in your healthcare decisions.

More ready access to test results, however, places you in a position of greater responsibility. You may encounter complex test results on lab reports and will need to recognize that there is a context in which providers use results to make treatment decisions. This may require that you educate yourself about your tests in order to understand their purpose and meaning. Lab Tests Online and other credible sources of health information online can assist you in achieving a better understanding of your medical information.

Patients who want to can still get their test results from their health practitioners and patients should still look to them as the ultimate informed partner for understanding test results and providing treatment options. Lab Tests Online encourages you to discuss your lab test results with your health practitioner, using this web site to help formulate your questions.

Once you receive or access your report from the laboratory, it may not be easy for you to read or understand, leaving you with more questions than answers. This article points out some of the different sections that may be found on a typical lab report and explains some of the information that may be found in those sections.

Sample lab report

Different laboratories generate reports that can vary greatly in appearance and in the order and kind of information included. Here is one example of what a lab report may look like.

(Note: Pathology reports, such as for a [biopsy](#), will look different than this sample lab report. For some examples of what a pathology report may look like, see [The Doctor's Doctor: A Typical Pathology Report](#). The College of American Pathologists also provides a resource [How to Read Your Pathology Report](#).)

Elements of a typical laboratory report

Despite the differences in format and presentation, all laboratory reports must contain certain elements as mandated by federal legislation known as the Clinical Laboratory Improvement Amendments (CLIA). (CLIA '88 REGULATIONS, Section 493.1291; for more on regulation of laboratories, see [Lab Oversight: A Building Block of Trust](#).) Your lab report may look very different than the [sample report](#), but it will contain each of the elements required by CLIA. It may also contain additional items not specifically required but which the lab chooses to include to aid in the timely reporting, delivery, and interpretation of your results.

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Nursing Home Compare

<http://www.medicare.gov/nursinghomecompare/>

- From the Center for Medicare and Medicaid Services
- Allows consumers to compare information about nursing homes
- Links to Hospital Compare, Physician Compare, Dialysis Facility Compare, and more



Multi-Lingual links



<http://healthreach.nlm.nih.gov/>



<https://ethnomed.org/>



<http://spiral.tufts.edu/>



<https://www.healthinfotranslations.org/>



<http://www.health.utah.gov/disparities/multilinguallibrary/index.php>



<http://www.healthyroadsmedia.org/>

Gay, Lesbian, Bisexual and Transgender Elders



- [National Resource Center on LGBT Aging](#)
 - Specific issues for LGBT older adults, like HIV and Aging; Medicaid & Medicare; and Coming Out Later in Life
- [The Aging and Health Report regarding LGBT older adults published in 2011 by Institute for Multigenerational Health](#)

Make an Emergency Plan

Plan for Your Risks

Tailor Your Plan to Your Needs

Access & Functional Needs

Infants & Young Children

Seniors

Campus Ready

Caring for Animals

Military Family Preparedness

First Responders

Seniors

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make



[View in FEMA Multimedia Library](#)

Preparing Makes Sense for Older Americans

[Get the Video Embed code or](#)

[Download the Transcript here](#)

Review of Medical apps for patients



iMedicalApps

Top Apps for Patient

Child Health Tracker is a Great App for Parents to Manage Their Child's Health... if Starting with a Newborn

Eli Sprecher, MD MPP | March 27, 2015

Physician review of the iPhone otoscope: Cellscope's Oto CLINIC device [video review]

CellScope is easy to use and an overall practical add on to your iPhone.

Eli Sprecher, MD MPP | March 26, 2015

CriticalLink is building emergency medical services using smartphones & an app resource-limited countries

In Bangladesh, where trauma emergencies lead to death for too many, CriticalLink is building a grass-roots emergency response system

Perry Payne, MD/ID/MPP | March 20, 2015

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<http://www.imedicalapps.com/profession/patient/>



Samsung's vision of digital health includes research partnerships, open platforms

Samsung's vision of digital health includes research partnerships, open platforms

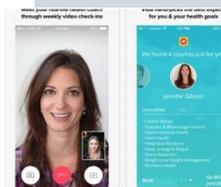
Steven Chan (@StevenChanMD) | March 12, 2015



Study shows concerning minority of hypertension apps make questionable claims

Several apps found that claim to measure blood pressure using just a smartphone camera - and they are very popular

Satish Misra, MD | February 19, 2015



Vida app manages chronic conditions with personalized health coaches

Healthcare app Vida integrates coaches, videoconferencing, and wearables.

Steven Chan (@StevenChanMD) | January 23, 2015



Healthy Children is a useful app for parents

The Healthy Children app provides the AAP's popular patient and parent site in mobile app form.

Eli Sprecher, MD MPP | January 15, 2015



Dexcom CES showcase debuts the Meal Memory iPhone app for diabetes

An innovative app that helps diabetic patients understand how different foods affect their glucose levels

David Ahn, MD (@AhnCall) | January 16, 2015



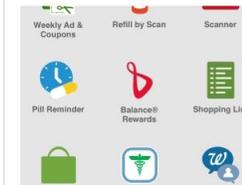
Study shows innovative use of smartwatch in diagnosis of tremors

Researchers from the University of Calgary use smartwatches to diagnose different types of tremors.



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Kyprolis (carfilzomib) is a second-generation proteasome inhibitor. The power of second-generation proteasome inhibition takes flight. Visit KYPROLIS.com >

Indication and Important Safety Information
INDICATION
Kyprolis (carfilzomib) for injection is indicated for the treatment of patients with multiple myeloma who have received at least 2 prior therapies including bortezomib and an immunomodulatory agent and have achieved a partial response or better.



Walgreens integrates with 2Net and WebMD, aiming to be hub for digital health tracking

Combining health tracking, virtual health coaches, and a rewards program to motivate healthy changes

Caregivers

- Almost half are over age 50
 - 1/3 fair to poor health
- Caregiving causes heavy emotional, physical and financial toll
- Experience conflicting emotions
- 22% caregivers taking care of 2
- 8% caregivers taking care of 3 or more

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Caregivers



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National Institutes of Health

The primary NIH organization for research on *Caregivers* is the

Summary

Caregivers provide help to another person in need. The person receiving care may be an adult - often a parent or a spouse - or a child with special medical needs. Some caregivers are family members. Others are paid. They do many things:

- Shop for food and cook
- Clean the house
- Pay bills
- Give medicine
- Help the person go to the toilet, bathe and dress
- Help the person eat
- Provide company and emotional support

Caregiving is hard, and caregivers of chronically ill people often feel stress. They are "on call" 24 hours a day, 7 days a week. If you're caring for someone with mental problems like Alzheimer's disease it can be especially difficult. Support groups can help.

Dept. of Health and Human Services Office on Women's Health

Start Here

- [Caregiver Health and Wellness](#) (American Academy of Family Physicians)
Available in Spanish
- [Caregiver Stress](#) (Department of Health and Human Services, Office on Women's Health)

[Caregivers and Exercise: Take Time for Yourself](#) [What's the Best Time to Take a Break?](#) [PDF](#)



Help & Resources News

Administration

The Administration on Aging (AoA) is part of the U.S. Department of Health and Human Services. It is responsible for administering the Older Americans Act (OAA), as amended (42 U.S.C. 9701-9708). The AoA provides services to older individuals by providing services in their homes and communities. The AoA also provides services to the states for supportive services.

Office of Supportive Services

For over 35 years, the AoA has provided services to older persons through the program. The program is not limited to transportation programs.

Office of Nutrition and Wellness

The Office of Nutrition and Wellness programs and disease self-management prevention and health promotion. HIV/AIDS education, nutrition

Office of Elder Justice



U.S. Department of Health and Human Services
Administration for Community Living

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Administration on Aging (AoA)

National Family Caregiver Support Program (OAA Title III-E)

Authorizing Legislation: Section 371 of the Older Americans Act of 1965, as amended

- [The Purpose of the Program and How it Works](#)
- [Eligible Program Participants](#)
- [Data Highlight Extensive Services Provided to Caregivers](#)
- [Funding History](#)
- [Looking Back: NFCSP 10th Anniversary Celebration](#)
- [Resources and Useful Links](#)
- [NFCSP Stories](#)

The Purpose of the Program and How it Works

The National Family Caregiver Support Program (NFCSP), established in 2000, provides grants to States and Territories, based on their share of the population aged 70 and over, to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.

Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care experience conflicts between these responsibilities. Twenty two percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

The NFCSP offers a range of services to support family caregivers. Under this program, States shall provide five types of services:

- information to caregivers about available services,
- assistance to caregivers in gaining access to the services,
- individual counseling, organization of support groups, and caregiver training,
- respite care, and
- supplemental services, on a limited basis

These services work in conjunction with other State and Community-Based Services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

[Back to top](#)

Eligible Program Participants



+ Programs

+ Program Results

+ Aging Statistics

Services
Administration for Community Living

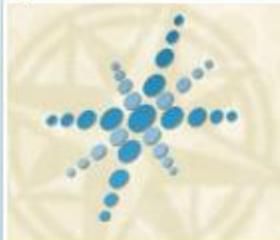
ACL.gov Go

Help & Resources About ACL



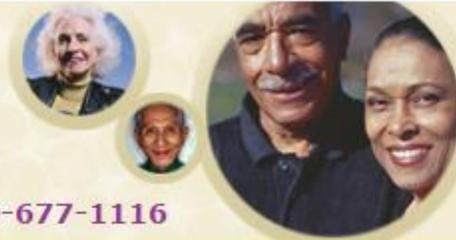
Program Results

Aging Statistics



eldercare locator

Celebrating 20 Years
Connecting You to Community Services



1-800-677-1116

[Home](#)

[About](#)

[Resources](#)

Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

- [Resize Text](#)
- [Email Page](#)
- [Printer Friendly](#)



Find Help in your Community

You can start your search by selecting zip code OR city/state OR topic.

Search by Location

Zip Code:

or

City:

State:

 ▼

or

Search by Topic

- Adult Day Program
- Alzheimer's Disease
- Behavioral Health
- Caregiver
- Elder Abuse Prevention
- Financial Assistance
- Food & Nutrition
- Health Insurance
- Healthy Aging
- Home Repair & Modification
- Housing Options
- In-Home Services
- Legal Assistance
- Long Term Care
- Nursing Home & LTC Facilities

Online Chat

Have a question? Speak with an Information Specialist



Monday-Friday 9am-8pm ET.
[Start Online Chat.](#)

Media Spotlight

Before You Give Up the Keys
Create a Roadmap for Transportation Independence



SITE MAP [A-Z]

- Health
- Benefits
- Burials & Memorials
- About VA
- Resources
- Media Room
- Locations
- Contact Us

VA » Health Care » VA Caregiver Support

VA Caregiver Support

▼ Caregiver Program

- VA Caregiver Support Home
- Caregiver Services
- Services for Caregivers of Post-9/11 Veterans
- ▶ What's New
- ▶ Staying Strong
- ▶ Caregiver Toolbox
- Help Near Home
- ▶ Caregiver Connections
- Additional Resources
- Caregiver Chronicles
- ▶ More Health Care



Caregivers Month

Staying Strong

Partners

Family Caregivers Month

November is National Family Caregivers Month. Please join VA in helping us honor those caring for our Veterans.

[Learn more »](#)

QUICK LINKS

- Hospital Locator
- Health Programs
- Protect Your Health
- A-Z Health Topics

VA values your commitment as a partner in our pledge to care for those who have "borne the battle," and we have several support and service options designed with you in mind. The programs are available both in and out of your home to help you care for the Veteran you love and for yourself.

Caregiver Stories



Wanda's Story
When anticipating retirement and growing old

together, Wanda had never pictured her active and able husband being physically bound to his bed. But...

Caregiver Tool Box



Staying Organized

[Learn More](#)

Medication Log
A medication log can help you keep track of a Veteran's medications and...

CAREGIVER SUPPORT LINE
 1-855-260-3274

SERVICES FOR CAREGIVERS OF POST-9/11 VETERANS
[Click Here to Learn More](#)

NEED HELP?

Find your local Caregiver Support Coordinator



[Sign Up /
Change Plans](#)

[Your Medicare
Costs](#)

[What Medicare
Covers](#)

[Drug Coverage
\(Part D\)](#)

[Supplements &
Other Insurance](#)

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Appeals](#)

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Health](#)

[Forms, Help, &
Resources](#)

[Home](#) → [Medicare outreach initiatives](#) → [I'm a caregiver](#)

 Share

I'm a caregiver

Caregiver resource kit

Information to be provided to caregivers

This section of the Ask Medicare toolkit offers informational resources that can be printed directly from this Web site and provided to caregivers. The resources are designed to help caregivers address challenging issues and work effectively with Medicare to ensure their family members and friends receive the best possible care.

Practical information for caregivers

These materials highlight the basics of caregiving and understanding Medicare.

- ◆ [Ask Medicare brochure: Care for others \[PDF, 246KB\]](#)
A brief overview of Ask Medicare.
- ◆ [What every caregiver needs to know \[PDF, 155KB\]](#)
Short facts on caregiving and some of the many resources offered by Ask Medicare.
- ◆ [Ask Medicare: What type of care is best for your loved one? \[PDF, 158KB\]](#)
A list of terms describing the various types of care for disabled, aged and seriously ill individuals.
- ◆ [Ask Medicare: Billing terms caregivers should know \[PDF, 159KB\]](#)
Descriptions of common billing and financial terms related to the

Find someone to talk to

Select your state... ▾

Go

Is your test, item, or service covered?

type your test, item, or service here

Go



Login



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It's Medicare's 50th Anniversary!

Medicare and Caregiving go Hand In Hand

[Watch the Webinar Now!](#)



Get started here! Click one of the caregiving situations below.



I JUST REALIZED I'M A FAMILY CAREGIVER NOW

"I can't believe this just happened!"
"Since he came back from Iraq, he depends on me."
"My wife has been diagnosed with



I HAVE BEEN A FAMILY CAREGIVER FOR YEARS.

"My husband has Parkinson's and I'm his primary caregiver."
"Since my wife's stroke, I handle everything."



I LIVE FAR AWAY AND I'M ON THE CAREGIVING TEAM.

"How do I know that my parents are OK living alone?"
"Since mom died, I am all dad has."



I HAVE A JOB AND I'M THE CAREGIVER FOR MY LOVED ONE.

"I'm what they call a 'sandwich generation' caregiver."
"I care for my mother with Alzheimer's in addition to my three



Family Caregiver Alliance supports and sustains the important work of families nationwide caring for loved ones with chronic, disabling health conditions.

Get Involved

- ▶ [Subscribe to Newsletters](#)
- ▶ [Join an Online Caregiver Group](#)
- ▶ [Share Your Caregiving Experience](#)
- ▶ [Businesses: Partner with Us!](#)

Searching for Caregiving Information?

Find Your Caregiving Situation

[Preparing for Caregiving](#)

[New to Caregiving](#)

[Daily or In-Home Caregiving](#)

[Long Distance Caregiving](#)

[Caregiving & Advanced Illness](#)

[Post-Caregiving](#)

[Printer-friendly version](#)



A majority of us will be caregivers at some point in our lives. As loved ones age, debilitating disease, chronic health conditions or simple frailty can soon follow. Or we may end up caring for someone permanently injured from an accident. While some employ paid providers, most rely on unpaid assistance from families, friends and neighbors. We won't always know when we'll be

Find Your Location



[\[View larger map \]](#)

Caring for the Caregiver

A Message of Hope and Help for Caregivers



[Home](#) [Meet Our Team](#) [News & Events](#) [Public Programs](#) [Testimonials](#) [Resources](#) [Contact Us](#) [Donate](#)

Home

Welcome to Caring for the Caregiver Website!

Find the support and resources you need!



→ Follow us on Social Media

- Follow us on Facebook
- Follow us on Twitter

→ Find a Caring Circle Meeting

- Find a Caring Circle Meeting
- Who Cares For The Caregiver?

→ Are You A Caregiver?

If you are a Caregiver, we invite you to join one of our support groups. All members are Caregivers so everybody understands...

Check the schedule for Caring Circle Meetings time and locations. Each session is run by a trained moderator. Feel free to call. Phone: 516-921-0755

→ Are a Charitable Organization?

If you are a charitable organization, we would be pleased to have a conversation with you, or apply for a grant to support our Caring For The Caregiver program - as aligned with your objectives and interests. Call Craig at 516 944-6454

→ Are Interested In Helping Us?



Transforming Lives

Home > [Aging and Long-Term Support Administration](#)

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Aging and Long-Term Support Administration

Latest News

- **ProviderOne**
Information and resources
- **FAMILY CAREGIVER TRAINING CONFERENCE:** Learn practical caregiving skills and strategies. This full-day training conference on Monday, June 1, 2015 allows you to choose from many helpful workshops based on your needs as a caregiver. It will be held at the Tukwila Community Center in Tukwila, Washington. Pre-registration is required and space is limited. Click here to print out a full brochure and registration form. Or to receive a paper copy, call 360.725.2544 or sign up for our [mailing list](#).
- View the draft COPEs Waiver Amendments and draft COPEs Transition Plan
- View the draft Residential Support Waiver Amendment
- View the draft Statewide Transition Plan for Home and Community Based Settings
- View the draft New Freedom Draft Transition Plan and Waiver Renewal

What We Do

Home and Community Services

Home and Community Services provides and administers long-term care services to eligible individuals and collaborates with Area Agencies on Aging to share community service options. Adult Protective Services investigates reports of abuse, neglect, and exploitation of vulnerable adults.

Residential Care Services

Residential Care Services provides licensing, certification, and regulatory oversight to long-term care facilities including:

- Nursing Homes
- Assisted Living Facilities
- Adult Family Homes
- Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICFs/IID)
- Supported Living and

Exercise 4:

Web Resources

- Name a good website with health information for older adults

Library Programs



Program Ideas

- Fitness classes
- Relationships/sexual health
- Specific health conditions
- Managing medications
- Medicare
- Choosing nursing homes/assisted living
- Brain health
- Health website evaluation
- Caregiving
- End of Life planning
- Creating a safe home
- Hospice
- Health fraud
- Alternative medicines
- Health tools
- Talking to your doctor

Summer Reading 2016



collaborative
summer library program™

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FUTURE PROGRAMS

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2016 Summer Reading Slogans (Theme: Wellness, Fitness, and Sports)

- Children: On Your Mark, Get Set, Read
- Teens: Get in the Game: Read
- Adults: Exercise Your Mind – Read

Gear Up for Summer Reading 2016: Resources for Adults and Seniors / February 9, 2016 / Noon –1pm ET

Presenter: Lydia Collins, NN/LM MAR Consumer Health Coordinator

Description: Summer reading programs are a long standing tradition for public libraries across the nation. The 2016 summer reading theme from CSLP is “Wellness, Fitness, and Sports” and for iREAD it is “Read-For the Win!” Both summer reading themes involve a focus on health, wellness, sports and achievement. Tune in to learn about National Library of Medicine and other reliable resources that you can use to support your summer reading program for adults and seniors. Ideas on how to engage these adult populations in a love of reading and healthy lifestyles will also be included. Lastly, learn where to locate freely available health information resources that you can order and distribute at your library this summer.

Collaborate!

- You can't do it alone.
- Senior organizations:
 - Area Agencies on Aging
 - Disease specific organizations (Alzheimer's Assoc.)
 - Neighborhood senior centers / community centers
 - Faith communities
 - Hospitals and Clinics
 - University Health Science Libraries
 - American Society on Aging / National Council on Aging
 - Social service agencies / public health
 - Government agencies (city/county/state/federal)

How do I find partners?

- [NN/LM Membership Directory](#)
 - <http://nnlm.gov/members/adv.html>
- [2-1-1](#) a free service to help locate local resources
 - <http://www.211.org/>

Provide Information

- Community Health Workers
- Home Health Care workers
- Caregivers
- Long-term Care facilities
- Clinics
- Drug stores
- Places of worship
- Community events

How can libraries help with Medicare?

Libraries can:

- distribute Medicare publications
- host outreach and education events
- assist patrons in accessing Medicare.gov

To learn about how to participate in the CMS National Medicare Training Program:

<http://www.cms.gov/Outreach-and-Education/Outreach-and-Education.html>

Medicare Websites

<http://iasquared.org/>

SMP American Indian and Alaska Native Integration Project



Engaging American Indian and Alaska Native Elders



SMP Medicare Beneficiary Outreach Toolkit



FONT SIZE: + -

<http://www.smpresource.org/>

HOME WHAT SMPs DO MEDICARE FRAUD YOU CAN HELP FAQs RESOURCES FOR SMPs

Protect Yourself and Your Loved Ones from Medicare Fraud

Contact Your Senior Medicare Patrol to Learn How

-- SELECT STATE --

SEARCH



◀ Back

www.SeniorsResourceGuide.com/National/SHIP

Do you have a question for us? [E-mail us now.](#)



Find your State's State Health Insurance Assistance Program (SHIP)

Content Researched & Assembled by the Staff at www.SeniorsResourceGuide.com and www.SeniorsEGuide.com

What is SHIP?

SHIP is a free health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIP's mission is to educate, advocate, counsel and empower people to make informed healthcare benefit decisions. SHIP is an independent program funded by Federal agencies and is not affiliated with the insurance industry.

SHIP Counseling is FREE of charge

State Health Insurance Assistance Programs (SHIPs) provide free help to Medicare beneficiaries who have questions or issues with their health insurance. You can call a counselor or attend a workshop/presentation in your area

A Few Reminders ...

- Some states call their SHIP programs by a different name so we have added a topic called "Program Name."
- Many of the State SHIP websites have calendars listings workshops or 'Medicare Monday' events.
- SHIP Counseling is free of charge.
- If you are calling from out-of-state to a different State note that many of the State's 'Toll Free' numbers are for in-state-use only.
- If you are eligible for Medicare, you are eligible for SHIP Counseling.
- Medicare health and drug plans can change each year in regard to cost, coverage and what providers and pharmacies are in their networks. October 15th to December 7th is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.
- The State Health Insurance Assistance Programs (SHIPs) Website - [Click Here](#)

SHIP Information by State - Updated October 2015

Note that if you find a broken link or incorrect phone number please send us an email so we can correct the information.

Difficult Conversations

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

Health Topics Drugs & Supplements Videos & Tools

Home → Health Topics → End of Life Issues

End of Life Issues

Also called: Death and dying, Terminal care

On this page	Learn More	See, Play and Learn
<ul style="list-style-type: none"> Basics Summary Start Here Latest News 	<ul style="list-style-type: none"> Related Issues Specifics 	<ul style="list-style-type: none"> No links available
Research	Resources	For You
<ul style="list-style-type: none"> Clinical Trials Journal Articles 	<ul style="list-style-type: none"> Reference Desk Find an Expert 	<ul style="list-style-type: none"> Children Patient Handouts

Summary

Planning for the end of life can be difficult. But by deciding what end-of-life care best suits your needs when you are healthy, you can help those close to you make the right choices when the time comes.

End-of-life planning usually includes making choices about the following:

- The goals of care (for example, whether to use certain medicines during the last days of life)
- Where you want to spend your final days
- Which treatments for end-of-life care you wish to receive
- What type of palliative care and hospice care you wish to receive

Advance directives can help make your wishes clear to your family and health care providers.

Start Here

- Advanced Illness: Holding on and Letting Go (Family Caregiver Alliance)
- End of Life (Supporting a Terminally Ill Loved One) (Mayo Foundation for Medical Education and Research)
- End of Life: Helping with Comfort and Care (NIH) (National Institute on Aging)
- End-of-Life Care for People Who Have Cancer (NIH) (National Cancer Institute) Available in Spanish
- Last Days of Life (PDQ) (NIH) (National Cancer Institute) Available in Spanish
- Nearing the End of Life (American Cancer Society) - PDF

Related Health Topics

- Advance Directives
- Bereavement



Starting the Conversation about Health, Legal, Financial and End-of-Life Issues



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Home > Health Topics A-Z > End of Life: Preparing For The End Of Life

In This Topic

- Preparing For The End Of Life
- Addressing Pain
- Addressing Other Signs And Symptoms
- Addressing Mental And Emotional Issues
- Types Of Care
- Places Of Care
- Planning For Care
- Paying For Care
- Handling Health Care Issues
- Support For Caregivers
- When The End Comes
- Coping With Grief
- Research Efforts
- Frequently Asked Questions

Learn More

- Quiz Yourself
- MedlinePlus For More Information
- National Institute On Aging

Related Topics

Preparing For The End of Life

Few of us are comfortable talking about death, whether our own or a loved one's. It is a scary, even taboo, subject for many. The end of a life, no matter how long and well lived, can bring with it a sense of loss and sadness. It can also be a reminder of our own mortality, so we may avoid even thinking about death.

This is normal -- but death is normal, too. All of us will face it at some point.

Defining the End of Life

The end of life and how people die has changed a great deal in the past century. Thanks in large part to advances in public health, medicine, and health care, most Americans no longer die suddenly from injury or infection. Instead, we live longer and, more often than not, die after a period of chronic illness.

As a result, it is hard to know when the dying process begins. Some people pass quickly, while others recover from severe illness several times before death. Even people who are the same age and sex, with the same disease and state of health, are unlikely to reach the end of life at the same time.



We often rely on health care providers to tell us when the end of life is near. But even the most experienced health care provider may find it hard to predict when someone will die. An expert may say the end is within weeks or months, but the dying person slips away much sooner or survives for a year or more.

Preferences for the End of Life

Because the end of life is hard to predict, it is best to plan ahead. You might want to start by asking yourself or a loved one, "What is the best way to plan for the end of life?"

Text Size: A- A A+ ?

end of life
WASHINGTON

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Your life.
Your death.
Your choice.

Save the date!
Tuesday, May 31
Only online!
End of Life Washington
Formerly Compassion and Choices of Washington
Help us reach our 2016 GiveBIG goal of \$50,000!

give BIG
SEATTLE FOUNDATION

Here's how to make your gift even more impactful, thanks to The Seattle Foundation's Stretch Pool Fund and a \$50,000 dollar-for-dollar Match Fund from one of our own supporters:

- \$25 could become over \$52*
- \$250 could become almost \$521*
- \$2500 could become more than \$5200*

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Teaching Health Information on the Internet



Why We Teach Health on the Internet to Older Adults

- Bridge Digital Divide
- Increase confidence
- Increase knowledge of health conditions and healthy lifestyles
- Help people know how to talk to doctors
- Increase skills in evaluating health information resources

Teaching Observations

- Seniors are very hungry for health information
- Seniors are eager to learn
- Learning a new technology may be anxiety producing
- Transportation can be a problem

Teaching Tips

- Provide hands-on practice and repetition
- Use health topics they are interested in (HBP)
- Provide regular access to computers
- Teach small groups, low teacher/student ratio

Teaching Resources

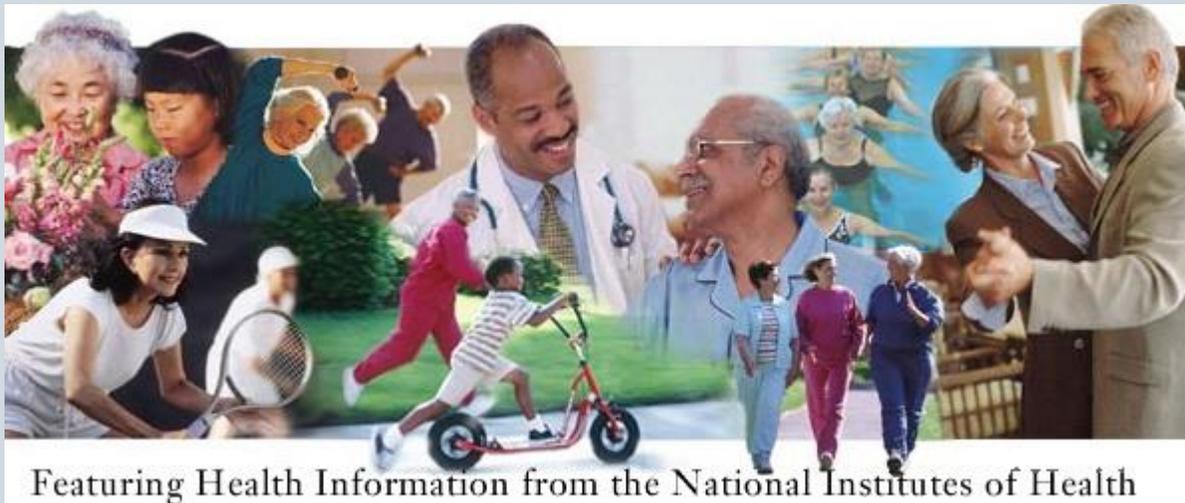
Beanworks: Computers, Older Adults, and Libraries

- Carol Bean, Palm Beach County Library
- Includes mousing tutorials
- Helpful articles
- Other training materials

More Teaching Resources

NIHSeniorHealth: Helping Older Adults Search for Health Information Online:
[A Toolkit for Trainers](http://nihseniorhealth.gov/toolkit/toolkit.html)

- <http://nihseniorhealth.gov/toolkit/toolkit.html>



Featuring Health Information from the National Institutes of Health



ASCLA

The Association of Specialized
and Cooperative Library Agencies

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A DIVISION OF THE AMERICAN LIBRARY ASSOCIATION

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Alzheimer's and Related Dementias

Purpose of Interest Group:

This interest group focuses on creating, disseminating and implementing guidelines for library services to people with Alzheimer's and related dementias. The International Federation of Library Associations (IFLA) has already established such guidelines and they can readily be adapted for use in the United States.

Interest Group Leaders:

Leaders: **Tysha Shay**, tyshas@thelibrary.org; and **Melanie Saulnier**, mdsaulnier@quinnipiac.edu

[Important survey – your input needed](#)

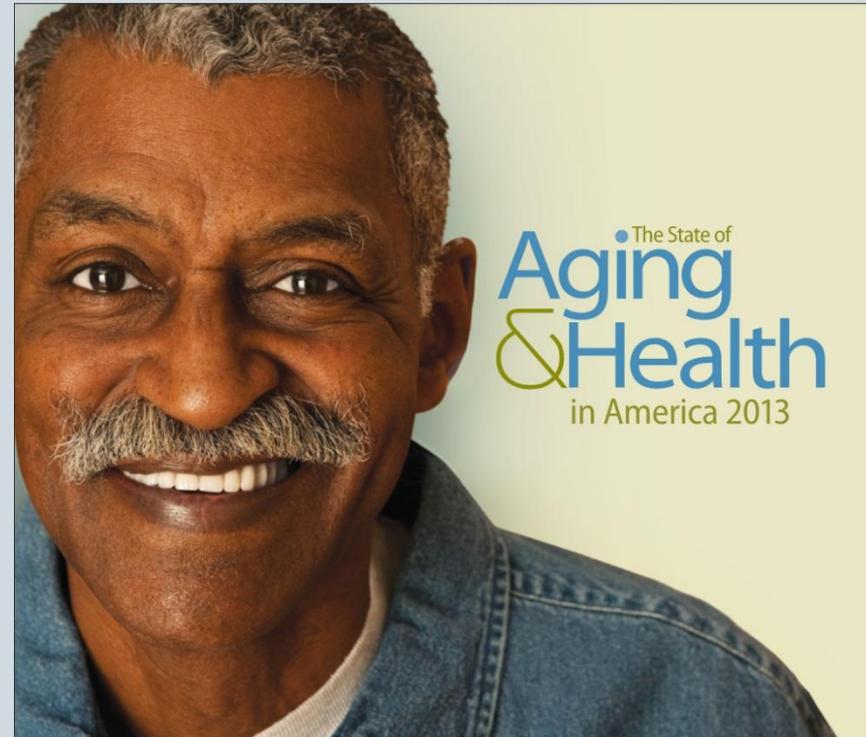
IGARD is in the process of creating standards for library service to persons with dementia. We are seeking input from librarians across the country to document already existing best practices. Please complete this important survey to self-identify if your library is currently offering, or has offered in the past, services/programming directly to members of your community diagnosed with Alzheimer's or another dementia - https://www.surveymonkey.com/s/services_dementia. Thank you in advance for your participation.

Other National Organizations/Potential Partners:

Conference Programs:

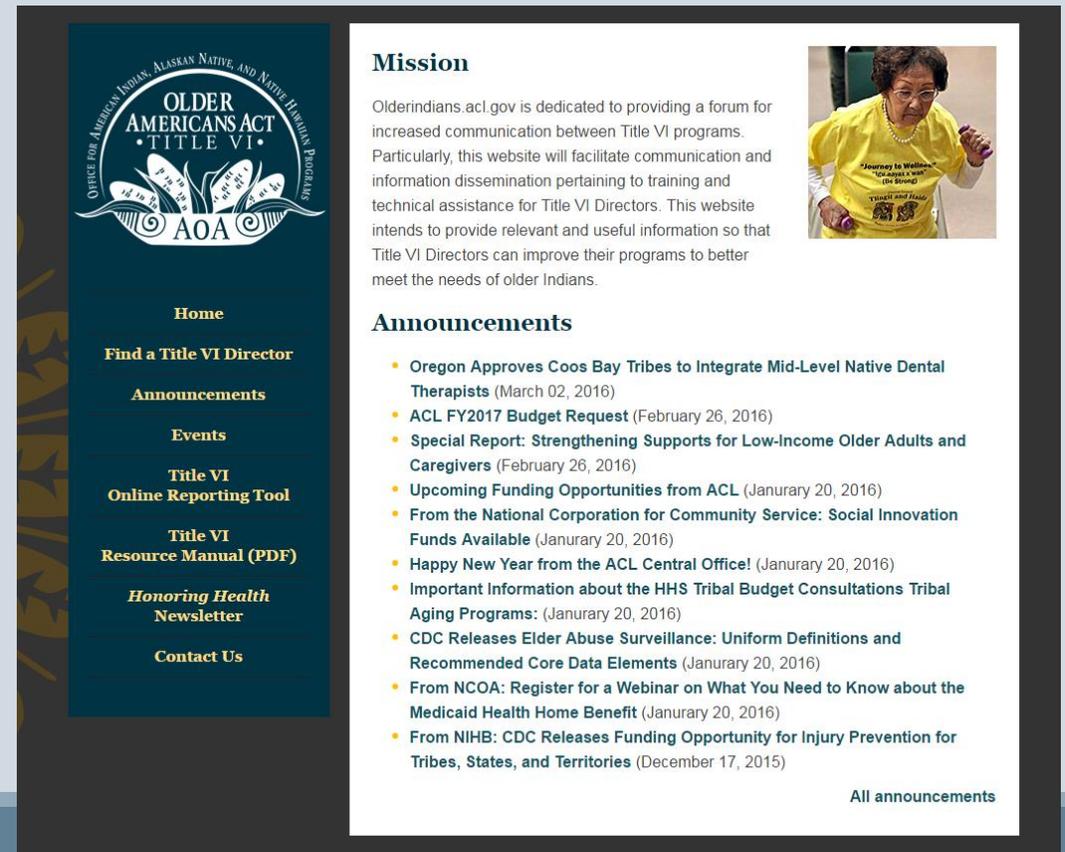
CDC Healthy Aging

- Health Topics
- Data and Statistics
- Reports
- Focus on Prevention



Older Americans Act, Title VI, Older Indians

- Resource manual
- Online Reporting tool
- Events / Webinars



Older Americans Act, Title VI
OFFICE FOR AMERICAN INDIAN, ALASKAN NATIVE, AND NATIVE HAWAIIAN PROGRAMS

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Honoring Health Newsletter
Contact Us

Mission

Olderindians.acl.gov is dedicated to providing a forum for increased communication between Title VI programs. Particularly, this website will facilitate communication and information dissemination pertaining to training and technical assistance for Title VI Directors. This website intends to provide relevant and useful information so that Title VI Directors can improve their programs to better meet the needs of older Indians.



Announcements

- **Oregon Approves Coos Bay Tribes to Integrate Mid-Level Native Dental Therapists** (March 02, 2016)
- **ACL FY2017 Budget Request** (February 26, 2016)
- **Special Report: Strengthening Supports for Low-Income Older Adults and Caregivers** (February 26, 2016)
- **Upcoming Funding Opportunities from ACL** (January 20, 2016)
- **From the National Corporation for Community Service: Social Innovation Funds Available** (January 20, 2016)
- **Happy New Year from the ACL Central Office!** (January 20, 2016)
- **Important Information about the HHS Tribal Budget Consultations Tribal Aging Programs:** (January 20, 2016)
- **CDC Releases Elder Abuse Surveillance: Uniform Definitions and Recommended Core Data Elements** (January 20, 2016)
- **From NCOA: Register for a Webinar on What You Need to Know about the Medicaid Health Home Benefit** (January 20, 2016)
- **From NIHB: CDC Releases Funding Opportunity for Injury Prevention for Tribes, States, and Territories** (December 17, 2015)

[All announcements](#)

↓ **MORE ON THIS TOPIC**

Introduction

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Rural Aging

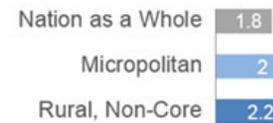
The nation's population is aging, and with that change comes increased healthcare needs. According to the Centers for Disease Control and Prevention report, [The State of Aging and Health in America 2013](#), the population 65 years and older is expected to double over the next 25 years, due to longer life spans and the large number of baby boomers reaching retirement age. The report identifies chronic disease as a burden on older adults that impacts both quality of life and healthcare costs.

On average, rural populations are older than populations in other parts of the country. Populations of older adults increase by level of rurality:

Percent of Population 65 and Over



Percent of Population 85 and Over



Source: Geographic Comparison Tables [0103](#) and [0104](#), 2009-2013 American Community Survey 5-Year Estimates

This map, based on 2010 Census Data, shows the percent of the population over 65 by county:

Last Reviewed: 7/7/2015



RELATED TOPICS

- [Home Health](#)
- [Hospice and Palliative Care](#)
- [Long-Term Care Facilities](#)
- [Medicare](#)



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The Consumer Health Reference Interview and Ethical Issues

- Provide welcoming safe environment
- Be aware of the person asking the question, but don't make assumptions
- Get as much information as possible
- Verify medical terminology in a medical dictionary or encyclopedia
- Be aware of the limitations of medical information
- Provide the most complete information to answer the information request
- Do not interpret medical information or provide advice
- Provide referrals



News & Announcements

- » [Dragonfly](#) (PNR blog)
- » [Bringing Health Information to the Community](#) (BHIC blog)
- » [PNR Rendezvous](#) Join our free monthly webcast series on **September 16**.
- » [PNR Partners](#) Join our webinar series showcasing the work of our funding recipients **September 10**.
- » [PNR Calendar](#)
- » [HLIB-NW Discussion List](#)
- » [NLM Technical Bulletin](#)
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National Network of Libraries of Medicine (NN/LM) Pacific Northwest Region

MEMBERSHIP- FREE



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

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Funding Opportunities and Resources

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- [PNR Awards 2011 - 2016](#)
- [PNR Projects Funded 2006 - 2011](#)
- [PNR Projects Funded 2011 - 2016](#)
- [Grants and Support from the National Library of Medicine](#)

PNR Awards 2011 - 2016

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

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

FUNDING

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

Provide Outreach

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

What NN/LM PNR Can Do For You

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

OUTREACH & TRAINING

DOCLINE

Three times a year, we
Pacific Time and last on
Wednesday, September

SHARING:

- What tips do you have for training seniors with online health information or online information in general?
- Any programs or ideas you want to share?

Questions?



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Consumer Health Coordinator

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National Network of Libraries of Medicine
Pacific Northwest Region