Access from any device!
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Healthy Recipes
MedlinePlus Healthy Recipes is a great collection of easy recipes that show you how to prepare tasty, healthy meals that help you develop a healthy eating pattern. Try out a variety of these recipes to include as part of your healthy lifestyle.

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About MedlinePlus
MedlinePlus is the National Institutes of Health’s (NIH) website for patients and their families and friends. Produced by the National Library of Medicine (NLM), the world’s largest medical library, MedlinePlus provides information about diseases, conditions, and wellness topics in language you can understand. MedlinePlus offers reliable, up-to-date health information—anytime, anywhere, at no cost. There is no advertising on the site, nor does MedlinePlus endorse any company or product.

Need help?
Librarians can help find health information for patients and professionals. To identify a local library, visit https://nnlm.gov/members/directory.
The National Network of Libraries of Medicine (NNLM), an outreach program of NLM, provides assistance and training nationwide. Contact the NNLM by visiting https://nnlm.gov/.

Learn more about
Diseases, illnesses, health conditions, and wellness topics
Symptoms, causes, treatment, and prevention
Side effects and precautions for drugs and herbs
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MedlinePlus provides users with information to better understand their health and diagnosed disorders. Consult with a qualified physician for diagnosis and answers to your personal questions.

What can I find on MedlinePlus?

Health Topics
Read about symptoms, causes, treatment, and prevention for over 1,000 diseases, illnesses, and health conditions

Drugs, Herbs, and Supplements
Learn about prescription drugs, over-the-counter medicines, dietary supplements, and herbal remedies

Health Videos
Watch health videos on topics such as anatomy, body systems, and medical procedures

Medical Tests
Learn about medical tests, including what the tests are used for, why a doctor may order a test, how a test will feel, and what the results may mean

Medical Encyclopedia
More than 4,000 articles about diseases, tests, injuries, and surgeries, including an extensive library of photographs and illustrations

Health Check Tools and Games
Check your knowledge and health status with quizzes, self-assessments, decision guides, and interactive, educational games

Easy-to-Read Materials
Health information in plain language

Multiple Languages
Health information in over 60 languages

And much, much more!