Guided Tour of MedlinePlus Health Information

Catherine W. Carr

University of Massachusetts Medical School, catherine.carr@umassmed.edu

Follow this and additional works at: http://escholarship.umassmed.edu/lib_articles

Part of the Information Literacy Commons, and the Public Health Education and Promotion Commons

This work is licensed under a Creative Commons Attribution 4.0 License.

Repository Citation


http://escholarship.umassmed.edu/lib_articles/190

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Library Publications and Presentations by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
Guided Tour of MedlinePlus Health Information

Catherine Carr, MLIS
Education & Clinical Services Librarian
The Lamar Soutter Library
UMass Medical School, Worcester
catherine.carr@umassmed.edu

Summer 2015
National Library of Medicine

http://nlm.nih.gov

Part of the National Institutes of Health

Creator of PubMed.gov, MedlinePlus.gov
and many other useful health information resources!!!
Where do you get your health information?
Where do people find health information?

- Health professional = 71%
- Friend or family member = 55%
- Others with the same health condition = 21%
- Looked online = 59%
- Consulted online reviews of drugs/treatment = 24%
- Consulted online ranking of doctors = 16%

Source: Pew Internet and American Life Project,
The Social Life of Health Information, June 2011
MEDICAL STUDIES INDICATE

MOST PEOPLE SUFFER

A 68% HEARING LOSS WHEN NAKED.

GETTING THE MOST OUT OF A VISIT TO THE DOCTOR'S OFFICE

Take a friend, someone who will help you remember important information.

Educate yourself. Seek trustworthy information about illnesses or conditions that affect you.

Be up-front. Tell your doctors everything, or they might miss something important.

You have to ask in order to receive. If you want answers, you have to ask questions.

At United Health Foundation, we believe that the more you know, the healthier you will be. Which is why we partnered with the NATIONAL HEALTH COUNCIL to bring you these important health tips. We encourage you to get more involved in your care, to seek out information and to always make sure that the information you use comes from a reliable, evidence-based source. To find out more on this and other important topics, visit healthtips.org.

United Health Foundation
Fill in the blanks

One out of ? American adults reads at the 5th grade level or below.

one out of 5

The average American reads at the 8th to 9th grade level, yet most health care materials are written above the ? grade level.

10th grade

Ask questions. Prioritize questions.
Tracking health

- Seven in ten U.S adults track a health indicator for themselves or a loved one.
- People living with chronic conditions are significantly more likely to track a health indicator or symptom.
- Tracking can affect someone’s overall approach to health.
- Tracking has had a significant impact on people living with chronic condition.

Source: Pew Internet
Health Literacy Needs Change with each Life Stage
MedlinePlus

http://medlineplus.gov

- Health information for patients, families, and patient education
- 900 + health topics
- English, Spanish and 40 other languages
- Drug and supplements
- Videos
- Health news
- Medical dictionary / encyclopedia
- Magazine
- Easy-to-read information
- Directories and organizations
Probiotics are microorganisms that some have claimed provide health benefits when consumed. The term probiotic is currently used to name ingested microorganism associated with beneficial effects to humans and animals. [Wikipedia]
Results 1 - 10 of 92 for probiotics

1. Oral Probiotics NIH (National Center for Complementary and Alternative Medicine)
   Read our disclaimer about external links Menu Oral Probiotics: An Introduction On this page: Introduction Key Points ... will help ensure coordinated and safe care. Top Probiotics, Prebiotics, and Symbiotics Probiotics are not the same ... nccam.nih.gov/health/probiotics/introduction.htm - Drugs and Supplements

2. Time to Talk: 5 Things to Know about Probiotics NIH (National Center for Complementary and Integrative Health)
   5 Things To Know About Probiotics Probiotics are live microorganisms (e.g., bacteria) that are either the same as or similar to microorganisms found naturally in the ... ncc.nih.gov/health/tips/probiotics - External Health Links

3. Could Probiotics Be the Next Big Thing in Acne and Rosacea Treatments? (American Academy of Dermatology)
   Dermatologists encouraged by early research showing link between probiotic use and clearer skin in acne and rosacea patients OVERVIEW. In recent years, probiotics have become synonymous with helping maintain good digestive ... www.aad.org/...next-big-thing-in-acne-and-rosacea-treatments - External Health Links

4. Irritable Bowel Syndrome and Complementary Health Practices NIH (National Center for Complementary and Integrative Health)
   different species, strains, preparations, and doses. More on probiotics IBS patients given probiotics did no better than ... bowel syndrome. BMJ. 2008;335(7651):999–1003. Probiotics Francavilla R, Miniello V, Magistà AM, et al. ... ncc.nih.gov/health/digestive/IrritableBowelSyndrome.htm - External Health Links
Evaluating Health Information

- Accuracy
- Authority
- Bias
- Currency
- Coverage
- User-friendliness

http://trustortrash.org
Many factors affect your health. Some you cannot control, such as your genetic makeup or your age. But you can make changes to your lifestyle. By taking steps toward healthy living, you can help reduce your risk of heart disease, cancer, stroke and other serious diseases:

- Get the screening tests you need
- Maintain a healthy weight
- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active
- Control your blood pressure and cholesterol
- Don’t smoke
- Protect yourself from too much sun
- Drink alcohol in moderation, or don’t drink at all

Agency for Healthcare Research and Quality

(Read more)
Share MedlinePlus
Vivir saludablemente
Otros nombres: Prevenir enfermedades

Introducción

Muchos factores afectan su salud. Algunos no se pueden controlar, como la constitución genética o la edad. Pero usted puede modificar su estilo de vida. Al iniciar acciones hacia una vida saludable, usted ayuda a reducir su riesgo de enfermedad cardíaca, cáncer, derrame cerebral y otras enfermedades serias. Por ejemplo:

- Consulte a un médico para realizarse chequeos periódicos, no solamente cuando se enferme
- Mantenga un peso saludable
- Consuma alimentos sanos y variados y limite las calorías y las grasas saturadas
- Haga actividades físicas
- Controle su presión arterial y el colesterol
- Deje de fumar
- Protejase del exceso de sol
Breast cancer affects one in eight women during their lives. Breast cancer kills more women in the United States than any cancer except lung cancer. No one knows why some women get breast cancer, but there are a number of risk factors. Risks that you cannot change include

- **Age** - the chance of getting breast cancer rises as a woman gets older
- **Genes** - there are two genes, BRCA1 and BRCA2, that greatly increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested.
- **Personal factors** - beginning periods before age 12 or going through menopause after age 55

Other risks include being overweight, using hormone replacement therapy (also called menopausal hormone therapy), taking birth control pills, drinking alcohol, not having children or having your first child after age 35 or having dense breasts.

Symptoms of breast cancer may include a lump in the breast, a change in size or shape of the breast or discharge from a nipple. Breast self-exam and mammography can help find breast cancer early when it is most treatable. Treatment may consist of radiation, lumpectomy, mastectomy, chemotherapy and hormone therapy.

Men can have breast cancer, too, but the number of cases is small.

NIH: National Cancer Institute
Health Information in Multiple Languages

Use these links to find health information in languages other than English. See our quality guidelines for how we select the links on these pages.

Browse information in multiple languages by health topic.

Amharic (amarunya)
Arabic (العربى)
Armenian (երեբակ)
Bengali (Bangla)
Bosnian (Bosanski)
Burmese (myanmara)
Chamorro (chamoru)
Chinese - Simplified (简体中文)
Chinese - Traditional (繁體中文)
Chuukese (Trukese)
Croatian (Hrvatski)
Farsi (فارسی)
French (français)
German (Deutsch)
Gujarathi (ગુજરાતી)
Haitian Creole (Kreyol)
Hindi (हिंदी)
HealthReach
Example: Multilingual Health Information
Good Mental Health is Ageless
Vietnamese, SAMSHA
Appendectomy

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea and vomiting. If the appendix bursts, it can make you very sick.

There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 3 or 4 small incisions are made in the abdomen. The doctor uses a camera and tools through the small incisions to remove the appendix. With this type of surgery, you may recover faster, have less pain, less scarring, fewer wound problems and often spends less time in the hospital.

Apendicectomia

A apendicectomia é a cirurgia para a retirada do apêndice. O apêndice é uma pequena bolsa acoplada ao intestino grosso. Às vezes, o apêndice é bloqueado, o que o faz infectar e inchar. Os sintomas de infecção no apêndice são dor na parte inferior direita do abdômen, febre, inapetência, náusea e vômitos. Se o apêndice romper, as consequências podem ser graves.

Há duas maneiras de fazer esta cirurgia:

- **Apendicectomia aberta** – Uma única incisão é feita no abdômen. O cirurgião removerá o apêndice através desta incisão maior.
- **Apendicectomia laparoscópica** – São feitas três ou quatro pequenas incisões no abdômen. O cirurgião utiliza uma câmera e instrumentos através das pequenas incisões para remover o apêndice. Este tipo de cirurgia permite que você tenha uma recuperação mais rápida, sinta menos dor, as cicatrizes são menores, há menos problemas associados à cicatrização e na maioria das vezes representa menos tempo no hospital.
How to find multilingual information on MedlinePlus.gov
Cataract - adult

A cataract is a clouding of the lens of the eye.

Causes

The lens of the eye is normally clear. It acts like the lens on a camera, focusing light as it passes to the back of the eye.

Until a person is around age 45, the shape of the lens is able to change. This allows the lens to focus on an object, whether it is close or far away.

As a person ages, proteins in the lens begin to break down. As a result, the lens becomes cloudy. What the eye sees may appear blurry. This condition is known as a cataract.

Factors that may speed cataract formation are:
This photograph shows a cloudy white lens (cataract) over the pupil. Cataracts are a leading cause of decreased vision in older adults, but children may have congenital cataracts. With surgery, the cataract can be removed, a new lens implanted, and the person can usually return home the same day.

The eye is the organ of sight, a nearly spherical hollow globe filled with fluids (humors). The outer layer or tunic (sclera, or white, and cornea) is fibrous and protective. The middle tunic layer (choroid, ciliary body and the iris) is vascular. The innermost layer (the retina) is nervous or sensory. The fluids in the eye are divided by the lens into the vitreous humor (behind the lens) and the aqueous humor (in front of the lens). The lens itself is flexible and suspended by ligaments which allow it to change shape to focus light on the retina, which is composed of sensory neurons.
Cataratas en adultos

Una catarata es una opacidad del cristalino del ojo.

Causas

El cristalino del ojo normalmente es transparente y actúa como una lente en una cámara, enfocando la luz a medida que ésta pasa hasta la parte posterior del ojo.

Hasta los 45 años de edad aproximadamente, la forma del cristalino es capaz de cambiar. Esto permite que el cristalino enfoque sobre un objeto, ya sea que esté cerca o lejos.

A medida que una persona envejece, las proteínas en el cristalino comienzan a descomponerse. En consecuencia, éste se torna opaco. Lo que el ojo ve puede aparecer borroso. Esta afección se conoce como catarata.
Cataracts - what to ask your doctor

You are having a procedure to remove a cataract. A cataract occurs when the lens of the eye becomes cloudy and starts to block vision. Removing the cataract can help improve your vision.

Below are some questions you may want to ask your doctor or nurse to help you take care of your eye after surgery.

Questions

What is a cataract?

How will cataract surgery help my vision?

- If I have cataracts in both eyes, can I have surgery on both eyes at the same time?
- How long after surgery before I notice my vision is better?
- Will I still need glasses after surgery? For distance? For reading?

How do I get ready for surgery?

- When do I need to stop eating and drinking before surgery?
- Should I have a check up with my regular doctor before surgery?
- Do I need to stop taking or change any of my medicines?
- What else do I need to bring with me on the day of surgery?

What happens during cataract surgery?

- How long will the surgery take?
Drugs, Herbs and Supplements

Drugs

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

Browse by generic or brand name:

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

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

Herbs and Supplements

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

All herbs and supplements

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland; Copyright © 2015. All Rights Reserved.
Medicinas, hierbas y suplementos

Medicinas
Aprenda sobre sus medicamentos de receta y de venta libre incluyendo efectos secundarios, dosis, precauciones especiales y mucho más.

Busque por marca o nombre genérico
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0-9

Hierbas y suplementos
Hoye información sobre suplementos dietarios y hierbas para aprender sobre su efectividad, dosis e interacciones con otras medicinas.

Todas las hierbas y suplementos

AHFS® Consumer Medication Information provee información sobre centenares de medicinas de receta y venta libre y es propiedad de la American Society of Health-System Pharmacists, Inc., Bethesda, Maryland. Está protegida por la ley de derechos de autor. Copyright© 2015. Todos los derechos reservados.
Zolpidem
pronounced as (zol' pi dem)

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

Zolpidem

¿Para cuáles condiciones o enfermedades se prescribe este medicamento?
¿Cómo se debe usar este medicamento?
¿Qué otro uso se le da a este medicamento?
¿Cuáles son las precauciones especiales que debo seguir?
¿Qué dieta especial debo seguir mientras tomo este medicamento?
¿Qué tengo que hacer si me olvido de tomar una dosis?

¿Cuáles son los efectos secundarios que podría provocar este medicamento?
¿Cómo debo almacenar o desechar este medicamento?
¿Qué debo hacer en caso de una sobredosis?
¿Qué otra información de importancia debería saber?
Marcas comerciales
Omega-3 Fatty Acids
pronounced as (oh may' ga)

Why is this medication prescribed?

Omega-3 fatty acids are used together with lifestyle changes (diet, weight-loss, exercise) to reduce the amount of triglycerides (a fat-like substance) in the blood in people with very high triglycerides. Omega-3 fatty acids are in a class of medications called antilipemic or lipid-regulating agents. Omega-3 fatty acids may work by decreasing the amount of triglycerides and other fats made in the liver.

How should this medicine be used?

Prescription omega-3 fatty acids such as omega-3-acid ethyl esters (Lovaza, Omytrig), icosapent ethyl esters (Vascepa), and omega-3-carboxylic acids (Epanova) come as a liquid filled gel capsule to take by mouth. Epanova is usually taken once daily with or without food. Lovaza is usually taken one or two times a day with or without food. Omytrig is usually taken one or two times a day with food. Vascepa is usually taken two times a day with food. Nonprescription omega-3 fatty acids come as gel capsules to take by mouth as directed on the package label. Take omega-3 fatty acids at around the same time(s) every day. Follow the directions on your prescription label or on the package carefully, and ask your doctor or pharmacist to explain any part you do not understand. Take omega-3 fatty acids exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

Swallow the capsules whole; do not split, crush, chew, or dissolve them. If you cannot swallow capsules whole, tell your doctor.
Videos & Tools

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

Health Videos
View videos of anatomy and body systems and how diseases and conditions affect them.

Surgery Videos
Find videos of operations and surgical procedures.

Health Check Tools
Check your health with interactive calculators, quizzes and questionnaires.

Games
Boost your health knowledge by playing interactive health games.

Today's Health News Video:
Menopausal Hormone Therapy
Thursday, June 4
Transcript.

For closed captioning, click the CC button on the lower right-hand corner of the player. Video player keyboard shortcuts.

Search all Videos & Tutorials
Search all Videos & Tutorials

Understanding Medical Words
Evaluating Health Information
To Your Health: NLM update
NIHSeniorHealth Videos

Get email updates   Subscribe to RSS   Follow us on Twitter
Vídeos y multimedia

Vea videos de temas de salud como anatomía y procedimientos quirúrgicos. Desafíe su conocimiento con los tutoriales interactivos y juegos. Controle su salud usando calculadoras y cuestionarios.

Vídeos de salud
Vea videos de anatomía y partes del cuerpo y cómo las enfermedades o condiciones las afectan.

Vídeos de procedimientos quirúrgicos
Encuentre videos de operaciones y procedimientos quirúrgicos.

Herramientas para evaluar la salud
Compruebe el estado de su salud usando calculadoras y cuestionarios interactivos.

Juegos
Aumente su conocimiento de la salud con estos juegos interactivos.
Surgery Videos

Videos de procedimientos quirúrgicos

Esta página proporciona enlaces a vídeos via Internet (webcasts) probados de procedimientos quirúrgicos. Estos muestran cirugías reales que han sido llevadas a cabo en centros médicos de los Estados Unidos. Por favor, tenga en cuenta que, a pesar de que el webcast dice que sí, usted no puede enviar mensajes electrónicos porque usted no está viendo estos videos en vivo.


Los videos se abren en una nueva ventana. Si usted tiene un pop-up blocker, usted necesita desactivarlo para ver estos programas.
Health Videos

These animated videos show the anatomy of body parts and organ systems and how diseases and conditions affect them.

- Allergies
- Alzheimer's disease
- Arrhythmias
- Atherosclerosis
- Athetosis resulting from basal ganglia injury
- Balloon angioplasty - short segment
- Bladder function - neurological control
- Blinking
- Blood clotting
- Heartburn
- Herniated nucleus pulposus (slipped disk)
- Hypertension - overview
- Immune response
- Intracytoplasmic sperm injection
- Kidney stones
- Liposuction
- Lymph nodes
- Lymphatics and the breast
- Macular degeneration
Health Check Tools

Videos & Tools

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

Health Videos
View videos of anatomy and body systems and how diseases and conditions affect them.

Surgery Videos
Find videos of operations and surgical procedures.

Health Check Tools
Check your health with interactive calculators, quizzes and questionnaires.

Games
Boost your health knowledge by playing interactive health games.
Games

Videos & Tools
Watch health videos on topics such as anatomy and body systems, surgical procedures, tutorials and games. Check your health with calculators and quizzes.

Health Videos
View videos of anatomy and body systems and how diseases and conditions affect them.

Surgery Videos
Find videos of operations and surgical procedures.

Health Check Tools
Check your health with interactive calculators, quizzes and questionnaires.

Games
Boost your health knowledge by playing interactive health games.

ARTIFICIAL ANATOMY
How well do you know your anatomy?
Play Artificial Anatomy’s Body Parts to test your retention.

Here’s how you play.
When you see a mystery image on the left of your screen, you’ll be prompted to identify the body part. Use your mouse to find and select the proper body part from the full cycle anatomical model. Don’t forget to look for additional answers by turning around. There are 10 parts in all. How many parts can you place.

Let’s go!

* Win Century

DISASTER MASTER
Help the Disaster! Did you know that you to be a hero for physicians and earn points to test your knowledge? Our main character could be you! You can help disaster victims in their time of need and achieve a high score as a disaster master! Find out what it is that makes you score higher. Level 1: Wildfire
Level 2: Tornado
Level 3: Hurricane/Extremet Jeep
Level 4: Firefighter
Level 5: The Hot Seat

Write down the password at the end of each game to unlock the next level.
Spanish Health Check Tool

My Family Health Portrait
A tool from the Surgeon General

Al usar El Retrato de mi Salud Familiar usted puede:

- Preparar su historia familiar de salud.
- Imprimir su historia familiar de salud para compartirla con su familia o el personal médico.
- Archivar la historia familiar de salud de miembros de su familia y actualizarla cuando quiera.

¡Hablar con el personal médico sobre nuestra historia familiar de salud puede ayudarnos a mantenernos saludables!

Aprenda más sobre El Retrato de mi Salud Familiar.

- Crear una historia familiar de salud
- Usar una historia familiar archivada
- In English
- Em Português
- In Italiano
A quarterly publication of the Friends of the National Library of Medicine. Get a free subscription!
In Spanish too!
Cómo mantenerse saludable

Casualmente al final de las misiones de procesamiento del cerebro, al disminuir los años, se están haciendo pasos para determinar la forma en que el envejecimiento, tanto físico como mental, puede ayudar a manejar la píldora de ciertas habilidades cognitivas.

Visitó a un asistente y al llegar a los 40 años, se les va más difícil escribir bien de ojo, les personas mayor de 60 suelen sufrir trastornos como la fatiga y la depresión. Por eso es necesario hacerse exámenes médicos para descartar también la presencia de disfunciones de la visión. La píldora de la visión, que se ve en el cuerpo, puede atenuarla con audiciones especiales.

El caso en cuestión, deja el cigarrillo; no lo hizo, no lo ha hecho; ahora ha salido y comienza su paso, a fin de evitar los problemas de salud y enfermedades crónicas.

Revisar psicológicamente y reducir al mínimo los problemas de salud, es lo que debe hacer un adulto, y que sus amigos y familiares, por ello, es necesario tratar de mantener relaciones y relaciones familiares, para tener una vida social activa. Ayudar al paciente, que se deba a su edad, a que la actividad física sea una actividad que se realice en el entorno y no debe ser una suposición de enfermedades.

Alimentos y sal: Se aconseja mantener la higiénica del cuerpo y el cuerpo de los ojos al día.

Palabras como el ejercicio de arte, practicado con regularidad, ayuda a aliviar su capacidad psíquica y a que el cuerpo pueda causar enfermedad psicológica crónica (EPIC) y cáncer.

Dietas: con una ciencia en grados e integraciones, ventajas y beneficios, se facilita la digestión se reduce la posibilidad de sufrir de artrosis, gastritis, estreñimiento y otros signos de estrés, a partir de los 50 años, se recomienda hacerse una colonoscopia regularmente. Además, es aconsejable beber agua para ayudar al sistema de digestión.

Sistema hormonal: es necesario estar alerta de que, en algunos casos, se producen desequilibrios hormonales que pueden afectar a nuestro sistema, como el hipotiroidismo, la hipertensión, la osteoporosis, las caídas, la osteoporosis y otras lesiones. Hable con su proveedor de servicios de salud sobre cualquier cambio en su cuerpo.

Humedad y temperatura: ciertos hábitos nocivos, como el tabaquismo y el consumo de alcohol, pueden afectar a los sistemas de su cuerpo, la dieta regular y el ejercicio, la salud y el tratamiento, aplicaciones de color o áreas afectadas, actividades física, suplementos de calcio y, en última instancia, una operación.

Sistema ortopédico: el esqueleto y las articulaciones, ciertas enfermedades como la artritis reumatoide, el cáncer óseo, producen inflamación e infección en las articulaciones, mientras que la osteoporosis puede debilitar los huesos. Además, es importante que los ejercicios, se realicen con la supervisión de un profesional, los dobletes musculares y la tensión, para que se acomoden a sus ejercicios, en primer lugar, la espinilla, la articulación y en última instancia, una operación.

Sistema reproductivo: la mujer mayor puede sufrir de dolores de cabeza, dolores de espalda, dolor en las extremidades y en última instancia, ciertas intervenciones quirúrgicas que puedan requerir inyecciones en estos casos.

Sistema endocrino: los hombres mayores pueden sufrir de diabetes, diabetes del tipo 2, diabetes del tipo 1, así como el cáncer de próstata, el cáncer de programa, el cáncer de ovarios, el cáncer de mama, el cáncer de páncreas, el cáncer de hígado, el cáncer de pulmón, el cáncer de ovario, el cáncer de esófago, el cáncer de colon, el cáncer de riñón, el cáncer de páncreas, el cáncer de esófago, el cáncer de colon, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mama, el cáncer de pulmón, el cáncer de vejiga, el cáncer de próstata, el cáncer de útero, el cáncer de mam
Office Workers, On Your Feet!
Report calls for at least 2 hours a day standing on the job

By Mary Elizabeth Dallas
Tuesday, June 2, 2015

TUESDAY, June 2, 2015 (HealthDay News) -- Desk jockeys should make a point to stand up for at least two hours during the workday in order to avoid the negative health consequences linked to too much sitting, new research suggests.

Gradually break up periods of prolonged sitting until you're on your feet four hours a day, advises a panel of international experts. Aside from taking regular walks throughout the workday, desk-bound employees can opt for sit-stand desks or workstations that require them to stand.

The recommendations are based on an analysis of research that links prolonged periods spent seated with a heightened risk of serious illness and premature death.

"The evidence is clearly emerging that a first behavioral step could be simply to get people standing and moving more frequently as part of their working day," the study authors reported online June 1 in the British Journal of Sports Medicine.

Increasing the amount of time that people stand could be a more achievable goal than encouraging more daily exercise, the researchers said in a journal news release.

The report was commissioned by Public Health England, which is an agency of the U.K. Department of Health, and another British organization, Active Working Community Interest Company.
HealthDay News Videos

High Heel Dangers
HealthDay News Video - May 29, 2015

For closed captioning, click the CC button on the lower right-hand corner of the player.

Video player keyboard shortcuts
Directories

MedlinePlus provides links to directories to help you find libraries, health professionals, services and facilities. NLM does not endorse or recommend the organizations that produce these directories, nor the individuals or organizations that are included in the directories.

Libraries

Find a Library

Doctors and Dentists--General

AMA Physician Select: Online Doctor Finder (American Medical Association)
DocFinder (Administrators in Medicine)
Find a Dentist (Academy of General Dentistry)
Medicare: Physician Compare (Centers for Medicare & Medicaid Services)

Hospitals and Clinics--General

Compare Hospitals (Leapfrog Group)
Find a Doctor (TRICARE Management Activity)
HRSA: Find a Health Center (Health Resources and Services Administration)

Doctors and Dentists--Specialists

American Osteopathic Association D.O. Database (American Osteopathic Association)
ASGE: Find a Doctor (American Society for Gastrointestinal Endoscopy)
Cancer Genetics Services Directory (National Cancer Institute)
Expert Locator: Immunologists (Jeffrey Modell Foundation)
Find a Cancer Doctor (American Society of Clinical Oncology)
Find a Dermatologic Surgeon (American Society for Dermatologic Surgery)
MedlinePlus Responsive Design
Add MedlinePlus to Your Site
Copy Code from the About Us Page

Get code from the MedlinePlus Widget Page:

You can use the following text to describe MedlinePlus:

MedlinePlus directs you to information to help answer health questions. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. MedlinePlus also contains extensive information about drugs and supplements, an illustrated medical encyclopedia, interactive tutorials, the latest health news, and surgery videos.
Drug Information Portal

- A gateway to selected drug information in NLM and other US government agencies
- Includes information on more than 31,000 drugs
- Links to ClinicalTrials.gov, PubMed, TOXLINE, and MedlinePlus
Drug Information Portal
Lamar Soutter Library at
University of Massachusetts Medical School
http://library.umassmed.edu/

and Homer Gage Library at Memorial
Make MedlinePlus.gov your first choice for online health information

http://medlineplus.gov
Thank You!

With appreciation for sharing her slides:
Michelle Eberle
Health Literacy & Community Engagement Coordinator
National Network of Libraries of Medicine, New England Region

Catherine Carr, MLIS
Education & Clinical Services Librarian
Lamar Soutter Library, UMass Medical School
Catherine.carr@umassmed.edu

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. #HHS-N-276-2011-0001C with the University of Massachusetts Medical School.