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 Library and Information Science 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 UHFtips.org.
One out of _5_ 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 _10th_ grade level.

**10th grade**

Ask questions. Prioritize questions.

Question Builder

Be prepared for your next medical appointment. Create a list of questions that you can take with you whether you are getting 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 Getting or Changing a Medicine

Print your questions or use the Back button below to change your list before printing.

My Top Questions

- How long do I need to take the medicine?
- Are there side effects?
- Should I stop taking any of my other medicines or vitamins?
- What should I do if I forget to take my medicine?
- What should I do if I accidentally take more than the recommended dose?
- Is there written information I can have?

Additional notes:
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
National Library of Medicine

http://nlm.nih.gov
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 Synbiotics 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 ...
   nccih.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 ...

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, Minnieri V, Magistà AM, et al. ...
   nccih.nih.gov/health/digestive/IrritableBowelSyndrome.htm - External Health Links
Evaluating Health Information

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

http://trustortrash.org
Healthy Living

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)
Página Principal → Temas de salud → Vivir saludablemente

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
- Protéjase del exceso de sol

Reciba actualizaciones sobre
Vivir saludablemente por email

Temas de salud relacionados
Ejercicio y estado físico
Enfermedades del corazón: Prevención
Summary

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.

NHI: 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 (العربي)
Armenian (Հայերեն)
Bengali (Bangla)
Bosnian (Bosanski)
Burmese (myanmar)
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
Portuguese Health Information on MedlinePlus.gov (over 75 topics)

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

Hierbas y suplementos

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

AHFS® Consumer Medication Information proviene 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

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
Videos y multimedia

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

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

Videos 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.
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
- Atherosclerosis 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 procedures, 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.
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

Cabezas el bien al inicio de las funciones de procesamiento del cerebro declinan con los años, se está teniendo que averiguar por qué. Hasta el día de hoy, la ciencia no ha encontrado una cura para este problema. Sin embargo, se ha encontrado que el ejercicio físico regular y una alimentación saludable pueden ayudar a retardar el deterioro cognitivo asociado con el envejecimiento.

El ejercicio físico es una herramienta poderosa para mantener el cerebro saludable. Los beneficios del ejercicio físico para el sistema nervioso incluyen:

1. Mejora la memoria y la atención:
   El ejercicio físico puede ayudar a mejorar la memoria y la atención, lo que es especialmente importante para personas mayores que están aprendiendo nuevas habilidades o trabajando en proyectos complicados.

2. Reducción del riesgo de enfermedades mentales:
   El ejercicio físico puede reducir el riesgo de enfermedades mentales, como la demencia y el Alzheimer, al prevenir la pérdida de tejido cerebral y mejorar la salud del cerebro.

3. Mejora la piel e integridad física:
   El ejercicio físico puede mejorar la piel e integridad física, lo que a la vez mejora la autoestima y la autoconfianza.

4. Mejora la salud cardiovascular:
   El ejercicio físico puede mejorar la salud cardiovascular, lo que a la vez mejora la salud general y la longevidad.

5. Mejora el sueño:
   El ejercicio físico puede mejorar el sueño, lo que a la vez mejora la calidad de vida y la salud general.

Es importante recordar que el ejercicio físico debe ser parte integral de una dieta saludable y una vida activa. Además, es importante que los adultos mayores consulten con sus médicos antes de empezar un programa de ejercicio físico, para asegurarse de que el ejercicio sea seguro y adecuado para su condición de salud actual.

En resumen, el ejercicio físico es una herramienta poderosa para mantener el cerebro saludable y mejorar la calidad de vida en los años de vejez. Es importante que los adultos mayores se mantengan activos y saludables, lo que a la vez mejora la salud general y la longevidad.

---

NIH MedlinePlus Salud Magazine

Helping You Age Well

BRAIN: Processing speed slows with age, but mental and physical exercises are being tested to see how this might slow age-related declines in certain thinking skills.

EYES & EARS: At about 40, ability to see close up declines. Cataracts and glaucoma are common in those over 60. Get eye exams to check for both and macular degeneration. Hearing aids can help age-related hearing loss.

HEART: If you smoke, kick the habit. If you don't smoke, don't start! Exercise and keep weight down to avoid high blood pressure, narrowing of the arteries, and heart disease risk.

SOCIAL/Psychological: Social isolation and depression can occur as we age. Try to keep family relationships and friendships over time. Exercise can also help prevent depression or lift your mood. Stay active and involved in life.

Talk to your health-care provider if you feel depressed.

Teeth & Gums: Good dental hygiene (flossing, brushing) is key. See your dentist twice a year.

Lungs: Regular aerobic exercise keeps lung capacity up. Smoking leads to chronic obstructive pulmonary disease (COPD) and/or cancer.

Digestive: Whole grains, vegetables, and fruits help digestion and reduce cancer chances of heartburn, gallstones, constipation, and colon cancer. Men and women over 50 should get a regular colonoscopy. Drink lots of water.

Menopause: Imbalances may occur in ovaries (estrogen), thyroid (thyroxine), ovary (estrogen). Test (estrogen). Talk to your health-care provider about changes in your body.

Bones & Joints: Rheumatoid and osteoarthritis make joints stick. Osteoporosis in women can make bone brittle. Sprains, muscle pain, and tendinitis become more common. Stretching, heat, exercise, calcium, and, in some cases, surgery can help.

Urinary: Bladder support weakens, urinary incontinence occurs. Prostate problems in men are more common. Medications and, in some cases, surgery can help.

Reproductive: Fibroids, ovarian cysts, and cancer of ovaries can occur in women; sexual dysfunction increases for men and women. Talk to your health-care provider about counseling and treatment options.

Skin: Protect your skin from the sun to avoid skin cancer. Use a new sunscreen that is water resistant.

See your health-care provider for maxiloma and other skin cancer checks.

Trauma: Sprains, tendinitis, muscle pain become more common. Stretching, heat, and some surgeries can help. Stay active.

---

NIH MedlinePlus Salud Magazine
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.
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
MedlinePlus.gov

Latest news & info on health & medicine. Tweets are not medical advice. Maintained by the National Library of Medicine. Privacy Policy: 1.usa.gov/wN3Cpz

Bethesda, MD
medlineplus.gov
Joined March 2009

Tweet to MedlinePlus.gov

106 Followers you know

Photos and videos

Tweets

Could the future of high blood pressure treatment be a vaccine?
1.usa.gov/1dcSQD8

Do you think organ donors should be compensated?
1.usa.gov/1ld8H6b

Aspirin can prevent heart disease & stroke in some ppl who haven't previously had a CVD event. 1.usa.gov/1Kl85Ce

What medical tests should you expect during your pregnancy? bit.ly/1JVMPri
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.