Guided Tour of MedlinePlus Health Information

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Guided Tour of MedlinePlus Health Information

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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.

United Health Foundation
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
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.

Benefits of Probiotics - The Most Clinically Tested Brand
Live a Life of Digestive Comfort
How It Works - Find a Retailer - Culturrelle Products - Culturrelle Coupons

Trubiotics.com - Probiotics Supplements
A Daily Probiotic Supplement From The Makers Of One A Day. Learn More

Probiotics - Wikipedia, the free encyclopedia
Probiotics are microorganisms that some have claimed provide health benefits when consumed. The term probiotic is currently used to name ingested ... Fecal bacteriotherapy - Prebiotic - Elite Metchnikoff - Probiotics in pediatrics

Oral Probiotics: An Introduction | NCCAM
Probiotics are live microorganisms (e.g., bacteria) that are either the same as or similar to microorganisms found naturally in the human body and may be ...

Fact Sheet: Probiotics | The Dr. Oz Show
Probiotics are essential to basic human nutrition. Probiotics are live microorganisms (in most cases, bacteria) that are similar to the beneficial ...
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 ...

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 ...

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, Minieri L, Magistà AM, et al. ...
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)
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
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.
# Breast Cancer

## Basics
- Summary
- Start Here
- Latest News
- Diagnosis/Symptoms
- Treatment
- Prevention/Screening

## Learn More
- Alternative Therapies
- Nutrition
- Coping
- Disease Management
- Specific Conditions
- Related Issues

## Multimedia & Tools
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- Seniors
- Patient Handouts

## MEDICAL ENCYCLOPEDIA
- After chemotherapy - discharge
- BRCA1 and BRCA2 gene testing
- Breast biopsy -- stereotactic
- Breast biopsy -- ultrasound
- Breast cancer
- Breast lump
- Breast lump removal - slideshow
- Breast MRI scan
- Breast PET scan
- Breast radiation - discharge
Home -- Multiple Languages

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 (Հայերեն)
Bengali (Bangla)
Bosnian (Bosanski)
Burmese (myanmaras)
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 (हिन्दी)
HealthReach

Tinh Thần Minh Mẫn
Trẻ Mãi Khỏe Già

Một tinh thần lành mạnh có quan trọng như một tiền xá cho sức khỏe.

Tinh thần mạnh mẽ có thể giúp quý vị:
- Vui hưởng đời sống hơn nữa.
- Giúp quý vị đối phó với những khó khăn.
- Giúp quý vị đối phó với áp lực và căng thẳng.
- Giúp quý vị Việt Nam mình trong việc đối phó với những khó khăn.

Có một tinh thần lành mạnh không có nghĩa là quý vị sẽ không trải qua những khó khăn. Có ở đâu, hoặc ở bất kỳ nơi đâu, quý vị có thể sẽ phải đối mặt với những khó khăn. Nhưng khi quý vị có thể đối mặt với những khó khăn, quý vị sẽ trở nên mạnh mẽ hơn.

Việt Nam, SAMSHA

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 infeccionar e infecrar. 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.

Mire este video sobre 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

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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.

Todas las hierbas y suplementos

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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' go)

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, Omytrag), 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. Omytrag 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
Página Principal → Videos y multimedia

Videos 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.

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.

Busque en todos los videos y tutoriales

Anuncios de MedlinePlus por email  RSS  Síganos en Twitter
Surgery Videos

View Program Transcript

Videos de procedimientos quirúrgicos

Esta página proporciona enlaces a videos vía Internet (webcasts) pregrobados 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 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.
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

Como se mencionó, el envejecimiento de la persona con el tiempo puede llevar a la disminución de la función cerebral y el deterioro de la memoria. Sin embargo, hay varias maneras de tratar de prevenir estos efectos.

1. Mantenga un estilo de vida saludable: Alimentación equilibrada, ejercicio regular y suficiente sueño.
2. Practique actividades cognitivas: Libros de enigmas, juegos de mesa, etc.
3. Mantenga relaciones sociales: Manténgase en contacto con amigos y familia.

Es importante conocer las señales del envejecimiento cerebral y buscar asesoramiento médico si se presentan.

Helping You Age Well

Brain: Processing speed slows with age, but mental and physical exercises are being shown to help slow age-related decline in certain thinking skills.

Eyes & Ears: At about 40, ability to see doors open declines. Cataracts and glaucoma are common in those over 60. Get eye exams to check for these.

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.

Social/Emotional: Social isolation and depression can occur as we age. Try to keep family and friends as much as possible. Exercise can also help prevent depression and lift your mood. Stay active and involved in life. Talk to your health care provider if you're feeling 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 risk of heartburn, gout, constipation, and colon cancer. Men and women over 50 should get a regular colonoscopy. Drink lots of water.

Hormones: Imbalances may occur in ovaries (estrogen), thyroid (thyroxine), ovary (estrogen), testicles (testosterone). Talk to your health care provider about changes in your body.

Bones & Joints: Rheumatoid arthritis and osteoarthritis make joint pain.

Cataracts: 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: As bladder support weakens, urinary incontinence can occur. Prostate problems in men are more common. Medications and, in some cases, surgery can help.

Menopause: Hot flashes, night sweats, and mood swings are common 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 with sunblock and a wide-brimmed hat. See your health care provider for moles and other skin cancer checks.

Tinnitus: A ringing in the ears. This is more common in older people. Talk to your health care provider for counseling and treatment options.

Sleek: Protect your skin from the sun with sunblock and a wide-brimmed hat. See your health care provider for moles and other skin cancer checks.

Stroke: Protect your skin from the sun with sunblock and a wide-brimmed hat. See your health care provider for moles and other skin cancer checks.

Narcotics: 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.

—NIH
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

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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)
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