Affordable Care Act & Consumer Health Information: MedlinePlus

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Affordable Care Act & Consumer Health Information: MedlinePlus

Catherine Carr
Lamar Soutter Library
UMass Medical School
November 5, 2013
Affordable Care Act: The Basics
Video: Obamacare vs. Affordable Care Act
http://www.youtube.com/watch?v=sx2scvlFGjE
Enrollment
The Health Insurance Marketplace is Open!

Find new health care options that meet your needs and fit your budget. Apply for coverage that can begin as soon as January 1.

APPLY ONLINE  APPLY BY PHONE

SEE PLANS AND PRICES IN YOUR AREA  SEE PLANS NOW

Get covered: A one-page guide
Find out if you qualify for lower costs
See 4 ways you can apply for coverage
Get in-person help in your community

Health Insurance Marketplace 159 DAYS LEFT TO ENROLL
OCT 1 Open Enrollment Began  JAN 1 Coverage Can Begin  MAR 31 Open Enrollment Closes
Massachusetts Health Connector

https://www.mahealthconnector.org/
What would you like to do today?

Apply for health insurance that starts on January 1, 2014.

Learn more about new health plans and new ways to help pay for health insurance available as part of National Health Care Reform.

Buy a health plan that starts on November 1 or December 1, 2013.

Make payments or manage your current Commonwealth Choice or Commonwealth Care account.

Manage your current Business Express account.

Apply for immediate coverage under MassHealth, Commonwealth Care, Children's Medical Security Plan (CMSP), Healthy Start, or the Health Safety Net.

If you are over age 65, please complete a paper application.

Click Here

If you recently received a pink letter from MassHealth or would like to manage your current MassHealth account.

Click Here

or call 1-800-841-2900

I'm not sure. Help me choose.
You are not alone

- Navigators
- Certified Application Counselors
- Assisters
- Agents and Brokers
- Champions for Coverage
Join us to become a Champion for Coverage

Apply to be a certified application counselor organization

Looking for consumer information?

Visit HealthCare.gov, the official consumer site for the Marketplace.

Have questions?

Find the right answers to your questions about the Marketplace.

The Role of The Library
AFFORDABLE CARE ACT

Open enrollment in the Health Insurance Marketplace under the Affordable Care Act (ACA) begins on October 1st, 2013 and runs till March 31st, 2014. Information on obtaining health insurance through ACA is available at these websites:

Massachusetts Health Connector
Health Insurance Marketplace
Centers for Medicare & Medicaid Services
In-person Assistance: Navigator Organizations

For information about the reforms taking effect, the following websites have comprehensive information pages:

About the Law - U.S. Department of Health & Human Services
Affordable Care Act - Medicaid.gov
Affordable Care Act - United States Department of Labor
Affordable Care Act Tax Provisions - Internal Revenue Service
Health Care Law Fact Sheets - AARP
VA, Affordable Care Act and You - U.S. Department of Veterans Affairs

The National Network of Libraries of Medicine maintains a list of links to organizations that have good information resources about ACA:
Affordable Care Act (ACA) Resources
You Are Not Alone!

- Libraries
- Trade Unions
- Community-Based Organizations
- Faith-Based Organizations
- Community Clinics
- 24-Hour Call Centers

HealthCare.gov

www.WebJunction.org
A few questions and where to go to have them answered...
Q: What is the best way to have my questions about the Health Insurance Marketplace answered?

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What would you like to do today?

- **Apply for health insurance** that starts on January 1, 2014. Learn more about new health plans and new ways to help pay for health insurance available as part of National Health Care Reform. Click Here

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  If you recently received a pink letter from MassHealth or would like to manage your current MassHealth account. Click Here
  
  or call 1-800-841-2900

I'm not sure. Help me choose.
Q: When are the Open Enrollment Periods?
Open Enrollment Period

The period of time during which individuals who are eligible to enroll in a Qualified Health Plan can enroll in a plan in the Marketplace. For 2014, the Open Enrollment Period is October 1, 2013–March 31, 2014. For 2015 and later years, the Open Enrollment Period is October 15 to December 7 of the previous year. Individuals may also qualify for Special Enrollment Periods outside of Open Enrollment if they experience certain events. (See Special Enrollment Period and Qualifying Life Event)

You can submit an application for health coverage outside of the Marketplace, or apply for Medicaid or CHIP, at any time of the year.
Q: Where can I go to see the Application Form?

A: Health Insurance Marketplace

Marketplace Application Checklist

When you apply for coverage in the Health Insurance Marketplace, you'll need to provide some information about you and your household, including income, any insurance you currently have, and some additional items.

Use the checklist below to help you gather what you need to apply for coverage. Open enrollment starts October 1, 2013 for coverage starting as early as January 1, 2014. Open enrollment ends March 31, 2014.

☐ Social Security Numbers (or document numbers for legal immigrants)
☐ Employer and income information for every member of your household who needs coverage (for example, from pay stubs or W-2 forms—Wage and Tax Statements)
☐ Policy numbers for any current health insurance plans covering members of your household
☐ A completed Employer Coverage Tool (see page 2 of this checklist) for every job-based plan you or someone in your household is eligible for. You'll need to fill out this form even for coverage you're eligible for but don't enroll in.

Stay up-to-date about the Marketplace. Visit HealthCare.gov/subscribe to get email or text updates that will help you get ready to apply.

MedlinePlus & Information Related to ACA

- Health Insurance
- Financial Assistance
- Managed Care
- Medicare
- Medicaid
Where do you get your health information?
How do you know if online health information is reliable and accurate?

Look for:

- Authority
- Accuracy
- Bias
- Coverage
- Currency
- And, user friendliness
• Reliable, authoritative
• Consumer-friendly
• No ads
• Updated daily
• Strict quality guidelines
• English and Spanish
• Links to information in >40 languages
• Multimedia, news, images, encyclopedia, tutorials and more…
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. For example,

- See your doctor for regular screenings, not just when you are sick
- 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
- Quit smoking
- Protect yourself from too much sun

Agency for Healthcare Research and Quality

(Read more)
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. For example,

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- Be physically active
- Control your blood pressure and cholesterol
- Quit smoking
Vivir saludablemente

Otros nombres: Prevenir enfermedades

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

Agencia Para la Calidad e Investigación y Cuidado de la Salud

Reciba actualizaciones sobre Vivir saludablemente por email

Ingrese su email ENVIAR ¿Qué es esto?
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 risks 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

Get Breast Cancer updates by email Enter email address Go
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 (አማርኛ)
Arabic (العربية)
Armenian (հայերեն)
ASL (American Sign Language)
Bengali (বাংলা)
Bosnian (Bosanski)
Burmese (myanmarasa)
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)
Hmong (Hmoob)
Ilocano (Ilokano)
Tinh Thần Minh Mẫn
Trẻ Mại Khỏng Già

Tinh Thần Minh Mẫn có thể giúp quý vị:
- Vui hưởng đời sống hơn nữa.
- Giúp quý vị đối diện các tình huống khó khăn.
- Giúp quý vị đối mặt với việc đi lên và xuống của quý vị.
- Giúp cho cơ thể của quý vị luôn khỏe mạnh.

Có một tình trạng tâm lý mà không có nghĩa là quý vị sẽ không gặp gỡ cảm thấy buồn chán, cô đơn, hoặc bị “sống trong túi”. Những khi không cố gắng giải quyết làm quên đi một số vấn đề, quý vị có thể đối mặt với những khó khăn.

Good Mental Health is Ageless

A healthy mind is as important as a healthy body.

Good mental health can help you:
- Enjoy life more.
- Handle difficult situations.
- Stay better connected to your family, your friends, and your community.
- Keep your body strong.

Being in good mental health doesn’t mean that you’ll never feel sad, lonely, or “down.” But when these feelings disrupt your life or go on too long, there may be a bigger problem.

Example: Multilingual Health Information

Good Mental Health is Ageless
Vietnamese, SAMSHA
Recognizing teen depression

About 1 in 5 teenagers have depression at some point. Your teen may be depressed if they are feeling sad, blue, unhappy, or down in the dumps. Depression is a serious problem, even worse if these feelings have taken over their life.

Be Aware of the Risk for Teen Depression

Your teen is more at risk for depression if:

- Mood disorders run in your family
- They experience a stressful life event like a death in the family, divorcing parents, bullying, a break up with a boyfriend or girlfriend, or failing in school
- They have low self-esteem and are very critical of themselves
- Your teen is a girl. Teen girls are twice as likely as boys to have depression.
- Your teen has trouble being social
- Your teen has learning disabilities
- Your teen has a chronic illness
- There are family problems or problems with their peers

Know the Symptoms of Depression

If your teen is depressed, you may see some of the following common symptoms of depression: If these symptoms last for 2 weeks or longer, talk to your teen's doctor.

- Frequent irrihability with sudden bursts of anger
- More sensitive to criticism
- Complaints of headaches, stomachaches or other body problems. Your teen may go to the nurse's office at school a lot.
- Withdrawal from people like parents or some friends
- Not enjoying activities they usually like
- Feeling tired for much of the day
- Sad or blue feelings most of the time

Notice changes in your teen's daily routines that can be a sign of depression. Your teen's daily routines can change when they are depressed. You may notice that your teen has:

- Trouble sleeping or is sleeping more than normal
- A change in eating habits, such as not being hungry or eating more than usual
- A hard time concentrating
- Problems making decisions

Notice changes in your teen's behavior that could be a sign of depression. They could be having problems at home or school.

- Drop in school grades, attendance, not doing homework
- High-risk behaviors, such as reckless driving, unsafe sex, or shoplifting
- Pulling away from family and friends and spends more time alone
- Drinking or using drugs
Asthma is a disease in which inflammation of the airways causes airflow into and out of the lungs to be restricted. When an asthma attack occurs, mucus production is increased, muscles of the bronchioles contract and irritants in the air may trigger sneezing and coughing.
How to use a nebulizer

A nebulizer turns your asthma medicine into a mist. It is easy and pleasant to breathe the medicine into your lungs this way. If you use a nebulizer, your asthma medicines will come in liquid form.

With a nebulizer, medicine goes into your lungs when you take slow, deep breaths for 10 to 15 minutes.

Many patients with asthma do not need to use a nebulizer. Another way to get your medicine is with an inhaler. Inhalers work just as well, and they are easier to use.

Most nebulizers are small, so they are easy to carry with you. Most nebulizers use air compressors. A different kind uses sound vibrations. These are called "ultrasonic nebulizers." They are quieter, but they cost more money.

It takes some time to keep your nebulizer clean and working properly.

These are the basic steps to set up and use your nebulizer:

1. Connect the hose to an air compressor.
2. Fill the medicine cup with your prescription.
3. Attach the hose and mouthpiece to the medicine cup.
4. Place the mouthpiece in your mouth. Breathe through your mouth until all the medicine is used. (Most times, this takes 10 to 15 minutes). Some people use a nose clip to help them breathe only through their mouth. Small children usually do better if they wear a mask.
5. Wash the medicine cup and mouthpiece with water, and air dry until your next treatment.
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

Related Topics
- AIDS Medicines
- Antibiotics
- Antidepressants
- Blood Pressure Medicines
- Blood Thinners
- Cancer Alternative Therapies
- Cancer Chemotherapy
- Cold and Cough Medicines
- Complementary and Alternative Medicine
- Diabetes Medicines
- Dietary Supplements
- Drug Safety
- Herbal Medicine
- Hormone Replacement Therapy Medicines
- Over-the-Counter Medicines
- Pain Relievers
- Statins
- Steroids
- Vitamins

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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.

**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**

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Zolpidem
(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 storage conditions are needed for this medicine?
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 debe almacenar este medicamento?
¿Qué debo hacer en caso de una sobredosis?
¿Qué otra información de importancia debería saber?
Marcas comerciales
Fish oil

What is it?

Fish oils can be obtained from eating fish or by taking supplements. Fish that are especially rich in the beneficial oils known as omega-3 fatty acids include mackerel, tuna, salmon, sturgeon, mullet, bluefish, anchovy, sardines, herring, trout, and menhaden. They provide about 1 gram of omega-3 fatty acids in about 3.5 ounces of fish.

Are there interactions with medications?

- Drug interactions may occur with fish oil supplements. It is advisable to consult with a healthcare professional before using fish oil supplements if taking any medications.

Are there interactions with herbs and supplements?

- Interactions may occur with certain herbs and supplements, such as garlic, ginger, and chamomile. It is advisable to consult with a healthcare professional before using fish oil supplements if taking any herbs or supplements.

Are there interactions with foods?

- Food interactions may occur with fish oil supplements. It is advisable to consult with a healthcare professional before using fish oil supplements if consuming any specific foods.

What does it do?

Fish oil supplements have been studied for their potential benefits, which include:

- Improvement of heart health by reducing inflammation and improving blood flow
- Reduction in triglyceride levels, which can lower the risk of heart disease
- Improvement of joint pain and stiffness in conditions like rheumatoid arthritis
- Potential for reducing the risk of certain types of cancer
- Potential for reducing the risk of heart attacks and strokes

How effective is it?

The effectiveness of fish oil supplements varies depending on the specific condition being treated and the dosage used. Research on the benefits of fish oil supplements is ongoing, and the potential benefits may not be applicable to everyone.

What are the side effects?

Fish oil supplements may cause mild side effects such as:

- Diarrhea
- Abdominal cramps
- Nausea
- Vomiting

It is advisable to consult with a healthcare professional before using fish oil supplements if experiencing any side effects.

What other medicines should I avoid?

Fish oil supplements may interact with certain medications. It is advisable to consult with a healthcare professional before using fish oil supplements if taking any other medications.

What dosage is used?

The dosage of fish oil supplements varies depending on the specific condition being treated and the individual's health status. It is advisable to consult with a healthcare professional to determine the appropriate dosage.

How does it work?

Fish oil supplements provide omega-3 fatty acids, which are essential nutrients for the body. They are involved in many processes in the body, including the regulation of inflammation and blood flow.

References

For further information, please consult with a healthcare professional or visit reputable websites such as the National Institutes of Health (NIH) or the American Heart Association (AHA).
Surgery Videos

Cesarean Section Birth
March 13, 2009 at 8:00 PM

View Program Transcript

Produced by ORlive.

Click here to view the OR-Live, Inc. Privacy Policy and Legal Notice
© 2010 OR-Live, Inc. All rights reserved.
Assess your risk for health conditions.
Learn more about your health.
Health Check Tool

Build Your Question List

Are you visiting your health care clinician or pharmacist? It is important to be prepared. Create a personalized list of questions that you can take with you.

Did your clinician give you a prescription?
Are you scheduled to have medical tests?
Did you recently receive a diagnosis?
Are you considering treatment for an illness or condition?
Did your clinician recently recommend surgery?
Are you choosing a health plan?
Are you choosing a clinician?
Are you choosing a hospital?
Are you choosing long-term care?

Check the boxes below that apply to you, and then select "Create a List." You will be able to print a custom list of questions with space for answers.

AHRQ, Build Your Question List
http://www.ahrq.gov/questionsaretheanswer/questionBuilder.aspx
Health Check Tool

How's your social scene?
Click on all the stuff that's true.

☐ You feel like you fit in.
☐ You get pushed around a lot.
☐ You feel a lot of pressure to do things you don't want to do.
☐ Kids are always gossiping about you.
☐ You're busy, but you still have enough time for yourself.
☐ You get super stressed about situations with your friends or other kids.

BAM Stress-O-Meter
http://bam.gov
Health Check Tool

Choose My Plate

http://choosemyplate.gov/SuperTracker
Videos & Cool Tools

- For kids/teens. Fun for adults too!
- Learn more about health conditions

Calculators & Quizzes

Body Parts
Food Detectives: Fight Bac
Further Adventures of Kidd Safety: Interactive Games
Michael's Inside Scoop: Genetics
Milk Matters Web Games for Kids and Teens
Sara's Quest
Scrub Club
To Tell the Tooth

Games

All games
MedlinePlus Games

Bullying RoundUp

http://www.bam.gov/sub_yourlife/yourlife_bullyroundup_game.html#
MedlinePlus Games

Social networking websites allow you to create your own personal pages and connect with friends. Creating your own page on these sites can be safe, fun, and exciting. But if you’re not careful, it also could open the door to hackers, slackers, and gawkers — in short, people you really don’t want to meet.

Welcome to Friend Finder, a fun way to test your online savvy. You and eight fictional contestants will compete for a spot on the coveted Friend Finder All-Stars List! Only the best and the brightest make it to the list, so be on your toes!

Let’s meet our contestants!

FriendFinder
http://onlineonguard.gov
Choose My Plate: Blast Off Game

A quarterly publication of the Friends of the National Library of Medicine. Get a free subscription!
In Spanish too!
Cómo mantenerse saludable

Canalé es un bien al que cada habitante de un país debe contribuir a mantenerlo. En este sentido, cada individuo debe ser consciente de su salud y tomar medidas para prevenir enfermedades. Una de las mejores maneras de mantenerse saludable es a través de la dieta. La dieta es fundamental para mantener un buen estado de salud y prevenir enfermedades crónicas. La dieta debe ser equilibrada y deben consumirse alimentos que sean ricos en nutrientes y fibra. Es importante evitar alimentos procesados y altos en grasas y azúcares. La actividad física regular también es esencial para mantenerse saludable. La actividad física ayuda a mantener el peso adecuado, mejora el bienestar mental y físico y previene enfermedades crónicas. La actividad física debe ser incluida en el día a día y debe ser un hábito. Además, es importante dormir adecuadamente, ya que el sueño es fundamental para el funcionamiento del cuerpo y para mantenerse saludable. Es importante asegurarse de que se duerma lo suficiente y que el sueño sea de calidad. Finalmente, es importante practicar técnicas de relajación, como la meditación o el yoga, ya que estas técnicas ayudan a reducir el estrés y a mantenerse saludable.

Helping You Age Well

Brain: Páginas 34 y 35. Si nos enfrentamos a un declive cognitivo, es importante mantenernos activos. Las actividades mentales, como leer, hacer crucigramas o jugar juegos de estrategia, pueden ayudar a mantenernos activos y evitar el declive cognitivo. Además, es importante mantener una buena alimentación y un estilo de vida saludable. El ejercicio también es esencial para mantener una mente sana. El ejercicio físico puede ayudar a mejorar la salud mental y previene enfermedades como la enfermedad de Alzheimer.

Eyes & Ears: At about 40, la visión comienza a declinar. Cataratas y glaucoma son comunes en personas mayores de 60. Es importante llevar gafas de sol y utilizar protección para la audición. Además, es importante evitar el estrés y mantener una buena alimentación para prevenir enfermedades como la migraña.

Heart: Si se siente cansado después de hacer ejercicio, es importante hablar con un médico. La literatura sugiere que el ejercicio puede ayudar a mejorar la salud cardiovascular. Además, es importante mantener una dieta equilibrada y evitar el consumo excesivo de alcohol y tabaco.

Social: El envejecimiento es un proceso natural que nos hace sentir más viejos con el paso del tiempo. Sin embargo, es importante mantener una actitud positiva y estar activos. Las actividades sociales, como el deporte, la música o el arte, pueden ayudar a mantenerse activos y evitar el aislamiento.

Tooth & Gum: Buena higiene bucal es esencial para mantener una buena salud oral. Es importante cepillarse los dientes dos veces al día y utilizar hilo dental cada día. Además, es importante visitar al dentista regularmente para que revise la salud de los dientes y las encías.

Nose: El resfriado común es una enfermedad viral que puede afectar a personas de todas las edades. Es importante evitar el contacto con personas que tienen resfriado y lavarse las manos regularmente para prevenir la propagación del virus.
Latest Health News

Health news from HealthDay and Reuters Health Information, plus recent press announcements from major medical organizations.

Get the latest health news by email

More health news by date  Health news by topic

Friday, January 11
Winter Sports Safety (HealthDay)
Related MedlinePlus Topics: Sports Fitness, Sports Safety

Thursday, January 10
Blood Disorder Cases Tied to Prescription Painkiller Abuse (HealthDay)
Addicts crushed, dissolved and injected Opana ER pills, CDC says
Related MedlinePlus Topics: Pain Relievers, Platelet Disorders, Prescription Drug Abuse

FDA: Lower Ambien's Dose to Prevent Drowsy Driving (HealthDay)
Blood levels from nighttime dose remain too high the next morning, agency says
Related MedlinePlus Topics: Drug Safety, Insomnia

Fewer U.S. Patients Getting Weight Counseling from Doctors (HealthDay)
Study finds primary care visits now less likely to include such advice, despite rise in obesity rates
Related MedlinePlus Topics: Obesity, Talking With Your Doctor

Health Tip: Is Organic Better? (HealthDay)
No pesticides or chemicals are used.
Related MedlinePlus Topic: Nutrition

Health Tip: You May Have Seasonal Affective Disorder (HealthDay)
If winter is getting you down
Related MedlinePlus Topic: Seasonal Affective Disorder
You may want to drop that diet soda; new research suggests it could be a downer.

A brand new study makes a connection between sweetened drinks especially diet beverages, and depression.

The data comes from a large study done by The National Institutes of Health. Nearly 264 thousand adults 50 years and older participated. Consumption of a variety of drinks including soda, fruit punch, tea and coffee was tracked from 1996 to 1996.

Some 10 years later, researchers asked the participants whether they had been diagnosed with depression since the year 2000. A total of 11,311 had been. Those who drank more than four sodas a day were 30 percent more likely to develop depression than those who drank no soda. Four cans of fruit punch a day upped that number to 38%.
Active Video Games May Boost Fitness in Younger Students

Study of inner-city school found traditional gym class more effective for older kids

By Robert Preidt
Wednesday, January 9, 2013

WEDNESDAY, Jan. 9 (HealthDay News) -- Active video games -- such as those that get players to dance -- can encourage inner-city children to be physically active and may reduce their risk of obesity, according to new research.

The study included 104 children in grades three through eight at a Washington, D.C., public school. They were randomly assigned to three 20-minute sessions of their usual gym class or the active video games "Dance Dance Revolution" and "Winds of Orbis: An Active Adventure."

In Dance Dance Revolution, players dance along to music in ever-increasing and complicated patterns. In Winds of Orbis, players take on the role of a virtual superhero who climbs, jumps, slides and goes through other types of active adventures.

Overall, children burned the most energy during regular gym class. But the active video games got children in third, fourth and fifth grades moving enough to achieve recommended levels of vigorous activity, according to the researchers at the George Washington University School of Public Health and Health Services.

They said their findings, published online Jan. 3 in the journal Games for Health, suggest that active video games might be an effective alternative to traditional gym classes, at least for younger students.

"A lot of people say screen time is a big factor in the rising tide of childhood obesity," study lead author Todd Miller, an associate professor in the department of exercise science, said in a university news release. "But if a kid hates playing dodgeball but loves Dance Dance Revolution, why not let him work up a sweat playing [video] games?"

The researchers noted that several hundred schools in at least 10 states use active video games in physical education classes in an effort to encourage inactive children, especially those who don't like gym class, to get physically active.

This study was the first to focus on active gaming and black and other minority children, who are at high risk of obesity, the researchers noted.

"Many of these children live in neighborhoods without safe places to play or ride a bike after school," Miller said. "If [video games can get them to move in school then maybe they'll play at home too and that change could boost their physical activity to a healthier level."

SOURCE: George Washington University, news release, Jan. 9, 2013
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