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 uninps.org.

United Health Foundation
Fill in the blanks

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

one out of 5

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

10th grade

Ask questions. Prioritize questions.

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.

Step 3: Your top priorities for the appointment

Get or change a medicine

Select the 3 questions that are most important for you to get answered in this visit.

Prioritize Your 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
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
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
   
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)
Share MedlinePlus

Healthy Living

On this page

Basics
- Summary
- Start Here
- Latest News
- Prevention/Screening

Learn More
- Related issues

Multimedia & Tools
- Health Check Tools
- Videos

Research
- Financial Issues
- Research
- Journal Articles

Reference Shelf
- Dictionaries/Glossaries
- Directories
- Organizations
- Newsletters/Print Publications
- Statistics

For You
- Children
- Teenagers
- Men
- Women
- Seniors
- Patient Handouts

Summary

Get Healthy Living updates by email
Vivir saludablemente
Otros nombres: Prevenir enfermedades

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

- Consulte a un médico para realizarse chequeos periódicos, no solamente cuando se enferme
- Mantenga un peso saludable
- Consuma alimentos sanos y variados y limite las calorías y las grasas saturadas
- Haga actividades físicas
- Controle su presión arterial y el colesterol
- Deje de fumar
- Protejase del exceso de sol
Breast Cancer

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.
# MedlinePlus Health Topics

## Breast Cancer

### On this page
- **Basics**
  - Summary
  - Start Here
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  - Diagnosis/Symptoms
  - Treatment
  - Prevention/Screening
- **Learn More**
  - Alternative Therapy
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  - Coping
  - Disease Management
  - Specific Conditions
  - Related Issues
- **Multimedia & Tools**
  - Health Check Tools
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- Clinical Trials
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- Law and Policy
- Statistics

### For You
- Children
- Teenagers
- Men
- 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

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**Genetics Home Reference**

*Your Guide to Understanding Genetic Conditions*

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**National Cancer Institute**

*at the National Institutes of Health*

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**ClinicalTrials.gov**

*A service of the U.S. National Institutes of Health*

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**PubMed.gov**

*US National Library of Medicine*

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**HealthDay**

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**NIH MedlinePlus Magazine**

6 Common Cancers - Breast Cancer
- All in the Family: The Sister Study
- Braving Breast Cancer: Just Do It!
- Breast Cancer Basics and You
- Breast Cancer: Match of Her Life
- Can Prolonged Stress Affect Whether Breast Cancer Returns?
- Preventing Breast Cancer: Making Progress
- Quiz: How Much Do You Know about Breast Cancer?
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 ( amatunya)
Arabic (العربية)
Armenian ( Հայերեն)
Bengali ( বাংলা)
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
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 infecionar 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:

Related MedlinePlus Health Topics

- Cataract

Images

- Eye
- Slit-lamp exam
- Cataract - close-up of the eye
- Cataract surgery - series

Read More

- Amblyopia
- Blindness and vision loss
- Calcium blood test
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 of 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 enficie 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

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

Why is this medication prescribed?
How should this medicine be used?
Other uses for this medicine
What special precautions should I follow?
What special dietary instructions should I follow?
What should I do if I forget a dose?

What side effects can this medication cause?
What should I know about storage and disposal of this medication?
In case of emergency/overdose
What other information should I know?
Brand names

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

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

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

How should this medicine be used?
Prescription omega-3 fatty acids such as omega-3-acid ethyl esters (Lovaza, Omytrg), 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. Omytrg 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

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

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

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

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

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

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

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

Total Knee Replacement for Women
May 27, 2008 at 7:00 PM

View Program Transcript

Videos de procedimientos quirúrgicos

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


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

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

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

Videos & Tools
Watch health videos on topics such as anatomy and body systems, surgical 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.

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**Snakebite Checkup**
- **What is your age?**
  - Years
  - Months

- **What is your gender?**
  - Male
  - Female

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**Do You Need a Hearing Test?**
If you are 18 to 64 years old, the following questions will help you determine if you need to have your hearing evaluated by a health professional. Answer YES or NO.

1. Does a hearing problem cause you to feel embarrassed when you meet new people?  
   - Yes
   - No

2. Does a hearing problem cause you to feel frustrated when talking to members of your family?  
   - Yes
   - No

3. Do you have difficulty hearing or understanding co-workers, clients, or customers?  
   - Yes
   - No
Games

**Videos & Tools**

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

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

- **Surgery Videos**
  Find videos of operations and surgical procedures.

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

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

**Artificial Anatomy**

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

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

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**Disaster Master**

Help the burgers! Do you know what to do in a disaster? Learn what you need to know and you’ll be able to save many lives. Fill out a survey to get started. Complete a mission as a Disaster Master! Find out how you can add an extra layer of protection for your family and community.
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.

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

Aprenda más sobre El Retrato de mi Salud Familiar.

Creación de una historia familiar de salud
Usar una historia familiar archivada

In English
Em Português
In Italiano
Understanding Medical Words
A tutorial from the National Library of Medicine

Introduction  Break it up  Word Roots  Beginnings & Quiz Time  Abbreviations  Learn More

1/77

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

El envejecimiento es un proceso natural que ocurre en todos nosotros con el tiempo. A medida que envejecemos, hay varias cosas que podemos hacer para mantenernos saludables y vivir una vida activa.

1. Dieta: Es importante comer una dieta balanceada que incluya frutas, verduras, granos enteros, proteínas magras y lípidos saludables. Evitar alimentos procesados y altos en grasas saturadas y azúcares puede ayudar a mantener un peso saludable.
2. Ejercicio físico: Realizar al menos 150 minutos de actividad aeróbica moderada a intensa a lo largo de la semana puede ayudar a mantener el corazón sano, la circulación y la musculatura.
3. Descanso adecuado: Dormir entre 7 y 9 horas al día puede ayudar a mantener la regulación del peso y la salud mental.
4. Control de estrés: Tener un manejo efectivo del estrés puede ayudar a reducir el riesgo de enfermedades cardiovasculares y enfermedades crónicas.
5. Examen médico regular: Realizar exámenes médicos regulares puede ayudar a detectar enfermedades en sus etapas iniciales y tomar medidas preventivas.

En resumen, mantenerse saludable requiere una combinación de buena alimentación, ejercicio regular, descanso adecuado, manejo efectivo del estrés y un examen médico regular.

Helping You Age Well

Brain: Deterioro cognitivo con el envejecimiento, pero hay medidas que se pueden tomar para prevenir o retrasar su progresión.

Eyes: La visión puede disminuir con el envejecimiento. Existen medidas que se pueden tomar para prevenir o retrasar su progresión.

Heart: La salud cardíaca puede disminuir con el envejecimiento. Existen medidas que se pueden tomar para prevenir o retrasar su progresión.

Social/Emotional: Las necesidades de salud mental pueden variar con el envejecimiento. Existen medidas que se pueden tomar para prevenir o retrasar su progresión.
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.
High Heel Dangers
HealthDay News Video - May 29, 2015
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