

2013-11-05

## Affordable Care Act & Consumer Health Information: MedlinePlus

Catherine W. Carr

*University of Massachusetts Medical School Worcester*

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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=sx2scvIFGjE)  
<http://www.youtube.com/watch?v=sx2scvIFGjE>



# 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](#)

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[Find out if you qualify for lower costs](#)

[See 4 ways you can apply for coverage](#)

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**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.

[Click Here](#)



**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.

[Click Here](#)



**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





# Health Insurance Marketplace

If you're a professional learning about the Marketplace and helping people apply, get the latest resources here.

If you're a consumer ready to learn about and buy health insurance through the Marketplace, visit [HealthCare.gov](#), the official consumer site for the Marketplace.

[Partner with us](#) >

[Get training](#) >

[Get official resources](#) >

[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.

[Get consumer information](#) >

## Have questions?

Find the right answers to your questions about the Marketplace.

[Get answers](#) >

<http://marketplace.cms.gov/>

# The Role of The Library







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### Web Resources

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- [Worcester Public Schools](#)
- [City of Worcester](#)
- [Local Events](#)
- [Worcester Links](#)

## 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](#)



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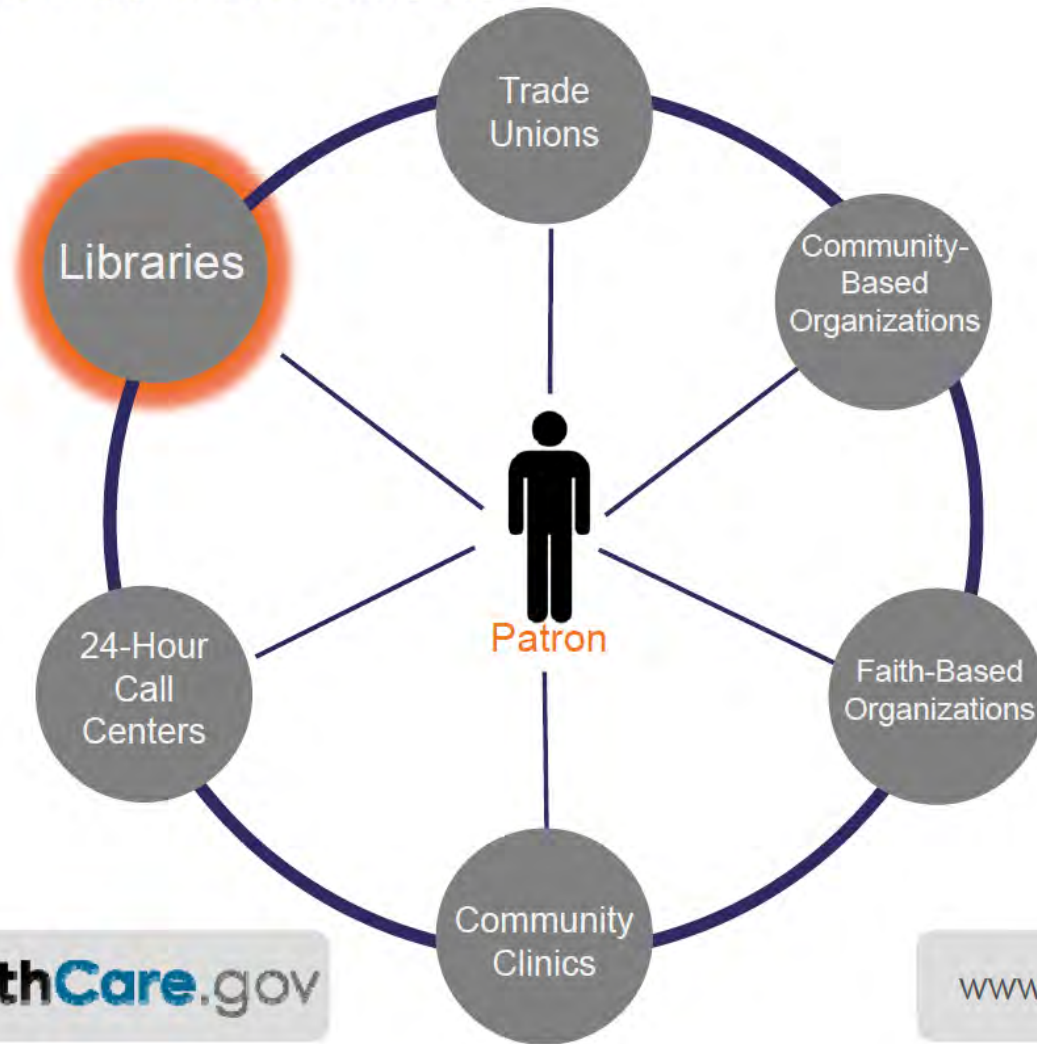
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# You Are Not Alone!



**HealthCare.gov**

[www.WebJunction.org](http://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?**

**A: Visit <http://www.healthcare.gov>**

**or**

**<https://www.mahealthconnector.org/>**

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[Click Here](#)



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[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

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**Q: When are the Open Enrollment Periods?**


# A:


## Glossary

### Open Enrollment Period

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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**  
**<http://marketplace.cms.gov>**



## 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](http://HealthCare.gov/subscribe) to get email or text updates that will help you get ready to apply.



CMS Product No. 11686  
June 2013



## Application for Health Coverage & Help Paying Costs

Form Approved  
OMB No. 0938-1191

### Use this application to see what coverage you qualify for

- Affordable private health insurance plans that offer comprehensive coverage to help you stay well
  - A new tax credit that can immediately help pay your premiums for health coverage
  - Free or low-cost insurance from Medicaid or the Children's Health Insurance Program (CHIP)
- You may qualify for a free or low-cost program even if you earn as much as \$94,000 a year (for a family of 4).**

### Who can use this application?

- Use this application to apply for anyone in your family.
- Apply even if you or your child already has health coverage. You could be eligible for lower-cost or free coverage.
- If you're single, you may be able to use a short form. Visit [HealthCare.gov](http://HealthCare.gov).
- Families that include immigrants can apply. You can apply for your child even if you aren't eligible for coverage. Applying won't affect your immigration status or chances of becoming a permanent resident or citizen.
- If someone is helping you fill out this application, you may need to complete Appendix C.

### Apply faster online

Apply faster online at [HealthCare.gov](http://HealthCare.gov).

### What you may need to apply

- Social Security numbers (or document numbers for any eligible immigrants who need insurance)
- Employer and income information for everyone in your family (for example, from paystubs, W-2 forms, or wage and tax statements)
- Policy numbers for any current health insurance
- Information about any job-related health insurance available to your family

### Why do we ask for this information?

We ask about income and other information to let you know what coverage you qualify for and if you can get any help paying for it. **We'll keep all the information you provide private and secure, as required by law.** To view the Privacy Act Statement, go to [HealthCare.gov](http://HealthCare.gov) or see instructions.

### What happens next?

Send your complete, signed application to the address on page 7. **If you don't have all the information we ask for, sign and submit your application anyway.** We'll follow up with you within 1-2 weeks. You'll get instructions on the next steps to complete your health coverage. If you don't hear from us, visit [HealthCare.gov](http://HealthCare.gov) or call **1-800-318-2596**. Filling out this application doesn't mean you have to buy health coverage.

### Get help with this application

- **Online:** [HealthCare.gov](http://HealthCare.gov)
- **Phone:** Call our Help Center at **1-800-318-2596**.
- **In person:** There may be counselors in your area who can help. Visit [HealthCare.gov](http://HealthCare.gov) or call **1-800-318-2596** for more information.
- **En Español:** Llame a nuestro centro de ayuda gratis al **1-800-318-2596**.

10/2013

**NEED HELP WITH YOUR APPLICATION?** Visit [HealthCare.gov](http://HealthCare.gov) or call us at **1-800-318-2596**. Para obtener una copia de este formulario en Español, llame **1-800-318-2596**. If you need help in a language other than English, call **1-800-318-2596** and tell the customer service representative the language you need. We'll get you help at no cost to you. TTY users should call **1-855-889-4325**.

<http://marketplace.cms.gov/getofficialresources/publications-and-articles/marketplace-application-for-family.pdf>



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- Health Insurance
- Financial Assistance
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MedlinePlus<sup>®</sup>

Trusted Health Information for You

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# How do you know if online health information is reliable and accurate?

## Look for:

- Authority
- Accuracy
- Bias
- Coverage
- Currency
- And, user friendliness

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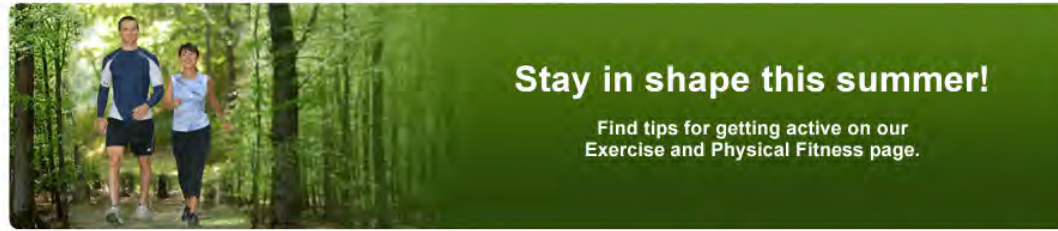
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- 3
- 4



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Healthy Living

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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

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[www.nlm.nih.gov/medlineplus/healthyliving.html](http://www.nlm.nih.gov/medlineplus/healthyliving.html) - Health Topics

2. **Exercising for a Healthy Life** *Interactive Tutorial* (Patient Education Institute)

X-Plain Exercising For a **Healthy Life** Reference Summary Introduction By exercising and becoming more active, you can improve your health. People who are not physically active are ...

[www.nlm.nih.gov/.../exercisingforahealthylife/hlm/index.htm](http://www.nlm.nih.gov/.../exercisingforahealthylife/hlm/index.htm) - Videos and Tutorials



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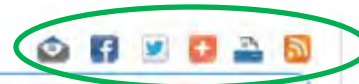
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## Healthy Living



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- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active
- Control your blood pressure and cholesterol
- Quit smoking



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## 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
- Protéjase del exceso de sol

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## Breast Cancer



Breast cancer affects one in eight women during their lives. Breast cancer kills more women in the United States than any cancer except lung cancer. No one knows why some women get breast cancer, but there are a number of risk factors. Risks that you cannot change include

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

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

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

[Men](#) can have breast cancer, too, but the number of cases is small.

NIH: National Cancer Institute

Get Breast Cancer updates by email

GO What's this?

### Start Here

- [Breast Cancer Interactive Tutorial](#) (Patient Education Institute)  
Also available in [Spanish](#)
- [What You Need to Know about Breast Cancer](#) [NIH](#) (National Cancer Institute)  
Also available in [Spanish](#)



### MEDICAL ENCYCLOPEDIA

- [After chemotherapy - discharge](#)
- [Breast biopsy](#)
- [Breast biopsy – stereotactic](#)
- [Breast biopsy – ultrasound](#)
- [Breast cancer](#)
- [Breast lump](#)
- [Breast lump removal - slideshow](#)
- [Breast MRI scan](#)
- [Breast PET scan](#)
- [Breast radiation - discharge](#)



### Related Topics

- [Breast Diseases](#)
- [Breast Reconstruction](#)
- [Male Breast Cancer](#)

# MedlinePlus Health Topics

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[Overviews](#)  
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[Treatment](#)  
[Prevention/Screening](#)

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[Men](#)  
[Seniors](#)  
[Patient Hand](#)



 HealthDay

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

 PubMed.gov

US National Library of Medicine  
 National Institutes of Health

## Languages

[Arabic](#) (العربية)  
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## MEDICAL ENCYCLOPEDIA

[After chemotherapy - discharge](#)  
[Breast biopsy](#)  
[Breast biopsy -- stereotactic](#)  
[Breast biopsy -- ultrasound](#)  
[Breast cancer](#)  
[Breast lump](#)  
[Breast lump removal - slideshow](#)  
[Breast MRI scan](#)  
[Breast PET scan](#)  
[Breast radiation - discharge](#)



## Genetics Home Reference

Your Guide to Understanding Genetic Conditions

 National Cancer Institute

at the National Institutes of Health





Health Topics

Drugs & Supplements

Videos & Cool Tools

## 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](#) (العربية)

[Armenian](#) (Հայերեն)

[ASL](#) (American Sign Language)

[Bengali](#) (Bangla)

[Bosnian](#) (Bosanski)

[Burmese](#) (myanmasa)

[Chamorro](#) (chamoru)

[Chinese - Simplified](#) (简体中文)

[Chinese - Traditional](#) (繁體中文)

[Chuukese](#) (Trukese)

[Croatian](#) (Hrvatski)

[Farsi](#) (فارسی)

[French](#) (français)

[German](#) (Deutsch)

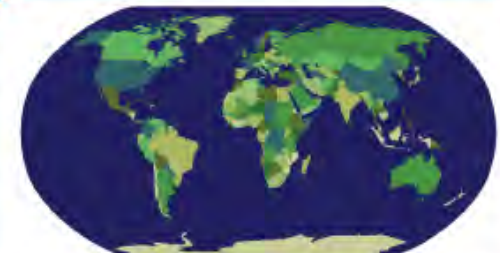
[Gujarathi](#) (ગુજરાતી)

[Haitian Creole](#) (Kreyol)

[Hindi](#) (हिन्दी)

[Hmong](#) (Hmoob)

[Ilocano](#) (ilokano)



Do you know where Tagalog is spoken?

Click the globe to learn about some of the world's languages.



Multicultural health information



## Tinh Thần Minh Mẫn Trẻ Mãi Không Già


**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
 Substance Abuse and Mental Health Services Administration  
 Center for Substance Abuse Treatment  
 Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)



### Tinh Thần Minh Mẫn Trẻ Mãi Không Già

Một tinh thần lành mạnh cũng quan trọng như một thể xác khỏe mạnh.

Tinh thần minh mẫn có thể giúp quý vị:

- Vui hưởng đời sống hơn nữa.
- Giải quyết được các trường hợp khó khăn.
- Giữ được mối liên hệ tốt đẹp hơn với gia đình, bạn bè và cộng đồng của quý vị.
- Giữ cho cơ thể của quý vị luôn khỏe mạnh.

Có một tinh thần lành mạnh không có nghĩa là quý vị sẽ không bao giờ cảm thấy buồn chán, cô đơn, hoặc bị 'xuống tinh thần'. Nhưng khi những cảm giác này làm phiền đến đời sống của quý vị hay kéo dài quá lâu, thì đó là vấn đề đáng lo ngại hơn.

### 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



Health Topics

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Videos & Cool Tools

ESPAÑOL

## 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 moreso 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 parents

### 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 irritability 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

Medical encyclopedia

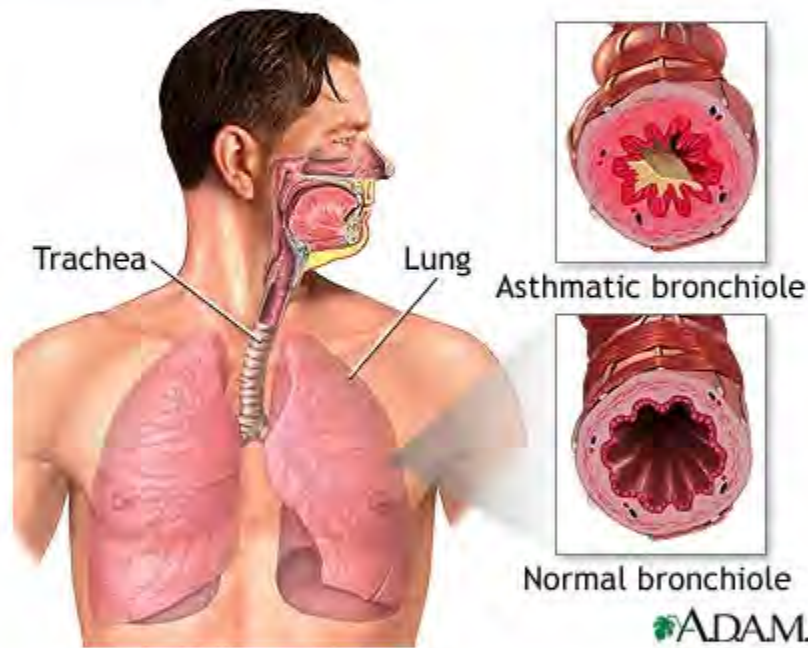
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ESPAÑOL

## Asthmatic bronchiole and normal bronchiole



Medical  
encyclopedia

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



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## 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.



Print



Email

### MedlinePlus Topics

[Asthma](#)

[Asthma in Children](#)

### Read More

[Asthma](#)

[Asthma and allergy - resources](#)

[Asthma - pediatric](#)

[Chronic obstructive pulmonary disease](#)

[Wheezing](#)

### Patient Instructions

[Asthma - control drugs](#)

[Asthma - quick-relief drugs](#)

[Bronchiolitis - discharge](#)

[Chronic obstructive pulmonary](#)



Health Topics

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## 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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Temas de salud

Medicinas y suplementos

Videos y multimedia

ENGLISH



## Medicinas, hierbas y suplementos



### Medicinas

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

Busque por marca o nombre genérico

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



### Hierbas y suplementos

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

Todas las hierbas y suplementos

### Temas relacionados

- [Analgésicos](#)
- [Antibióticos](#)
- [Anticoagulantes y antiplaquetarios](#)
- [Antidepresivos](#)
- [Corticoides](#)
- [Estatinas](#)
- [Medicamentos](#)
- [Medicamentos sin receta médica](#)
- [Medicina alternativa y complementaria](#)
- [Medicina herbaria](#)
- [Medicinas para el SIDA](#)
- [Medicinas para la diabetes](#)
- [Medicinas para la presión arterial](#)
- [Medicinas para la tos y el resfriado](#)
- [Quimioterapia para el cáncer](#)
- [Seguridad con medicamentos y equipos médicos](#)
- [Suplementos en la dieta](#)
- [Terapia alternativa para el cáncer](#)
- [Terapia de reemplazo hormonal](#)
- [Vitaminas](#)

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Health Topics

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## Zolpidem

(zole pí' dem)



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[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](#)

Temas de salud

Medicinas y suplementos

Videos y multimedia

ENGLISH

## Zolpidem



Imprimir



Enviar

[¿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 este medicamento?](#)

[¿Qué debo hacer en caso de una sobredosis?](#)

[¿Qué otra información de importancia debería saber?](#)

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# Natural Medicines Comprehensive Database



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NIH National Institutes of Health

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ESPAÑOL

## Fish oil



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[How effective is it?](#)

[How does it work?](#)

[Are there safety concerns?](#)

[Are there interactions with medications?](#)

[Are there interactions with herbs and supplements?](#)

[Are there interactions with foods?](#)

[What dose is used?](#)

[Other names](#)

[Methodology](#)

[References](#)

### 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.

Health Topics

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## Videos & Cool Tools



Learn by watching health videos on topics such as human anatomy, surgical procedures and health news. Test your knowledge with the interactive tutorials and games. Check your health by using the calculators and quizzes.

### Winter Sports Safety



[View latest news](#)

Search all Videos & Tutorials



Interactive Tutorials



Anatomy Videos



Surgery Videos

### Calculators & Quizzes

### Games

[Calculate Your Radiation Dose](#)

[ChooseMyPlate.gov](#)

[Exercise Counts: How Many Calories Will Your Activity Burn?](#)

[Folic Acid Quiz](#)

[Glaucoma: How Much Do You Know?](#)

[National Drug IQ Challenge](#)

[Preconception Health Quiz](#)

[SuperTracker: My Foods, My Fitness, My Health](#)

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Understanding Medical Words

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Page last updated on 11 January 2013



# Surgery Videos



A service of the U.S. National Library of Medicine  
NIH National Institutes of Health

**Cesarean Section Birth**  
March 13, 2008 at 8:00 PM



[View Program Transcript](#)

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## Videos & Cool Tools

- ✓ **Assess your risk for health conditions.**
- ✓ **Learn more about your health.**

### Calculators & Quizzes

### Games

[Alcohol Calorie Calculator](#)

[Build Your Question List](#)

[Calculate Your Body Mass Index](#)

[Colorectal Cancer Risk Assessment Tool](#)

[Diabetes PHD \(Personal Health Decisions\)](#)

[Interactive Menu Planner](#)

[My Fats Translator](#)

[Risk Assessment Tool for Estimating Your 10-Year Risk of Having a Heart Attack](#)

[All calculators & quizzes](#)

# 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.

**next**

<Start>

The image shows a cartoon boy with black hair, blue eyes, and a red t-shirt standing with his hands on his hips. To his right is a white box with an orange border containing a survey. Below the survey is a blue oval with the word 'next' in white. On the far right is a vertical test tube with green liquid at the bottom and bubbles rising from it, with the text '<Start>' at the bottom.

BAM Stress-O-Meter

<http://bam.gov>

# Health Check Tool



The screenshot shows the SuperTracker website interface. At the top, the "SuperTracker" logo is displayed in blue and green. To the right, the USDA logo and "United States Department of Agriculture" are visible. Below the logo, a navigation bar contains links for "Home", "Food-A-Pedia", "My Plan", "Track Food & Activity", "My Reports", and "My Features". A "CREATE PROFILE >" button is located on the right side of the navigation bar. The main content area features a large graphic of a plate divided into five sections: Fruits (red), Grains (orange), Dairy (blue), Vegetables (green), and Protein (purple). A white fork icon is positioned to the left of the plate. Below the plate graphic, the text "Choose MyPlate.gov" is displayed. To the right of the graphic, the heading "SuperTracker:" is followed by the tagline "My foods. My fitness. My health." and a bulleted list of three features:

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

Choose My Plate

<http://choosemyplate.gov/SuperTracker>

## Videos & Cool Tools

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

### Calculators & Quizzes

### Games

[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](#)

[All games](#)



# MedlinePlus Games

[www.bam.gov/sub\\_yourlife/yourlife\\_bullyroundup\\_game.html](http://www.bam.gov/sub_yourlife/yourlife_bullyroundup_game.html)



**INSTRUCTIONS:**

Your mission is to make it around the board first before the other character or the time runs up. You will encounter bully questions and challenges to advance your player. You can choose to play versus the computer or another player. To play 2-player both players will play on the same computer.

**POINTS**

Get questions right to increase your score, and this will increase your chance of getting fun BAM! goodies at the end of the game. If you score:

- 0 to 50 points - Wallpaper.
- 51 to 100 points - Instant Messenger Icons.
- Greater than 100 points - Screensaver.

**MINI-GAMES**

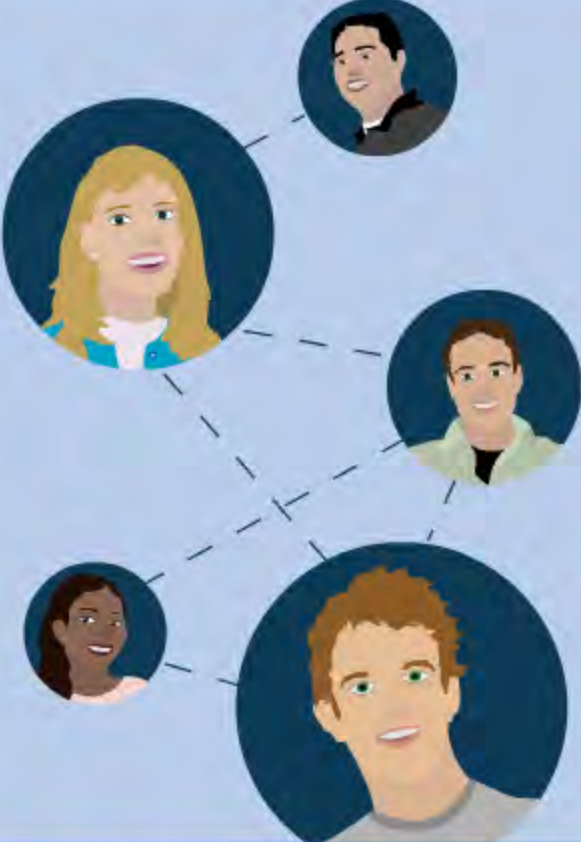
This board game also has mini-games along the way. Play these exciting games for a chance to skip spaces or raise your score.

**START THE GAME!**

Bullying RoundUp

[http://www.bam.gov/sub\\_yourlife/yourlife\\_bullyroundup.html#](http://www.bam.gov/sub_yourlife/yourlife_bullyroundup.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! ▶

STOP • THINK • CLICK™

FriendFinder

<http://onlineonguard.gov>



# MedlinePlus Games



Choose My Plate: Blast Off Game

[http://www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff\\_Game.html](http://www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff_Game.html)



# Understanding Medical Words

A tutorial from the  
National Library of Medicine



Introduction

Break it up

Word Roots

Beginnings &

Quiz Time

Abbreviations

Learn More





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# NIH MedlinePlus

WINTER 2009  
the magazine

**Healthy Family 2009**  
30+ ways to keep you and yours well this year

**Stress & Distress**  
Post-traumatic stress disorder (PTSD) is a growing military and civilian challenge

**Alternative Medicine**  
Latest research on acupuncture, massage, and much more



*Ugly Betty's*  
Ana Ortiz (right)  
walks the walk  
fighting heart  
disease

## Learn the Truth About Your Heart

*Act in time to save your life and others*

A publication of the NATIONAL INSTITUTES OF HEALTH and the FRIENDS of the NATIONAL LIBRARY OF MEDICINE

Trusted Health Information from  
the National Institutes of Health

Winter/Invierno 2009

# NIH MedlinePlus *Salud*

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superstar  
Cristina  
Saralegui:  
preventing  
and treating  
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Healthy  
aging tips

Preventing  
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Hispanic  
pioneers in  
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La estrella  
de la televisión  
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saludablemente

La prevención  
de la diabetes

Los hispanos  
pioneros de las  
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In Spanish too!



# NIH MedlinePlus Salud Magazine

## Cómo mantenerse saludable

**Cerebro:** Si bien el ritmo de las funciones de procesamiento del cerebro declina con los años, se están haciendo pruebas para determinar la forma cómo el ejercicio, tanto físico como mental, puede ayudar a retrasar la pérdida de ciertas habilidades cognitivas.

**Vista y oídos:** Así como al llegar a los 40 años, se vuelve más difícil ver bien de cerca, las personas mayores de 60 suelen sufrir trastornos como cataratas y glaucoma; por ello, es necesario hacer exámenes médicos para descartarlos y para descartar también la presencia de degeneración de la mácula. La pérdida de la audición, que suele ocurrir en la vejez, puede atenuarse con audífonos espaciales.

**Corazón:** Si fuma, deje el cigarrillo; si no lo hace, no empiece ahora; haga ejercicio y controle su peso, a fin de evitar problemas arteriales y enfermedades coronarias.

**Bienestar psicológico y social:** A medida que envejecemos, es posible que suframos de depresión o que nos alejemos de familiares y amigos. Por ello, es necesario tratar de mantener a menudo relaciones familiares a largo plazo para tener una vida social activa; igualmente, se debe hacer ejercicio, ya que la actividad física nos ayuda a sentirnos mejor en todos los aspectos; si se siente deprimido, no dude en consultar a su proveedor de servicios de salud.

**Dientes y encías:** es esencial mantener la higiene dental; consulte a su dentista dos veces al año.

**Pulmónes:** el ejercicio aeróbico, practicado con regularidad, le ayuda a elevar su capacidad pulmonar; recuérdele que el cigarrillo puede causar enfermedad pulmonar obstructiva crónica (EPOC) y cáncer.

**Digestión:** con una dieta rica en granos integrales, verduras y frutas, se facilita la digestión y se reducen las probabilidades de sufrir de acidez, gastritis, estreñimiento y cáncer de colon; a partir de los 50 años, se recomienda hacerse una colonoscopia regularmente. Además, es aconsejable beber mucha agua para ayudar al sistema digestivo.

**Sistema hormonal:** es necesario estar al tanto de que, en algunos casos, se producen desequilibrios hormonales que pueden afectar a distintos órganos, como el páncreas (que secreta insulina), la tiroides (tiroidina), los ovarios (estrógeno) y los testículos (testosterona). Hable con su proveedor de servicios de salud sobre cualquier cambio en su cuerpo.

**Huesos y articulaciones:** ciertas enfermedades, como la artritis reumatoide y la osteoartritis, producen inflamación e hinchazón en las articulaciones, mientras que la osteoporosis puede debilitar los huesos de las mujeres; además, a medida que envejecemos, se vuelven más comunes los espasmos, los dolores musculares y la tendinitis, para los que se aconseja lo siguiente: ejercicios de estiramiento, aplicaciones de calor en el área afectada, actividad física, suplementos de calcio y, en último extremo, una operación.

**Sistema urinario:** a medida que se debilita la vejiga, es posible sufrir de incontinencia urinaria; además, entre los hombres mayores, suelen ser comunes los problemas de próstata; existen fármacos y en última instancia, ciertas intervenciones quirúrgicas que pueden resultar útiles en estos casos.

**Sistema reproductivo:** las mujeres mayores pueden sufrir de fibromas, quistes ováricos o cáncer uterino; tanto hombres como mujeres pueden sufrir de disfunción sexual. Hable con su proveedor de servicios de salud sobre la detección y opciones para tratamiento.

**Piel:** protéjase del sol y consulte regularmente a su proveedor de servicios de salud para prevenir la formación de melanoma u otros tipos de cáncer. Además, existe una nueva vacuna que puede ayudar a protegerse del herpes zóster.

**Traumatismos:** a medida que envejecemos, se vuelven más comunes ciertos trastornos como espasmos, dolores musculares y tendinitis que pueden aliviarse con ejercicios de estiramiento, aplicaciones de calor y ciertos tipos de intervención quirúrgica; es importante mantenerse activo.

—NIH

## Helping You Age Well

**Brain:** Processing speed slows with age, but mental and physical exercises are being tested to see how they 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 that 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 are feeling depressed.

**Tooth & 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 chances of heartburn, gastritis, constipation, and colon cancer. Men and women over 50 should get a regular colonoscopy. Drink lots of water.

**Hormonal:** Imbalances may occur: pancreas (insulin), thyroid (thyroidin), ovary (estrogen), testes (testosterone). Talk to your health-care provider about changes in your body.

**Bones & Joints:** Rheumatoid and osteoarthritis make joints swell. Osteoporosis in women can make bones brittle. Sprains, muscle pain, and tendonitis 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.

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

**Skin:** Protect your skin from the sun; avoid shingles with a new vaccine that is available. See your health-care provider for melanoma and other skin cancer checks.

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

—NIH



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Winter Sports Safety

Friday, January 11



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## Diet Soda and Depression?

HealthDay  
January 9, 2013

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## Transcript

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 1995 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%.



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## 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. 9 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

HealthDay

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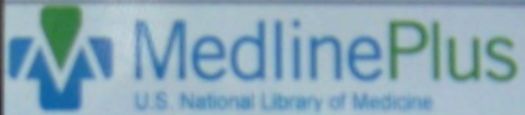
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This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). Read more [about NIH SeniorHealth](#).

*Last reviewed: January 2013*

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Health Insurance

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Health insurance helps protect you from high medical care costs. It is a contract between you and your insurance company. You buy a plan or policy, and the company agrees to pay part of your expenses when you need medical care.

Many people in the United States get a health insurance policy through their employers. In most cases, the employer helps pay for that insurance. Insurance through employers is often with a [managed care](#) plan. These plans contract with health care providers and medical facilities to provide care for members at reduced costs. You can also purchase health insurance on your own.

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# Health Insurance



Health insurance helps protect you from high medical care costs. It is a contract between you and your insurance company. You buy a plan or policy, and the company agrees to pay part of your expenses when you need medical care.

Many people in the United States get a health insurance policy through their employers. In most cases, the employer helps pay for that insurance. Insurance through employers is often with a [managed care](#) plan. These plans contract with health care providers and medical facilities to provide care for members at reduced costs. You can also purchase health insurance on your own.

People who meet certain requirements can qualify for government health insurance, such as [Medicare](#) and [Medicaid](#). The Affordable Care Act will expand health insurance coverage for many people in the U.S. Starting in October 2013, you will be able to sign up for coverage that begins in January 2014.

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