

University of Massachusetts Medical School

eScholarship@UMMS

---

Library Publications and Presentations

Lamar Soutter Library

---

2015-6

## Guided Tour of MedlinePlus Health Information

Catherine W. Carr

*University of Massachusetts Medical School*



This work is licensed under a [Creative Commons Attribution 4.0 License](https://creativecommons.org/licenses/by/4.0/).

Follow this and additional works at: [https://escholarship.umassmed.edu/lib\\_articles](https://escholarship.umassmed.edu/lib_articles)



Part of the [Information Literacy Commons](#), and the [Public Health Education and Promotion Commons](#)

---

### Repository Citation


Carr CW. (2015). Guided Tour of MedlinePlus Health Information. Library Publications and Presentations. <https://doi.org/10.13028/3aww-qg88>. Retrieved from [https://escholarship.umassmed.edu/lib\\_articles/190](https://escholarship.umassmed.edu/lib_articles/190)

Creative Commons License



This work is licensed under a [Creative Commons Attribution 4.0 License](https://creativecommons.org/licenses/by/4.0/).

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Library Publications and Presentations by an authorized administrator of eScholarship@UMMS. For more information, please contact [Lisa.Palmer@umassmed.edu](mailto:Lisa.Palmer@umassmed.edu).



# Guided Tour of MedlinePlus Health Information

*Catherine Carr, MLIS*

*Education & Clinical Services Librarian*

*The Lamar Soutter Library*

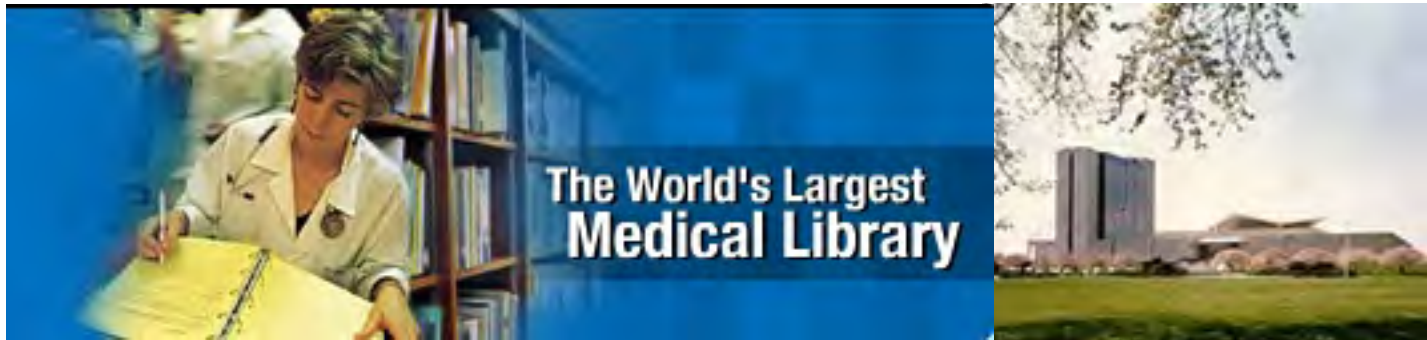
*UMass Medical School, Worcester*

*[catherine.carr@umassmed.edu](mailto:catherine.carr@umassmed.edu)*

*Summer 2015*

# National Library of Medicine

<http://nlm.nih.gov>



Part of the National Institutes of Health

Creator of PubMed.gov, MedlinePlus.gov  
and many other useful health information resources!!!

# Where do you get your health information?



## Where do people find health information?



- Health professional = 71%
- Friend or family member = 55%
- Others with the same health condition=21%
- Looked online = 59%
- Consulted online reviews of drugs/treatment = 24%
- Consulted online ranking of doctors =16%

Source: Pew Internet and American Life Project,  
The Social Life of Health Information, June 2011



TAKE CHARGE OF YOUR CARE.

**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 [NHFTips.org](http://NHFTips.org).



United Health Foundation



NATIONAL HEALTH COUNCIL

© 2008 United Health Foundation. All rights reserved. No part of this publication may be reproduced without the prior written permission of United Health Foundation. 1000 North 17th Street, Suite 1000, Denver, CO 80202

# 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.

10<sup>th</sup> grade

Source: Partnership for Clear Health Communication at the National Patient Safety Foundation [http://www.npsf.org/askme3/pdfs/STATS\\_GLANCE\\_EN.pdf](http://www.npsf.org/askme3/pdfs/STATS_GLANCE_EN.pdf)

# Ask questions. Prioritize questions.



## QUESTIONS ARE THE ANSWER

Home || [Tips and Tools](#) || [Question Builder](#)

### Question Builder

Be prepared for your next medical appointment. Create a list of questions to 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?
- What should I do if I forget to take my medicine?
- What should I do if I accidentally take more than the recommended dose?
- Should I stop taking any of my other medicines or vitamins?
- Is there written information I can have?

[« Back](#)

**Question Builder**

Be prepared for your next medical appointment. Create a list of questions that you can take with you whether you are getting a checkup, talking about a problem or health condition, getting a prescription, or discussing a medical test or surgery. Whatever the reason for your visit, it is important to be prepared. With the Question Builder, it is easy.

**My Questions List for Getting or Changing a Medicine**

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

[My Top Questions](#)

How long do I need to take the medicine?

Are there side effects?

Should I stop taking any of my other medicines or vitamins?

[Additional Questions](#)

What should I do if I forget to take my medicine?

What should I do if I accidentally take more than the recommended dose?

Is there written information I can have?

Additional notes:



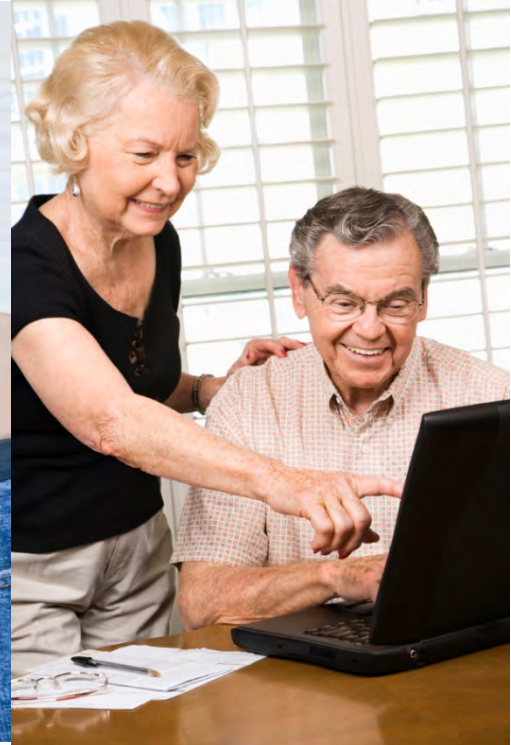
# Tracking health



- Seven in ten U.S. adults track a health indicator for themselves or a loved one.
- People living with chronic conditions are significantly more likely to track a health indicator or symptom.
- Tracking can affect someone's overall approach to health.
- Tracking has had a significant impact on people living with chronic condition.

Source: Pew Internet

# Health Literacy Needs Change with each Life Stage



# National Library of Medicine

## <http://nlm.nih.gov>

The screenshot shows the homepage of the National Library of Medicine. At the top left is the NIH logo and the text "U.S. National Library of Medicine". To the right is a search bar and social media icons for YouTube, RSS, Twitter, and Facebook. Below the header are several main sections: "Databases" with links to PubMed/MEDLINE, MeSH, UMLS, ClinicalTrials.gov, MedlinePlus, TOXNET, Images from the History of Medicine, LocatorPlus, and All NLM Databases & APIs; "Find, Read, Learn" with links to search biomedical literature, find medical terminologies, search NLM collections, read about diseases, learn about drugs, explore history, find a clinical trial, use a medical dictionary, and find free full-text articles; "Explore NLM" with links to About NLM, Health Information, Library Catalog & Services, History of Medicine, Online Exhibitions & Digital Projects, Information for Publishers, and Visit the Library; "Research at NLM" with links to Human Genome Resources, Biomedical Research & Informatics, Environmental Health & Toxicology, Health Services Research & Public Health, Health Information Technology, and a "REPLAY" button; "NLM for You" with links to Grants & Funding, Meaningful Use Tools, Training & Outreach, Network of Medical Libraries, Regional Activities, Careers @ NLM, and Mobile Gallery; and "News & Events" with a list of recent news items. At the bottom, there are icons for "Technical Bulletin", "Connect with NLM", "Multimedia Exhibition", "Podcasts", and "NLM Tools & Widgets". The footer contains copyright information, contact details, and the USA.gov logo.

**NIH** U.S. National Library of Medicine

Search

Contact NLM

### Databases

PubMed/MEDLINE  
MeSH  
UMLS  
ClinicalTrials.gov  
MedlinePlus  
TOXNET  
Images from the History of Medicine  
LocatorPlus  
All NLM Databases & APIs

### Find, Read, Learn

Search biomedical literature  
Find medical terminologies  
Search NLM collections  
Read about diseases  
Learn about drugs  
Explore history  
Find a clinical trial  
Use a medical dictionary  
Find free full-text articles

### Explore NLM

About NLM  
Health Information  
Library Catalog & Services  
History of Medicine  
Online Exhibitions & Digital Projects  
Information for Publishers  
Visit the Library

### Research at NLM

Human Genome Resources  
Biomedical Research & Informatics  
Environmental Health & Toxicology  
Health Services Research & Public Health  
Health Information Technology

### NLM for You

Grants & Funding  
Meaningful Use Tools  
Training & Outreach  
Network of Medical Libraries  
Regional Activities  
Careers @ NLM  
Mobile Gallery

### News & Events

- NLM Releases Digitized Collection of Its Publications and Productions (12/18/13)
- NLM Announces Addition of Sir William Osler Papers to Profiles in Science (12/11/13)
- WISER for Windows 4.5 is Now Available (11/27/13)
- NLM Releases Enhancements to Its "Digital Collections" Repository (11/18/13)

Visit From DNA to Beer, now on display at NLM  
An exhibition exploring some of the processes, problems, and potential inherent in technologies that use life.

Technical Bulletin  
Connect with NLM  
Multimedia Exhibition  
Podcasts  
NLM Tools & Widgets

Copyright, Privacy, Accessibility, Site Map, Viewers and Players  
U.S. National Library of Medicine, 8600 Rockville Pike, Bethesda, MD 20894  
National Institutes of Health, Health & Human Services  
Freedom of Information Act, Contact Us

USA.gov

First published: 10 October 1993  
Last updated: 18 December 2013  
Permanence Level:  
Permanent: Dynamic Content



# MedlinePlus

## <http://medlineplus.gov>

The screenshot shows the MedlinePlus website homepage. At the top, it features the U.S. National Library of Medicine logo and the MedlinePlus logo with the tagline "Trusted Health Information for You". A search bar is located in the top right corner. Below the header, there are navigation tabs for "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The main content area is divided into several sections: "Health Topics" (with an apple icon), "Drugs & Supplements" (with a pill icon), "Videos & Tools" (with a play button icon), and "Medical Encyclopedia" (with a book icon). There are also sections for "Today's Health News", "Stay Connected" (with an email sign-up form), and "NIH MedlinePlus Magazine". At the bottom, there are links for "Easy-to-Read Materials", "Organizations and Directories", "Health Information in Multiple Languages", and "MedlinePlus Connect for EHRs". The footer contains legal disclaimers, copyright information, and contact details for the U.S. National Library of Medicine.

- 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



About 5,070,000 results (0.28 seconds)

[Shop for probiotics on Google](#)

Sponsored ⓘ



Keybiotics -  
Probiotic Sup...  
\$39.99  
Whole Body...



the Vitamin  
Shoppe Ultim...  
\$9.99  
Vitamin Shop...



Align Digestive  
Care Probioti...  
\$44.29  
Soap.com



Ultimate Flora  
Women's Car...  
\$20.69  
ReNewLife.c...



Ultimate Flora  
Critical Care...  
\$18.89  
ReNewLife.c...

[Top Rated Probiotics? - ConsumersGuides.com](#)

ⓘ

**Ad** [www.consumersguides.com/](http://www.consumersguides.com/) (855) 854-2877

Discover The Top 3 Highest Quality Probiotics For Men &amp; Women

[Benefits of Probiotics - The Most Clinically Tested Brand](#)**Ad** [www.culturelle.com/](http://www.culturelle.com/)

Live a Life of Digestive Comfort

[How It Works](#) - [Find a Retailer](#) - [Culturelle Products](#) - [Culturelle Coupons](#)[TruBiotics.com - Probiotics Supplements](#)**Ad** [www.trubiotics.com/Probiotics](http://www.trubiotics.com/Probiotics)

A Daily Probiotic Supplement From The Makers Of One A Day. Learn More

[Probiotics-Topic Overview - WebMD](#)[www.webmd.com/digestive-disorders/.../probiotics-topic-overvi...](http://www.webmd.com/digestive-disorders/.../probiotics-topic-overvi...) WebMD

Jan 25, 2013 - What are probiotics? Probiotics are small organisms that help maintain the natural balance of organisms (microflora) in the intestines.

[Probiotic - Wikipedia, the free encyclopedia](#)[en.wikipedia.org/wiki/Probiotic](http://en.wikipedia.org/wiki/Probiotic) Wikipedia

Probiotics are microorganisms that some have claimed provide health benefits when consumed. The term probiotic is currently used to name ingested ...

[Fecal bacteriotherapy](#) - [Prebiotic](#) - [Élie Metchnikoff](#) - [Probiotics in pediatrics](#)[Oral Probiotics: An Introduction | NCCAM](#)[nccam.nih.gov/...](http://nccam.nih.gov/...) National Center for Complementary and Alternative M...

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

[Fact Sheet: Probiotics | The Dr. Oz Show](#)[www.doctoroz.com/videos/fact-sheet-probiotics](http://www.doctoroz.com/videos/fact-sheet-probiotics) Mehmet Öz

Sep 6, 2012 - Probiotics are essential to basic human nutrition. Probiotics are live microorganisms (in most cases, bacteria) that are similar to the beneficial ...

## Probiotic

Probiotics are microorganisms that some have claimed provide health benefits when consumed. The term probiotic is currently used to name ingested microorganism associated with beneficial effects to humans and animals.

[Wikipedia](#)



Feedback

**Ads** ⓘ[Phillips® Colon Health®](#)[www.phillipscolonhealth.com/Probiotics](http://www.phillipscolonhealth.com/Probiotics)

Support Your Digestive Health.

Get A Free Probiotic Starter Kit.

[Florastor® Probiotics](#)[www.florastor.com/](http://www.florastor.com/)

Best-Selling Probiotic Worldwide.

Fast Acting. Buy Today!

[Align® Probiotic](#)[www.aligngi.com/](http://www.aligngi.com/)

#1 Gastroenterologist Recommended\*\*

Probiotic 4 Years In A Row.

[ProBiotic Acidophilus](#)[www.puritan.com/](http://www.puritan.com/)

4.6 ★★★★★ rating for puritan.com

Save 50 - 70% sitewide. Plus,

Free shipping on all orders.

[Probiotics at Amazon](#)[www.amazon.com/Health](http://www.amazon.com/Health)

4.3 ★★★★★ rating for amazon.com

Save on Probiotics

Free 2-Day Shipping w/ Amazon Prime

[Probiotics at Walmart](#)[www.walmart.com/Supplements](http://www.walmart.com/Supplements)



probiotics X GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#)   [Drugs & Supplements](#)   [Videos & Tools](#)

[Español](#)

Home → Search Results

[Search Help](#)

**Refine by Type**

**All Results** (92)

- [Health Topics](#) (10)
- [External Health Links](#) (63)
- [Drugs and Supplements](#) (5)
- [Medical Encyclopedia](#) (6)
- [Videos and Tutorials](#) (2)
- [News](#) (1)
- [MedlinePlus Magazine](#) (1)
- [Other Resources](#) (4)
- [Multiple Languages](#)

**Results 1 - 10 of 92 for probiotics**

1. [Oral Probiotics](#) (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](http://nccam.nih.gov/health/probiotics/introduction.htm) - [Drugs and Supplements](#)
2. [Time to Talk: 5 Things to Know about Probiotics](#) (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](http://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 ... [www.aad.org/...next-big-thing-in-acne-and-rosacea-treatments](http://www.aad.org/...next-big-thing-in-acne-and-rosacea-treatments) - [External Health Links](#)
4. [Irritable Bowel Syndrome and Complementary Health Practices](#) (National Center for Complementary and Integrative Health)  
 ... different species, strains, preparations, and doses. More on **probiotics** IBS patients given **probiotics** did no better than ... bowel syndrome. *BMJ*. 2008;336(7651):999–1003. **Probiotics** Francavilla R, Miniello V, Magistà AM, et al. ... [nccih.nih.gov/health/digestive/IrritableBowelSyndrome.htm](http://nccih.nih.gov/health/digestive/IrritableBowelSyndrome.htm) - [External Health Links](#)



# Evaluating Health Information

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



The screenshot shows the homepage of the 'Trust It or Trash It' website. The header is orange with the title 'Trust It or Trash It?' and navigation links for 'About', 'Contact', and 'Español'. Below the header, there are three numbered steps in colored boxes: 1. Who said it? (green), 2. When did they say it? (orange), and 3. How did they know? (brown). To the right of these steps is a blue box titled 'What is Trust It or Trash It?' containing a paragraph explaining the tool's purpose. Below the steps is a light blue box with contact and disclaimer information, including links for 'Send us a note', 'printer friendly version', 'disclaimer language', and 'developer version'. At the bottom, there is a small footer with a Creative Commons license notice and design/development credits.

<http://trustortrash.org>



**Health Topics**

Find information on health, wellness, disorders and conditions



**Drugs & Supplements**

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



**Videos & Tools**

Discover tutorials, health and surgery videos, games, and quizzes



**Medical Encyclopedia**

Articles and images for diseases, symptoms, tests, treatments

**Medical Dictionary from Merriam-Webster**




Get in shape, stay in shape!

MedlinePlus can help you with your **exercise and fitness goals**



**Today's Health News**

3 in 10 Americans Have Drinking Problem At Some Point in Their Lives

Hormone Therapy Doesn't Help Memory

Tight Blood Sugar Control Helps the Heart in Type 2 Diabetes

[More health news](#)

**Clinical Trials**

Search [ClinicalTrials.gov](http://ClinicalTrials.gov) for drug and treatment studies.

**Stay Connected**

Sign up for MedlinePlus email updates 



**NIH MedlinePlus Magazine**

Read the **latest issue**



[Easy-to-Read Materials](#)



[Organizations and Directories](#)



[Health Information in Multiple Languages](#)



[MedlinePlus Connect for EHRs](#)

 [Get email updates](#)  [Subscribe to RSS](#)  [Follow us on Twitter](#)





Search MedlinePlus

GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Español](#)



### Health Topics

Find information on health, wellness, disorders and conditions



### Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



### Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



### Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

### Medical Dictionary from Merriam-Webster

Look up in Dictionary

GO



Having fun in the sun?  
Be good to your skin!

Learn how on our [Sun Exposure](#) page.



### Today's Health News

[3 in 10 Americans Have Drinking Problem At Some Point in Their Lives](#)

[Hormone Therapy Doesn't Help Memory](#)

[Tight Blood Sugar Control Helps the Heart in Type 2 Diabetes](#)

[More health news](#)

### Clinical Trials

Search [ClinicalTrials.gov](#) for drug and treatment studies.

### Stay Connected

Sign up for MedlinePlus email updates

Enter email address

GO

### NIH MedlinePlus Magazine

Read the [latest issue](#)



[Easy-to-Read Materials](#)



[Organizations and Directories](#)



[Health Information in Multiple Languages](#)



[MedlinePlus Connect for EHRs](#)

[Get email updates](#) [Subscribe to RSS](#) [Follow us on Twitter](#)



**Temas de salud**

Infórmese sobre temas de salud, bienestar, enfermedades y condiciones



**Medicinas y suplementos**

Aprenda sobre sus medicamentos de receta, de venta libre, hierbas y suplementos



**Videos y multimedia**

Descubra tutoriales, videos de cirugías, juegos y herramientas virtuales



**Enciclopedia médica**

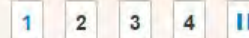
Artículos e imágenes sobre enfermedades, síntomas, exámenes, tratamientos

**Documentos de lectura fácil**



¿Adora al astro rey? Sea bueno con su piel.

Mucho sol puede ser perjudicial. **Cuidese.**



**Noticias sobre la salud**


Adolescentes víctimas de acoso en riesgo de una depresión posterior

Aumentan tasas de melanoma entre jóvenes de EE. UU.

La mayoría de los adolescentes buscan información sobre la salud en línea

Más noticias de salud

**Conéctese con nosotros**

Suscríbese a las actualizaciones por email de MedlinePlus 




Ingrese su email

**ENVIAR**

**Revista NIH  
MedlinePlus Salud**

Lea el **último número**



 Anuncios de MedlinePlus por email  RSS  Síguenos en Twitter

[Exenciones](#) [Derechos de autor](#) [Política de privacidad](#) [Accesibilidad](#) [Criterios de calidad](#) [Visores y reproductores](#)

U.S. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health FOIA GobiernoUSA.gov

Página actualizada 4 junio 2015 Dirección de esta página: <http://medlineplus.gov/spanish>



healthy living



GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Español](#)

Home → Search Results

[Search Help](#)

### Refine by Type

**All Results** (5,906)

- [Health Topics](#) (106)
- [External Health Links](#) (5,148)
- [Drugs and Supplements](#) (61)
- [Medical Encyclopedia](#) (183)
- [Videos and Tutorials](#) (119)
- [News](#) (45)
- [MedlinePlus Magazine](#) (127)
- [Other Resources](#) (103)
- [Multiple Languages](#) (14)

### 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


[\(Read more\)](#)

Results 1 - 10 of 5,908 for **healthy living**

1. [Healthy Living](#) (National Library of Medicine)

# Share MedlinePlus

**NLM** U.S. National Library of Medicine

 **MedlinePlus**  
Trusted Health Information for You

Search MedlinePlus **GO**

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) **Español**


Home → Health Topics → Healthy Living


## Healthy Living


**On this page**

<b>Basics</b> <ul style="list-style-type: none"><li>▪ Summary</li><li>▪ Start Here</li><li>▪ Latest News</li><li>▪ Prevention/Screening</li></ul>	<b>Learn More</b> <ul style="list-style-type: none"><li>▪ Related Issues</li></ul>	<b>Multimedia &amp; Tools</b> <ul style="list-style-type: none"><li>▪ Health Check Tools</li><li>▪ Videos</li></ul>
<b>Research</b> <ul style="list-style-type: none"><li>▪ Financial Issues</li><li>▪ Research</li><li>▪ Journal Articles</li></ul>	<b>Reference Shelf</b> <ul style="list-style-type: none"><li>▪ Dictionaries/Glossaries</li><li>▪ Directories</li><li>▪ Organizations</li><li>▪ Newsletters/Print Publications</li><li>▪ Statistics</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>▪ Children</li><li>▪ Teenagers</li><li>▪ Men</li><li>▪ Women</li><li>▪ Seniors</li><li>▪ Patient Handouts</li></ul>

**Summary**





**Get Healthy Living updates by email** 



[Página Principal](#) → [Temas de salud](#) → [Vivir saludablemente](#)

## Vivir saludablemente

Otros nombres: [Prevenir enfermedades](#)



### En esta página

#### Entérese

- [Introducción](#)
- [Comience aquí](#)
- [Últimas noticias](#)

#### Para saber más

- [Asuntos relacionados](#)

#### Multimedia

- [Herramientas para evaluar la salud](#)
- [Videos](#)

#### Investigaciones

- [Finanzas](#)

#### Materiales de consulta

- [Organizaciones](#)

#### Para usted

- [Niños/as](#)
- [Adolescentes](#)
- [Hombres](#)
- [Mujeres](#)
- [Personas mayores](#)



## Introducción

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

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

### Reciba actualizaciones sobre Vivir saludablemente por email



Ingrese su email

ENVIAR

### Temas de salud relacionados

[Ejercicio y estado físico](#)

[Enfermedades del corazón: Prevención](#)

Home → [Health Topics](#) → [Breast Cancer](#)

## Breast Cancer

### On this page

#### Basics

- [Summary](#)
- [Start Here](#)
- [Latest News](#)
- [Diagnosis/Symptoms](#)
- [Treatment](#)
- [Prevention/Screening](#)

#### Learn More

- [Alternative Therapy](#)
- [Nutrition](#)
- [Coping](#)
- [Disease Management](#)
- [Specific Conditions](#)
- [Related Issues](#)

#### Multimedia & Tools

- [Health Check Tools](#)
- [Tutorials](#)
- [Videos](#)

#### Research

- [Financial Issues](#)
- [Clinical Trials](#)
- [Genetics](#)
- [Research](#)
- [Journal Articles](#)

#### Reference Shelf

- [Dictionaries/Glossaries](#)
- [Directories](#)
- [Organizations](#)
- [Law and Policy](#)
- [Statistics](#)

#### For You

- [Children](#)
- [Teenagers](#)
- [Men](#)
- [Seniors](#)
- [Patient Handouts](#)

### 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.

NIH: *National Cancer Institute*



Get Breast Cancer updates by email 

GO

### 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](#)

Show More 



# MedlinePlus Health Topics

## Breast Cancer

On this page

<b>Basics</b> <ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Latest News</li> <li>Diagnosis/Symptoms</li> <li>Treatment</li> <li>Prevention/Screening</li> </ul>	<b>Learn More</b> <ul style="list-style-type: none"> <li>Alternative Therapy</li> <li>Nutrition</li> <li>Coping</li> <li>Disease Management</li> <li>Specific Conditions</li> <li>Related Issues</li> </ul>	<b>Multimedia &amp; Tools</b> <ul style="list-style-type: none"> <li>Health Check Tools</li> <li>Tutorials</li> <li>Videos</li> </ul>
<b>Research</b> <ul style="list-style-type: none"> <li>Financial Issues</li> <li>Clinical Trials</li> <li>Genetics</li> <li>Research</li> <li>Journal Articles</li> </ul>	<b>Reference Shelf</b> <ul style="list-style-type: none"> <li>Dictionaries/Glossaries</li> <li>Directories</li> <li>Organizations</li> <li>Law and Policy</li> <li>Statistics</li> </ul>	<b>For You</b> <ul style="list-style-type: none"> <li>Children</li> <li>Teenagers</li> <li>Men</li> <li>Seniors</li> <li>Patient Handouts</li> </ul>



### 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

### 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?

**Genetics Home Reference**  
Your Guide to Understanding Genetic Conditions

**National Cancer Institute**  
at the National Institutes of Health





Search MedlinePlus

GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Home](#) → [Multiple Languages](#)

## Health Information in Multiple Languages



Use these links to find health information in languages other than English. See our [quality guidelines](#) for how we select the links on these pages.

Browse information in multiple languages by health topic.

[Amharic \(amarunya\)](#)

[Arabic \(العربية\)](#)

[Armenian \(Հայերեն\)](#)

[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 \(हिन्दी\)](#)



Visit [HealthReach](#) for additional multilingual health information.



# HealthReach

<http://healthreach.nlm.nih.gov>

The screenshot shows the HealthReach website interface. At the top left is the HealthReach logo with the tagline "Health Information In Many Languages". To the right is the NIH logo and "U.S. National Library of Medicine". Below the header is a navigation bar with "Search", "A-Z Index", and "Submit Your Resources". A search bar is present with a "Search" button and a "Select Language" dropdown menu. Below the search bar are checkboxes for "Documents", "Audio", and "Videos". On the right side, there is a "What's New" section with two items: "INH-Standing Between You and TB" and "WIC Eligibility Information for state of Florida". Below this is a "Featured Resources" section with a list of four items: "Refugees Advice to Physicians: How to ask about Mental Health", "If there is no fever, there is no ebola", "Ebola Fact Sheet (2014)", and "Stopping the Ebola Outbreak (2014)". At the bottom, there are two featured resource cards: "Multicultural Information" and "Refugee Health Information". On the far right, there is a "Tweets" section showing three tweets from HealthReach (@NLM\_HealthReach) dated December 2nd and 1st.

**HealthReach**  
Health Information In Many Languages

**NIH** U.S. National Library of Medicine

Search A-Z Index Submit *Your* Resources

Search

--Select Language

Documents  Audio  Videos

**What's New**

- ✓ INH-Standing Between You and TB (English, Arabic, Bosnian, Chinese, Farsi, Haitian Creole (Kreyol), Hindi, Korean, Russian, Serbo-Croatian, Somali, Spanish, Ukrainian, Vietnamese)
- ✓ WIC Eligibility Information for state of Florida (English, Haitian Creole (Kreyol), Spanish)

**Featured Resources**

- ✓ Refugees Advice to Physicians: How to ask about Mental Health **New!**
- ✓ "If there is no fever, there is no ebola" Radio Message **New!**
- ✓ Ebola Fact Sheet (2014) **New!**
- ✓ Stopping the Ebola Outbreak (2014) **New!**

[View All](#)

**Multicultural Information**

**Refugee Health Information**

**Tweets**

**HealthReach** @NLM\_HealthReach 2 Dec  
Available in English & #Hmong, a free #health poster about preventing the spread of illnesses. Great for a clinic! [1.usa.gov/1wkMjOm](http://1.usa.gov/1wkMjOm)

**HealthReach** @NLM\_HealthReach 2 Dec  
Written in 37 languages; share with others! Eight easy #health tips you can do to improve your health. [1.usa.gov/1vhewEY](http://1.usa.gov/1vhewEY)  
Expand

**HealthReach** @NLM\_HealthReach 1 Dec  
Written in English & #Somali: Free quality handout describing how #HIV/#AIDS is



## 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)

1 / 8



## Tinh Thần Minh Mẫn Trẻ Mãi Không Già

## Good Mental Health is Ageless

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.

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.

2 / 8

Example: Multilingual Health Information  
 Good Mental Health is Ageless  
 Vietnamese, SAMSHA



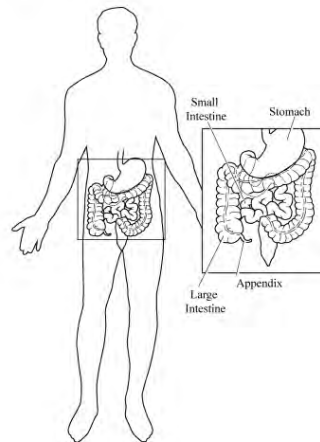
# Portuguese Health Information on MedlinePlus.gov (over 75 topics)

## Appendectomy

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea and vomiting. If the appendix bursts, it can make you very sick.

There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 3 or 4 small incisions are made in the abdomen. The doctor uses a camera and tools through the small incisions to remove the appendix. With this type of surgery, you may recover faster, have less pain, less scarring, fewer wound problems and often spends less time in the hospital.

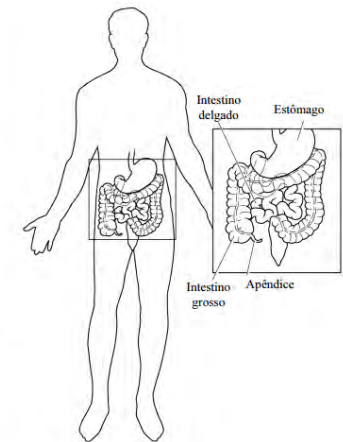


## Apendicectomia

A apendicectomia é a cirurgia para a retirada do apêndice. O apêndice é uma pequena bolsa acoplada ao intestino grosso. Às vezes, o apêndice é bloqueado, o que o faz infeccionar 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.



Appendectomy. Portuguese



# How to find multilingual information on MedlinePlus.gov

The screenshot shows the MedlinePlus.gov website interface. At the top, the NIH logo and 'U.S. National Library of Medicine' are visible. The main header features the MedlinePlus logo with the tagline 'Trusted Health Information for You'. A search bar is located on the right side of the header. Below the header, there are navigation tabs for 'Health Topics', 'Drugs & Supplements', and 'Videos & Tools'. A red circle highlights the 'Español' language option in the top right corner. The main content area is divided into several sections: 'Health Topics' (with an apple icon), 'Drugs & Supplements' (with a pill icon), 'Videos & Tools' (with a play button icon), and 'Medical Encyclopedia' (with a stack of books icon). There is also a 'Medical Dictionary from Merriam-Webster' section. On the right side, there is a featured article about allergies with a photo of a woman and two children, and a 'Stay Connected' section with an email sign-up form. At the bottom, there are icons for 'Easy-to-Read Materials', 'Organizations and Directories', 'Health Information in Multiple Languages' (highlighted with a green box), and 'MedlinePlus Connect for EHRs'. The footer contains various links and contact information.

U.S. National Library of Medicine

MedlinePlus<sup>®</sup>  
Trusted Health Information for You

Search MedlinePlus

About MedlinePlus Site Map FAQs Contact Us

Health Topics Drugs & Supplements Videos & Tools **Español**

**Health Topics**  
Find information on health, wellness, disorders and conditions

**Drugs & Supplements**  
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

**Videos & Tools**  
Discover tutorials, health and surgery videos, games, and quizzes

**Medical Encyclopedia**  
Articles and images for diseases, symptoms, tests, treatments

**Medical Dictionary from Merriam-Webster**  
Look up in Dictionary

**Don't let allergies stop you from enjoying the season!**  
Tips on coping with Hay Fever

1 2 3 4 ||

**Today's Health News**  
Germs in Foodborne Illness Gaining Resistance to Antibiotics  
Strong Bones After 50? Women May Not Need Next Test Until 65  
Widespread Vaccination Fights Serious Stomach Infection in Kids  
More health news

**Stay Connected**  
Sign up for MedlinePlus email updates

**NIH MedlinePlus Magazine**  
Read the latest issue

**Easy-to-Read Materials** **Organizations and Directories** **Health Information in Multiple Languages** **MedlinePlus Connect for EHRs**

Get email updates Subscribe to RSS Follow us on Twitter

Disclaimers Copyright Privacy Accessibility Quality Guidelines Viewers & Players MedlinePlus Connect for EHRs For Developers  
U.S. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health FOIA USA.gov  
Page last updated on 10 June 2015 URL for this page: <http://medlineplus.gov>

[Home](#) → [Medical Encyclopedia](#) → [Cataract - adult](#)

## 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](#)

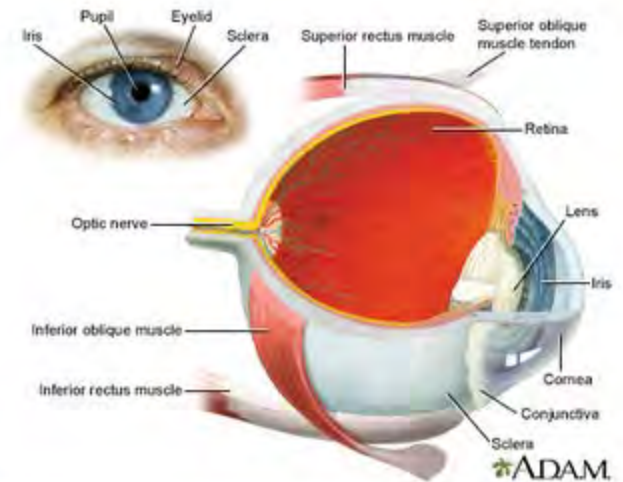
[Calcium blood test](#)



## Medical Encyclopedia Images



This photograph shows a cloudy white lens (cataract) over the pupil. Cataracts are a leading cause of decreased vision in older adults, but children may have congenital cataracts. With surgery, the cataract can be removed, a new lens implanted, and the person can usually return home the same day.



The eye is the organ of sight, a nearly spherical hollow globe filled with fluids (humors). The outer layer or tunic (sclera, or white, and cornea) is fibrous and protective. The middle tunic layer (choroid, ciliary body and the iris) is vascular. The innermost layer (the retina) is nervous or sensory. The fluids in the eye are divided by the lens into the vitreous humor (behind the lens) and the aqueous humor (in front of the lens). The lens itself is flexible and suspended by ligaments which allow it to change shape to focus light on the retina, which is composed of sensory neurons.



[Página Principal](#) → [Enciclopedia médica](#) → [Cataratas en adultos](#)

## Cataratas en adultos

Una catarata es una opacidad del cristalino del ojo.



### Causas

El cristalino del ojo normalmente es transparente y actúa como una lente en una cámara, enfocando la luz a medida que ésta pasa hasta la parte posterior del ojo.

Hasta los 45 años de edad aproximadamente, la forma del cristalino es capaz de cambiar. Esto permite que el cristalino enfoque sobre un objeto, ya sea que esté cerca o lejos.

A medida que una persona envejece, las proteínas en el cristalino comienzan a descomponerse. En consecuencia, éste se torna opaco. Lo que el ojo ve puede aparecer borroso. Esta afección se conoce como catarata.



Mire éste video sobre:  
Catarata



### Temas de salud relacionados

[Cataratas](#)

### Imágenes



[El ojo](#)



[Examen con lámpara de hendidura](#)



[Catarata: primer plano del ojo](#)



[Serie de la cirugía de cataratas](#)

### Lea más

[Ambliopía](#)

[Cataratas congénitas](#)

[Ceguera y pérdida de la visión](#)

[Degeneración macular asociada con la edad](#)

Home → Medical Encyclopedia → Cataracts - what to ask your doctor

## 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?



### Related MedlinePlus Health Topics

Cataract

### Images



Cataract

### Read More

[Cataract - adult](#)

[Cataract removal](#)

[Vision problems](#)





Search MedlinePlus

GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Español](#)

Home → [Drugs, Herbs and Supplements](#)

## Drugs, Herbs and Supplements

### Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

**Browse by generic or brand name:**

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

For FDA approved labels included in drug packages, see [DailyMed](#).

### Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland; Copyright © 2015. All Rights Reserved.



#### Related Topics

- [HIV/AIDS Medicines](#)
- [Antibiotics](#)
- [Antidepressants](#)
- [Blood Pressure Medicines](#)
- [Blood Thinners](#)
- [Cancer Alternative Therapies](#)
- [Cancer Chemotherapy](#)
- [Cold and Cough Medicines](#)
- [Complementary and Alternative Medicine](#)



[Página Principal](#) → [Medicinas, hierbas y suplementos](#)

## 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

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.



#### Temas relacionados

- [Analgésicos](#)
- [Antibióticos](#)
- [Anticoagulantes y antiplaquetarios](#)
- [Antidepresivos](#)
- [Corticoides](#)
- [Estatinas](#)
- [Medicamentos](#)



Search MedlinePlus

GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Español](#)

Home → [Drugs, Herbs and Supplements](#) → [Zolpidem](#)

## 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



Busque en MedlinePlus

BUSCAR

[Sobre MedlinePlus](#) [Índice](#) [FAQs](#) [Contáctenos](#)

[Temas de salud](#) [Medicinas y suplementos](#) [Videos y multimedia](#)

[English](#)

Página Principal → [Medicinas, hierbas y suplementos](#) → [Zolpidem](#)

## 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 olvidó 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



[Home](#) → [Drugs, Herbs and Supplements](#) → [Omega-3 Fatty Acids](#)

## Omega-3 Fatty Acids

pronounced as (oh may' ga)



[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](#)

### 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.



Home → Videos &amp; Tools

## Videos & Tools



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



### Health Videos

View videos of anatomy and body systems and how diseases and conditions affect them.



### Surgery Videos

Find videos of operations and surgical procedures.



### Health Check Tools

Check your health with interactive calculators, quizzes and questionnaires.



### Games

Boost your health knowledge by playing interactive health games.

### Today's Health News Video:

## Menopausal Hormone Therapy

Thursday, June 4  
 Transcript



For closed captioning, click the CC button on the lower right-hand corner of the player. Video player keyboard shortcuts

### Search all Videos & Tutorials

Search all Videos &amp; Tutorials

GO

[Understanding Medical Words](#)
[Evaluating Health Information](#)
[To Your Health: NLM update](#)
[NIHSeniorHealth Videos](#)

[Página Principal](#) → [Videos y multimedia](#)

## Videos y multimedia



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



### Videos de salud

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



### Videos de procedimientos quirúrgicos

Encuentre videos de operaciones y procedimientos quirúrgicos.



### Herramientas para evaluar la salud

Compruebe el estado de su salud usando calculadoras y cuestionarios interactivos.






### Juegos

Aumente su conocimiento de la salud con estos juegos interactivos.



### Busque en todos los videos y tutoriales



 [Anuncios de MedlinePlus por email](#)
 [RSS](#)
 [Síguenos en Twitter](#)

[Exenciones](#) [Derechos de autor](#) [Política de privacidad](#) [Accesibilidad](#) [Criterios de calidad](#) [Visores y reproductores](#)

U.S. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health

Página actualizada 4 junio 2015

# Surgery Videos




Trusted Health Information for You

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

## Total Knee Replacement for Women

May 27, 2009 at 7:00 PM



[View Program Transcript](#)

Produced by   
[Click Here](#) to view the OR-Live, Inc. Privacy Policy and Legal Notice  
© 2010 OR-Live, Inc. All rights reserved.

## Videos de procedimientos quirúrgicos

Esta página proporciona enlaces a videos via Internet (webcasts) pregrabados de procedimientos quirúrgicos. Éstos 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 esta viendo estos videos en vivo.

Los videos están en formato Flash. Usted necesita el programa Flash para verlos. Puede bajar éste programa en <http://www.adobe.com/products/flashplayer/>.

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



[Home](#) → [Videos & Tools](#) → [Health Videos](#)

## 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 pro 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.

The screenshot shows the freemd+ website interface. At the top, there is a navigation bar with links for Home, Symptom Checkup, Injury Checkup, Disease Checkup, Women's Checkup, Pregnancy Checkup, Baby Checkup, and Men's Checkup. Below the navigation bar is a search bar with the placeholder text "Enter a letter to browse topics". The main content area is titled "Snakebite Checkup" and features a form with two questions: "what is your age?" and "what is your gender?". The age question has a dropdown menu set to "years" and radio buttons for "Years" and "Months". The gender question has radio buttons for "male" and "female". A "Next" button is located at the bottom right of the form. On the right side of the form, there is a video player showing a doctor, Stephen J. Schuster, M.D., with a "turn off" button in the top right corner.

The screenshot shows the NIH website interface. At the top, there is a navigation bar with links for U.S. Department of Health & Human Services and National Institutes of Health. Below the navigation bar is the NIH logo and the text "National Institute on Deafness and Other Communication Disorders (NIDCD)". The main content area is titled "Do You Need a Hearing Test?" and features a form with three questions: "1. Does a hearing problem cause you to feel embarrassed when you meet new people?", "2. Does a hearing problem cause you to feel frustrated when talking to members of your family?", and "3. Do you have difficulty hearing or understanding co-workers, clients, or customers?". Each question has radio buttons for "Yes" and "No". A "Next" button is located at the bottom right of the form. On the right side of the form, there is a video player showing a group of people, with a "Do You Need A Hearing Test?" title and a "turn off" button in the top right corner.

# Games

## 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.

**ARTIFICIAL ANATOMY:**  
Papier-Mâché Anatomical Models

Smithsonian  
National Museum of American History  
Bulvine Center

History Preservation Collection Body Parts

## BODY PARTS

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 size anatomical model. Don't forget to look for additional answers by turning Jerome®. There are 10 parts in all. See how many parts you can place.

▶▶ Let's go!

\* Who's Jerome?

**DISASTER MASTER** 000000

## DISASTER MASTER

Help the Heroes! Will you know what to do? Make the right decisions and earn points to unlock new levels. But watch out! The wrong choice could end the game. Survive all 7 levels plus a turn in the hot seat and become a Disaster Master! Print out chapters of your own graphic novel as you play.

Level 1 - Wildfire	Level 5 - Winter Storm/Extreme Cold
Level 2 - Tornado	Level 6 - Tsunami/Earthquake
Level 3 - Hurricane/Blackout	Level 7 - Thunderstorm/Lightning
Level 4 - Home Fire	Level 8 - The Hot Seat

**REMEMBER** Write down the password at the end of each game to unlock the next level.



# Spanish Health Check Tool

Ayuda

## My Family Health Portrait

A tool from the Surgeon General

Al usar *El Retrato de mi Salud Familiar* usted puede:

- Preparar su historia familiar de salud.
- Imprimir su historia familiar de salud para compartirla con su familia o el personal médico.
- Archivar la historia familiar de salud de miembros de su familia y actualizarla cuando quiera.

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

[Aprenda más sobre \*El Retrato de mi Salud Familiar\*](#)

Crear una historia familiar de salud

Usar una historia familiar archivada

In English

Em Português

In Italiano



# Understanding Medical Words

A tutorial from the  
National Library of Medicine



Introduction

Break it up

Word Roots

Beginnings &

Quiz Time

Abbreviations

Learn More







A quarterly publication of the Friends of the National Library of Medicine. Get a **free** subscription!



Trusted Health Information  
from the National  
Institutes of Health

# 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*

La estrella de la televisión Cristina Saralegui: La prevención y el tratamiento del VIH/SIDA

TV superstar Cristina Saralegui: preventing and treating HIV/AIDS

Consejos para envejecer saludablemente

Healthy aging tips

La prevención de la diabetes

Preventing diabetes

Los hispanos pioneros de las ciencias

Hispanic pioneers in science

A publication of the NATIONAL INSTITUTES OF HEALTH, the NATIONAL ALLIANCE FOR HISPANIC HEALTH, and the FRIENDS of the NATIONAL LIBRARY OF MEDICINE

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 especiales.

**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 amistades y 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.

**Pulmones:** 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 (tiroxina), los ovarios (estrogeno) 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 el siguiente ejercicio 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 ayudarle 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 (thyroxin), 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



# Health News

U.S. National Library of Medicine

 **MedlinePlus**  
Trusted Health Information for You

Search MedlinePlus  **GO**

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Latest Health News → Article

 **HealthDay**

## 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.

**Related MedlinePlus Health Topics**


- [Healthy Living](#)
- [Occupational Health](#)



# HealthDay News Videos

NIH U.S. National Library of Medicine

 MedlinePlus  
Trusted Health Information for You


Search MedlinePlus

Health Topics   Drugs & Supplements   Videos & Tools

Home → Latest Health News → High Heel Dangers

## High Heel Dangers

HealthDay News Video - May 29, 2015



For closed captioning, click the CC button on the lower right-hand corner of the player.  
[Video player keyboard shortcuts](#)

Home → [Directories](#)

## Directories



MedlinePlus provides links to directories to help you find libraries, health professionals, services and facilities. NLM does not endorse or recommend the organizations that produce these directories, nor the individuals or organizations that are included in the directories.

### Libraries

[Find a Library](#)

### Doctors and Dentists--General

[AMA Physician Select: Online Doctor Finder](#) (American Medical Association)

[DocFinder](#) (Administrators in Medicine)

[Find a Dentist](#) (Academy of General Dentistry)

[Medicare: Physician Compare](#) (Centers for Medicare & Medicaid Services)

### Hospitals and Clinics--General

[Compare Hospitals](#) (Leapfrog Group)

[Find a Doctor](#) (TRICARE Management Activity)

[HRSA: Find a Health Center](#) (Health Resources and Services Administration)

### Doctors and Dentists--Specialists

[American Osteopathic Association D.O. Database](#) (American Osteopathic Association)

[ASGE: Find a Doctor](#) (American Society for Gastrointestinal Endoscopy)

[Cancer Genetics Services Directory](#) (National Cancer Institute)

[Expert Locator: Immunologists](#) (Jeffrey Modell Foundation)

[Find a Cancer Doctor](#) (American Society of Clinical Oncology)

[Find a Dermatologic Surgeon](#) (American Society for Dermatologic Surgery)

Español | A A A | Print About Us | FAQ | Glossary | Medicare.gov | CMS.gov | MyMedicare.gov Login

## Medicare.gov | Nursing Home Compare

The Official U.S. Government Site for Medicare

Nursing Home Compare Home
About Nursing Home Compare
About the data
Resources
Help

Home Share

### Find a Nursing Home

A field with an asterisk (\*) is required.

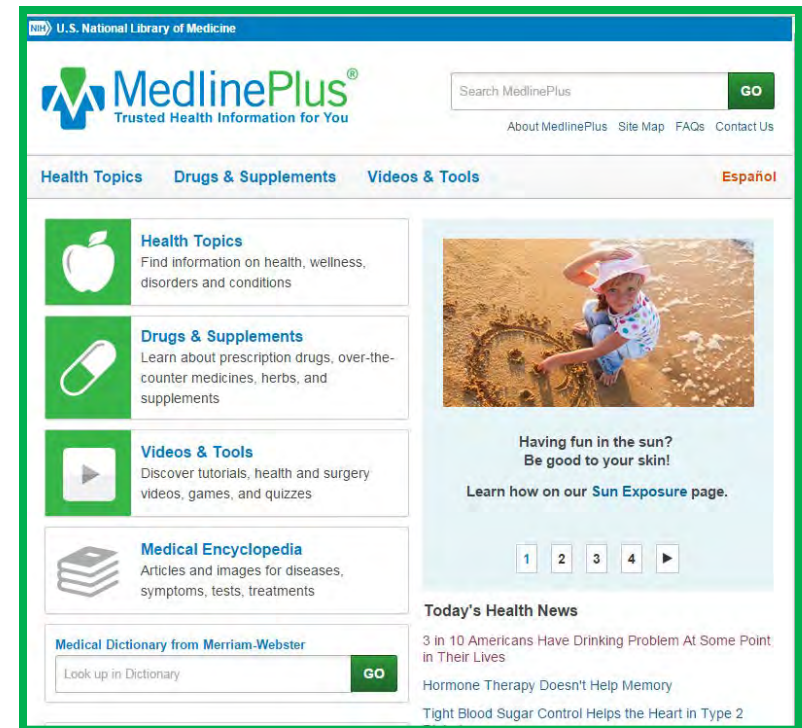
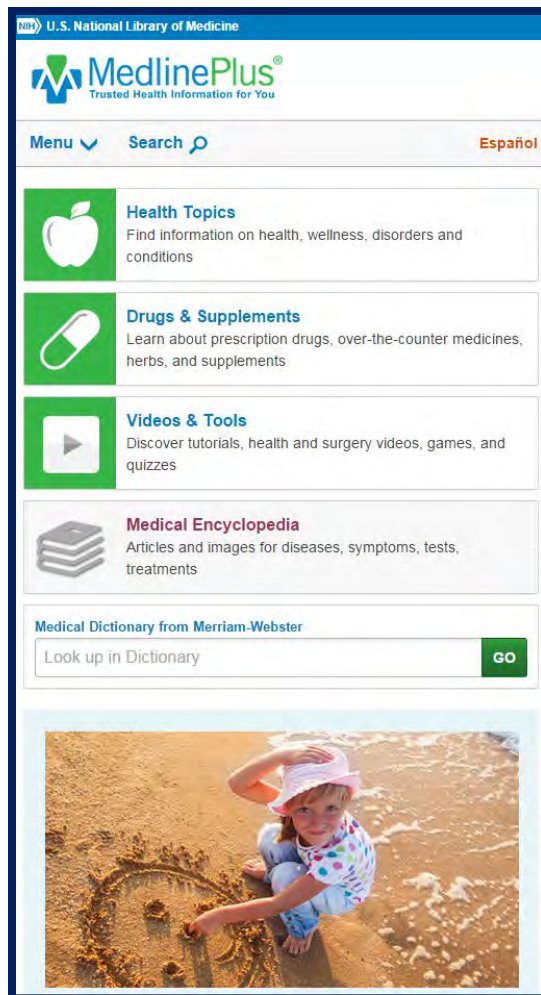
\* **Location**  
 Example: 45802 or Lima, OH or Ohio

Nursing Home Name (optional)



Nursing Home Compare has detailed information about every Medicare and Medicaid-certified nursing home in the country. **States may collect and post** additional information that is not collected by the Federal government. Before you get started, you or your family might also consider [Alternatives to Nursing Homes](#).

# MedlinePlus Responsive Design







TWEETS  
3,004

FOLLOWING  
189

FOLLOWERS  
85K

FAVORITES  
1



Following

**MedlinePlus.gov**

@medlineplus

Latest news & info on health & medicine.  
Tweets are not medical advice.

Maintained by the National Library of  
Medicine. Privacy Policy:

[1.usa.gov/wNSCpz](http://1.usa.gov/wNSCpz)

Bethesda, MD

[medlineplus.gov](http://medlineplus.gov)

Joined March 2009

Tweet to [MedlinePlus.gov](http://MedlinePlus.gov)

106 Followers you know



Photos and videos

Tweets

Tweets & replies

Photos & videos



**MedlinePlus.gov** @medlineplus · Jun 2

Could the future of high blood pressure  
treatment be a vaccine?

[1.usa.gov/1dcSQD8](http://1.usa.gov/1dcSQD8)

13 1



**MedlinePlus.gov** @medlineplus · Jun 2

Do you think organ donors should be compensated?

[1.usa.gov/1ldBHab](http://1.usa.gov/1ldBHab)

3



MedlinePlus.gov retweeted



**CDCChronic** @CDCChronic · Jun 1

Aspirin can prevent [#heartdisease](#) & [#stroke](#) in some ppl who haven't  
previously had a CVD event. [1.usa.gov/1KI85Ce](http://1.usa.gov/1KI85Ce)

8 3



**MedlinePlus.gov** @medlineplus · May 29

What medical tests should you expect during your pregnancy?

[bit.ly/1JVMPri](http://bit.ly/1JVMPri)

# Add MedlinePlus to Your Site

## Copy Code from the About Us Page

Get code from the MedlinePlus Widget Page:  
<http://www.nlm.nih.gov/medlineplus/widgets.html>

Search **MedlinePlus**:  **GO**



```
<a href="http://www.nlm.nih.gov/medlineplus/"></a>
```

You can use the following text to describe MedlinePlus:

MedlinePlus directs you to information to help answer health questions. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. MedlinePlus also contains extensive information about drugs and supplements, an illustrated medical encyclopedia, interactive tutorials, the latest health news, and surgery videos.



# Drug Information Portal

<http://druginfo.nlm.nih.gov>



The screenshot shows the Drug Information Portal homepage. At the top, there is a blue header with the text "Drug Information Portal" and "Quick Access to Quality Drug Information". To the right of the header is the logo for the United States National Library of Medicine, National Institutes of Health. Below the header is a navigation menu with links for Home, News and Features, NLM Resources, NLM Research Resources, Resources by Audience / Class, and Other Resources. A "Mobile Site - NEW" link is also present. The main content area features a search box with the text "Search" and "DRUG INFORMATION PORTAL" above it. Below the search box is a search button with a magnifying glass icon. There are two radio buttons for "By Name" and "By Category". Below the search box is a list of links: "Show examples.", "Show drug category descriptions.", "Show top 'By Name' searches (previous seven days).", "Show top 'By Category' searches (previous seven days).", "Show top dispensed prescriptions in the US Market, 2010.", "Show common drug name list.", "Show category name list.", and "Show list of resources searched.". At the bottom of the page, there is a footer with the text "Site Map, Contact Us, Copyright, Privacy, Accessibility", "U.S. National Library of Medicine, 6600 Rockville Pike, Bethesda, MD 20894", "National Institutes of Health, Health & Human Services", "Freedom of Information Act", "Drug Information Portal Mobile Site", and "Last updated: Sep 2013". The USA.gov logo is also visible in the footer.

- A gateway to selected drug information in NLM and other US government agencies
- Includes information on more than 31,000 drugs
- Links to ClinicalTrials.gov, PubMed, TOXLINE, and MedlinePlus

# Drug Information Portal


<http://druginfo.nlm.nih.gov>

**Drug Information Portal**  
Quick Access to Quality Drug Information

United States  
National Library of Medicine  
National Institutes of Health

Home | News and Features | NLM Resources | NLM Research Resources | Resources by Audience / Class | Other Resources

Home > Search Results

Search    By Name  By Category

[Go back to previous page.](#)

**Search Results**

**Drug Name:** Atorvastatin calcium [USAN:USP] [\[show more names\]](#) [\[show structure\]](#)

**Search Term:** LIPITOR

**Description:** Hydroxymethylglutaryl-CoA reductase inhibitor.

**Categories:** [Anticholesteremic Agent](#) [\[show more categories\]](#)

**Summary**

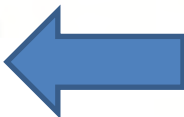
- [Summary of drug information \(MedlinePlusDrug\)](#)
- [Summary of consumer health information \(MedlinePlusTopics\)](#)
- [Summary of the effect on breastfeeding \(LactMed\)](#)
- [Summary of Drug-Induced Liver Injury \(LiverTox\)](#)
- [Manufacturers drug label \(DailyMed\)](#)
- [Clinical trials \(ClinicalTrials.gov\)](#)
- [Drug Identification and Image Display \(Pillbox beta\)](#)

**Detailed Summary**

- [Summary of reviewed biological and physical data \(HSDB\)](#)
- [References from scientific journals \(Medline/PubMed\)](#)
- [References from toxicological journals \(TOXLINE\)](#)
- [Biological activities and chemical structures \(PubChem\)](#)
- [Biological activities against HIV/AIDS and other viruses \(NIAID ChemDB\)](#)
- [Toxicological and chemical resources \(ChemIDplus\)](#)

**Additional Resources**

- [Information from the US Food & Drug Administration \(Drugs@FDA\)](#)
- [Search engine for other government resources \(USA.gov\)](#)





# PubMedHealth

<http://www.ncbi.nlm.nih.gov/pubmedhealth/>

About | Home | See us on Facebook | Follow us | Add us | Help

PubMed Health

Contents ▾ Behind Headlines ▾ What's New Featured review ▾ Understand clinical effectiveness ▾ Blog

## What works? Clinical effectiveness.

In partnership with:

THE UNIVERSITY of York  
Centre for Reviews and Dissemination IQWiG content supplied by

[PubMed Health Home](#) | [About PubMed Health](#) | [Copyright](#) | [Disclaimer](#) | [See us on Facebook](#) | [Follow us](#) | [Add us](#) | [Contact Us](#)

You are here: NCBI > Literature > PubMed Health Write to the Help Desk

Lamar Soutter Library at  
University of Massachusetts Medical School  
<http://library.umassmed.edu/>

and Homer Gage Library at Memorial







Make MedlinePlus.gov  
your first choice for  
online health information

<http://medlineplus.gov>

# Thank You!

With appreciation for sharing her slides:

**Michelle Eberle**

**Health Literacy & Community Engagement Coordinator**

**National Network of Libraries of Medicine, New England Region**

*Catherine Carr, MLIS*

*Education & Clinical Services Librarian*

**Lamar Soutter Library, UMass Medical School**

**[Catherine.carr@umassmed.edu](mailto:Catherine.carr@umassmed.edu)**

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. #HHS-N-276-2011-0001C with the University of Massachusetts Medical School.