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How to Find Reliable Health Information Online

University of Michigan Taubman Health Sciences Library
St. Francis of Assisi Health Fair
May 22, 2011



It's all available from

MEDLINEPLUS.GOV

From the National Library of Medicine

MedlinePlus.Gov

NIH Senior Health

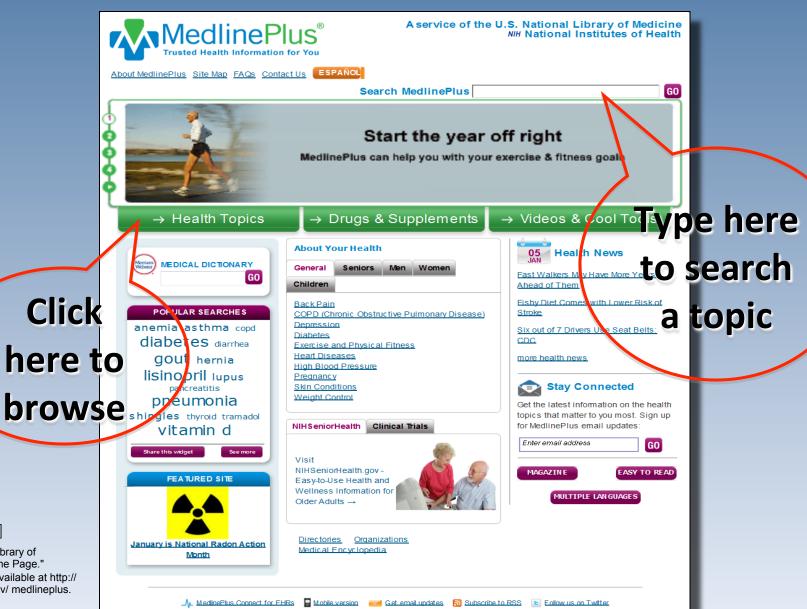
ToxNet

MedlinePlus

MEDLINEPLUS.GOV

- Symptoms, causes, treatment, and prevention for 800+ diseases, conditions, and wellness issues
- Side effects, precautions, and storage for 1000+ drugs
- Information on alternative treatments, herbs, and supplements
- Videos and tutorials
- NO ADVERTISING!

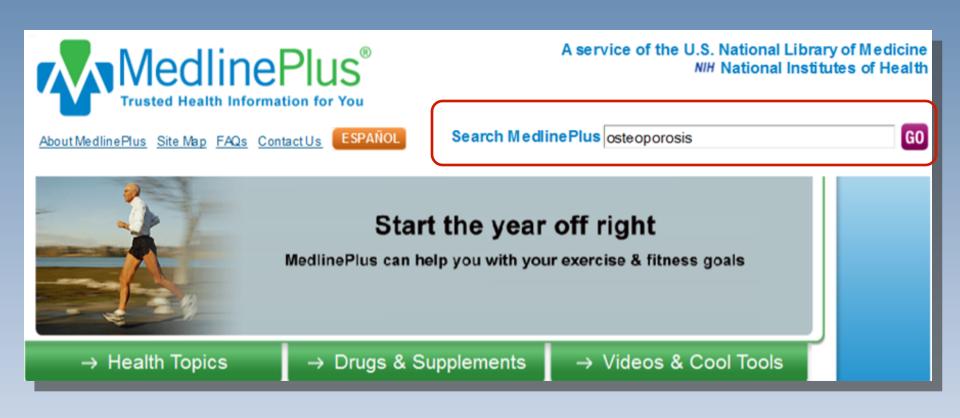
HOME PAGE



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U.S. National Library of Medicine. "Home Page." MedlinePlus. Available at http:// www.nlm.nih.gov/ medlineplus.

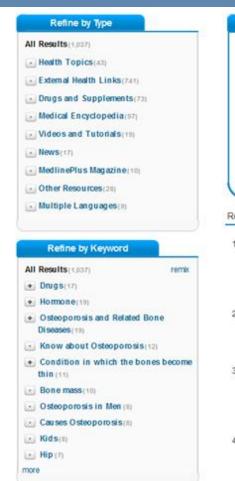
SEARCHING





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RESULTS



Osteoporosis Search Help
Osteoporosis makes your bones weak and more likely to break. Anyone

can develop osteoporosis, but it is common in older women. As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis.

Risk factors include (Read more)

Results 1 - 10 of 1,037 for osteoporosis

1. Osteoporosis (National Library of Medicine)

Osteoporosis makes your bones weak and more likely to break. Anyone can develop osteoporosis, but it is common in older women. As ... than 50 will break a bone due to osteoporosis. Risk factors include Getting older Being small and ...

www.nlm.nih.gov/medlineplus/osteoporosis.html - Heath Topics

2. Osteoporosis Interactive Tutorial (Patient Education Institute)

... treatment options. Also included are tips for prevention. Osteoporosis Bone is a living tissue. It is

www.nim.nih.gov/.../futorials/osteoporosis/htm/index.htm - Videos and Tutorials

Diet and disease

Calcium and osteoporosis; Osteoporosis and calcium, Fiber and cancer, Cancer and fiber, Nitrates and cancer, Cancer and nitrates ... This article discusses the following. Calcium and osteoporosis

Saturated fat, cholesterol, and coronary heart disease Sodium ...

www.nlm.nlh.gov/medlineplus/ency/article/002096.htm - Medical Encyclopedia

 Handout on Health: Osteoporosis NIH (National Institute of Arthritis and Musculoskeletal and Skin Diseases)

... supported by your browser. Home Osteoporosis Osteoporosis Basics Osteoporosis Handout on Health Related Resources Osteoporosis, Fast Facts ... Seniors Recommended Calcium and Vitamin D Intakes Defining Osteoporosis Osteoporosis is a disease marked by reduced bone ...

www.niams.nih.gov/.../Bone/Osteoporosis/osteoporosis_hoh.asp - External Health Links

Osteoporosis (American College of Rheumatology)

... and the second shows esteoporatic bone. What is osteoporosis? Osteoporosis is a silent disease of the bones ... such fractures in the first place. What causes osteoporosis? Many factors will increase your risk of developing ...

www.rheumatology.org/.../osteoporosis.asp - External Health Links

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U.S. National Library of Medicine. "Osteoporosis." MedlinePlus. Available at http://www.nlm.nih.gov/ medlineplus/osteoporosis.html.

BROWSING

Find your topic by first letter:

A B C D E F G H I J K L M N O P Q R S T U V W XYZ List of All Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 800 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Body Location/Systems



Blood, Heart and Circulation



Bones, Joints and Muscles



Brain and Nerves



Digestive System



Ear, Nose and Throat



Endocrine System



Eyes and Vision



Immune System



Kidneys and Urinary System



Lungs and Breathing



Mouth and Teeth



Skin, Hair and Nails



Female Reproductive System



Male Reproductive System

Disorders and Conditions

Cancers

Diabetes Mellitus

Genetics/Birth Defects

Infections

Injuries and Wounds

Mental Health and Behavior

Metabolic Problems

Poisoning, Toxicology, Environmental

<u>Health</u>

Pregnancy and Reproduction

Substance Abuse Problems

Diagnosis and Therapy

Complementary and Alternative

Therapies

Diagnostic Tests

Drug Therapy

Surgery and Rehabilitation

Symptoms |

Transplantation and Donation

Demographic Groups

Children and Teenagers

Men

Population Groups

Seniors

Women

Health and Wellness

Disasters

Fitness and Exercise

Food and Nutrition

Health System

Personal Health Issues

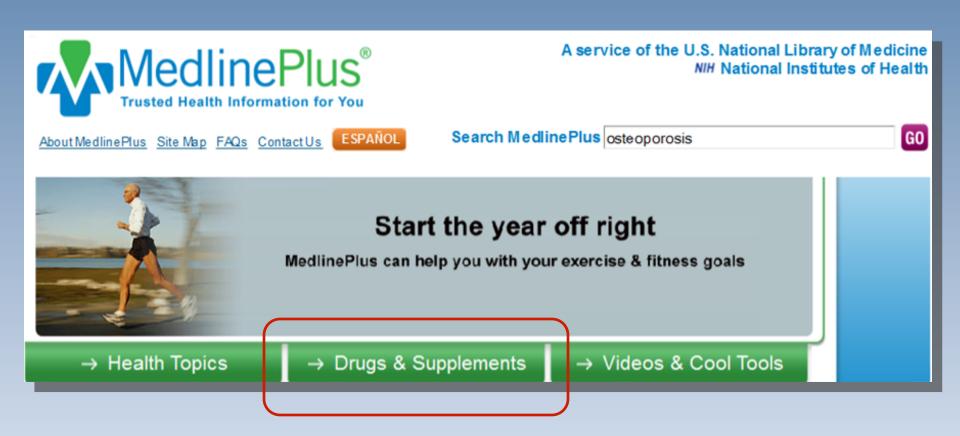
Safety Issues

Sexual Health Issues

Social/Family Issues

Wellness and Lifestyle

DRUGS, HERBS, AND SUPPLEMENTS



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DRUGS, HERBS, AND SUPPLEMENTS

Drugs, Herbs and Supplements



Learn about your prescription drugs and over-the-counter medicines. Includes side effects, desage, special prescriptions, 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

All herbs and supplements

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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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DRUG EXAMPLE

MedlinePlus Trusted Health Information for You	A service of the U.S. National Library of Medicine <i>NIH</i> National Institutes of Health
Home About MedlinePlus Site Map FAQs Contact Us	Search MedlinePlus GO
Health Topics Drugs & Supple	Videos & Cool Tools ESPAÑOL
Ibuprofen	
(eye byoo' proe fen)	
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 Brand names of combination products
a stroke than people who do not take these medications. These events	than aspirin) such as ibuprofen may have a higher risk of having a heart attack or may happen without warning and may cause death. This risk may be higher for one in your family has or has ever had heart disease, a heart attack, or a stroke;if

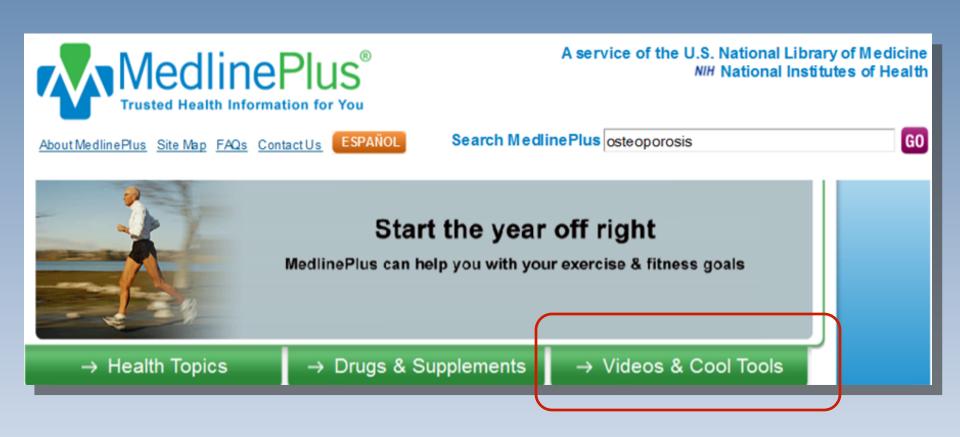


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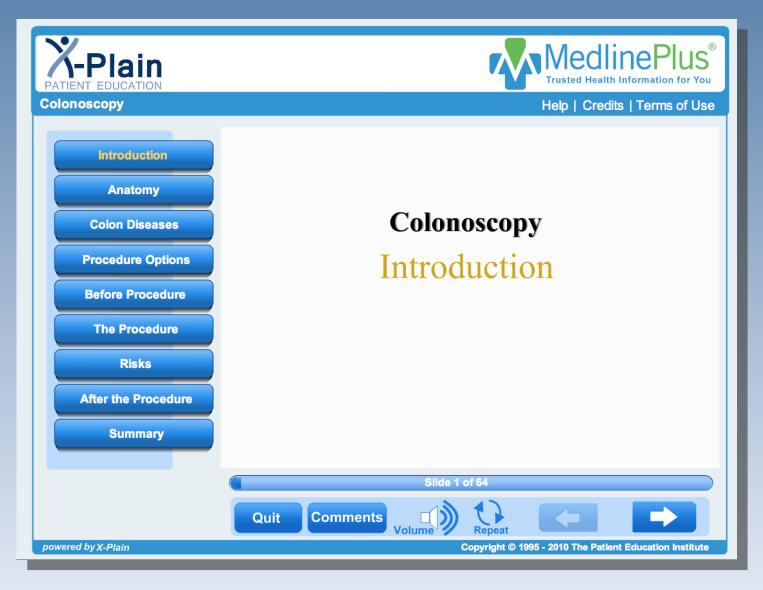
VIDEOS & COOL TOOLS



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EXAMPLE VIDEO







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Read the Winter 2011 Issue

Sometimes it's the famous, like Lance Armstrong, Randy Jackson or Mary Tyler Moore. But mostly, it's regular people who have turned to NIH for care and want to share their stories. Often, too, NIH scientists will write about their efforts to cure disease. Lastly, the magazine's lively graphics, fun quizzes and practical tips have been designed with your daily health in mind.

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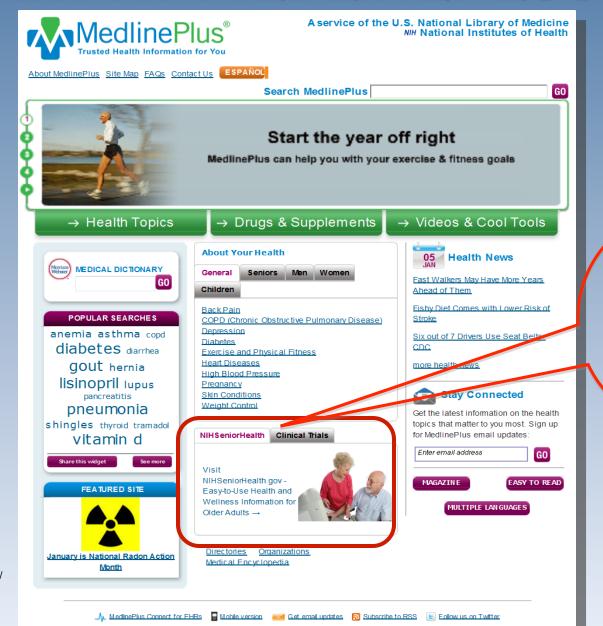
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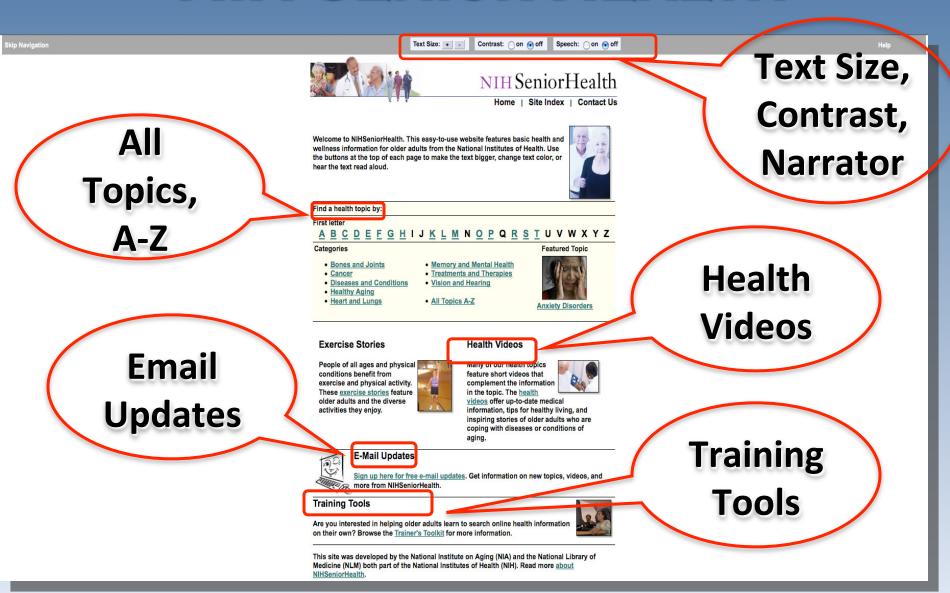


Click on "NIH Senior Health"

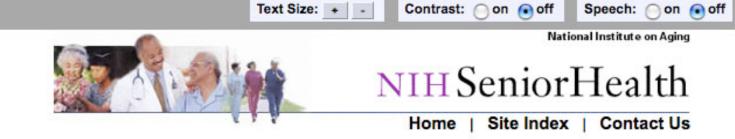
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NIH SENIOR HEALTH



HEALTH TOPIC EXAMPLE



Falls and Older Adults

Table of Contents

- About Falls
- Causes and Risk Factors
- · Preventing Falls and Fractures
- If You Fall
- Frequently Asked Questions
- Videos
- . MedlinePlus more information on Falls and Older Adults
- Printer friendly version

HEALTH VIDEOS

Videos

Alcohol Use and Older Adults

Alzheimer's Disease

Balance Problems

Breast Cancer

Caring for Someone with

Alzheimer's

Cataract

Colorectal Cancer

Complementary and Alternative Kidney Disease

Medicine (CAM)

COPD

Depression Diabetes

Diabetic Retinopathy

Dry Mouth

Eating Well As You Get Older

Exercise and Physical Activity

for Older Adults

Falls and Older Adults

Glaucoma Gout

Hearing Loss

Heart Attack

Life After Cancer

Leukemia Low Vision

Lung Cancer

Macular Degeneration

Medicare Basics for Caregivers

Osteoarthritis

Osteoporosis Paget's Disease of Bone

Participating in Clinical Trials

Peripheral Arterial Disease

Problems with Smell

Prostate Cancer

Rheumatoid Arthritis

Shingles Skin Cancer Sleep and Aging

Stroke

Taking Medicines

Talking with Your Doctor

Public Service Announcements

Alcohol Use and Older Adults



"Problem Drinking in Older Adults" [4 min 34 sec] Click to watch this video Transcript, Video help



'Getting Help for Alcohol Addiction'' [5 min 17 sec] Click to watch this video Transcript, Video help

E-MAIL UPDATES



NIH Senior Health

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E and the delice and	(5	



ToxNet: Household Products

Household Products

- Types of substances in make-up, paint, cleaners, weed killers, glues, and more!
- Potential health effects or hazards of products
- How to handle and dispose of these products safely

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Refine by Type

All Results (10)

Health Topics (4)

External Health Links (5)

Drugs and Supplements

Medical Encyclopedia

Videos and Tutorials

News

MedlinePlus Magazine (1)

Other Resources

Multiple Languages

Results 1 - 10 of 10 for toxnet

Search Help

Did you mean toxin?

TOXNET Databases NIH (National Library of Medicine)
 Env. Health & Toxicology TOXNET TOXNET - Databases on toxicology, hazardous chemicals, environmental health, and toxic releases. Select Database Additional Resource ... toxnet.nlm.nih.gov - External Health Links

LactMed: Drugs and Lactation Database NIH (National Library of Medicine)
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LactMed: New NLM Database on Drugs and Lactation

 \dots newest additions to the National Library of Medicine's **TOXNET** system, a Web-based collection of resources covering \dots environmental health. LactMed may be searched at http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT \dots

www.nlm.nih.gov/.../summer06/articles/summer06pq26b.html - MedlinePlus Magazine



TOXNET

Toxicology Data Network

TOXNET PDA Access

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Env. Health & Toxicology > TOXNET

TOXNET - Databases on toxicology, hazardous chemicals, environmental health, and toxic releases.

Select Database ChemIDplus ? ? HSDB ? TOXLINE ? CCRIS DART ? ? GENETOX ? IRIS ? ITER LactMed ? ? Multi-Database TRI ? Household Products TOXMAP Additional Resource

Search All Databases

Enter term(s) to search all databases.

(e.g. asthma air pollution, ibuprofen fever, vinyl chloride)

Search

Clear

Help

TOXNET Search Options

- Search all databases: Enter term(s) in box above
- Search a specific database: Click database at left
- Database description: Click on the 🗵

Env. Health & Toxicology



VISIT SITE

Portal to environmental health and toxicology resources

Support Pages

- Help
- TOXNET FAO.
- TOXNET Update Status
- Fact Sheet
- ▶ Database Description
- ▶ Training Manual & Schedule
- ▶ News

Click on "Household **Products**"

CPDB

CTD

PRODUCT RECALLS



U.S. National Library of Medicine. "Home Page." Household Products Database. Available at http://hpd.nlm.nih.gov/.

"Product Recalls"

FIND THE SIDE EFFECTS OF USING COVERGIRL FOUNDATION



BROWSE PRODUCTS

Home

Products

Manufacturers

Ingredients

Health Effects

Browse Personal Care Category

Personal Care

Babies & Kids

Bath/Shower Products

Body Makeup

Eve Care/Makeup

Face Makeup

Fragrances

Hair Care

Hair Color

Hand soap

Manicuring Products

Men's Products

Oral Hygiene

Other

Personal Cleanliness

Shave cream

Skin Care

Soap

Type

blush

concealer

ethnic

face nowder.

foundation/liquid makeup

foundation/liquid makeup

w/SPF

lipcolor

lipcolor remover

U.S. National Library of Medicine. "Browse Personal Care Category." Household Products Database Available atCare&purpose=Face Makeup.

Product Name

Avon Clear Finish Great Complexion

Foundation, Deep

Avon Clear Finish Great Complexion

Foundation, Light

Avon Clear Finish Great Complexion

Foundation, Medium

Cover Girl AquaSmooth Make-Up, Classic

Beige-11/01/2007

Cover Girl AquaSmooth Make-Up, Classic

Beige-Old Product

Cover Girl AquaSmooth Make-Up, Classic

Tan SPF15-11/01/2007

Cover Girl AquaSmooth Make-Up.

Creamy Beige-11/01/2007

Cover Girl AquaSmooth Make-Up,

Creamy Beige-Old Product

Cover Girl AquaSmooth Make-Up,

Medium Liaht-11/01/2007

Cover Girl AquaSmooth Make-Up.

Medium Light-Old Product

Natural Beige-11/01/2007

Cover Girl AquaSmooth Make-Up.

Natural Beige-Old Product

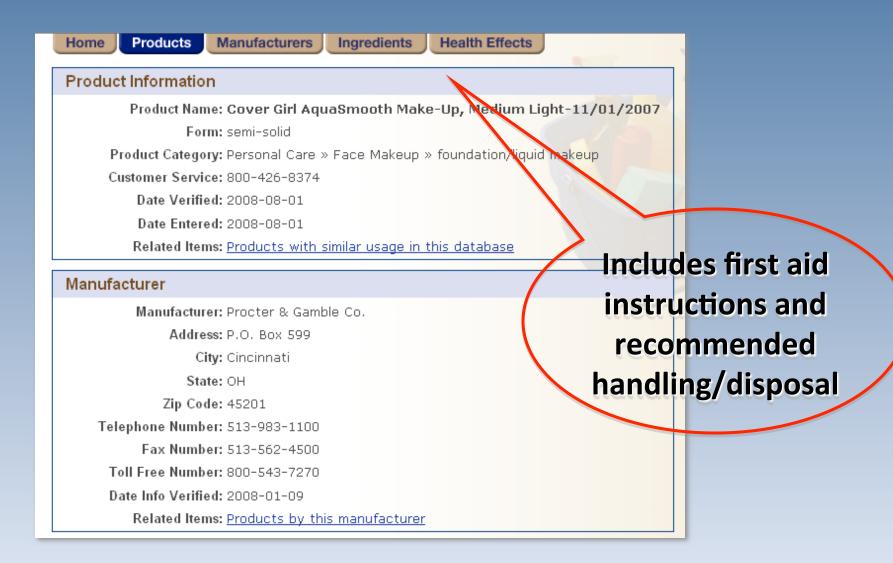
Cover Girl AquaSmooth Make-Up, Soft

Honev-11/01/2007

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PRODUCT INFO ON COVERGIRL MAKE-UP



LactMed: For Breastfeeding Mothers

LACTMED

- Should I use this drug while breastfeeding?
- What effects will this drug have on my baby? On me?
- What can I take instead?

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 - Env. Health & Toxicology **TOXNET TOXNET** Databases on toxicology, hazardous chemicals, environmental health, and toxic releases. Select Database Additional Resource ... toxnet.nlm.nih.gov External Health Links
- LactMed: Drugs and Lactation Database NIH (National Library of Medicine)
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 - toxnet.nlm.nih.gov/egi bin/sis/htmlgen?LAOT External Health Links
- 3. LactMed: New NLM Database on Drugs and Lactation
 - \dots newest additions to the National Library of Medicine's **TOXNET** system, a Web-based collection of resources covering \dots environmental health. LactMed may be searched at http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT \dots
 - www.nlm.nih.gow/.../summer06/articles/summer06pg26b.html MedlinePlus Magazine



TOXNET

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TOXNET PDA Access

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▶ Env. Health & Toxicology → TOXNET → LactMed

| Contac

300 03

Drugs and Lactation Database (LactMed) - A peer-reviewed and fully referenced database of drugs to which breastfeeding mothers may be exposed. Among the data included are maternal and infant levels of drugs, possible effects on breastfed infants and on lactation, and alternate drugs to consider.



advil (e.g. Advil, oral contraceptiv search box c) Search Clear For chemicals, add synonyms and CAS numbers to search: Yes No Limits Browse the Index

Search LactMed

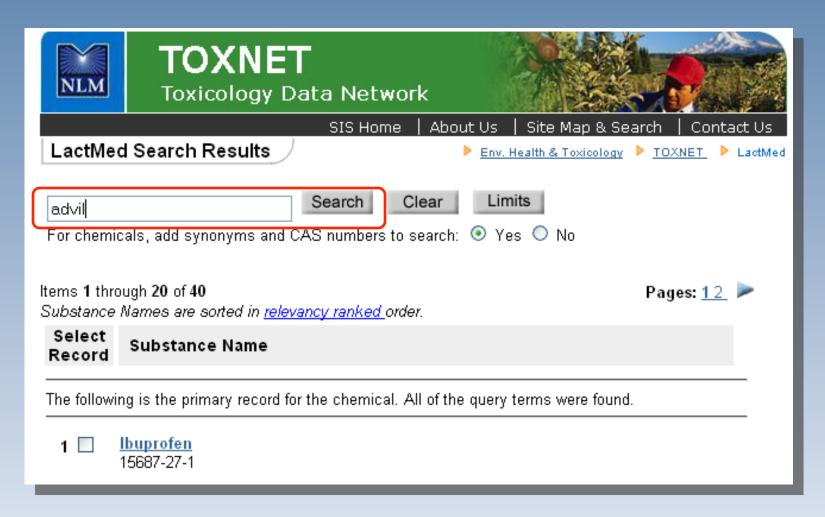


Support Pages

- ▶ LactMed Record Format
- ▶ Database Creation & Peer Review Process
- ▶ Help
- ▶ Fact Sheet
- ▶ Sample Record
- ▶ TOXNET FAQ.
- ▶ Glossary
- ▶ Breastfeeding Links

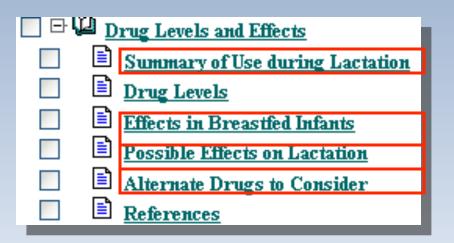
Click on LactMed, then type into the search box

SEARCH THE COMMON PAIN RELIEVER ADVIL



MOST IMPORTANT SECTIONS

- Summary of Use during Lactation
- Effects in Breastfed Infants
- Possible Effects on Lactation
- Alternate Drugs to Consider





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