



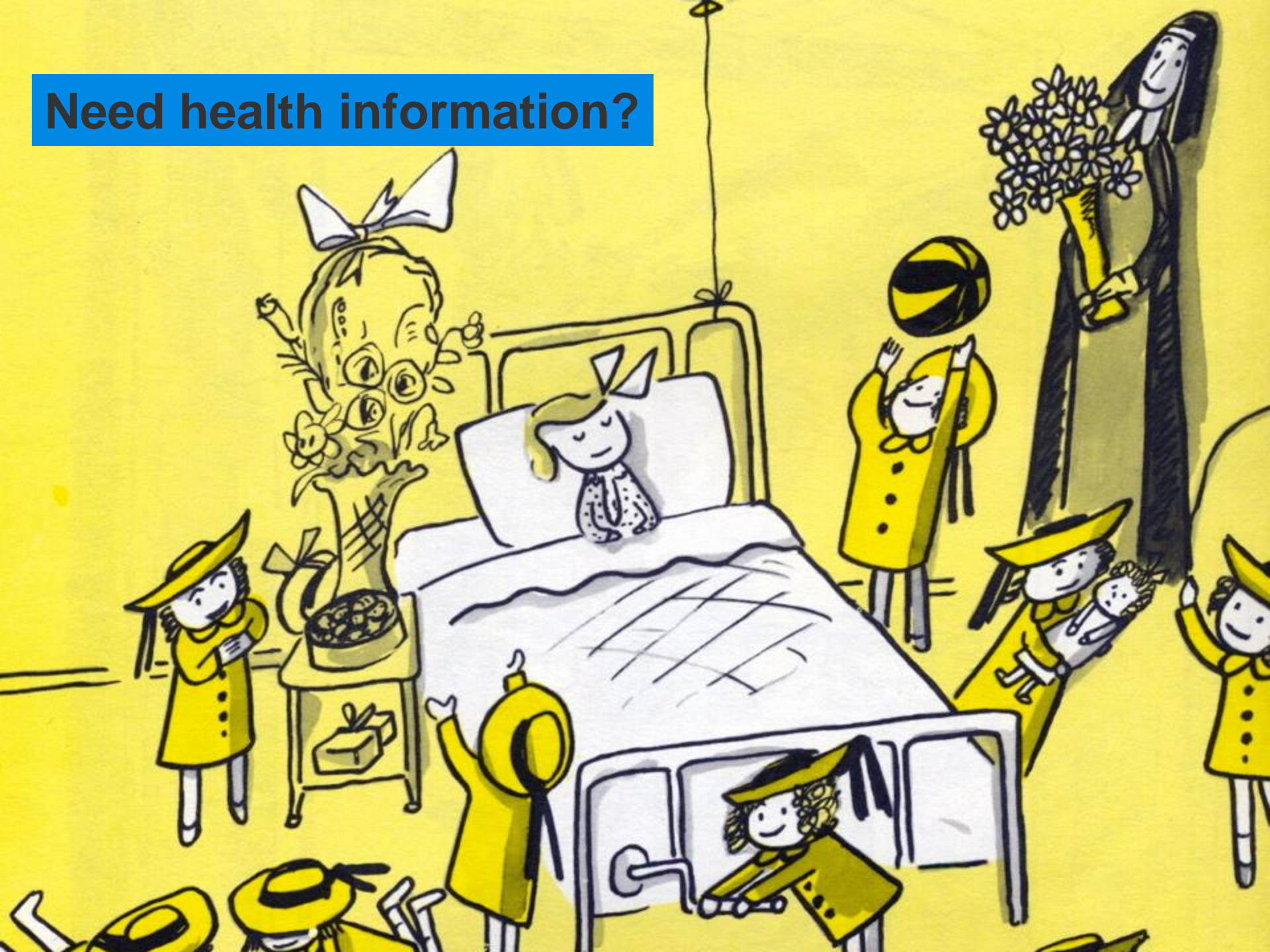
Health Sciences Libraries
UNIVERSITY OF WASHINGTON



Beyond an Apple a Day: Steps to Finding Health Information on the Web

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Need health information?



Trends in Online Health Information

8 out of 10 internet users search online for health information.

Most popular topics are diseases and treatments.

Increased interest in diet, fitness, drugs, health insurance, experimental treatments, and particular information about doctors and hospitals.

“Health Information Online”

Pew Internet & American Life Project, May 17, 2005

STEP 1: Start with the best consumer website for health information

National Library of Medicine's



MedlinePlus

medlineplus.gov

- **#1 SOURCE** for basic quality consumer/patient information
- Includes drug information
- Medical Encyclopedia – full-text with illustrations
- Spanish version
- Preformulated *PubMed* searches
- Interactive tutorials
- Current health news

MedlinePlus Content

Interactive tutorials:

175 total (soon)

ClinicalTrials links on display:

640 (today)

NIH-Seniorhealth

22 topics

OR-Live surgery videos:

73

Announcement listservs:

11 daily & weekly

The screenshot shows the MedlinePlus website interface. At the top, it says "MedlinePlus® Trusted Health Information for You" and "A service of the U.S. NATIONAL LIBRARY OF MEDICINE and the NATIONAL INSTITUTES OF HEALTH". There is a search bar and navigation links for "About MedlinePlus", "Site Map", "Help", and "Contact Us". A "español" link is circled in red. The main content area is divided into several sections: "Health Topics" (over 700 topics), "Drug Information" (prescription and over-the-counter medicines), "Medical Encyclopedia" (pictures and diagrams), "Dictionary" (spellings and definitions), "News" (past 30 days), "Directories" (doctors, dentists, hospitals), and "Other Resources" (local libraries, health organizations). "Current Health News" includes links for "Mouthguards Essential for Back-to-School Sports", "Newest Breast Cancer Drugs Can Cause Joint Pain in Patients", and "Excessively Sleepy? Could Be More Than Poor Sleep". "Featured Site" highlights Hurricane Katrina links. "In the Spotlight" features Prostate Cancer Awareness Month. On the right, there are sections for "Interactive Tutorials" (165 slideshows), "ClinicalTrials.gov" (studies for new drugs), "NIHSeniorHealth" (information for older adults), and "Surgery Videos" (surgical procedures). At the bottom, there are links for "What's new on MedlinePlus?", "Sign up now!", "Add MedlinePlus to your site", and "Take a tour of the site". The footer contains copyright information and the page last updated date: 07 September 2005.

Health topics (today):

704 English

657 Spanish

3 drug and herbal databases:

approx **1700** monographs

ADAM.com encyclopedia:

approx **4000** monographs

Health news:

Approx **15-20** new stories added per day

Directories:

Over **100** directories covering doctors, hospitals, clinics and libraries.


Search MedlinePlus

[Home](#) [Health Topics](#) [Drugs & Supplements](#) [Encyclopedia](#) [Dictionary](#) [News](#) [Directories](#) [Other Resources](#)

Health Topics

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

Find your topic by broad group:

Disorders and Conditions - Body Location/Systems

- [Blood/Lymphatic System](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nervous System](#)
- [Cancers](#)
- [Digestive System](#)
- [Ear, Nose, and Throat](#)
- [Endocrine System \(Hormones\)](#)
- [Eyes and Vision](#)
- [Genetics/Birth Defects](#)
- [Heart and Circulation](#)
- [Immune System/AIDS](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Kidneys and Urinary System](#)
- [Lungs and Breathing](#)

Diagnosis and Therapy

- [Complementary and Alternative Therapies](#)
- [Diagnostic Tests](#)
- [Drug Therapy](#)
- [Surgery and Rehabilitation](#)
- [Symptoms](#)
- [Transplantation and Donation](#)

Demographic Groups

- [Child and Teen Health](#)
- [Men's Health](#)
- [Population Groups](#)
- [Seniors' Health](#)
- [Women's Health](#)

Health and Wellness

- [Fitness and Exercise](#)

- [Dental Health](#)
- Dental Health, Child see [Child Dental Health](#)
- Dental Sealants see [Child Dental Health](#)
- Dentistry, Cosmetic see [Cosmetic Dentistry](#)
- [Dentures](#)
- [Depression](#)
- [Dermatitis](#)
- Dermatology see [Skin Conditions](#)
- Dermatomyositis see [Myositis](#)
- [Developmental Disabilities](#)
- [Diabetes](#)
- [Diabetes and Pregnancy](#)
- [Diabetes Insipidus](#)
- [Diabetes Type 1](#)
- [Diabetic Diet](#)
- [Diabetic Eye Problems](#)
- [Diabetic Foot](#)
- [Diabetic Kidney Problems](#)
- [Diabetic Nerve Problems](#)
- [Diagnostic Imaging](#)
- [Dialysis](#)
- Diaper Rash see [Dermatitis](#) ; [Infant and Newborn Care](#)
- [Diarrhea](#)
- Diet see [Nutrition](#)
- [Dietary Fats](#)
- [Dietary Fiber](#)



Diabetes



Contents of this page:

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- [From the NIH](#)
 - [Overviews](#)
 - [Diagnosis/Symptoms](#)
 - [Treatment](#)
 - [Prevention/Screening](#)
 - [Pictures/Diagrams](#)
 - [Health Check Tools](#)
- [Alternative Therapy](#)
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Latest News

- [U.S. Agency Warns About Fake Diabetes "Cures"](#) (10/20/2006, Reuters Health)
- [Widely Used Diabetes Drug May Not Work](#) (10/20/2006, HealthDay)
- [Vitamin B12 Deficiency Seen in Many Metformin Users](#) (10/19/2006, Reuters Health)
- [FDA Approves New Treatment for Diabetes](#) (10/17/2006, Food and Drug Administration)
- [FDA Issues Nationwide Alert on Counterfeit One Touch Basic/Profile and One Touch Ultra Blood Glucose Test Strips](#) (10/13/2006, Food and Drug Administration)
- [Family and Friends Can Help Manage or Prevent Diabetes in Hispanic Communities](#) (09/18/2006, Centers for Disease Control and Prevention)
- [More News on Diabetes](#)

From the National Institutes of Health

- [About Diabetes and Pre-diabetes](#) (National Institute of Diabetes and Digestive and Kidney Diseases)
- [Diabetes](#) *NIH SeniorHealth* (National Institute of Diabetes and Digestive and Kidney Diseases)
- [Introduction to Diabetes](#) (National Institute of Diabetes and Digestive and Kidney Diseases)
- [Your Guide to Diabetes: Type 1 and Type 2](#) *Easy-to-Read* (National Institute of Diabetes and Digestive and Kidney Diseases)
Also available in: [Spanish](#)

Overviews

- [Diabetes - Introduction](#) *Interactive Tutorial* (Patient Education Institute) - Requires Flash Player
Also available in: [Spanish](#)
- [Diabetes Frequently Asked Questions](#) (Centers for Disease Control and Prevention)
- [Diabetes Information](#) (Food and Drug Administration)
- [What Is Diabetes?](#) *Easy-to-Read* (National Center for Farmworker Health)
Also available in: [Spanish](#)

Diagnosis/Symptoms

- [Diagnosis of Diabetes](#) (National Institute of Diabetes and Digestive and Kidney Diseases)
- [Glucose Tests](#) (American Association for Clinical Chemistry)

Treatment

- [Oral Diabetes Medicines](#) (American Academy of Family Physicians)
Also available in: [Spanish](#)
- [Treatments](#) (National Institute of Diabetes and Digestive and Kidney Diseases)

Prevention/Screening

- [Diabetes Prevention](#) (National Institute of Diabetes and Digestive and Kidney Diseases)

Search MEDLINE/PubMed for recent research articles on Diabetes:



Introduction

What is Diabetes?

Signs & Symptoms

Treatment Options

Controlling Diabetes

Hyperglycemia

Complications

Summary

Your blood sugar level is determined by testing a small drop of blood obtained from one of your fingers. This drop of blood is obtained by sticking your finger with a **lancet**.



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Quit

Comments



Repeat Page

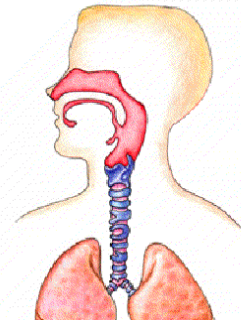


New Interactive Tutorials

➤ New titles:

- Bronchoscopy
- Amniocentesis
- Low testosterone
- Upper GI endoscopy
- Pneumonia

Pneumonia is an inflammation of the lung. Inflammation is the immune system's normal response to contaminants or injury.



Germ such as bacteria or viruses cause pneumonia. People 65 year of age and older are at an increase risk of getting pneumonia.

TRUE

FALSE

Correct.



Recently added OR-Live: Surgical Webcasts

- Pre-recorded webcasts of surgical procedures
- Actual operations performed at medical centers in U.S.
- One-hour programs with printable transcripts



Medical Encyclopedia & Dictionary

- Encyclopedia includes:
 - 4,000+ entries on diseases, tests, symptoms, injuries and surgeries
 - an extensive library of photographs and illustrations.





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Medical Encyclopedia

Diabetic nephropathy

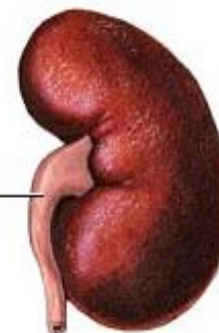
Normal kidney



- healthy function
- proper size
- low urine protein



Kidney disease



- granular surface
- decreased function
- smaller size
- high urine protein

 ADAM.

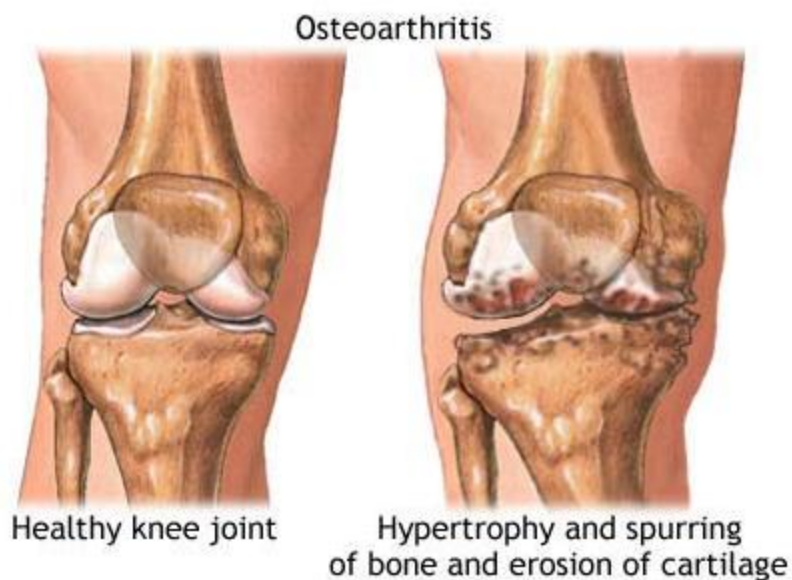
During diabetic nephropathy the kidney becomes damaged and more protein than normal collects in the urine. As the disease progresses, the kidney becomes smaller and its surface becomes granular. Over time, the kidney's ability to function starts to decline, which may eventually lead to chronic kidney failure.

Update Date: 5/3/2006

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Medical Encyclopedia

Osteoarthritis



ADAM.

Osteoarthritis is a chronic disease of the joint cartilage and bone, often thought to result from "wear and tear" on a joint, although the congenital defects, trauma and metabolic disorders. Joints appear larger, are stiff and painful and usually feel worse the more they

Update Date: 7/3/2004

Updated by: Jonathan Harding, MD, CPE, Department of Medicine, University of Massachusetts Medical School, Worcester, MA. Review provided by Ve

New Drugs, Supplements & Herbal Information page

[Skip navigation](#)



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Trusted Health Information for You

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and the NATIONAL INSTITUTES OF HEALTH

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[español](#)

Drug Information

Browse by first letter of generic or brand name drug:

[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](#)

Information on thousands of prescription and over-the-counter medications is provided through two drug resources

- MedMaster™†, a product of the [American Society of Health-System Pharmacists \(ASHP\)](#)
- USP DI® Advice for the Patient® ‡, a product of the [United States Pharmacopeia \(USP\)](#).

For additional drug information, see the MedlinePlus [drug therapy](#) topic pages.

Herbs and Supplements

[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](#)

Natural Standard is an international research collaboration that aggregates and synthesizes data on complementary and alternative therapies.

- Using a comprehensive methodology and reproducible grading scales, information is created that is evidence-based, consensus-based, and peer-reviewed
- Tapping into the collective expertise of a multidisciplinary Editorial Board.

For additional herb and supplement information, see the MedlinePlus [herbal medicine](#) topic page.



[Home](#) [Health Topics](#) [Drugs & Supplements](#) [Encyclopedia](#) [Dictionary](#) [News](#) [Directories](#) [Other Resources](#)

Other drug names: [A-Am](#) [An-Az](#) [B](#) [C-Ch](#) [Ci-Cz](#) [D-Dh](#) [Di-Dz](#) [E](#) [F](#) [G](#) [H](#) [I-J](#) [K-L](#) [M-Mh](#) [Mi-Mz](#) [N-Nh](#) [Ni-Nz](#) [O](#) [P-Pl](#) [Q](#) [R-Rh](#) [S](#) [T-Th](#) [U-Uh](#) [V-Vh](#) [W-Z](#) [0-9](#)

Montelukast (Systemic)

 [Printer-friendly version](#)  [E-mail to a friend](#)

Contents of this page:

- [Description](#)
- [Before Using This Medicine](#)
- [Proper Use of This Medicine](#)
- [Precautions While Using This Medicine](#)
- [Side Effects of This Medicine](#)
- [Brand Names](#)
- [Category](#)

Description [Return to top](#)

Montelukast (mon-te-LOO-kast) is used in mild to moderate asthma to decrease the symptoms of asthma and the number of asthma attacks. It should not be used to relieve an asthma attack that has already started. This medicine is also used to treat the symptoms (such as sneezing, runny nose, and itchy eyes) of seasonal (short-term) allergies.

This medicine is available only with your doctor's prescription, in the following dosage form:

Oral

- Tablets (U.S.)
- Chewable tablets (U.S.)
- Oral granules (U.S.)

Side Effects of This Medicine

Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects may occur, if the attention.

Check with your doctor as soon as possible if the following side effect occurs:

- *Rare*
 - Pus in the urine

- *Incidence not determined*
 - Abdominal or stomach pain; anxiety; assault; attack; bloating; chills; clay-colored stools; constipation; convulsions; difficulty swallowing; dry mouth; fast, irregular, pounding, or racing heartbeat or pulse; force; general tiredness and weakness; indigestion; irregular heartbeats; irritability; itching; itching, puffiness, or swelling of the eyelids or around the eyes, face, or lips; hive-like swelling on face, eyelids, lips, tongue, throat, hands, legs, feet, sex organs; light-colored stools; loss of appetite; muscle spasm or jerking of all extremities; nausea ; nervousness; pains in stomach, side, or abdomen, possibly radiating to throat; ringing, seeing, hearing, or feeling things that are not there; shaking; shortness of breath; sudden loss of consciousness; tightness in chest; unpleasant breath odor; upper right abdominal pain; unusual tiredness or weakness; vomiting ; vomiting of blood; wheezing

Other side effects may occur that usually do not need medical attention. These side effects may go away during treatment as your body adjusts to the medicine. Check with your doctor if any of the following side effects continue or are bothersome:

- *More common*
 - Headache

- *Less common*
 - Abdominal or stomach pain; cough; dental pain; dizziness; fever; heartburn; skin rash; stuffy nose; weakness or tiredness

- *Incidence not determined*
 - Burning, crawling, itching, numbness, prickling, "pins and needles", or tingling feelings; difficulty in moving; dream abnormalities; drowsiness; tendency; irritability; joint pain; large, flat, blue or purplish patches in the skin; muscle aching or cramping; muscle pain; muscle weakness; sleeplessness; swelling ; swollen joints; trouble sleeping; unable to sleep

Other side effects not listed above may also occur in some patients. If you notice any other effects, check with your doctor.

105 Herbs and Supplements Monographs in English & Spanish

Peppermint oil (*Mentha x piperita* L.)

Natural Standard Bottom Line Monograph, Copyright © 2005 (www.naturalstandard.com). Commercial distribution prohibited. This monograph is intended for informational purposes only, and should not be interpreted as specific medical advice. You should consult with a qualified healthcare provider before making decisions about therapies and/or health conditions.



While some complementary and alternative techniques have been studied scientifically, high-quality data regarding safety, effectiveness, and mechanism of action are limited or controversial for most therapies. Whenever possible, it is recommended that practitioners be licensed by a recognized professional organization that adheres to clearly published standards. In addition, before starting a new technique or engaging a practitioner, it is recommended that patients speak with their primary healthcare provider(s). Potential benefits, risks (including financial costs), and alternatives should be carefully considered. The below monograph is designed to provide historical background and an overview of clinically-oriented research, and neither advocates for or against the use of a particular therapy.

Related Terms:

- Balm mint, black peppermint, brandy mint, curled mint, Feullis de menthe, Japanese peppermint, Katzenkraut (German), lamb mint, *Mentha arvensis* L. var *piperascens*, menta prima (Italian), *Menthae piperitae aetheroleum* (peppermint oil), *Menthae piperita* var *officinalis*, *Menthae piperitae folium* (peppermint leaf), *Menthe anglaise*, *Menthe poivre*, *Menthe poivre*, *Mentha piperita* var *vulgaris*, Our Lady's mint, pebermynte (Danish), Pfefferminz (German), Porminzen, Schmecker, spearmint (*Mentha spicata* L.), water mint (*Mentha aquatica*), white peppermint, WS(R) 1340.
- **Essential oil constituents:** Cineol, isomenthone, liminene, menthofuran, menthol, menthone, menthyl acetate, terpenoids.
- **Leaf constituents:** Caffeic acid, chlorogenic acid, luteolin, hesperidin, rutin, "volatile" oil.
- **Selected brand names:** Ben-Gay®, Colpermin®, China Maze, Cholaktol, Citaethol, Enteroplant® (contains peppermint and caraway oil), Kiminto, Mentacur, Mentholatum, Mintec, Rhuli Gel®, Robitussin® cough drops, SX Mentha®, Vicks VapoRub®.
- **Combination products:** Absorbine Jr.®, Iberogast®, Listerine®.

Aceite de menta (*menta piperita*)

Natural Standard Bottom Line Monograph, Copyright © 2005 (www.naturalstandard.com). Se prohíbe su distribución comercial. Esta monografía tiene la intención de servir para fines informativos únicamente, por lo cual no se debe interpretar como un consejo médico específico. Usted deberá consultar con un proveedor médico calificado antes de tomar decisiones respecto a terapias y/o afecciones de salud.



No obstante se han estudiado de forma científica ciertas técnicas complementarias y alternas, para la mayoría de las terapias hay limitación o controversia sobre los datos de alta calidad respecto a la seguridad, eficacia y mecanismo de acción. Se recomienda, al máximo posible, que los practicantes cuenten con licencias expedidas por una organización profesional reconocida que se adhiera a normas claramente publicadas. Además, antes de iniciar una nueva técnica o contratar a un practicante, se recomienda que los pacientes consulten con su(s) proveedor(es) médico(s) principal(es). Se deben considerar atentamente los beneficios y riesgos potenciales (incluye los costos financieros) así como las alternativas. La siguiente monografía está diseñada para ofrecer una historia y un resumen de la investigación con orientación clínica, y la misma ni defiende ni se opone al uso de una terapia en particular.

Términos relacionados:

- Bálsamo de menta, menta negra, menta de brandy, menta crespá, Feullis de menthe, menta japonesa, Katzenkraut (alemán), menta de cordero, menta arvenis, L. var *piperascens*, menta prima (italiano), *Menthae piperitae aetheroleum* (aceite de menta) *Menthae piperita* var *officinalis*, *Menthae piperitae folium* (hoja de menta), *Menthe anglaise*, *Menthe poivre*, *Mentha piperita* var *vulgaris*, Our Lady's mint, pebermynte (danés), Pfefferminz (alemán), Porminzen, Schmecker, hierbabuena (*Mentha spicata*), menta acuática (*Mentha aquatica*), menta blanca, WS (R) 1340.
- **Elementos constituyentes esenciales del aceite:** Cineol, isomentona, limoneno, mentofurano, mentol, mentona, acetato de mentilo, terpenoides.
- **Elementos constituyentes de la hoja:** Ácido cafeico, ácido clorogénico, luteolina, hesperidina, rutin, aceite "volátil".
- **Selección de marcas registradas:** BenGay®, Colpermin®, China Maze, Cholaktol, Citaethol, Enteroplant® (contiene aceite de menta y alcaravea), Kiminto, Mentacur, Mentholatum, Mintec, Rhuli Gel®, Robitussin® cough drops (pastillas para la tos), SX Mentha®, Vicks VapoRub®.

Evidence [Return to top](#)

These uses have been tested in humans or animals. Safety and effectiveness have not always been proven. Some of these conditions should be evaluated by a qualified healthcare provider.

Uses based on scientific evidence	Grade*
Indigestion (non-ulcer dyspepsia) <p>There is preliminary evidence from a small number of controlled trials that a combination of peppermint oil and caraway oil may be beneficial for dyspepsia (heartburn) symptoms. However, most studies have been poorly designed (methodologically weak with small sample sizes, inadequate use of control or placebo groups, unclear descriptions of blinding and randomization, and lack of use of standardized scales for identifying subjects or assessing endpoints). It is not clear which constituent(s) may be beneficial. Nonetheless, the existing evidence does suggest efficacy of this combination. It should be noted that heartburn can actually be a side effect of taking oral peppermint oil, which has been reported by patients in several controlled trials of peppermint oil. Patients with chronic heartburn should be evaluated by a qualified healthcare provider and may be advised to undergo a diagnostic endoscopy prior to initiating any treatment for heartburn.</p>	B
Irritable bowel syndrome (IBS) <p>Multiple randomized controlled trials of peppermint suggest significant improvements in irritable bowel syndrome (IBS) symptoms. Although the mechanism of action is not clear, pre-clinical studies suggest smooth muscle relaxing properties of peppermint (calcium antagonism may play a role). Enteric-coated peppermint preparations are generally recommended. Overall, studies have been brief with small sample sizes and methodological weaknesses (unclear diagnostic criteria, lack of validated measurement scales, unclear blinding and randomization procedures). Well-designed large trials are necessary before a strong recommendation can be made. Future studies should use standardized symptom scales and established diagnostic criteria to classify patients prior to enrollment (such as Rome II Diagnostic Criteria), uniform dosing and standardization, and longer duration.</p>	B
Antispasmodic (gastric spasm) <p>One study reports that peppermint oil solution administered intraluminally can be used as an antispasmodic agent with superior efficacy and fewer side effects than hyoscine-N-butylbromide administered by intramuscular injection during upper endoscopy.</p>	C
Tension headache <p>Application of diluted peppermint oil to the forehead and temples has been tested in people with headache. Studies have not been well conducted, and it is not clear if this is an effective treatment.</p>	C

Search MedlinePlus

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Directories

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Doctors and Dentists--General

- [AMA Physician Select: Online Doctor Finder](#) (American Medical Association)
- [DocFinder](#) (Administrators in Medicine)
- [Find a Dentist](#) (Academy of General Dentistry)
- [Find a Dentist: ADA Member Directory](#) (American Dental Association)
- [Medicare Participating Physician Directory](#) (Centers for Medicare & Medicaid Services)

Hospitals and Clinics--General

- [Find a Hospital](#) (American Hospital Association) - Information on over 6,000 hospitals in the United States, including driving directions

Doctors and Dentists--Specialists

- [AAACE Physician Finder](#) (American Association of Clinical Endocrinologists)
- [ACOG's Physician Directory](#) (American College of Obstetricians and Gynecologists)
- [American Academy of Child and Adolescent Psychiatry Referral Directory](#) (American Academy of Child and Adolescent Psychiatry)
- [American Academy of Pediatrics Pediatrician Referral Service](#) (American Academy of Pediatrics)
- [American Board of Ultrasound and Diagnostic Medicine Physician Directory](#) (American Board of Ultrasound and Diagnostic Medicine)

STEP 2: Try other top consumer health websites



Medical Library Association's Top Ten Most Useful Websites

mlanet.org/resources/medspeak/topten.html

1. Cancer.gov
2. Centers for Disease Control and Prevention (CDC) A-Z Topics
3. familydoctor.org
4. [healthfinder®](http://healthfinder.org)
5. [HIV InSite](http://HIVInSite.org)

MLA's Top Ten, continued

mlanet.org/resources/medspeak/topten.html

6. Kidshealth®
7. Mayo Clinic
8. MEDEM: an information partnership of medical societies
9. MedlinePlus (English | Spanish)
10. NOAH: New York Online Access to Health

Other Good Starting Places

- MyHealth Toolkit healthlinks.washington.edu/myhealth
- NIH Senior Health nihseniorhealth.gov
- National Library of Medicine's DIRLINE
dirline.nlm.nih.gov
- Environmental health information: Tox Town
toxtown.nlm.nih.gov
- Lab Tests Online www.labtestsonline.org
- Merriam-Webster Medical Dictionary
www.nlm.nih.gov/medlineplus/mplusdictionary.html

Quick Guides

- [Living a Healthy Life](#)

Life Stages

- [Children's Health](#)
- [Men's Health](#)
- [Women's Health](#)
- [Senior Health](#)

Selected Topics

- [Cancer](#)
- [Clinical Trials/Medical Research](#)
- [Diagnostic Tests](#)
- [Drug Information](#)
- [Healthcare Delivery](#)
- [Heart Disease and Stroke](#)

Starting Places

Looking for health information? Your health care provider is your best source of information about your personal health. Library staff are not qualified to give medical advice, however there are many excellent resources we recommend when researching your health care questions. Here is a selected list of good starting places:

- [MedlinePlus](#)
Authoritative information from the National Library of Medicine to help answer your health questions.
- [Centers for Disease Control: A-Z Topics Index](#)
- [MayoClinic.com](#)
- [Merck Manual of Medical Information - Home Edition](#)
- [Merriam-Webster Medical Dictionary](#)



Need Help Now?

Immediate assistance is available if you need help dealing with a crisis:

- [Crisis Clinic of King County](#)
- [National Suicide Prevention Lifeline](#)

Find More Information at Your Library

- [Find a Health Library](#)
Consumer health libraries provide services to local residents.
- [Search for a library in Washington near you](#)
- [Search for public libraries nationwide](#)

Other Resources

- [PubMed](#)
Free resource to locate current biomedical research
- [MedlinePlus Guide to Healthy Surfing](#)

NIH Senior Health

nihseniorhealth.gov

Text Size:

Contrast: on off

Speech: on off

National Institute of Diabetes and Digestive and Kidney Diseases



NIH Senior Health

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Diabetes

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Diabetes

Treatment and Research - Latest Research

For example, scientists are looking for genes that may be involved in type 1 or type 2 diabetes. Some genetic markers and other indicators for type 1 diabetes have been identified, so it is now possible to check relatives of people with type 1 diabetes to see if they are at risk. Scientists are also researching ways to prevent or delay many of the complications associated with diabetes.



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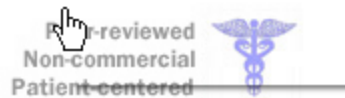
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Lipid Profile

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What is a lipid profile?

The lipid profile is a group of tests that are often ordered together to determine risk of [coronary heart disease](#). The tests that make up a lipid profile are tests that have been shown to be good indicators of whether someone is likely to have a [heart attack](#) or [stroke](#) caused by blockage of blood vessels (hardening of the arteries).

- [Overview](#)
- [Treatment](#)
- [Risk Factors](#)
- [Common](#)
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What tests are included in a lipid profile?

The lipid profile includes [total cholesterol](#), [HDL-cholesterol](#) (often called good cholesterol), [LDL-cholesterol](#) (often called bad cholesterol), and [triglycerides](#). Sometimes the report will include additional calculated values such as HDL/Cholesterol ratio or a risk score based on lipid profile results, age, sex, and other risk factors.

How is a lipid profile used?

The lipid profile is used to guide providers in deciding how a person at risk should be treated. The results of the lipid profile are considered along with other known risk factors of [heart disease](#) to develop a plan of treatment and follow-up.

Search by disease
or
name of test

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 Medication Name and Dosage (if 10mg enter 10)

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Medication	Count	Dose	Strength	Delivery	Price	PPU	Pharmacy
lipitor	30	10	MG	TAB	\$58.87	\$1.962	FAMILY MEDS
lipitor	90	10	MG	TAB	\$182.87	\$2.032	FAMILY MEDS
lipitor	90	10	MG	TAB	\$183.97	\$2.044	DRUGSTORE
lipitor	90	10	MG	TAB	\$183.97	\$2.044	Rite Aid
lipitor	30	10	MG	TAB	\$62.99	\$2.100	DRUGSTORE
lipitor	30	10	MG	TAB	\$62.99	\$2.100	Rite Aid
lipitor	100	10	MG	TAB	\$212.37	\$2.124	AARP
lipitor	90	10	MG	TAB	\$191.13	\$2.124	AARP
lipitor	60	10	MG	TAB	\$128.46	\$2.141	AARP
lipitor	30	10	MG	TAB	\$65.26	\$2.175	AARP
lipitor	100	10	MG	TAB	\$221.57	\$2.216	COSTCO
lipitor	50	10	MG	TAB	\$112.57	\$2.251	COSTCO
lipitor	30	10	MG	TAB	\$68.47	\$2.282	COSTCO
lipitor	90	10	MG	TAB	\$207.99	\$2.311	CVS
lipitor	30	10	MG	TAB	\$73.59	\$2.453	CVS
lipitor	1	10mg		(Tab)	\$2.20	\$2.196	PBRx
lipitor	30	20	MG	TAB	\$87.87	\$2.929	FAMILY MEDS
lipitor	90	20	MG	TAB	\$263.87	\$2.932	FAMILY MEDS

RxList

Top by Prescriptions dispensed

Top by U.S. sales

The Top 300 Prescriptions for 2004 by Number of US Prescriptions Dispensed

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*NDCHealth Pharmaceutical Audit Suite (PHAST) Prescription Monthly**

Drug Name	Total Prescriptions
HYDROCODONE W/APAP	92,719,975
LIPITOR	69,766,431
LISINAPRIL	46,206,563
ATENOLOL	44,162,229
SYNTHROID	44,056,176
AMOXCILLIN	41,393,538
HYDROCHLOROTHIAZIDE	41,345,733
ZITHROMAX	37,171,754
FUROSEMIDE	36,508,251
NORVASC	34,729,004
TOPROL XL	32,794,562
ALPRAZOLAM	32,404,743
ALBUTEROL	31,219,862
ZOLOFT	29,877,707
ZOCOR	27,234,005
METFORMIN HCL	25,472,580
IBUPROFEN	25,188,051
TRIAMTERENE W/HCTZ	24,616,014
AMBIEN	24,494,669
CEPHALEXIN	23,665,172
NEXIUM	23,641,811
PREVACID	23,628,587
LEXAPRO	22,597,383

The Top 200 Prescriptions for 2004 by U.S. Sales (\$billions)

Data furnished by NDCHealth

Integrated WAC Dollars Rank	Product	Corporation	Integrated WAC Dollars (in billions)
1	LIPITOR	PFIZER, INC	\$7.10
2	ZOCOR	MERCK & CO.,INC	\$5.50
3	PREVACID	TAP PHARMA	\$4.00
4	NEXIUM	ASTRAZENECA PHARM. LP	\$3.60
5	PROCRIT	JOHNSON & JOHNSON	\$3.30
6	ZOLOFT	PFIZER, INC	\$3.00
7	PLAVIX	BRISTOL-MYERS SQUIBB CORP	\$2.90
8	ADVAIR DISKUS	GLAXOSMITHKLINE	\$2.80
9	ZYPREXA	ELI LILLY	\$2.70
10	CELEBREX	PFIZER, INC	\$2.70
11	NEURONTIN	PFIZER, INC	\$2.50
12	EPOGEN	AMGEN	\$2.50
13	EFFEXOR XR	WYETH	\$2.50
14	PROTONIX	WYETH	\$2.40
15	NORVASC	PFIZER, INC	\$2.30
16	SINGULAIR	MERCK & CO.,INC	\$2.10
17	ARANESP	AMGEN	\$2.10
18	RISPERDAL	JOHNSON & JOHNSON	\$2.00
19	SEROQUEL	ASTRAZENECA PHARM. LP	\$2.00
20	FOSAMAX	MERCK & CO.,INC	\$1.90
21	PRAVACHOL	BRISTOL-MYERS SQUIBB CORP	\$1.90
22	REMICADE	JOHNSON & JOHNSON	\$1.80
23	AMBIEN	SANOFI-AVENTIS	\$1.80
24	NEULASTA	AMGEN	\$1.80
25	OXYCONTIN	PURDUE-FREDERICK	\$1.80
26	ACTOS	TAKEDA	\$1.80
27	ACIPHEX	EISAI CO	\$1.70
28	ZITHROMAX	PFIZER, INC	\$1.70
29	LEVAQUIN	JOHNSON & JOHNSON	\$1.70

RxList

Accupril side effects

SIDE EFFECTS

Hypertension

ACCUPRIL has been evaluated for safety in 4960 subjects and patients. Of these, 3203 patients, including 655 elderly patients, participated in controlled [clinical](#) trials. ACCUPRIL has been evaluated for long-term safety in over 1400 patients treated for 1 year or more.

Adverse experiences were usually mild and transient.

In placebo-controlled trials, discontinuation of [therapy](#) because of adverse events was required in 4.7% of patients with hypertension.

Adverse experiences probably or possibly related to therapy or of unknown relationship to [therapy](#) occurring in 1% or more of the 1563 patients in placebo-controlled [hypertension](#) trials who were treated with ACCUPRIL are shown below.

Adverse Events in Placebo-Controlled Trials		
	Accupril (N=1563) Incidence (Discontinuance)	Placebo (N=579) Incidence (Discontinuance)
Headache	5.6 (0.7)	10.9 (0.7)
Dizziness	3.9 (0.8)	2.6 (0.2)
Fatigue	2.6 (0.3)	1.0
Coughing	2.0 (0.5)	0.0
Nausea and/or Vomiting	1.4 (0.3)	1.9 (0.2)
Abdominal Pain	1.0 (0.2)	0.7

STEP 3:

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E-Textbooks


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- **Merck Manual of Geriatrics**
 - www.merck.com/mrkshared/mmg/home.jsp
- **Web MD**
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Appendicitis

Appendicitis is inflammation and infection of the appendix.

The appendix is a small finger-length portion of intestine that does not appear to have any essential bodily function (see [Digestive System](#) ). Appendicitis is a medical emergency that requires surgery. Appendicitis is rare in children younger than 1 year but becomes more common as children grow older and is most common in adolescents.

Appendicitis seems to develop when the appendix becomes blocked either as a result of infection in the digestive tract or elsewhere in the body or, less commonly, as a result of obstruction with hard feces. In either case, the appendix becomes infected. If an infected appendix is unrecognized or untreated, the appendix can rupture, creating a pocket of infection outside the intestine (abscess) or spilling contents of the intestines into the abdomen (peritonitis).

Symptoms and Diagnosis






Appendicitis almost always causes pain. The pain may start in the middle of the abdomen, near the navel, and gradually move to the lower right area of the abdomen. However, children younger than 2 years are often not able to complain of pain and are therefore more likely to be irritable or listless. They may lose consciousness partly or completely if a delay in diagnosis has led

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Diabetic Retinopathy

Diabetic retinopathy is development of retinal microaneurysms, hemorrhages, exudates, neovascularization, and macular edema in patients who have had diabetes for at least several years. The cause is unknown but may involve excess glucose in pericytes. Diagnosis is by slit-lamp examination and ophthalmoscopy. Treatment includes control of diabetes and coexisting hypertension and laser coagulation. In advanced cases, vitrectomy may also be indicated.

Diabetic retinopathy is the 3rd leading cause of adult blindness and is the most common cause of blindness in middle-aged patients; it accounts for almost 7% of cases of blindness in the US. Risk increases with duration of diabetes; therefore, as the population ages and as patients with diabetes live longer, the prevalence of diabetic retinopathy will increase.

Diabetic retinopathy may be nonproliferative or proliferative. Nonproliferative diabetic retinopathy typically develops in patients with type 1 or 2 diabetes before proliferative diabetic retinopathy develops. Proliferative diabetic retinopathy involves growth of new retinal blood vessels (neovascularization). Risk factors for this type are the same as those for atherosclerotic cardiovascular disease, and patients are at higher risk of fatal and nonfatal MI, stroke, diabetic nephropathy, and death.

Pathophysiology

Retinal capillaries have 2 cell types: endothelial cells, which line the capillary lumen, and intramural pericytes (mural cells), which are embedded in the basement membrane of the capillary.

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Diabetes: Skin Problems

For people with diabetes, having too much glucose (sugar) in their blood for a long time can cause serious complications, including skin problems. In fact, as many as a third of people with diabetes will have a skin condition related to their disease at some time in their lives. Fortunately, most skin conditions can be prevented and successfully treated if caught early. But if not cared for properly, a minor skin condition can turn into a serious problem with potentially severe consequences.

Skin Conditions Linked to Diabetes

- Scleroderma diabeticorum:** This condition causes a thickening of the skin on the back of the neck and upper back. This condition is rare but can affect people with type 2 diabetes. The treatment is to bring your blood glucose level under control. Lotions and moisturizers may help soften the skin.
- Vitiligo:** Vitiligo is a condition that affects skin coloration. With vitiligo, the special cells that make pigment (the substance that controls skin color) are destroyed, resulting in patches of discolored skin. Vitiligo often affects the chest and abdomen, but may be found on the face around the mouth, nostrils and eyes.

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Diabetes Mellitus, Type 2

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Author: **William L Isley, MD**, Senior Associate Consultant, Division of Endocrinology, Diabetes, Metabolism, and Nutrition, Associate Professor of Medicine, Mayo Clinic of Rochester

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Author and Editor Disclosure

Synonyms and related keywords: type 2 diabetes mellitus, type II diabetes mellitus, DM, DM type 2, adult-onset diabetes mellitus, maturity-onset diabetes mellitus, non-insulin-dependent diabetes mellitus, NIDDM, maturity-onset diabetes of the young, MODY, hyperglycemia, microvascular complications, macrovascular complications, lack of endogenous insulin, pancreatic beta-cell failure, insulin resistance, insulin deficiency, elevated free fatty acids, obesity, metabolic complications, end-stage renal disease, ESRD, nontraumatic lower limb amputations, diabetic vasculopathy, diabetic neuropathy, diabetic retinopathy, diabetic nephropathy, polyuria, polydipsia, polyphagia, blurred vision, lower extremity paresthesias, yeast infections, gestational diabetes mellitus, hypertension, high triglycerides, polycystic ovary disease, Cushing syndrome, acromegaly, pheochromocytoma

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Background

Type 2 diabetes mellitus is a group of disorders characterized by hyperglycemia and associated with microvascular (ie, retinal, renal, possibly neuropathic), macrovascular (ie, coronary, peripheral vascular), and neuropathic (ie, autonomic, peripheral) complications. Unlike type 1 diabetes mellitus, the patients are not absolutely dependent upon insulin for life, even though many of these patients ultimately are treated with insulin.

Pathophysiology

Hyperglycemia is produced by lack of endogenous insulin, which is either absolute, as in type 1 diabetes mellitus, or relative, as in type 2 diabetes mellitus. Relative insulin deficiency usually occurs because of resistance to the actions of insulin in muscle, fat, and the liver and an inadequate response by the pancreatic beta cell. This pathophysiologic abnormality results in decreased glucose transport in muscle, elevated hepatic glucose production, and

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 Antihypertensive agents for prevention of diabetic nephropathy.
Am Fam Physician. 2006 Jul 1;74(1):77-9. Review. No abstract available.
PMID: 16848380 [PubMed - indexed for MEDLINE]

- 2: [McCormack J, Johns K, Tildesley H](#) Related Articles, Links
 Metformin's contraindications should be contraindicated.
CMAJ. 2005 Aug 30;173(5):502-4. Review. No abstract available.
PMID: 16129871 [PubMed - indexed for MEDLINE]

- 3: [Lewis EJ, Collaborative Study Group](#) Related Articles, Links
 Angiotensin receptor blockers and myocardial infarction: results reflect different cardiovascular states in patients with types 1 and 2 diabetes.
BMJ. 2005 May 28;330(7502):1269-70; author reply 1270-1. No abstract available.
PMID: 15920133 [PubMed - indexed for MEDLINE]

- 4: [Barnett AH, Bain SC, Bouter P, Karlberg B, Madsbad S, Jervell J, Mustonen J; Diabetics Exposed to Telmisartan and Enalapril Study Group](#) Related Articles, Links
 Angiotensin-receptor blockade versus converting-enzyme inhibition in type 2 diabetes and nephropathy.
N Engl J Med. 2004 Nov 4;351(19):1952-61. Epub 2004 Oct 31. Erratum in: N Engl J Med. 2005 Apr 21;352(16):1731.

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University of Maryland School of Medicine, Department of Family Medicine, Baltimore 21201-1771, USA. rdressler@som.umaryland.edu

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- ▶ Clinical practice. Nephropathy in patients with type 2 diabetes. [N Engl J Med. 2006 Jul 13;355(2):176-85.]
- ▶ The role of angiotensin II antagonism in type 2 diabetes mellitus: a review of renoprotection. [Clin Ther. 2006 Jul;28(7):1033-42.]
- ▶ [Should normotensive diabetic patients with microalbuminuria be treated with a renin-angiotensin system inhibitor? [Ugeskr Laeger. 2006 Jul 13;168(28):3373-6.]
- ▶ Microalbuminuria in type 1 and type 2 diabetes mellitus: evidence with angiotensin II receptor antagonists. [Curr Hypertens Rep. 2006 Jul;6(7):533-8.]

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Cochrane for Clinicians

Putting Evidence into Practice

Antihypertensive Agents for Prevention of Diabetic Nephropathy

RICHARD L. DRESSLER, M.D., M.P.H., *University of Maryland School of Medicine, Baltimore, Maryland*

Clinical Scenario

A 54-year-old woman with type 2 diabetes comes into your office. She has no evidence of diabetic nephropathy and needs medication for hypertension.

Cochrane Abstract

Background. Twenty to 60 percent of patients with diabetes are affected by hypertension, and antihypertensive agents are used to treat this condition. These agents also are used to prevent the onset of kidney disease in patients with diabetes who are normotensive or hypertensive.

Objectives. To evaluate the comparative effects of antihypertensive agents in patients with diabetes and normoalbuminuria.


Search Strategy. MEDLINE, EMBASE, the Cochrane Central Register of Controlled Trials, conference proceedings, and contact with investigators were used to identify relevant trials.

Selection Criteria. Randomized controlled trials comparing any antihypertensive agent with placebo or another agent in patients with diabetes who were hypertensive or normotensive and had no kidney disease (i.e., an albumin excretion rate less than 30 mg per day) were included.

Data Collection and Analysis. Two investigators independently extracted data on renal outcomes and other patient-relevant outcomes (e.g., all-cause mortality, serious cardiovascular events) and assessed quality of trials. Analysis was by a random-effects model and results were expressed as relative risk (RR) and 95% confidence interval (CI).

Primary Results. Sixteen trials (7,603 patients) were identified, six of angiotensin-converting enzyme (ACE) inhibitors versus placebo, six of ACE inhibitors versus calcium channel blockers, one of ACE inhibitors versus calcium channel blockers or combined ACE inhibitors and calcium

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Type any key word or phrase into the search box as shown above.

Use an asterisk (*) to retrieve variations on a word, e.g., *bacter** retrieves *bacteria*, *bacterium*, *bacteriophage*, etc.  VIDEO

- **For a Subject Search:** Enter one or more words (e.g., *asthma drug therapy*) in the **query box** and click on **Go**. PubMed automatically combines (**ANDs**) terms together so that all terms or concepts are present and "translates" your words into MeSH terms.
- **For an Author Search:** Enter the author's name in the format of last name first followed by initials (e.g., *byrnes ca*).
- **For a Journal Search:** To retrieve articles from a specific journal use *PubMed's Journals Database* or *Single Citation Matcher* features (available from the left

Instructional Video Clips

- [Introduction](#) (1:54)
- [Basic search](#) (0:40)
- [Truncation](#) (0:15)
- [Limits](#) (3:14)
- [Viewing results](#) (2:28)
- [Connecting to fulltext](#) (3:44)
- [Printing and saving](#) (1:31)
- [Ordering articles](#) (2:13)
- [Documenting your search strategy](#) (0:31)
- [Related Articles](#) (0:50)
- [Clipboard](#) (1:42)
- [History](#) (2:12)
- [Single citation matcher](#) (0:30)
- [Clinical queries](#) (2:46)
- [MeSH Browser](#) (3:04)
- [Additional Help](#) (0:28)

Do you need...

- Articles or research studies:

Go to *PubMed*

- Information written for consumers and patients:

Start with *MedlinePlus*

Web Navigation Difficulties

- Size of the Web
- Lack of control or review
- Lack of quality standards



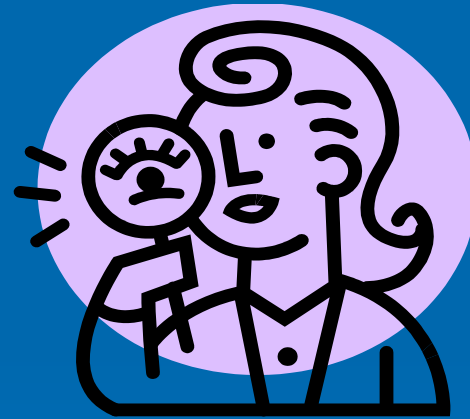
Evaluating Health Website Strategies

- Evaluate using **Criteria for Evaluating Web Resources**
- Determine the type of site by analyzing **website Addresses**
- Use **guides** to evaluating health Information on the web

Criteria for Evaluating Web Sites

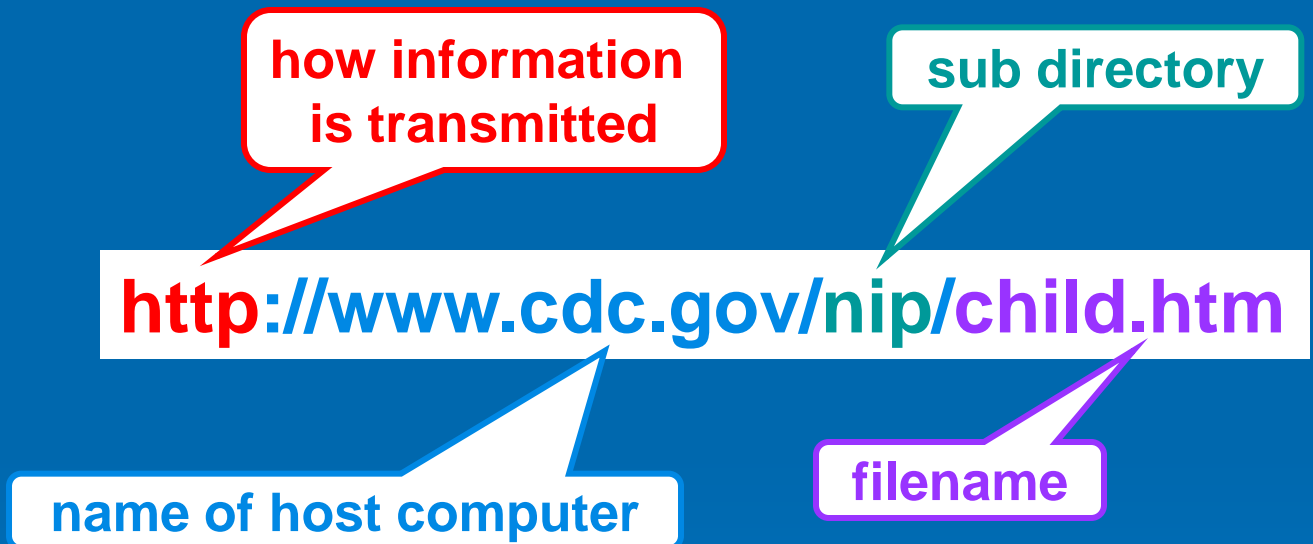
healthlinks.washington.edu/howto/navigating/criteria.pdf

- Authority
- Accuracy
- Objectivity
- Currency
- Coverage



Anatomy of a URL

- edu
- org
- com
- gov



The URL includes the name of the host computer which can indicate the purpose of the web site.

Guides for Evaluating Health Information

- Criteria for Evaluating Web Resources
healthlinks.washington.edu/howto/navigating/criteria.pdf
- MedlinePlus Guide to Healthy Web Surfing
www.nlm.nih.gov/medlineplus/healthywebsurfing.html
- MedlinePlus Evaluating Health Information
www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html
- A User's Guide to Finding and Evaluating Health Information on the Web
www.mlanet.org/resources/userguide.html

Final Thoughts

- Use *Steps for Finding Health Information on the Web*
- Remember, **MedlinePlus** and **PubMed**
- **Evaluate** what you find on the web
- Look at the new **My Health** page from the University of Washington Health Sciences Library



Beyond an Apple a Day: Steps To Finding Health Information on the Web

*PowerPoint presentation located:
healthlinks.washington.edu/hsl/liaisons/schnall/polyclinic.ppt*

