Healthy Dose of Information

Jim Honour
Wyoming Coordinator
Objectives

- Define health information literacy
- Be aware of some of the issues
- Leave with some resource ideas
"The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.” - Healthy People 2020
“Health literacy is the ability of individuals to read, understand, and act upon health-related information.”

- New York Mayor’s Office of Adult Education
“Health literacy is the ability to understand health information and to use that information to make good decisions about your health and medical care.”

- MedlinePlus
- Health literacy includes numeracy skills
- Health literacy requires knowledge of health topics.
- Using plain language leads to understanding
- Health literacy is dependent on individual and systemic factors.
- Health professionals can contribute to health literacy
What affects Health Literacy?

- Age
- Cultural heritage
- Socioeconomic Status
- Availability of Service
Health Information Literacy

- Recognize the need
- Identify sources
- Retrieve information
- Assess the quality of information
- Use the information.
Health Literacy: Why?

- Fewer visits to emergency room
- Decreases in hospitalization
- Lower healthcare costs
- Ownership
Videos

- “Health literacy and patient safety: Help patients understand”
  - http://www.youtube.com/watch?v=cGtTZ_vxyA
- “Health literacy”
MedlinePlus
THE WEBSITE YOUR DOCTOR PRESCRIBES
Stay in shape this summer!
Find tips for getting active on our Exercise and Physical Fitness page.
About MedlinePlus

MedlinePlus is the National Institutes of Health’s Web site for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free.

You can use MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

A Message from the Director

Dr. Donald A.B. Lindberg, Director, National Library of Medicine

View Dr. Lindberg’s welcome (Quicktime video 1.2 MB, 51 seconds)

Welcome to MedlinePlus, a goldmine of good health information from the world’s largest medical library, the National Library of Medicine. Health professionals and consumers alike can depend on it for information that is authoritative and up to date. MedlinePlus has extensive information from the National Institutes of Health and other trusted sources on over 800 diseases and conditions. There are directories, a medical encyclopedia and a medical dictionary, easy-to-understand tutorials on common conditions, tests, and treatments, health information in Spanish, extensive information on prescription and nonprescription drugs, health...
Heart Diseases

If you're like most people, you think that heart disease is a problem for other folks. But heart disease is the number one killer in the U.S. It is also a major cause of disability. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of heart problems may happen to the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease. (Read more)

Results 1 - 10 of 6,319 for heart disease

1. **Heart Diseases** (National Library of Medicine)
   ... you're like most people, you think that heart disease is a problem for other folks. But heart disease is the number one killer in the U.S. ... of all causes. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.
   www.nim.nih.gov/medlineplus/heartdiseases.html - Health Topics

2. **Heart Valve Diseases** (National Library of Medicine)
   ... birth or caused by infections, heart attacks, or heart disease or damage. Some valve problems are minor and ...
   www.nim.nih.gov/medlineplus/heartvalvediseases.html - Health Topics

3. **Congenital Heart Defects** (National Library of Medicine)
   A congenital heart defect is a problem with the structure of the heart. It is present at birth. Congenital heart defects are the most common type of major ...
   www.nim.nih.gov/medlineplus/congenitalheartdefects.html - Health Topics

4. **Heart Disease in Women** (National Library of Medicine)
   Although many people think of heart disease as a man's problem, women can and do get heart disease. In fact, heart disease is the number one killer of women in ...
Heart Diseases

Also called heart conditions

If your heart is diseased, it may not pump well and cause heart failure. Some people are born with heart disease.

You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Control your blood pressure
- Lower your cholesterol
- Don’t smoke
- Get enough exercise

NIH: National Heart, Lung, and Blood Institute

Get Heart Diseases updates by email

Start Here
- Heart Disease Risk Questionnaire (Siteman Cancer Center)
- Also available in Spanish
- Heart Disease (Centers for Disease Control and Prevention)
- Your Guide to Living Well with Heart Disease NIH (National Heart, Lung, and Blood Institute)
Heart Diseases

URL of this page: http://www.nlm.nih.gov/medlineplus/heartdiseases.html

Also called: Cardiac Diseases

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NIH: National Heart, Lung, and Blood Institute

Start Here
- Heart Disease Risk Questionnaire http://www.yourdiseaserisk.siteman.wustl.edu/hccpquiz.pl?lang=english&func=start&quiz=heat (Siteman Cancer Center)
  Also available in Spanish http://www.yourdiseaserisk.wustl.edu/hccpquiz.pl?lang=spanish&func=start&quiz=heart
- Heart Disease http://www.cdc.gov/HeartDisease/ (Centers for Disease Control and Prevention)

Overviews
- Heart Disease http://www.mayoclinic.com/health/heart-disease/DS01120/METHOD=print (Mayo Foundation for Medical Education and Research)
Search tips

- For phrase searching, use quotes
  * “heart disease”
- Can search a specific site
  * bullying site:kidshealth.org
- Not case sensitive
- Will spell check
- Can use Boolean searching ( OR, NOT )
  *(exercise OR nutrition) NOT surgery*
- With +, can limit search term to exactly what you
- With *, can search for variations of a word
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 (amarinya)
Arabic (العربية)
Armenian (Հայերեն)
ASL (American Sign Language)
Bangali (Bangla)
Bosnian (Bosanski)
Burmese (myanma)
Chamorro (chamoru)
Chinese - Simplified (简体中文)
Chinese - Traditional (繁體中文)
Chukchee (Trukese)
Croatian (Hrvatski)
Farsi (فارسی)
French (français)
German (Deutsch)
Gujarathi  (ગુજરાતી)
Haitian Creole (Kreyol)
Hindi (हिन्दी)
Hmong (Hmoob)
Ilocano (ilokano)
### Health Topics

#### Page Links to:
- Web sites
- Organizations
- Health news
- Health check tools
- Games
- PubMed
- Patient Handouts

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#### Overviews
- **Childhood Nutrition** (American Academy of Pediatrics)
- **Diet and Nutrition NIH** (National Institute of Child Health and Human Development)
- **MyPyramid Food Guide** (National Women's Health Information Center)
- **MyPyramid for Preschoolers** (Dept. of Agriculture)
- **Nutrition for Kids: Guidelines for a Healthy Diet** (Mayo Foundation for Medical Education and Research)

#### Latest News
- **Autistic Kids Often Fussier Eaters, but Nutrition OK** (07/19/2010, HealthDay)
- **Kids See Fewer Ads for Sweets, More for Fast Food** (07/06/2010, HealthDay)
- **Health Tip: Dealing with Picky Eaters** (06/28/2010, HealthDay)
- **More News on Child Nutrition**

#### Diagnosis/Symptoms
- **Prealbumin Test** (American Association for Clinical Chemistry)

#### Specific Conditions
- **Caffeine and Your Child** (Nemours Foundation)
- **Calcium and Your Child** (Nemours Foundation)
- **Carbohydrates, Sugar, and Your Child** (Nemours Foundation)
- **Cholesterol and Your Child** (Nemours Foundation)
- **Fats and Your Child** (Nemours Foundation)
- **Fiber and Your Child** (Nemours Foundation)
- **Iron and Your Child** (Nemours Foundation)
  - Also available in [Spanish](#)
- **Vegetarianism** (Nemours Foundation)

[Return to top](#)
Asthma

Asthma is an inflammatory disorder of the airways, which causes attacks of wheezing, shortness of breath, chest tightness, and coughing.

See also: Pediatric asthma

Causes

Asthma is caused by inflammation in the airways. When an asthma attack occurs, the muscles surrounding the airways become tight and the lining of the air passages swell. This reduces the amount of air that can pass by, and can lead to wheezing sounds.

Most people with asthma have wheezing attacks separated by symptom-free periods. Some patients have long-term shortness of breath with episodes of increased shortness of breath. In others, a cough may be the main symptom. Asthma attacks can last minutes to days and can become dangerous if the airflow becomes severely restricted.

In sensitive individuals, asthma symptoms can be triggered by breathing in allergy-causing substances (called allergens or triggers).

Common asthma triggers include:
- Animals (pet hair or dander)
- Dust
- Changes in weather (most often cold weather)
- Chemicals in the air or in food
- Exercise
- Mold

Medical encyclopedia
Drugs, Herbs and Supplements

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

Browse by generic or brand name

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

For FDA approved labels included in drug packages, see DailyMed.

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

All herbs and supplements

Related Topics
- AIDS Medicines
- Antibiotics
- Antidepressants
- Blood Pressure Medicines
- Blood Thinners
- Cancer Alternative Therapies
- Cancer Chemotherapy
- Cold and Cough Medicines
- Complementary and Alternative Medicine
- Diabetes Medicines
- Dietary Supplements
- Drug Safety
- Herbal Medicine
- Hormone Replacement Therapy Medicines
- Over-the-Counter Medicines
- Pain Relievers
- Statins
- Steroids
- Vitamins

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Zolpidem
(zole pī'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 storage conditions are needed for this medicine?
In case of emergency/overdose
What other information should I know?
Brand names

Source:
American Society of Health System Pharmacists
Omega-3 fatty acids, fish oil, alpha-linolenic acid

Background
Dietary sources of omega-3 fatty acids include fish oil and certain plant/nut oils. Fish oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), while some nuts (English walnuts) and vegetable oils (canola, soybean, flaxseed/linseed, olive) contain alpha-linolenic acid (ALA).

There is evidence from multiple studies supporting intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements lowers triglycerides, reduces the risk of death, heart attack, dangerous abnormal heart rhythms, and strokes in people with known cardiovascular disease, slows the buildup of atherosclerotic plaques ("hardening of the arteries"), and lowers blood pressure slightly. However, high doses may have harmful effects, such as an increased risk of bleeding. Although similar benefits are proposed for alpha-linolenic acid, scientific evidence is less compelling, and beneficial effects may be less pronounced.

Some species of fish carry a higher risk of environmental contamination, such as with methylmercury.

Synonyms
ω-linolenic acid (ALA, C18:3n-3), alpha-linolenic acid, cod liver oil, coldwater fish, docosahexaenoic acid (DHA, C22:6n-3), eicosapentaenoic acid (EPA, C20:5n-3), fish oil fatty acids, fish body oil, fish extract, fish liver oil, halibut oil, long chain polyunsaturated fatty acids, mackerel oil, marine oil, menhaden oil, n-3 fatty acids, n-3 polyunsaturated fatty acids, omega fatty acids, omega-3 oils, polyunsaturated fatty acids (PUFA), salmon oil, shark liver oil, w-3 fatty acids.

Note: Should not be confused with omega-6 fatty acids.
Videos & Cool Tools

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

The Pressure’s On

HealthDay TV

View latest news

Search all Videos & Tutorials

Calculators & Quizzes
- Alcohol Calorie Calculator
- Build Your Question List
- Calculate Your Body Mass Index
- Colorectal Cancer Risk Assessment Tool
- Diabetes PHD (Personal Health Decisions)
- Interactive Menu Planner
- My Fats Translator
- Risk Assessment Tool for Estimating Your 10-Year Risk of Having a Heart Attack

Games

Understanding Medical Words
Evaluating Health Information
Director’s Comments Podcast
NIHSeniorHealth Videos
Videos and Cool Tools

- Interactive Tutorials
- Anatomy Videos
- Surgery Videos
Smoking - The Facts

Start Interactive Tutorial
This option starts the interactive multimedia tutorial, which includes questions.

Start Self Playing Tutorial
This option plays a self-running presentation.

Text Summary
This option opens a PDF file.

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Smokers are at a higher risk of having ulcers and the ulcers of smokers tend to heal slower than in non-smokers.
Assess your risk for health conditions

Learn more about your health
games

Sara’s Quest

NIDA for teens
MedlinePlus Magazine

A quarterly publication of the Friends of the National Library of Medicine.

Get a free subscription!
NIH Senior Health

Health and wellness information for older adults from the National Institutes of Health.

Health Topics 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 X Y Z

Categories
- Bones and Joints
- Cancer
- Diseases and Conditions
- Healthy Aging
- Heart and Lungs
- Memory and Mental Health
- Treatments and Therapies
- Vision and Hearing
- All Topics A-Z

Featured Topic

Older Drivers

Exercise Stories

People of all ages and physical conditions benefit from exercise and physical activity. These exercise stories feature older adults and the diverse activities they enjoy.

Health Videos

Many of our health topics feature short videos that complement the information in the topic. The health videos offer up-to-date medical information, tips for healthy living, and inspiring stories of older adults who are coping with diseases or conditions of aging.

E-Mail Updates

Sign up here for free e-mail updates. Get information on new topics, videos, and more from NIH Senior Health.

Training Tools

Are you interested in helping older adults learn to search online health information on their own? Browse the Trainer's Toolkit for more information.
# Health Information Literacy

## Health Literacy Resources

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<td><strong>California Health Literacy Initiative</strong></td>
<td>Description of this special initiative of California Literacy, an adult and family literacy organization. &quot;The goal of the California Health Literacy Initiative is to inform and partner with individuals and organizations to craft collective, lasting solutions that will positively impact the health and well-being of individuals with low-literacy skills, their families, and their communities.&quot;</td>
</tr>
<tr>
<td><strong>The Center for the Study of Adult Literacy</strong></td>
<td>Provides ordering information for the Test of Functional Health Literacy in Adults (TOFHLA) from Peppercorn Books and Press.</td>
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<tr>
<td><strong>Healthy People 2010: Health Communication - Objective 11</strong></td>
<td>Describes rationale (current environment, trends and issues) and objectives for health communication. Includes &quot;Attributes of Effective Health Communication.&quot;</td>
</tr>
<tr>
<td><strong>Harvard School of Public Health: Health Literacy Studies</strong></td>
<td>Health Literacy Studies &quot;is a research program (Rudd, P.I.) of the National Center for the Study of Adult Learning and Literacy (NCSALL). We are engaged in a variety of activities, studies, and explorations linking health and literacy.&quot;</td>
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<td><strong>Literacy and Health Outcomes</strong></td>
<td>This Evidence Report/Technology Assessment on &quot;Literacy and Health Outcomes&quot;: is from the Agency for Healthcare Research and Quality (AHRQ). Under its Evidence-based Practice Program, the AHRQ &quot;is developing scientific information for other agencies and organizations on which to base clinical guidelines, performance measures, and other quality improvement tools.&quot;</td>
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Top 100 List: Health Websites You Can Trust

Updated January 2010

The purpose of the CAPHIS Top 100 List is to provide CAPHIS members and other librarians with a resource to use in their daily practice and teaching. Secondly, it is our contribution to the Medical Library Association so that the headquarters staff can refer individuals to a list of quality health web sites. Our goal is to have a limited number of resources that meet the quality criteria for currency, credibility, content, audience, etc., as described on our website. These lists of resources expand upon the MLA Top Ten List.

- General Health
- Parenting & Kids
- For Health Professionals
- Women's Health
- Senior Health
- Drug Information Resources
- Men's Health
- Specific Health
- Other Useful Health Sites

pdf of complete Top 100 List

No direct recommendation or sponsorship by CAPHIS or MLA of these listed web resources is implied. The resources referenced here are intended to provide general information for you. Some resources will contain information that is the opinion of the author and not necessarily that of your physician. Please consult your healthcare provider for individual information on your specific condition.

The Medical Library Association and CAPHIS endorse the Criteria for Assessing the Quality of Health Information on the Internet of the Health Summit Working Group. These sites have been reviewed using the HSWG guidelines and other criteria such as outlined in this collection of guidelines. These criteria include: credibility, sponsorship/authorship, content, audience, currency, disclosure, purpose, links, design, interactivity, and caveats. Health sciences librarians are uniquely qualified, through our training and experience, to evaluate the quality of health-related Web sites. We hope you use evaluative criteria on all health web sites you use. Sites are reviewed by the CAPHIS Top 100 Committee.
Select a Topic Area from the list below to get started.
Each Topic Area includes an overview, objectives and data, and evidence-based resources.

A
Access to Health Services
Adolescent Health New
Arthritis, Osteoporosis, and Chronic Back Conditions

B
Blood Disorders and Blood Safety New

C
Cancer
Chronic Kidney Disease

G
Genomics New
Global Health New

H
Health Communication and Health Information Technology
Healthcare-Associated Infections New
Health-Related Quality of Life & Well-Being New
Hearing and Other Sensory or Communication Disorders
Heart Disease and Stroke
HIV

N
Nutrition and Weight Status

O
Occupational Safety and Health
Older Adults New
Oral Health

P
Physical Activity
Preparedness New
Public Health Infrastructure

http://www.cdc.gov/healthliteracy

http://nnlm.gov/outreach/consumer/hlthlit.html

http://www.health.gov/communication/literacy/quickguide/factsbasic.htm


http://nihseniorhealth.gov

http://medlineplus.gov

http://caphis.mlanet.org/consumer/index.html
Resources


http://www.mlanet.org/resources/healthlit/healthlit_resources.html

http://www.mlanet.org/resources/healthlit/#1
Jim Honour
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307-766-6537   OR
Toll Free (800) 338-7657 opts. 1,2, 8

http://nnlm.gov/mcr