

# Tribal Libraries Program Field Trip

UNM HSC LIC, 9/8/2023



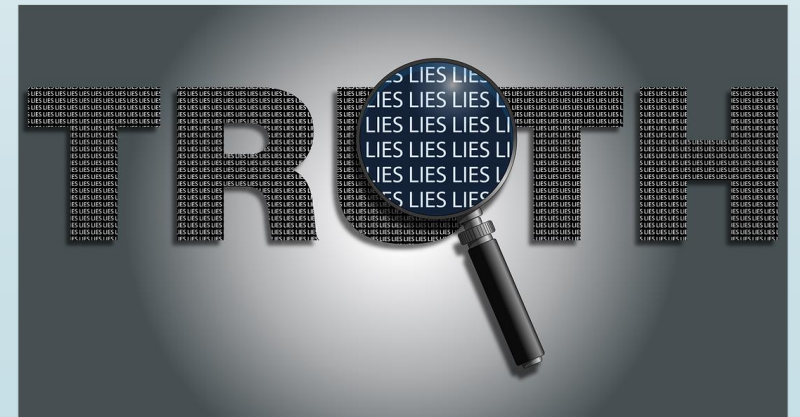
Presenter:

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Burrell College of Osteopathic Medicine

# Consumer Health Information

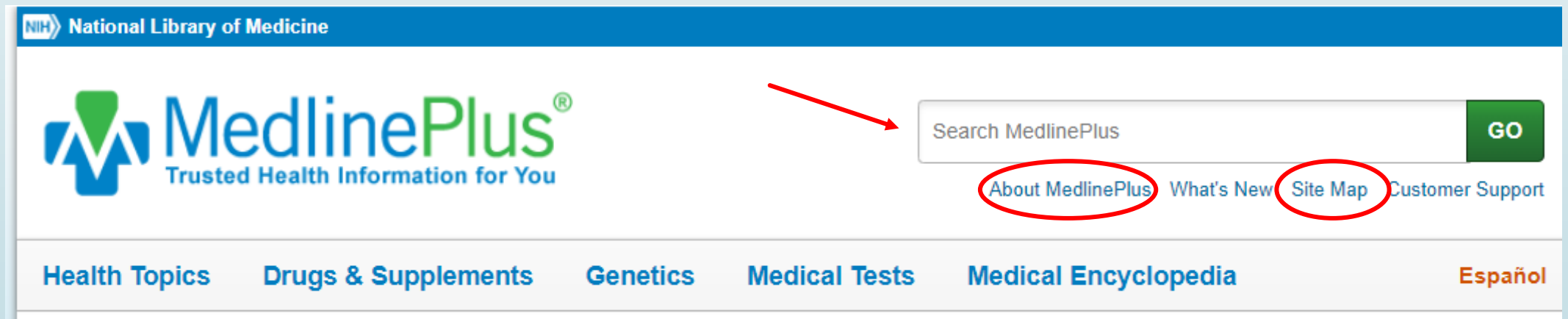
- ➡ Quick Poll – How do you find health information?
- ➡ Why is consumer health information important?
- ➡ The good, the bad, and the ugly



Pixabay OpenClipart-Vectors

# Best Consumer Health Information Resource: **MedlinePlus**

- ➡ <https://medlineplus.gov>
- ➡ [About MedlinePlus](#)



# Welcome to MedlinePlus



## FEATURED TOPIC

### Healthy Aging

As you get older, risk of chronic diseases increases. A healthy lifestyle and chronic condition management can help you live more independently later in life.

[Learn more](#)

**Easy-to-Read Health Information**



**Health Information in Multiple Languages**



**MedlinePlus Connect for EHRs**



**All of Us**



**NIH MedlinePlus Magazine**



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### Health Topics

Find information on health, wellness, disorders and conditions



### Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments



### Genetics

Explore genetic conditions, genes, and how genetic variations affect health



### Drugs & Supplements

Prescription drugs, over-the-counter medicines, herbs, and supplements



### Medical Tests

Learn why your doctor orders medical tests and what the results may mean



### Healthy Recipes

These recipes show you how to prepare tasty, quick meals as part of a healthy lifestyle



National Library of Medicine

# NIH MedlinePlus MAGAZINE

Trusted Health Information from the National Institutes of Health

Health A-Z ▾

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Health Fast Facts

All Multimedia

## Is it time to get your colon checked?

Colorectal cancer is the **third most common** cancer diagnosis among **men and women combined**.



About



of colon cancers occur in people who are **50** and older.



About **nine out of every 10 people** with colon cancer found and treated early are **still alive five years later**.






GO

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## MedlinePlus Videos



The U.S. National Library of Medicine (NLM) created these animated videos to explain topics in health and medicine, and to answer frequently asked questions about diseases, health conditions, and wellness issues. They feature research from the National Institutes of Health (NIH), presented in language you can understand. Each video page includes links to MedlinePlus health topic pages, where you can find more information about the subject, including symptoms, causes, treatment, and prevention.

### Related Health Topics

- [Opioid Overdose](#)
- [Opioid Use Disorder \(OUD\) Treatment](#)
- [Opioids and Opioid Use Disorder \(OUD\)](#)
- [Safe Opioid Use](#)



## Videos & Tools



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



### Health Videos

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



### MedlinePlus Videos

View animated videos that explain topics in health and medicine.



### Health Check Tools

Check your health with interactive calculators and questionnaires.



### Test Your Knowledge

Test your knowledge about health, wellness, diseases, and conditions with these quizzes.

### Search all Videos & Tutorials

**GO**[Understanding Medical Words Tutorial](#)[Evaluating Health Information Tutorial](#)

<https://medlineplus.gov/videosandcooltools.html>



## Site Map



**Health Topics** -- information on conditions, diseases and wellness

### Topic by broad groups

- [Blood, Heart and Circulation](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nerves](#)
- [Cancers](#)
- [Children and Teenagers](#)

### Videos & Tools

- [Health Videos](#) – See the anatomy of body parts and organ systems and how diseases and conditions affect them
- [Health Check Tools](#) – Quizzes, calculators, self-assessments, and decision guides to check your knowledge and health status
- [Test Your Knowledge](#) – Test your knowledge about health, wellness, diseases, and conditions with these quizzes.

**What's New on MedlinePlus** – News about MedlinePlus, including announcements of updates, changes, and new content

**All of Us** – Health Information for *All of Us* Research Program Participants

**Easy-to-Read** – Health information that is easier to read, understand, and use

**Drug Information** – Prescription and over-the-counter medicines

**Herbs and Supplements** – Evidence-based information about herbs and supplements

**Medical Encyclopedia** – Includes pictures and diagrams

**Medical Test Information** – Learn about your medical tests

**Healthy Recipes** – Discover a new healthy recipe each week



## Health Topics >

### Population Groups

Adolescent Health see Teen Health

Agent Orange see Veterans and Military Health

Aging see Older Adult Health

Alaska Native Health see American Indian and Alaska Native Health

American Indian and Alaska Native Health





# Health Topics >

## Asthma

### **What is asthma?**

Asthma is a chronic (long-term) lung disease. It affects your airways, the tubes that carry air in and out of your lungs. When you have asthma, your airways can become inflamed and narrowed. This can cause wheezing, coughing, and tightness in your chest. When these symptoms get worse than usual, it is called an asthma attack or flare-up.



### **What causes asthma?**

The exact cause of asthma is unknown. Genetics and your environment likely play a role in who gets asthma.

[\(Read more\)](#)

# Asthma

## On this page

### Basics

- [Summary](#)
- [Start Here](#)
- [Diagnosis and Tests](#)
- [Prevention and Risk Factors](#)
- [Treatments and Therapies](#)

### Learn More

- [Living With](#)
- [Related Issues](#)
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- [Genetics](#)

### See, Play and Learn

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### Resources

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### For You

- [Children](#)
- [Women](#)
- [Older Adults](#)
- [Patient Handouts](#)

# Medical Encyclopedia Image

[Home](#) → [Medical Encyclopedia](#) → [Asthma](#)

## Asthma





# Asthma Quiz

Asthma is a respiratory disorder that causes inflammation in the lungs which results in narrowing of the airways. When the airways become inflamed and narrowed, it is difficult to move air in and out of the lungs. People with asthma have recurrent episodes of airflow limitation. This limitation can cause wheezing, cough, shortness of breath, and chest tightness.

## Question 1

I cough frequently during the middle of the night, after exercise, and when I am around cats, but I have never wheezed. This means that I do not have asthma.

- ☐ True  
☒ False

**False:** Asthma is not just wheezing. Some individuals with asthma never wheeze and wheezing does not have to be present for an individual to have asthma. Coughing, recurrent bronchitis, and shortness of breath are also ways that asthma appears. Please inform your health care provider of your symptoms and ask for appropriate care.

Continue

# LMBB: Monitoring Your Asthma Fact Sheet



## Overview

Monitoring your asthma on a regular basis is important to keeping your asthma under control. This 4-page fact sheet includes a tool to help you track your symptoms and tips on measuring your peak flow.



**Print Length:** 4 pages



**Publication Date:** March 2020



**Language:** English



**Audience:** General Public & Patients



**Related Health Topics:** [Asthma](#)

## Download



**PDF (615.86 KB)**

# Albuterol Oral Inhalation

pronounced as (al byoo' ter ole)



Why is this medication prescribed?

How should this medicine be used?

Other uses for this medicine

What special precautions 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

Other names

# Asthma – 21 video links provided



[Using a metered dose inhaler \(inhaler in mouth\)](#)  [PDF – 370 KB]



Thank  
You

pixabay

# ACTIVITY

➡ Go to **MedlinePlus**:

<https://www.medlineplus.gov/>

➡ Please note and be prepared to share at least (3) features that you found interesting and will likely use and/or refer to in the future:

➡ 1.

➡ 2.

➡ 3.

➡ Any others?