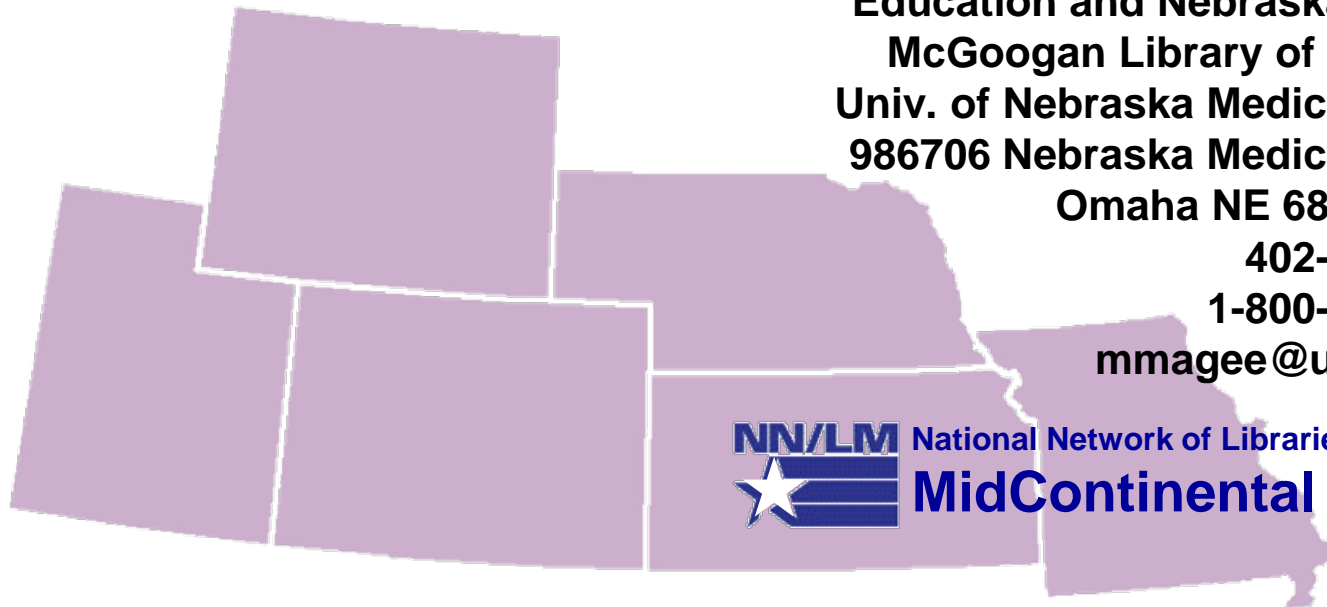


Healthy Kids' Resources



Marty Magee
National Network/Libraries of Medicine
Education and Nebraska Liaison
McGoogan Library of Medicine
Univ. of Nebraska Medical Center
986706 Nebraska Medical Center
Omaha NE 68198-6706
402-559-7076
1-800-338-7657
mmagee@unmc.edu



NN/LM National Network of Libraries of Medicine
MidContinental Region

Objectives

- To have you be able to remember MedlinePlus – or two new features of MedlinePlus
- To remind you about teaching students about evaluation of websites – our never-ending quest!
- To acquaint you with some of the kid-friendly health resource sites available – and some games to play in your spare time!

www.nlm.nih.gov



- ▶ Health Information
- ▶ Library Catalog & Services
- ▶ History of Medicine
- ▶ Online Exhibitions & Digital Projects

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

- ▶ About the National Library of Medicine
- ▶ Grants & Funding
- ▶ Training & Outreach
- ▶ Network of Medical Libraries

Especially for:

- The Public
- Health Care Professionals
- Researchers
- Librarians
- Publishers

Current Health News

[Depression with Psychotic-Like Symptoms Seems Tougher to Treat](#) (12/07/10)

[Tiniest Kids in Big Day-Care Centers May Have Better Health Later On](#) (12/07/10)

[Food Allergy Guidelines: What You Need to Know](#) (12/07/10)

[More Health News](#)

NLM News and Press Releases

[NLM Completes Catalog of Imperial Russian Holdings](#) (12/03/10)

[NLM Announces New Web Interface for Oral History Collections](#) (12/01/10)

[National Library of Medicine Adds New Education Resources to Online Exhibition, Frankenstein: Penetrating the Secrets of Nature](#) (11/30/10)

[NLM Grantee Dr. Bradley Malin Wins Prestigious Presidential Award for Early Career Scientists](#) (11/23/10)

[More NLM News](#)

NLM and the Recovery Act

On Exhibit at NLM

Against the Odds: Making a Difference in Global Health

Director's Comments

Listen to what's new in consumer health on MedlinePlus

Contact NLM | Site Map | FAQs

Search NLM Web Site

List of NLM ▶▶
Databases and Resources

PubMed
Biomedical journal literature from MEDLINE/PubMed

[VISIT SITE](#)

MedlinePlus
Health and drug information for patients, family and friends

[VISIT SITE](#)
[ESPAÑOL](#)

Tox Town
Interactive guide to common toxic chemicals, your health, and the environment

[VISIT SITE](#)

PubMed Central
Free archive of life sciences journals

[VISIT SITE](#)

NIH SeniorHealth
The health Web site for older adults

[VISIT SITE](#)



Presenting NLM in Focus.
This new online newsletter gives you a behind-the-scenes glimpse of NLM—its people, programs and services.

www.medlineplus.gov

Want to keep track of your own health?

Find out more on our Personal Health Records page.

→ Health Topics

→ Drugs & Supplements

→ Videos & Cool Tools



MEDICAL DICTIONARY

GO

POPULAR SEARCHES

aids asthma autism copd
diabetes gout
hypertension
lupus osteoporosis
pneumonia potassium
shingles thyroid
vitamin d

Share this widget

See more

FEATURED SITE



About Your Health

General Seniors Men Women

Children

- [Back Pain](#)
- [COPD \(Chronic Obstructive Pulmonary Disease\)](#)
- [Depression](#)
- [Diabetes](#)
- [Exercise and Physical Fitness](#)
- [Heart Diseases](#)
- [High Blood Pressure](#)
- [Pregnancy](#)
- [Skin Conditions](#)
- [Weight Control](#)

NIHSeniorHealth Clinical Trials

Visit NIHSeniorHealth.gov - Easy-to-Use Health and Wellness Information for Older Adults →



Health News

[Depression with Psychotic-Like Symptoms Seems Tougher to Treat](#)

[Food Allergy Guidelines: What You Need to Know](#)

[Littlest Kids in Big Day-Care Centers May Have Better Health Later On](#)

[more health news](#)



Stay Connected

Get the latest information on the health topics that matter to you most. Sign up for MedlinePlus email updates:

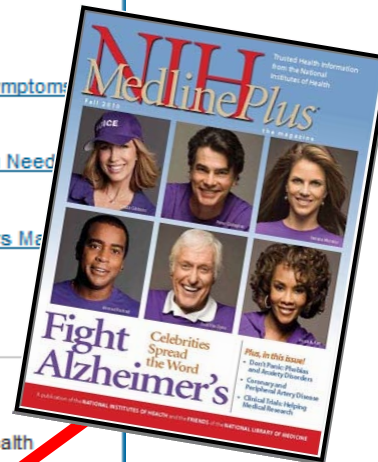
Enter email address

GO

MAGAZINE

EASY TO READ

MULTIPLE LANGUAGES



Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

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 information from the media, and links to thousands of clinical trials. MedlinePlus is updated daily and can be bookmarked at the URL: <http://medlineplus.gov/>. There is no advertising on this site, nor does MedlinePlus endorse any company or product.

About MedlinePlus

[Advisory Group](#)

[Articles about MedlinePlus](#)

[Awards and Press Recognition](#)

[Frequently Asked Questions \(FAQs\)](#)

[MedlinePlus Connect for EHRs](#)

[What's New](#)

[Milestones](#)

[Hispanic Awareness Campaign](#)

MedlinePlus Use

[Use Statistics](#)

[Visitor Profile Survey \(2005\)](#)

MedlinePlus Policies

[Adding MedlinePlus to Your Web Site](#)

[Quality Guidelines](#)

Want to learn more?

[Guide to Healthy Web Surfing](#)

[Sign Up for Email Updates](#)

[Training Materials](#)

Health Topics

Drugs & Supplements

Videos & Cool Tools

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Information for Librarians and Trainers

The goal of MedlinePlus is to bring appropriate, authoritative health information to those who need it. We appreciate your efforts in training people to use MedlinePlus. Here are some training resources which might help you with your classes and health fairs:

Searching for Information Online

- [Evaluating Internet Health Information: A Tutorial from the National Library of Medicine](#) (download)
- [Finding Quality Health Information on the Web: A Tool Kit](#) (University of Washington Center for Public Health Nutrition)
- [Helping Older Adults Search for Health Information Online: A Toolkit for Trainers](#) (NIHSeniorHealth)
- [MedlinePlus Guide to Healthy Web Surfing](#)

MedlinePlus Brochures, Tours, and Tutorials

- [MedlinePlus - in English](#) (updated August 2010) and [Spanish](#) (updated August 2010)
- [MedlinePlus for Health Professionals](#) (updated November 2010)

Lesson Plans

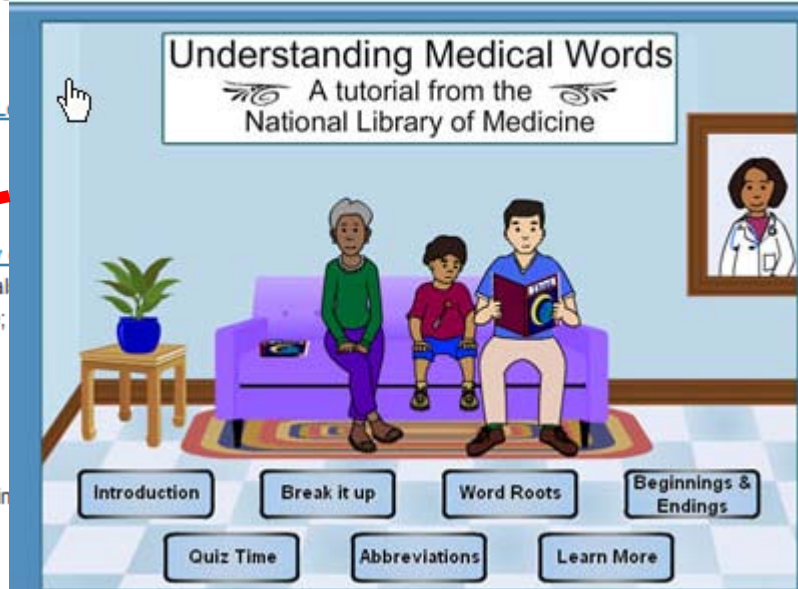
- [Connecting Youth to Quality Health Information: A Lesson Plan](#) (University of Washington Center for Public Health Nutrition)

Other Tutorials

- [Medical Words: A Tutorial from the National Library of Medicine](#)
- [Sample Interactive Health Tutorials](#) – Sample tutorial files. The files have been reduced to a manageable size;

About MedlinePlus

- [Articles about MedlinePlus](#)
- [Citing MedlinePlus FAQ](#)
- [E-mail Updates](#) – Sign up to receive emails containing
- [MedlinePlus FAQs](#)
- [MedlinePlus Quality Guidelines](#)
- [MedlinePlus Search Tips](#)



Understanding Medical Words
A tutorial from the
National Library of Medicine

Introduction Break it up Word Roots Beginnings & Endings
Quiz Time Abbreviations Learn More



 **MedlinePlus**
Trusted Health Information for You

<http://medlineplus.gov/>

Learn more about

Diseases, health conditions, and wellness issues

Symptoms, treatment, causes, and prevention

Side effects and interactions for drugs and herbs

and a whole lot more at
<http://medlineplus.gov/>

Health Topics

Drugs & Supplements

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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 Health](#)
- [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](#)

Health Topics

Drugs & Supplements

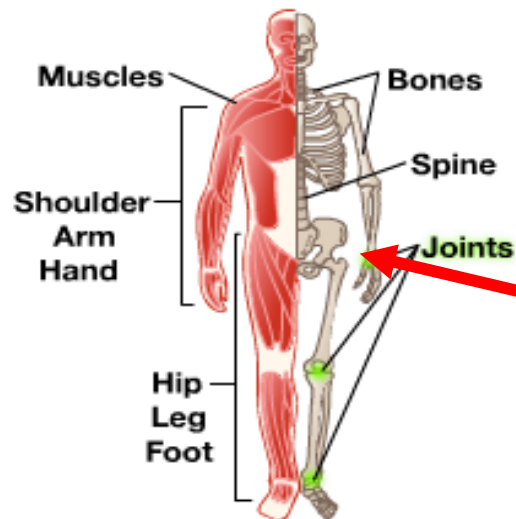
Videos & Cool Tools

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Bones, Joints and Muscles

[See all topics](#)

Interactive Body Maps



The Joints

[Back](#)

[Arthritis](#)
[Bursitis](#)
[Carpal Tunnel Syndrome](#)
[Dislocations](#)
[Infectious Arthritis](#)
[Jaw Injuries and Disorders](#)
[Joint Disorders](#)
[Juvenile Rheumatoid Arthritis](#)
[Osteoarthritis](#)
[Osteonecrosis](#)
[Rheumatoid Arthritis](#)
[Sprains and Strains](#)

What happens when you scroll over a word?

Bones, Joints and Muscles Topics

Achilles Tendon Injuries see [Heel Injuries and Disorders](#)

Achondroplasia see [Dwarfism](#)

ACL Injuries see [Knee Injuries and Disorders](#)

[Anatomy](#)

[Ankle Injuries and Disorders](#)

Health Topics

Drugs & Supplements

Videos & Cool Tools

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Children and Teenagers

Abuse see [Child Abuse](#)

Acromegaly see [Growth Disorders](#)

ADD see [Attention Deficit Hyperactivity Disorder](#)

Adenoidectomy see [Tonsils and Adenoids](#)

Adenoids see [Tonsils and Adenoids](#)

ADHD see [Attention Deficit Hyperactivity Disorder](#)

Adolescent Development see [Teen Development](#)

Adolescent Health see [Teen Health](#)

Adolescent Pregnancy see [Teenage Pregnancy](#)

[Adoption](#)

Alcohol and Youth see [Underage Drinking](#)

[Asperger's Syndrome](#)

[Asthma in Children](#)

[Attention Deficit Hyperactivity Disorder](#)

[Autism](#)

Baby Care see [Infant and Newborn Care](#)

[Baby Health Checkup](#)

[Bedwetting](#)

Body Art see [Piercing and Tattoos](#)

Bronchiolitis see [Respiratory Syncytial Virus Infections](#)

[Bullying](#)

[Cancer in Children](#)

[Chickenpox](#)

[Child Abuse](#)

[Child Behavior Disorders](#)

[Child Care](#)

[Child Dental Health](#)

[Child Development](#)

[Child Mental Health](#)

Child Molestation see [Child Sexual Abuse](#)

Attention Deficit Hyperactivity Disorder

Also called: ADHD

Print Email +



MEDICAL ENCYCLOPEDIA

[Attention deficit hyperactivity disorder \(ADHD\)](#)
[Hyperactivity](#)
[Hyperactivity and sugar](#)

Related Topics

[Child Behavior Disorders](#)
[Learning Disorders](#)
[Brain and Nerves](#)
[Children and Teenagers](#)
[Mental Health and Behavior](#)

Is it hard for your child to sit still? Does your child act without thinking first? Does your child start but not finish things? If so, your child may have attention deficit hyperactivity disorder (ADHD for short.) Nearly everyone shows some of these behaviors at times, but ADHD lasts more than 6 months and causes problems in school, at home and in social situations.

ADHD is more common in boys than girls, and it affects 3-5 percent of children in the United States. The principal characteristics of ADHD are

- Inattention
- Hyperactivity
- Impulsivity

No one knows exactly what causes ADHD. It runs in families, so genetics may be a factor. A complete evaluation by a trained professional is the only way to know for sure if your child has ADHD. Treatment often includes medicines to control symptoms. Structure at home and at school is also important. Parenting classes or behavioral therapy may also help.

NIH: National Institute of Mental Health

Get Attention Deficit Hyperactivity Disorder updates by email

GO [What's this?](#)

- Start Here**
- [Attention Deficit Hyperactivity Disorder Easy-to-Read NIH](#) (National Institute of Mental Health)
Also available in [Spanish](#)

[Brain and Nerves](#)
[Children and Teenagers](#)
[Mental Health and Behavior](#)

National Institutes of Health

The primary NIH organization for research on *Attention Deficit Hyperactivity Disorder* is the [National Institute of Mental Health](#)

Start Here

- [Attention Deficit Hyperactivity Disorder Easy-to-Read NIH](#) (National Institute of Mental Health)
Also available in [Spanish](#)
- [Attention Deficit Hyperactivity Disorder NIH](#) (National Institute of Mental Health)
- [What is AD/HD?](#) (Nemours Foundation)
Also available in [Spanish](#)

Basics	Learn More	Multimedia & Cool Tools
Overviews Latest News Diagnosis/Symptoms Treatment	Alternative Therapy Coping Related Issues	No links available
Research	Reference Shelf	For You
Clinical Trials Research Journal Articles	Directories Organizations Law and Policy Statistics	Children Teenagers Women Adults Patient Handouts

Overviews

- [ADHD](#) (Centers for Disease Control and Prevention) - PDF
Also available in [Spanish](#)
- [Attention Deficit Hyperactivity Disorder \(ADHD\) NIH](#) (National Institute of Mental Health)
- [Attention Deficit-Hyperactivity Disorder NIH](#) (National Institute of Neurological Disorders and Stroke) - Short Summary
- [Attention-Deficit/Hyperactivity Disorder \(ADHD\) in Children](#) (Mayo Foundation for Medical Education and Research)

Latest News

- [Behavior Disorders Boost Crash Risk for Teen Boys](#) (11/19/2010, HealthDay)

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Other Topics: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [All Topics](#)

Children's Page

Kids, this page is for you. Learn about everything from how the body works to what happens when you go to the hospital. There are quizzes, games and lots of cool web sites for you to explore. Have fun!

Get Children's Page updates
by email



[What's this?](#)

Start Here

- [BAM! Body and Mind](#) (Centers for Disease Control and Prevention)
- [KidsHealth for Kids](#) (Nemours Foundation)
- [ToxMystery NIH](#) (National Library of Medicine)
Also available in [Spanish](#)

Print Email Share



Related Topics

[Children and Teenagers](#)

Basics

[Overviews](#)

Learn More

[Nutrition](#)
[Specific Conditions](#)
[Related Issues](#)

Multimedia & Cool Tools

[Pictures & Photographs](#)
[Health Check Tools](#)
[Videos](#)
[Games](#)

Research

[Anatomy/Physiology](#)

Reference Shelf

[Dictionaries/Glossaries](#)
[Organizations](#)

For You

No links available

What is the name of
the game from the
American Dental
Association?

to TELL the

TOTO

Al Smiles

Videos

- [Following the Clues: A Visit to the Doctor and the Library](#) (McGoogan Library of Medicine) - Also in Spanish and Sudanese-Nuer
[Return to top](#)

Games

- [Best Bones Forever](#) (Dept. of Health and Human Services, Office on Women's Health)
- [Building Blocks: Children](#) (Substance Abuse and Mental Health Services Administration)
- [Fish Kids](#) (Environmental Protection Agency)
- [Food Detectives: Fight Bac](#) (Partnership for Food Safety Education)
- [Food Safety Mobile Game](#) (Dept. of Agriculture, Food Safety and Inspection Service)
- [Further Adventures of Kidd Safety: Interactive Games](#) (Consumer Product Safety Commission)
- [Michael's Inside Scoop: Genetics](#) (Centers for Disease Control and Prevention)
- [Milk Matters Web Games for Kids and Teens](#) **NIH** (National Institute of Child Health and Human Development)
- [MyPyramid Blast Off Game](#) (Dept. of Agriculture)
- [Nobel Prize in Physiology or Medicine](#) (Nobel Foundation)
- [Sara's Quest](#) **NIH** (National Institute on Drug Abuse)

Health Topics

Drugs & Supplements

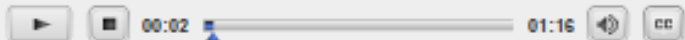
Videos & Cool Tools

ESPAÑOL

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.

A Weight Lifted



[View latest news](#)

Search all Videos & Tutorials

GO



Interactive Tutorials



Anatomy Videos



Surgery Videos

Calculators & Quizzes

Games

[Calculate Your Body Mass Index](#)

[Flu Checkup](#)

[Handwashing Quiz](#)

[My Family Health Portrait](#)

[Older Consumer Safety Test](#)

[Recipe Re-mix](#)

[Sleeping and Driving Don't Mix: Sleep Quiz](#)

[Stress-O-Meter](#)

[Test Your Stress Smarts!](#)

[Your Disease Risk](#)

[All calculators & quizzes](#)

[Understanding Medical Words](#)

[Evaluating Health Information](#)

[Director's Comments Podcast](#)

[NIHSeniorHealth Videos](#)

Interactive Tutorials

Asthma

Introduction

Anatomy

Symptoms & Causes

Triggers

Diagnosis

Treatment Options

Summary



Oxygen is vital for life. Without it, death occurs very rapidly.

Press the right arrow to continue

Slide 5 of 56

Quit

Comments



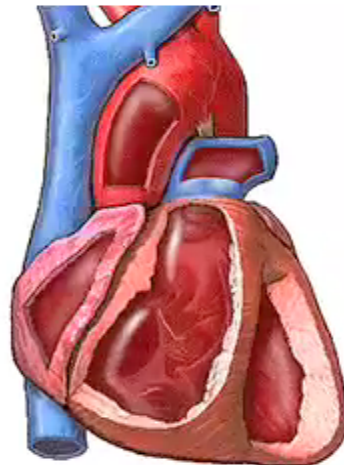
Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Heartbeat



CC

that keep the blood flowing in one direction.

ADAM

The heart is a four-chambered organ with four main vessels, which either bring blood to or carry blood away from the heart. The four chambers of the heart are the right atrium, the right ventricle, the left atrium, and the left ventricle.

The great vessels of the heart include the superior and inferior vena cava, which bring blood from the body to the right atrium; the pulmonary artery, which transports blood from the right ventricle to the lungs; and the aorta, the body's largest artery, which transports oxygen-rich blood from the left ventricle to the rest of the body.

If we remove some of the tough fibrous coating of the heart and

Related MedlinePlus Pages

[Arrhythmia](#)

[Atrial Fibrillation](#)

Anatomy Videos
“thumpa, thumpa, thumpa”

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Videos of Surgical Procedures

This page provides links to prerecorded webcasts of surgical procedures. These are actual operations performed at medical centers in the United States since 2004. **The videos last an hour.** Please note that you cannot send in questions by email, though the webcast may say that you can, because you are not seeing these videos live.

The videos are in Flash format. You will need Flash Player to view the programs. You can download Flash Player for free at www.adobe.com/products/flashplayer.

The videos open in a second window. If you have a pop-up blocker, you will need to disable it to view the programs.



Blood, Heart and Circulation

Aortic Aneurysm

- [Aortic Aneurysm Repair](#) (Baptist Hospital, Miami, FL, 5/07/2009)
- [Repair of a Migrated Abdominal Aortic Aneurysm Endovascular Graft](#) (Barnes-Jewish Hospital, St. Louis, MO, 11/15/2007)
- [Transesophageal Echocardiogram \(TEE\)](#) (Shawnee Mission Medical Center, Overland Park, KS, 11/15/2007)

Angioplasty

- [Coronary Angioplasty Stent Placement](#) (Shawnee Mission Medical Center, Merriam, KS, 2/19/2009)

Arrhythmia

- [Electrophysiological Study and Catheter Ablation with 3D Mapping](#) (Mercy Hospital, Miami, FL, 11/15/2007)
- [Paracardioscopic Ex-Maze](#) (FirstHealth Moore Regional Hospital, Pinehurst, NC, 07/09/2008)

Atrial Fibrillation

- [Catheter Ablation for Paroxysmal Atrial Fibrillation](#) (University of Virginia Health System, Charlottesville, VA, 5/1/2008)

Surgery Videos
Try the one on ACL
surgery!

Mobile MedlinePlus

<http://m.medlineplus.gov/>

Find trusted health information from the experts at MedlinePlus and the National Library of Medicine on your mobile phone!

- Disease and wellness topics
- The latest health news
- An illustrated medical encyclopedia
- Information on prescription and over-the-counter medications



Text **BABY** to **511411**

A free mobile information service that provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) will receive free SMS text messages each week, timed to their due date or baby's date of birth.

MedlinePlus4You on Twitter

<http://twitter.com/medlineplus4you/>



Stay up to date with the latest news and information on health, medicine, and wellness that matters to you with the MedlinePlus4You Twitter Feed!

NLM History of Medicine

http://www.nlm.nih.gov/hmd/about/exhibition/pdf/EPonlineK_12resources.pdf

The Exhibition Program at the National Library of Medicine conducts scholarly research in science, medicine, and history; and interprets and presents that research to diverse audiences in museum-style exhibitions. These exhibitions contain an array of primary sources and interactive materials that engage young students visually and interactively.

The following online exhibitions contain rich resources, such as online activities and lesson plans, for information:



Against the Difference
[\(www.nlm.nih.gov/againstthedifference/\)](http://www.nlm.nih.gov/againstthedifference/)
 Grade Levels: 3-8
 Description: Against the Difference highlights stories of people in collaboration.

advocates, governments, and international organizations are taking up the challenge to prevent disease and improve the quality of life around the world. The *Online Against the Difference* section provides lesson plans and online activities. The *Involved* section offer opportunities to share one's own thoughts and experiences.

Visible Proofs: Forensic Views of the Past
[\(www.nlm.nih.gov/visibleproofs/\)](http://www.nlm.nih.gov/visibleproofs/)
 Grade Levels: 6-12+

Description: *Visible Proofs* presents a rich collection of images and stories about the history and the development of the forensic field. The *Education and Resources* section offer K-12 online activities, lesson plans, and career information.



Changing the Face of Medicine: Celebrating America's Women Physicians
[\(www.nlm.nih.gov/changingthefaceofmedicine/\)](http://www.nlm.nih.gov/changingthefaceofmedicine/)
 Grade Levels: 3-12
 Description: *Changing the Face of Medicine* features the lives and work of more than 300 women physicians from the 19th century to the present day. The online exhibition provides a searchable database of the women physicians and films of select women. Four online activities are available in the *Activities* section, and lesson plans and career resources are in the *Resources* section.

300 women physicians from the 19th century to the present day. The online exhibition provides a searchable database of the women physicians and films of select women. Four online activities are available in the *Activities* section, and lesson plans and career resources are in the *Resources* section.

The Once and Future Web: Worlds Woven

Once and Future
[\(www.nlm.nih.gov/onceandfutureweb/\)](http://www.nlm.nih.gov/onceandfutureweb/)
 Grade Levels: 3-8

Description: *Once and Future* tells a parallel history of the Internet with various audiovisual primary materials. Interactive multi-sensory materials can engage students exploring the historical, technological, and cultural changes that shaped the telegraph and the Internet. This web site offers the *Learning Station* with online and classroom activities.



Dream Anatomy
[\(www.nlm.nih.gov/dreamanatomy/\)](http://www.nlm.nih.gov/dreamanatomy/)
 Grade Levels: 6-12

Description: *Dream Anatomy* presents a rich collection of anatomical imagination from the 1500s to the present. The site includes a *Learning Station* with online and classroom activities.

Unraveling the Secrets of Nature
[\(www.nlm.nih.gov/unravelingthesecretsofnature/\)](http://www.nlm.nih.gov/unravelingthesecretsofnature/)

Description: *Unraveling the Secrets of Nature* web site encourages audiences to explore Mary Shelley's novel, *Frankenstein*, and their own views about personal responsibility as it relates to science and other fields. The exhibition explores the historical context of the novel and how the ideas, thoughts, and feelings of the time are still with us.

Other NLM Online Resources
[\(www.nlm.nih.gov/otherresources/\)](http://www.nlm.nih.gov/otherresources/)

Profiles in Science
[\(www.profiles.nlm.nih.gov/\)](http://www.profiles.nlm.nih.gov/)
 Grade Levels: 9-12
Description: This online archive features prominent biomedical scientists of the 20th century through collections of their laboratory notes, correspondence, newspaper clippings, photographs, oral histories, and unpublished manuscripts.



Breath of Life
www.nlm.nih.gov/hmd/breath/breathhome.html
 Grade Levels: 9-12 (whole site)

Grade Levels: 3-8 (*Research & Interactives* sections)
Description: *Breath of Life* examines the medical and human history of asthma. In addition to providing a historical perspective, the exhibition offers practical resources to help answer questions, such as "What is asthma?" "Who has asthma and why?" "Can it be managed, prevented, or cured?" and "How do people cope with asthma?"



Harry Potter's World
[\(www.nlm.nih.gov/harrypottersworld/\)](http://www.nlm.nih.gov/harrypottersworld/)
 Grade levels: 6-12

Description: *Harry Potter's World* explores the roots of the creatures and magic in the *Harry Potter* book series in Renaissance science and historical lore. It also examines ethical issues faced by characters in the books that Renaissance scientists, as well as scientists today grapple with. The website offers middle and high school science and English lesson plans.

The Literature of Prescription: Charlotte Perkins Gilman and "The Yellow Wall-Paper"
[\(www.nlm.nih.gov/literatureofprescription/\)](http://www.nlm.nih.gov/literatureofprescription/)



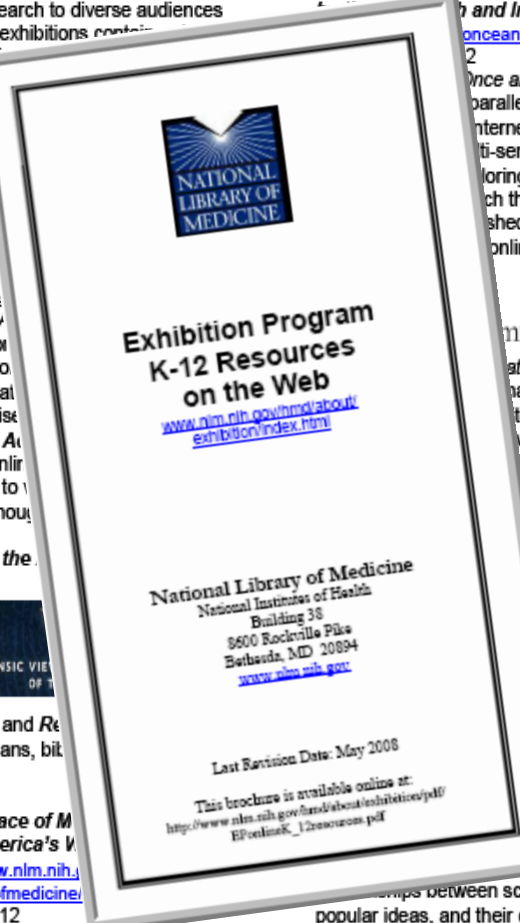
Grade levels: 9-12
Description: *The Literature of Prescription* features Gilman, an influential advocate for women's rights and a prolific author, and her haunting short story, "The Yellow Wall-Paper." The web site includes English and Health Education lesson plans for high school teachers.

Other NLM Online Resources

Profiles in Science
[\(www.profiles.nlm.nih.gov/\)](http://www.profiles.nlm.nih.gov/)
 Grade Levels: 9-12
Description: This online archive features prominent biomedical scientists of the 20th century through collections of their laboratory notes, correspondence, newspaper clippings, photographs, oral histories, and unpublished manuscripts.

Images from History of Medicine
[\(www.ihm.nlm.nih.gov/\)](http://www.ihm.nlm.nih.gov/)
 Grade Levels: 5-12

Description: This is an online image database of nearly 65,000 images that are in the NLM historical prints and photograph collection. The collection includes diverse visual materials—posters, portraits, maps, caricatures, genre scenes, etc.—that illustrate the social and historical aspects of medicine.



**Exhibition Program
 K-12 Resources
 on the Web**
www.nlm.nih.gov/hmd/about/exhibition/index.nlm

National Library of Medicine
 National Institutes of Health
 Building 38
 8500 Rockville Pike
 Bethesda, MD 20894
www.nlm.nih.gov

Last Revision Date: May 2008
 This brochure is available online at:
http://www.nlm.nih.gov/hmd/about/exhibition/pdf/EPonlineK_12resources.pdf

describes the relationship between scientific theories, popular ideas, and their cultural context. Using images and text, the exhibition shows our efforts to understand any relationship between the body and mind through time.



HARRY POTTER'S WORLD

RENAISSANCE SCIENCE, MAGIC, AND MEDICINE

[Home](#)

[Exhibition](#)

[Education Resources](#)

[Traveling Information](#)

MIDDLE & HIGH
SCHOOL



HIGHER
EDUCATION



ONLINE
ACTIVITIES



BIBLIOGRAPHY




[English Lesson Plan](#) [Science Lesson Plan](#)

GENETIC TRAITS IN *HARRY POTTER*

RESOURCES

for Science Teachers



*Classroom
Resources from
the National
Library of
Medicine.*

Discover these excellent science resources for teachers and students at the K-12 and college level.

BIOLOGY

PubMed. Database. Citations to journal articles in medicine and life sciences. <http://pubmed.gov>

Visible Human Project.[®] Web site.
http://www.nlm.nih.gov/research/visible/visible_human.html

Frankenstein: Penetrating the Secrets of Nature.
Online version of museum exhibit.
<http://www.nlm.nih.gov/hmd/frankenstein/frankhome.html>

Visible Proof: Forensic Views of the Body. Online version of museum exhibit with lesson plans.
<http://www.nlm.nih.gov/visibleproofs/>

CHEMISTRY

ChemIDplus. Database. Structures, properties, and more for 370,000 chemicals. <http://chem.sis.nlm.nih.gov/chemidplus>

Toxicology Tutorials. Online tutorials. <http://sis.nlm.nih.gov/enviro/toxtutor.html>

http://toxtown.nlm.nih.gov/text_version/resources/resources_science_teachers.pdf

ToxMystery en español. Web pages. Elementary school. <http://toxmystery.nlm.nih.gov/espanol.html>

Tox Town en español. Web pages. Middle school and up. <http://toxtown.nlm.nih.gov/espanol>

HIV/AIDS Fact Sheets en español. Web pages. <http://aidsinfo.nih.gov/other/factsheet.aspx?Spanish=1>

CAREERS

Changing the Face of Medicine: Celebrating America's Women Physicians. Online version of museum exhibit with lesson plans. <http://www.nlm.nih.gov/exhibition/changingthefaceofmedicine/>

Environmental Health and Toxicology Education and Career Links. Web page. <http://sis.nlm.nih.gov/enviro/edcotox.html>

Haz-Map. Database. Choose a job, learn about its dangers. <http://hazmap.nlm.nih.gov>

HEALTH

MedlinePlus. Web site. 750+ health topics, medical dictionary and encyclopedia, drug guides, surgery videos, and interactive tutorials. This site is easy to read and is an excellent resource for all ages and grades. <http://medlineplus.gov>

Evaluating Internet Health Information. Online tutorial. Middle school and up. <http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>

Arctic Health. Web site. Health in Alaska and circumpolar countries. <http://www.arctichealth.org>

American Indian Health. Web site. <http://americanindianhealth.nlm.nih.gov>

Asian American Health. Web site. <http://asianamericanhealth.nlm.nih.gov>

Tox Town Neighborhoods



EARTH SCIENCE, ENVIRONMENTAL SCIENCE

Tox Town. Web site. Interactive introduction to environmental health risks in everyday life. Middle school and up. <http://toxtown.nlm.nih.gov/>

Household Products Database. Is that product hazardous to your health? <http://hpd.nlm.nih.gov>

HIV/AIDS Fact Sheets. Web pages. <http://aidsinfo.nih.gov/other/factsheet.aspx>

Includes *Homework Help*. <http://aidsinfo.nih.gov/other/students.aspx>

Finding and Using Health Statistics. Web pages. Online course in understanding health statistics. Also includes strategies for locating statistics. <http://www.nlm.nih.gov/nichsr/usstats/index.htm>

Against All Odds: An online exhibit. Web site. Explore the stories of communities who are taking up the challenge to prevent disease and improve quality of life around the world. <http://apps.nlm.nih.gov/againsttheodds/index.cfm>

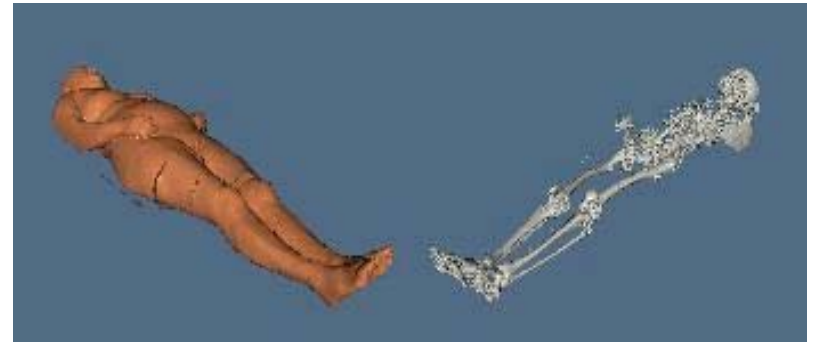
Children's Page. Web page. Health information for 3rd to 8th grade students. <http://www.nlm.nih.gov/medlineplus/childrenspage.html>

Teen Health. Web page. Health information for high school students. <http://www.nlm.nih.gov/medlineplus/teenhealth.html>

Biology

Visible Human Project

http://www.nlm.nih.gov/research/visible/vhp_conf/lorensen/index.htm



http://www.nlm.nih.gov/hmd/frankenstein/frank_birth.html



Visible Proofs

<http://www.nlm.nih.gov/visibleproofs/education/>

VISIBLE PROOFS

FORENSIC VIEWS
OF THE BODY

VISIT | EXHIBITION | GALLERIES | EDUCATION



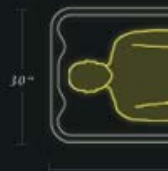
*"You are not to expect visible
You are to collect the truth fr
collateral facts, which taken
together, so tally with, and c
as strong and convincing evic
broad face of the day."*

—Judge Francis Buller, to the j

Exhibition

Visible Proofs is about the history of forensic medicine. Over the centuries, physicians, surgeons, and other professionals have struggled to develop scientific methods that translate views of bodies and body parts into "visible proofs" that can persuade judges, juries, and the public.

Figure 109.



Galleries

Explore significant cases, technologies, and people that have had an impact on the history of forensic medicine. Take an in-depth look at artifacts and images from the exhibition.

Education

Welcome to the *Visible Proofs* Education site. Explore several forensic topics through the online activities and lesson plans below.

Online Activities

Explore the following three online activities that will whet your appetite to learn more about various forensic developments, techniques, and careers!

1. [Medical Views](#) presents two medical examiners' perspectives on their work, first-hand experience in medico-legal autopsies, and something called Virtopsy. Explore the world of a medical examiner and consider a forensic pathology career for yourself!
2. [Anthropological Views](#) introduces forensic anthropologists and their work with human remains. Examine skeletal remains, a human rights case, and three anthropologists' perspectives on their work.
3. [Technological Views](#) offers insights into the scientific and technological advances that have extended the capabilities of forensic analysis. Examine historical developments in forensic identification, crime scene recording, DNA analysis, radiology, and toxicology, all of which are integral part of the forensic investigations of our time.

Lesson Plans

Teachers—bring the world of forensics into your classrooms. These lesson plans for middle and high school students have been developed to promote active learning while exploring the stories of the people, technologies, and sciences that have contributed to the

Chemistry



National Library of Medicine
Specialized Information Services

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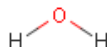


ChemIDplus Advanced Record

[Tox. & Env. Health](#) [TOXNET](#) [Lite](#) [Advanced](#)

Name this!!
It's pretty easy....

RN: 7732-18-5



ChemIDPlus

<http://chem.sis.nlm.nih.gov/chemidplus/>

MW: 18.0148

[Enlarge Structure](#)

Basic Information

Full Record

Structure

Names & Synonyms

Formulas

Classification Codes

Registry Numbers

Notes

For more information about this substance, you may select from the the links below.

File Locator

[AIDSLINE](#)

[CANCERLIT](#)

[CCRIS](#)

[DART/ETIC](#)

[DSL](#)

[EINECS](#)

[EMIC](#)

[GENETOX](#)

[Household Products](#)

[MEDLINE](#)

[MESH](#)

[MESH HEADING](#)

[PTCS](#)

[i](#) AIDS Citations from MEDLINE

[i](#) CANCER LITerature from Medline

[i](#) NCI Chem Carcino Res Info Sys

[i](#) Developmental and Reprod.Tox.

[i](#) Domestic Sub. List of Canada

[i](#) EU Inv of Exist. Comm. Chem Sub

[i](#) Env. Mutagen Info. Center

[i](#) EPA GENetic TOXicology

[i](#) Household Products Database

[i](#) MEDical literature onLINE

[i](#) Medical Subject Headings File

[i](#) Medical Subject Headings

[i](#) Reg. of Toxic Eff. of Chem. Sub

Search Navigation

Start New Query

Modify Query

Show Query

Search History

Structure Similarity Search

Transfer Structure

Basic ChemIDplus Search

[Start over](#)

Search Results [\[Edit Search\]](#) [\[Save Results ?\]](#) [\[Superfund\]](#)

[Start over](#)

All Superfund NPL Sites: All Chemicals

[Superfund](#) - Map shows **146** of **1,619** NPL sites nationwide

[Print this map](#)

Map Other Data

- [US Census Data ?](#)
- [Income Data ?](#)
- [Health Data ?](#)
- [Reference Data ?](#)

Superfund Information

- [EPA Superfund](#)
- [NIEHS Superfund](#)
- [CDC Hazardous Waste Sites](#)

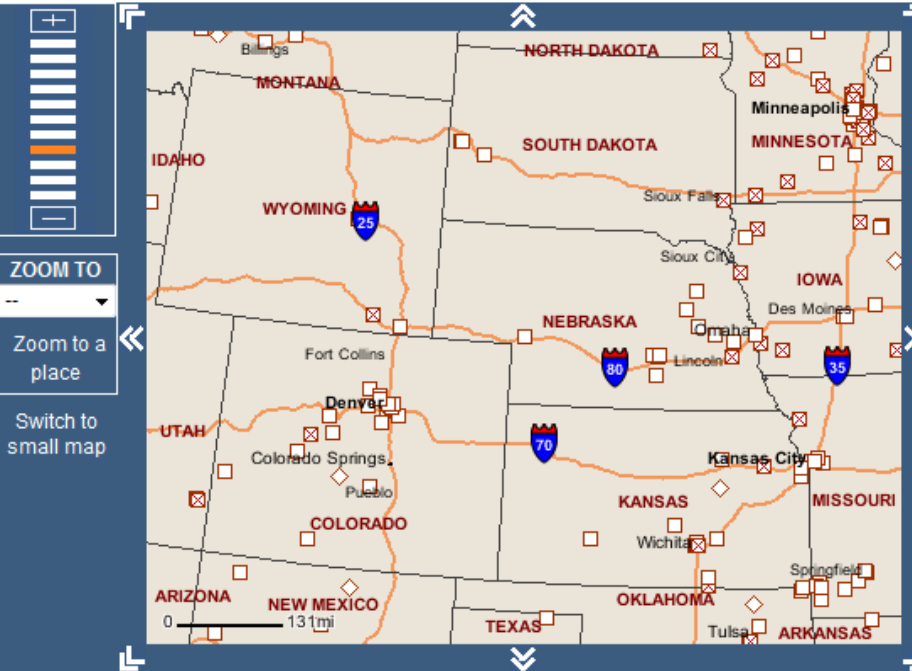
Health Risk Information ?

- [CDC ToxFQA's](#)
- [NJ Hazardous Substance Fact Sheets](#)
- [California Proposition 65 Chemicals](#)

Toxicology References for this Map

[Search TOXLINE ?](#)

[List of Superfund contaminants](#)



MAP DETAILS

[Superfund sites details](#)
Click on the link above to see details for this map.

Chemistry

MAP CONTROLS

TRI ?
 None
 Facilities : 2007
 Releases : 2007
 Trends

Superfund ? [\[Save results\]](#)
 None
 All NPL
 NPL Final
 NPL Deleted
 NPL Proposed

Demographic ?
 None
 Population Density - 2000

[Apply other demographics](#)

[Search chemical](#) | [Define a combo map](#) | [Start over](#)

Legend

- NPL Final
- NPL Deleted
- NPL Proposed


Toxmap
<http://toxmap.nlm.nih.gov>

- ? [What is the "Superfund" Program?](#)
- ? [What kinds of chemicals are found at Superfund sites?](#)
- ? [What is the "National Priorities List" \(NPL\)?](#)
- ? [Whom do I contact with questions and/or suggestions? more...](#)

Genetics

Genetics Home Reference

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



Genetics Home Reference
Your Guide to Understanding Genetic Conditions

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

A service of the U.S. National Library of Medicine®

What's New

- Dubin-Johnson syndrome
- TAR syndrome
- cyclic vomiting syndrome
- More...

Newborn Screening

Detecting genetic disorders for early treatment

In the Spotlight

- DNA Day 2009
- The Genetic Information Nondiscrimination Act (GINA)
- Information Rx
- Gene Families

Genetic Disorders A to Z

and related genes and chromosomes

Genetic Conditions

The genetics of more than 400 health conditions, diseases, and syndromes.

Genes

More than 550 genes, health effects of genetic differences, and gene families.

Chromosomes

Chromosomes, mitochondrial DNA, and associated health conditions.

Concepts & Tools

for understanding human genetics

Handbook

Learn about mutations, inheritance, genetic counseling, genetic testing, genomic research, and more.

Glossary

Medical and genetics definitions.

Resources

Links to other genetics information and organizations.

Genetics Home Reference provides consumer-friendly information about the effects of genetic variations on human health. The resources on this site should not be used as a substitute for professional medical care or advice. Users seeking information about a personal genetic disease, syndrome, or condition should consult with [professional in my area?](#) in the Handbook.

What is Angelman syndrome?

Published: March 20, 2009

Toxtown

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

What sound do you hear when you scroll over the sheep?

Welcome to the Farm

An introduction to toxic chemicals and environmental health risks you might encounter in everyday life, in everyday places.

Neighborhoods

Select a view of the Town, City, US-Mexico Border, Farm or Port to learn about suburban, urban, rural, border and coastal health risks.

Locations

Click on a location in the neighborhood, and find out more about the chemicals and health risks that could be in that location.

Chemicals

Roll your mouse over a chemical name to see where it might be found in the neighborhood. Then click the button for selected information on that chemical.

Are these chemicals in MY community?



Animal Waste

Barn and Silo

Feeding Operation

Landfill

Outdoor Air

Farm Locations

Arsenic

Asbestos

Benzene

Carbon Monoxide

Chromium

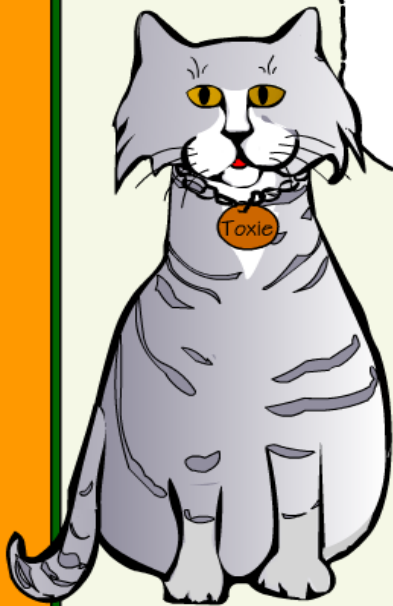
Lead

All Chemicals

Tox Mystery

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

ToxMystery



Hi, I'm Toxie!

Thanks for coming over.
Can you help me find the
hazards in my house?
Start by clicking on a room.



Start in the garage. What is
spilling out from underneath the
car?

Teacher Resources

The ToxMystery teacher resources were developed by the National Library of Medicine for use by elementary school teachers in science or health classes. The lesson plans were written using the National Science Educational Standards. ToxMystery is available online at <http://toxystery.nlm.nih.gov> or on CD, which can be requested from publicinfo@nlm.nih.gov.

Lesson Plans

PDF documents are best viewed with the free [Adobe® Reader](#)

Lesson Plan 1: Introduction to Common Household Chemical Hazards (PDF, 228 KB)

Lesson 1 introduces students to potential environmental health hazards in their day – to – day environment. Working individually or in groups, students are introduced to ToxMystery and then search for potential environmental health hazards in each room of a typical house.

Lesson 1 Activity Sheets (PDF, 3.7 MB)

Lesson Plan 2: CASE BOOK: CATCH THAT HAZARD!!! (PDF, 228KB)

Lesson 2 is a follow-up lesson to the introductory ToxMystery lesson. It is a paper-based activity incorporating the character "Toxie" from the computer activity into a detective's "Case Book". Students work with the packet "Catch That Hazard".

Lesson 2 Activity Packet (PDF, 472 KB)

Lesson Plan 3: ACID OR BASE? TOXIE'S ON THE CASE! (PDF, 320 KB)

Lesson 3 extends the inquiry started in the ToxMystery activity by introducing students to the world of acidity and alkalinity in household products.

Lesson 3 Activity Packet (PDF, 348 KB)

Extra Activities and Resources

ToxMystery Glossary (PDF, 564 KB)

An illustrated glossary of chemical terms

ToxMystery Award Certificate (PDF, 152 KB)

A printable blank certificate for photocopying

ToxMystery Multiple Choice Quiz (PDF, 564 KB)

A printable multiple choice test for standalone or open Web site test to reinforce the lessons.

Activity Pages

Word Scramble (PDF, 1 MB)

Unscramble the names of the hazards in the utility room

Match Game (PDF, 1.3 MB)

Match the hazard to its picture or its definition

Fill in the Blank (PDF, 3.7 MB)

Complete the sentences with the correct word

Word Search (PDF, 412 KB)

Find the hazards found in Toxie's house

Toxie's Maze (PDF, 444 KB)

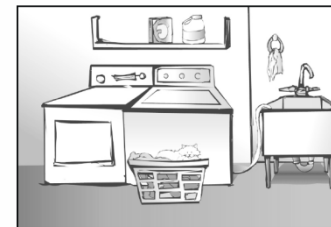
Help Toxie find his way out of the maze

Who is Toxie? (PDF, 600 KB)

Circle the cat that is the real Toxie

Close

ToxMystery Scrambled Words



Color the room and use the clues to unscramble each word.

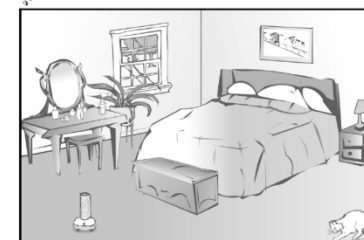
1. Chemical found in bleach to get our white clothes clean. N I L O H C R E

Answer: _____

2. A fungus found in damp areas indoors and out. This fungus may cause health problems, especially for people with asthma, allergies, or other breathing problems. D L M O

Answer: _____

ToxMystery Fill-in-the-Blank



Word Box

Pesticide Carbon Monoxide Mothballs Mercury

Solve the clues using the word box below and color each hazard BLUE.

1. I am a gas that you can't smell or taste. I can poison you if you breathe too much of me.

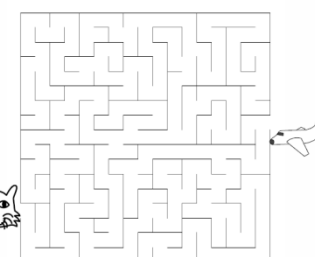
What am I? _____

2. I am used in sprays to kill bugs and fungus on houseplants. You should never touch, breathe, or swallow me.

ToxMystery Maze

Toxie's Glue Trouble

Toxie left his airplane model and glue on the floor in his bedroom. His room reminded him that the chemical toluene found in the glue could hurt his little brother if he got near it and began to smell or eat it. Help Toxie find his way back to his room before his brother comes home.



Household Products Database

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

U.S. Department of Health & Human Services www.hhs.gov

 **Household Products Database**
Health & Safety Information on Household Products

National Institutes of Health
National Library of Medicine
Specialized Information Services 

[Home](#) [Products](#) [Manufacturers](#) [Ingredients](#) [Health Effects](#)

Quick Search
 [Go](#)
Product, Manufacturer etc...

[Advanced Search >](#)

Browse by Category
[Auto Products](#)
[Inside the Home](#)
[Pesticides](#)
[Landscape/Yard](#)
[Personal Care](#)
[Home Maintenance](#)
[Arts & Crafts](#)
[Pet Care](#)
[Home Office](#)

Browse A-Z
[Product Names](#)
[Types of Products](#)
[Manufacturers](#)
[Ingredients](#)

Support
[About the Database](#)
[FAQ](#)
[Product Recalls](#)
[Help](#)
[Glossary](#)
[Contact Us](#)
[More Resources](#)

What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Learn more about what's in these products, about potential health effects, and about safety and handling.

 Auto Products Brake Fluid, De-icer, Lubricant, Sealant, and more...	 Inside the Home Air Freshener, Bleach, Cleaners, Toilet Bowl Cleaner, and more...	 Pesticides Animal Repellant, Fungicide, Herbicide, Insecticide, and more...
 Landscape/Yard Fertilizer, Lawn Care, Swimming Pool Products, and more...	 Personal Care Antiperspirant, Hair Spray, Makeup, Shampoo, Soap and more...	 Home Maintenance Caulk, Grout, Insulation, Paint, Putty, Stain, and more...
 Arts & Crafts	 Pet Care	 Home Office

What main ingredient is in acne scrub that is also one of the main ingredients in toilet bowl cleaner?
(Hint: Start with Pine-Sol)



SEARCH:

Sign up for our Newsletter

How to use this site

- > Home
- > Quick Guide to Healthy Living
- > Personal Health Tools
- > Health A-Z
- > **Health News**
- > Find Services and Information
- > Popular Requests
- > Español

Quick Guide To Healthy Living



Manage Stress

Get tips for dealing with stress this holiday season.

- 1
- 2
- 3
- 4
- 5

PLAY

myhealthfinder

Find health advice for you or someone you care about.

Who are you trying to help today?

- Me
- Someone Else
- My Child

Age: yrs Sex: Female Male

Pregnant?

Get Started

Health A to Z

An encyclopedia of over 1,600 articles from the most trusted sources.

- 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

Pick K for Kids!

Health News

Get today's headlines, weekly newsletters, e-News, and **RSS**.

Sign up below to receive e-mails on the latest health news plus updates on new site features.

Enter e-mail address

E-cards
Send to Friends and Family

2011 National Health Observances

Find Services & Information

Locate a doctor, health center, organization or public library.

Personal Health Tools

Free **interactive tools** to check your health, get personalized advice, and keep track of your progress. Check out our new **myhealthfinder widget**.

[> Home](#)[> Quick Guide to
Healthy Living](#)[> Personal Health Tools](#)[>> Health A-Z](#)[> Health News](#)[> Find Services and
Information](#)[> Popular Requests](#)[> Español](#)[Home](#) > [Health A-Z](#) > [K](#) >

Kids' Sites

Health A-Z : **1-10** of **46** Results[Next >](#) | [Show All](#)

[U.S. Department of Health and Human Services \(HHS\) for Kids](#)

This page links to selected federal health and wellness sites designed for children and adolescents.... [Details >](#)

[U.S. Department of Health and Human Services](#)

[KIDS.gov](#)

Kids.gov is the official kids' portal for the U.S. government geared to the learning level and interest of students in grades K-8.... [Details >](#)

[Federal Citizen Information Center, U.S. General Services Administration](#)

Narrow Your Search

Health A-Z

- [Prevention & Wellness](#)
- [All Health A-Z Results](#)

Find Services & Information

- [Find an Organization](#)



E-cards

Send to Friends
and Family



2011

National Health
Observances

What's the third site listed here?



***Healthy People 2020 was released this week



For Parents

Breastfeed Your Baby

Get Support if You Are a Caregiver

Get Your Child's Shots on Schedule

Get Your Child's Vision Checked

Get Your Pre-Teen's Shots on Schedule

Get Your Teen Screened for Depression

Healthy Snacks: Quick tips for parents

Help Your Child Stay at a Healthy Weight

Prevent Allergy and Asthma Attacks at Home

Prevent Bullying: Quick tips for parents

Prevent Mosquito and Tick Bites

Protect Your Child from Injury

Protect Your Family from Lead Poisoning

Protect Yourself from Seasonal Flu

Ride Your Bike Safely

Swim Safely: Quick tips

Take Care of Your Child's Teeth



Drugs

[+ Share](#) [✉ Email this Page](#) [🖨 Print this page](#) [⊕ Change Font Size](#)[Home](#) > [Drugs](#) > [Resources for You](#) > [Information for Consumers \(Drugs\)](#)

Resources for You

Information for Consumers (Drugs)

Buying & Using Medicine Safely

Understanding Over-the-Counter Medicines

▶ [Medicines in My Home \(MIMH\)](#)

[Choosing the right over-the-counter medicine \(OTCs\)](#)[The Over-the-Counter Medicine Label](#)[Tips For Parents](#)[Safe Use of Over-the-Counter Pain Relievers and Fever Reducers](#)[Safe Daily Use of Aspirin](#)

Medicines in My Home (MIMH)



Medicines in My Home (MIMH) is a multimedia educational program to teach consumers from adolescence through adulthood how to choose over-the-counter medicines and use them safely.

"Rooms" of the program contain presentations, print materials, and resources that teachers, students and adults can use online or download. Be sure to visit our newest room, the **Interactive Home** video presentation.

Rooms - Resources for You

Look for these "rooms" on the left hand side of each MIMH page in the "Resources for You" box.

- [Teachers' Room](#)
Descriptions, objectives, and all the program materials a teacher needs to teach a Medicines in My Home lesson tailored for middle school students (Grades 6 to 8) or adults
- [Students' Room](#)
Materials for middle school students (Grades 6 to 8)
- [Consumers' Room](#)
Materials for adults

<http://www.fda.gov/medsinmyhome/>



Click here to see which games and tools won.

Search MyPyramid.gov

[Go](#)

Subjects

- MyPyramid Basics
 - *Inside the Pyramid*
 - *Tips & Resources*
 - *Print Materials*
 - *Got a Question?*
- Interactive Tools
 - *Apps Competition*
 - *MyFoodapedia*
 - *MyPyramid Plan*
 - *Menu Planner*
 - *MyPyramid Tracker*
 - *Child Cost Calculator*
- Multimedia
 - *Audio & Video* **NEW**
 - *Animation*
- Specific Audiences
 - *Preschoolers (2-5y)*
 - *Kids (6-11y)*
 - *Pregnant & Breastfeeding*



MyPyramid.gov

STEPS TO A HEALTHIER YOU

One size doesn't fit all. MyPyramid offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the [Dietary Guidelines for Americans](#).

Spotlights



Inside the Pyramid
Food groups, healthy eating tips, and more



Know Your Farmer, Know Your Food
Nutrition from farm to table



MyFoodapedia
Quick access to food information, food groups, recipes & comparisons



MyPyramid Menu Planner
Plan menus to reach your personal goals

I Want To...

- Look up a food **NEW**
- See what's available

- Analyze my diet
- Listen to podcasts ²
- Print MyPyramid materials
- Ask a question



First Lady Michelle Obama launches...

APPS FOR HEALTHY KIDS

How many calories in a hamburger – plain on a bun?



www.cdc.gov



Replay

- Fight the Flu
- Winter Travel
- Health Hazard
- Cancer Programs
- Accommodate

GO

- Email page
- Print page
- Bookmark and share
- CDC on Facebook
- CDC on Twitter
- Get email updates
- Subscribe to RSS
- Listen to audio/podcast

CDC en Español

Health & Safety Topics

More Multimedia & Tools

- Buttons & Badges
- BMI Calculator
- CDC-TV
- eCards
- Mobile Web site
- Photos
- Podcasts
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- CDC's Organization
- Budget
- Funding
- Employment
- More About CDC

CDC for You



- Individuals
- Public Health Professionals
- Healthcare Providers
- Students and Educators
- Researchers
- Media
- Partners
- Policy



What's the featured e-card?

Vital signs
our new CDC
publication
in the US.

News & Events

- Free Flu Resources
- Press Release: 11 Million More Adults Tested for HIV for the First Time in

All CDC.gov Features



CDC Education Home

- View by Topic**
- > [Education Home](#)
 - > [Teachers](#)
 - > [Students: K - 12](#)
 - > [Students: College](#)
 - > [Parents](#)
 - > [Clinicians and Communities](#)

- Related Links**
- > [CDC Health Protection Goals](#)
 - > [APHA](#)
 - > [Health CommKey](#)
 - > [Public Health Training](#)



- Teachers**
- [Youth Smoking Prevention](#)
 - [Science Ambassadors](#)
 - [More...](#)



- Students: K - 12**
- [Powerful Bones](#)
 - [Youth Tobacco Prevention](#)
 - [More...](#)



- Parents**
- [How to Keep Kids from Smoking](#)
 - [Kids Quest](#)
 - [More...](#)



- Students: College**
- [Internship](#)
 - [Epidemiology](#)
 - [More...](#)



- Clinicians and Communities**
- [How to Keep Kids from Smoking](#)
 - [Kids Quest](#)
 - [More...](#)



- Resources**
- [CDC en Español](#)



DASH
Program to prevent the most serious health risk behaviors among children and young adults... [more](#)



EXCITE
Collection of teaching materials developed to introduce students to public health and epidemiology... [more](#)



BAM
Presents topics kids told us are important to them, using kid-friendly games and other interactive features... [more](#)



BAM! Body and Mind

DISEASES **FOOD & NUTRITION** **PHYSICAL ACTIVITY** **YOUR SAFETY** **YOUR LIFE** **YOUR BODY**

Got a question about: **FITNESS? DISEASE? PEER PRESSURE?**

You've come to the right place!

BAM! Body and Mind will tell you all you need to know about all the stuff that matters.

The Battle Against 2009 H1N1

learn more >



Activity Calendar

Use the **Activity Calendar** to create your very own personalized fitness calendar. Check it out!





Vaccines & Immunizations

Vaccines Home > Immunization Schedules > 2010 Child & Adolescent Immunization Schedules

Vaccine-Related Topics

- > [Immunization Schedules](#)
- > [Childhood Schedule](#)
- > [Adolescent Schedule](#)
- > [Adult Schedule](#)
- > [Recommendations and Guidelines](#)
- > [Vaccines & Preventable Diseases](#)
- > [Basics and Common Questions](#)
- > [Vaccination Records](#)
- > [Vaccine Safety and Adverse Events](#)
- > [For Travelers](#)
- > [For Specific Groups of People](#)
- > [Campaign Materials](#)

Additional Resources

- > [Publications](#)
- > [News and Media Resources](#)
- > [Calendars and Events](#)
- > [Education and Training](#)
- > [Programs and Tools](#)
- > [Statistics and Surveillance](#)

Recommendations and Guidelines:

2010 Child & Adolescent Immunization Schedules

for persons aged 0-6 years, 7-18 years, and "catch-up schedule"

Are Your Child's Vaccinations Up to Date?

At a glance:

The Schedules list the age or age range when each vaccine shot is recommended. If your child (birth through 6 years old) or adolescent (age 7 through 18 years old) has missed a vaccine, the catch-up schedule AND check with the doctor about your child's track.



[Get Email Updates](#)

On This Page:

- | [Schedules for Health Care Professionals](#)
- | [For Parents, Adolescents, and Teens \(easy to use\)](#)
- | [Versión en español](#)
- | [MMWR of Schedules](#)
- | [Changes in the Schedule](#)
- | [Presentation Graphics](#)
- | [Vaccination Screening Form](#)
- | [Past Childhood Immunization Schedules \(by year\)](#)
- | [Related Topics](#)

- [Email this page](#)
- [Printer-friendly version](#)
- [Get email updates](#)
- ? [Help](#)
- [Glossary / Acronyms](#)
- [Site Map](#)

Quick Links

- > [Vaccine Information](#)

When Do Children and Teens Need Vaccinations?

Age	HepB Hepatitis B	DTaP/Tdap Diphtheria, tetanus, pertussis	Hib Haemophilus influenzae type b	Polio	PCV Pneumococcal conjugate	RV Rotavirus	MMR Measles, mumps, rubella	Varicella Chickenpox	HepA Hepatitis A	HPV Human papillo- mavirus	MCV4 Meningococcal conjugate	Influenza
Birth	✓											
2 months	✓ ¹ (1-2 mos)	✓	✓	✓	✓	✓						
4 months	✓ ¹	✓	✓	✓	✓	✓						
6 months		✓	✓ ²		✓	✓ ²						
12 months												
15 months	✓ ¹ (6-18 mos)	✓ ⁴ (15-18 mos)	✓ ² (12-15 mos)	✓ ¹ (6-18 mos)	✓ ¹ (12-15 mos)		✓ ¹ (12-15 mos)	✓ ¹ (12-15 mos)	✓ ² (2 doses given 6 mos apart at age 12-23 mos)			
18 months							Catch-up ⁵	Catch-up ⁵				
19-23 months		Catch-up ⁵	Catch-up ⁵ (to 5 years)	Catch-up ⁵	Catch-up ⁵ (to 5 years)		Catch-up ⁵	Catch-up ⁵				✓ ³ <small>(given each fall or winter to children ages 6 mos-18 yrs)</small>
4-6 years		✓		✓			✓	✓				
7-10 years	Catch-up ⁵	Catch-up ⁵							Catch-up ⁵			
11-12 years		✓ Tdap		Catch-up ⁵			Catch-up ⁵	Catch-up ⁵		✓✓✓ ⁴	✓	
13-18 years		Catch-up ⁵ (Tdap/Td)								Catch-up ^{5,6}	Catch-up ^{5,7}	

Healthy Weight - it's not a diet, it's a lifestyle!

<http://www.cdc.gov/healthyweight/assessing/bmi/>

- Healthy Weight**
- Introduction
- Assessing Your Weight
- BMI - Body Mass Index**
- Adult BMI Calculator
- Adult - About BMI
- Child and Teen BMI Calculator
- Children's BMI Tool for Schools
- Child and Teen - About BMI
- Balancing Calories
- Preventing Weight Gain
- Losing Weight
- Healthy Eating for a Healthy Weight
- Physical Activity for Healthy Weight
- Tips for Parents
- The Health Effects of Overweight and Obesity
- Other Resources

[Healthy Weight](#) > [Assessing Your Weight](#)

Body Mass Index

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Calculate Your BMI

[Adult BMI Calculator](#)



[Child and Teen BMI Calculator](#)



Other Tools

Adult Body Mass Index Calculator Widget

Add this widget to your Web site to let anyone calculate their BMI. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. This calculator provides BMI and the corresponding weight category. Use this calculator for adults, 20 years old and older.




The Children's BMI Tool for Schools

This Excel spreadsheet can be used by school, child care, and other professionals who want to compute Body Mass Index (BMI)-for-age for a group of up to 2000 children, such as for a school class room or grade.

Text size: [S](#) [M](#) [L](#) [XL](#)

- [Email page](#)
- [Print page](#)
- [Bookmark and share](#)
- [Get email updates](#)

Contact Us:

-  Division of Nutrition, Physical Activity and Obesity
4770 Buford Highway, NE,
MS/K-24
Atlanta GA
30341-3717
-  800-CDC-INFO
(800-232-4636)
TTY: (888)
232-6348
24 Hours/Every Day
-  cdcinfo@cdc.gov

Related Links

- [Overweight and Obesity](#)
- [Nutrition for Everyone](#)

OR - Clinical Growth Charts
http://www.cdc.gov/growthcharts/clinical_charts.htm#Set1

Comic Books (the joke is on me!)

■ Stop Bullying Now

<http://www.stopbullyingnow.hrsa.gov/kids/>

■ Julia and Robbie : the Disaster Twins:

<http://www.fema.gov/kids/twins/>

■ ED Pubs – U.S. Dept. of Education (496 for students!!)

<http://www.edpubs.gov>

<http://kids.niehs.nih.gov/images/coloring/aunticolor.pdf>



My Family Health Portraita good Thanksgiving activity

www.hhs.gov/familyhistory/

Promotional Ideas

My Family Health Portrait
A tool from the U.S. Surgeon General

My Family Health Portrait - Graphic Report

Marty Magee - October 06, 2005

□ - Male Family Member ■ ● - Family Members with a History of Disease
○ - Female Family Member ↗ ○ - You ☒ ☓ - Deceased Family Member

Wayland Magee [Father's Fa...] **Harriet Magee [Father's Mot...]**

Kim Magee [Father's Brother]
Cancer, At age 50-59

Louise Hutchiso [Father's Si...]
Breast Cancer, 60 and older

Marion Brewer [Father's Sis...]
Diabetes, At age 50-59

Wayland Ma...
Esophagus Canc...

Marty [Me] (Age: 55) **Wayland Magee [Bro...]**

My Family Profile

- [Family Profile Introduction](#)
- [Add Family Member](#)
- [Mark Gage \[Son\]](#)
- [Eric Gage \[Son\]](#)
- [Patty Birch \[Sister\]](#)
- [Wayland Magee \[Brother\]](#)
- [Alice Knapp \[Mother\]](#)
- [\[Mother's Mother\]](#)
- [Albert Wenzlaff \[Mother's Father\]](#)
- [Louise Hewell \[Mother's Sister\]](#)
- [Wayland Magee \[Father\]](#)
- [Harriet Magee \[Father's Mother\]](#)
- [Wayland Magee \[Father's Father\]](#)
- [Marion Brewer \[Father's Sister\]](#)
- [Louise Hutchiso \[Father's Sister\]](#)
- [Kim Magee \[Father's Brother\]](#)
- [Meagan Magee \[Niece\]](#)
- [Sean Magee \[Nephew\]](#)
- [Jim Birch \[Nephew\]](#)
- [Chris Birch \[Nephew\]](#)

My Family Health Portrait

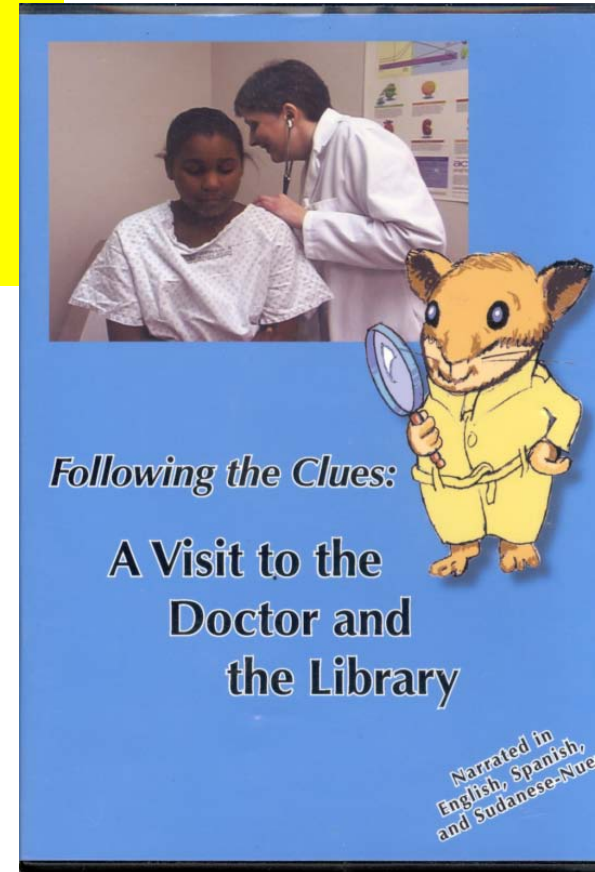
- [Health Report Introduction](#)
- [Graphic Report](#)
- [Text Report](#)

Print Previous Co

Following the Clues: A Visit to the Doctor and the Library!

www.unmc.edu/library/clues

- aimed at children
- shows the health care process
 - shows a visit to the library



*Available in English, Spanish
and Sudanese-Nuer*



Talking Book and Braille Service

Library of Congress

**National Library
Service for the Blind
and Physically
Handicapped (NLS)**

**[http://www.loc.gov/nls
/index.html](http://www.loc.gov/nls/index.html)**

 Appropriate
for ADHD
students, too!

Reaching out to Middle School Teachers and Students

The screenshot shows the homepage of the Environmental Health Student Portal. At the top left is the National Library of Medicine logo. The main title is "ENVIRONMENTAL HEALTH STUDENT PORTAL" with the subtitle "Connecting Middle School Students to Environmental Health Information". Navigation links include "HOME | SITE MAP | ABOUT | CONTACT US" and "TOPICS | FOR TEACHERS | HOMEWORK HELP | EXPERIMENTS | CAREERS | NEWS". A search bar is present with a "GO" button. On the left, there are utility links: "TEXT SIZE +/-", "PRINT THIS PAGE", and "E-MAIL US". The main content area features a "What is Environmental Health?" section with a definition and a "LEARN MORE" button. Below this are four topic cards: "Atmosphere" (with a globe), "Chemicals" (with lab glassware), "Climate Change" (with a polar bear), and "Water Pollution" (with a glass of water). To the right, there is a photo gallery for "Chemicals in Water" with a "GO" button. Below the gallery are three menu items: "EXPERIMENTS AND PROJECTS" (with a flask icon), "HOMEWORK HELP" (with a book icon), and "CAREERS IN ENVIRONMENTAL HEALTH SCIENCE" (with a briefcase icon). At the bottom right, there are two buttons: "In the NEWS" (with a megaphone icon) and "For TEACHERS" (with an apple icon). The footer contains copyright information and contact details.

NLM introduces an environmental health portal designed to help students understand how the environment can effect our health. Several measures were taken to determine useful content for the site including:

- focus groups with middle school teachers
- research of various state/county middle school curriculum
- link research by teachers

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

HOME | SITE MAP | ABOUT | CONTACT US

NATIONAL LIBRARY OF MEDICINE


ENVIRONMENTAL HEALTH STUDENT PORTAL


Connecting Middle School Students to Environmental Health Information


TOPICS | FOR TEACHERS | HOMEWORK HELP | EXPERIMENTS | CAREERS | NEWS


SEARCH GO


EXPLORE **Water Pollution**


CHEMICALS AND POLLUTANTS 

DISASTERS 

DRINKING WATER 

WATERBORNE DISEASES AND ILLNESSES 

WATER CYCLE 

WATER TREATMENT 

Water Pollution

> Home > Water Pollution

Water

Water is essential for survival on earth. It makes up almost two-thirds of our body weight and covers a little over two-thirds of the earth's surface. Almost all of the water is in salty seas, and we can't use it. Only about 3 percent of it is fresh, and three-quarters of that is frozen. So, only 1% of the water on earth is available for humans to use.

The familiar H_2O chemical formula shows the basic units of a water molecule: two hydrogen atoms and one oxygen atom. We describe water as a colorless, odorless, tasteless liquid. Water also comes in the form of ice in the polar ice caps, and water vapor that rises into the air from the surface of our planet.

At this Web site, you can take online tours to interesting places, play interactive games, and watch videos about water. Learn fun facts about water, how important it is to life on earth, and what you can do to protect this natural resource.

Each topic contains an introduction inviting students to learn more about the subject. To the right, students can explore subtopics related to the subject.

HOME | SITE MAP | ABOUT | CONTACT US

NATIONAL LIBRARY OF MEDICINE


ENVIRONMENTAL HEALTH STUDENT PORTAL


Connecting Middle School Students to Environmental Health Information


TOPICS | FOR TEACHERS | HOMEWORK HELP | EXPERIMENTS | CAREERS | NEWS


SEARCH GO


EXPLORE **Water Cycle**

READ ABOUT IT 

GAMES AND ACTIVITIES 

VIDEOS 

EXPERIMENTS AND PROJECTS 

FOR TEACHERS 

Did You KNOW? Nearly 97% of the world's water is salty or otherwise undrinkable. Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of humanity's needs—all its agricultural, residential, manufacturing, community, and personal needs — US Environmental Protection Agency (EPA)

Water Cycle

> Home > Water Pollution > Water Cycle

The Water Cycle

The water we use every day is very old. Just like the Earth itself, it's been around for billions of years. The Earth has a limited amount of water that always gets recycled. It is in a closed system. Since we do not lose or gain water from other sources, it is important to protect the water we have.

The water cycle is a natural process that happens when water rotates through different forms (solid, liquid, or vapor). The process improves the quality of water. However, humans do things that create water pollution. In this section, you'll discover how our activities can affect the water cycle and what we can do to protect this valuable resource.

Explore the links at right to:

- Learn about the phases of the water cycle.
- Discover fun facts about water.
- Read about an imaginary town named Dryville.
- Understand the human activities that affect the water cycle.
- Learn about stormwater runoff.
- Locate a watershed near you.
- Make your own watershed.
- Learn about point and nonpoint sources of pollution.

Chemicals and Pollutants | Disasters | Drinking Water | Waterborne Diseases and Illnesses | Water Cycle | Water Treatment

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Once inside the subtopic page, students can explore different types of resources such as:

- Read About It
- Games and Activities
- Videos
- Experiments and Projects
- For Teachers
- For Students

Spotlight ! on National Library of Medicine Resources



Mark your
calendar now
for upcoming
sessions!

Upcoming Dates	Topics	Presenter
January 26, 2011	Drug Information Portal and MedlinePlus Drug Information	John Bramble
February 23, 2011	Pillbox Daily Med and My Medication List	John Bramble
March 23, 2011	How to Find Articles – PubMed Central, Loansome Doc and Evidence-Based Medicine	Barb Jones

To receive 1 MLA credit for this class, complete the two surveys starting at:
<http://www.surveymonkey.com/s/SpotlightHealthyKidsDec2010>



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