

Consumer Health Information Resources

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OUTREACH COORDINATOR AND CLINICAL LIBRARIAN
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U OF ARKANSAS FOR MEDICAL SCIENCES

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Overview

- General Consumer Health
- Drug and Supplements
- Alternative and Complementary Medicine
- Genetics
- Tips for Evaluation of Online Resources

- Identify a variety of authoritative consumer health information websites.
- Navigate consumer health websites to find needed information.
- Analyze consumer health websites for usability and authority.

Learning Objectives

Arkansas Consumer Health Information Guide

The screenshot shows the homepage of the Arkansas Consumer Health Information Guide. At the top, the UAMS Library logo is on the left, and 'UAMSHealth' and 'Jo' are on the right. Below the logo, a breadcrumb trail reads 'UAMS Library / All Web Pages / Arkansas Consumer Health Information Guide / Home'. The main title 'Arkansas Consumer Health Information Guide' is prominently displayed, followed by a subtitle: 'A guide to reliable general-use and condition specific consumer health websites and resources.' To the right of the title are two search boxes: 'Search this Guide' and 'Search Web Pages'. On the left side, there is a vertical navigation menu with the following items: 'Home', 'Drug & Supplements', 'Alternative & Complementary Medicine', 'Genetics', 'Children', 'Veterans', 'Español', 'Evaluating Websites', and 'Specific Health Issues'. The 'Home' item is highlighted. The main content area features a red banner with the text 'Welcome to the Arkansas Consumer Health Information Guide'. Below this, a paragraph states: 'In this guide you will find a variety of health information websites and resources, from general sites with information on a variety of topics to specialty sites that focus on specific health topics.' This is followed by a list of links: 'MedlinePlus', 'healthfinder.gov', 'CDC-Centers for Disease Control', 'familydoctor.org', and 'healthychildren.org'. At the bottom of the page, there is a red banner with the 'MedlinePlus' logo and the tagline 'Trusted Health Information for You'. To the right of this banner is a search box labeled 'Search MedlinePlus' with a 'GO' button. At the very bottom, there are links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'.

UAMS Library

UAMSHealth Jo

UAMS Library / All Web Pages / Arkansas Consumer Health Information Guide / Home

Arkansas Consumer Health Information Guide

A guide to reliable general-use and condition specific consumer health websites and resources.

Search this Guide Search Web Pages

Home

Drug & Supplements

Alternative & Complementary Medicine

Genetics

Children

Veterans

Español

Evaluating Websites

Specific Health Issues

Health News

Welcome to the Arkansas Consumer Health Information Guide

In this guide you will find a variety of health information websites and resources, from general sites with information on a variety of topics to specialty sites that focus on specific health topics.

MedlinePlus


healthfinder.gov

CDC-Centers for Disease Control

familydoctor.org

healthychildren.org

MedlinePlus

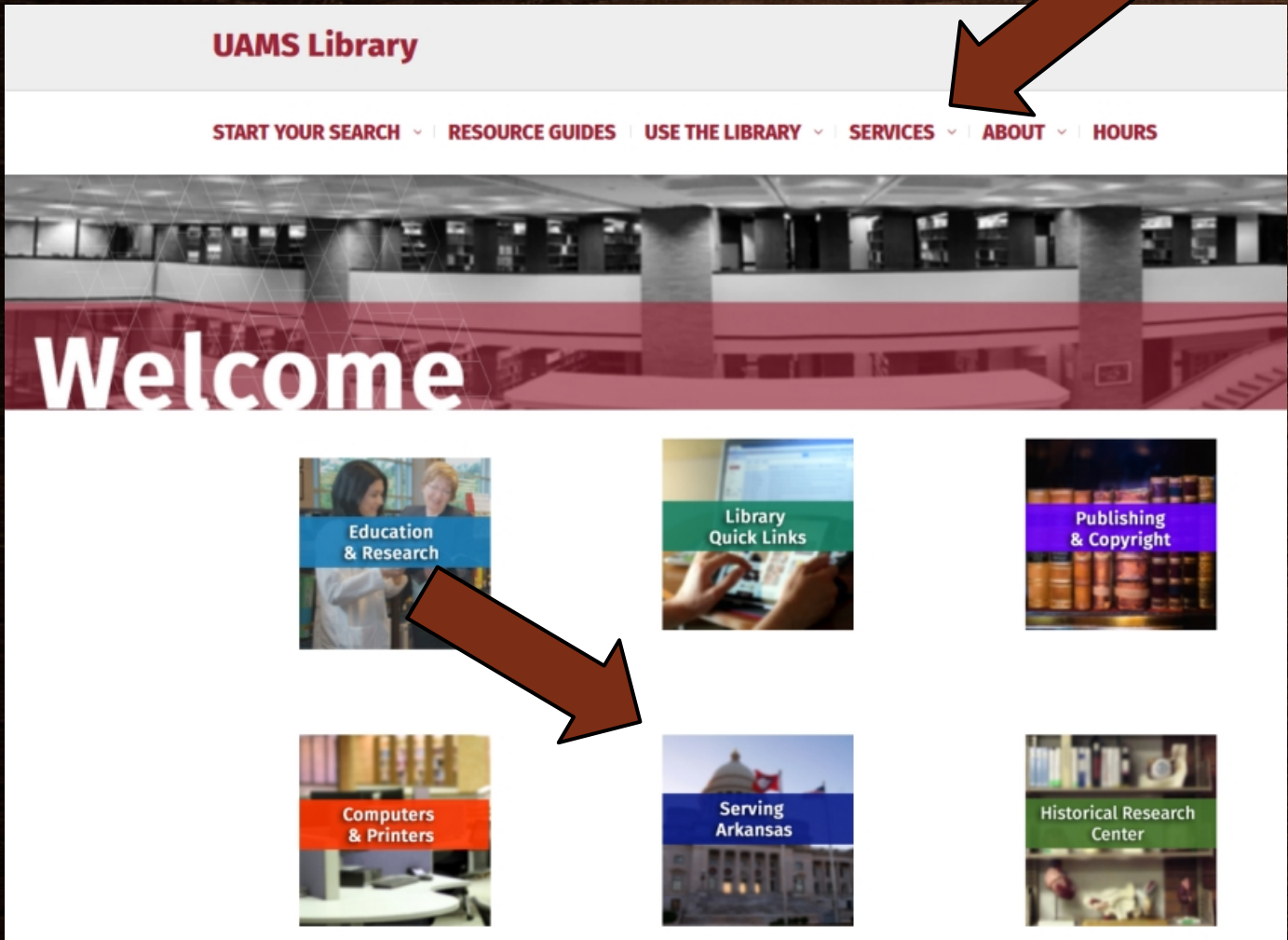
 MedlinePlus®
Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

This is the website created specifically to help navigate through using and evaluating consumer health websites. There is a section for each piece that we will discuss today.

The guide can be located by going to <https://libguides.uams.edu/ConsumerHealth> or by going to the library website (<http://library.uams.edu>) choosing Serving Arkansas and clicking the link to the Arkansas Consumer Health Information Guide



General Consumer Health

This section contains information about general health resources intended for the public.

MedlinePlus:

<http://www.medlineplus.gov>

MedlinePlus has health topic pages, videos, drug information, games and other related topic resources.

MedlinePlus is created by the U.S. National Library of Medicine (NLM). It does not contain advertising.

The screenshot shows the MedlinePlus website homepage. At the top, there is a blue header with the NLM logo and the text "U.S. National Library of Medicine". Below this is the MedlinePlus logo, which consists of a stylized 'M' made of two green shapes, followed by the text "MedlinePlus®" and "Trusted Health Information for You". To the right of the logo is a search bar with the placeholder text "Search MedlinePlus" and a green "GO" button. Below the search bar are links for "About MedlinePlus", "Site Map", "FAQs", and "Contact Us".

Below the header is a navigation bar with three main sections: "Health Topics", "Drugs & Supplements", and "Videos & Tools". To the right of these sections is a link for "Español".

The main content area is divided into several sections. On the left, there are three green boxes with white icons and text: "Health Topics" (apple icon) with the text "Find information on health, wellness, disorders and conditions"; "Drugs & Supplements" (pill icon) with the text "Learn about prescription drugs, over-the-counter medicines, herbs, and supplements"; and "Videos & Tools" (play button icon) with the text "Discover tutorials, health and surgery videos, games, and quizzes". Below these boxes is a section for "Medical Encyclopedia" with a stack of books icon and the text "Articles and images for diseases, symptoms, tests, treatments".

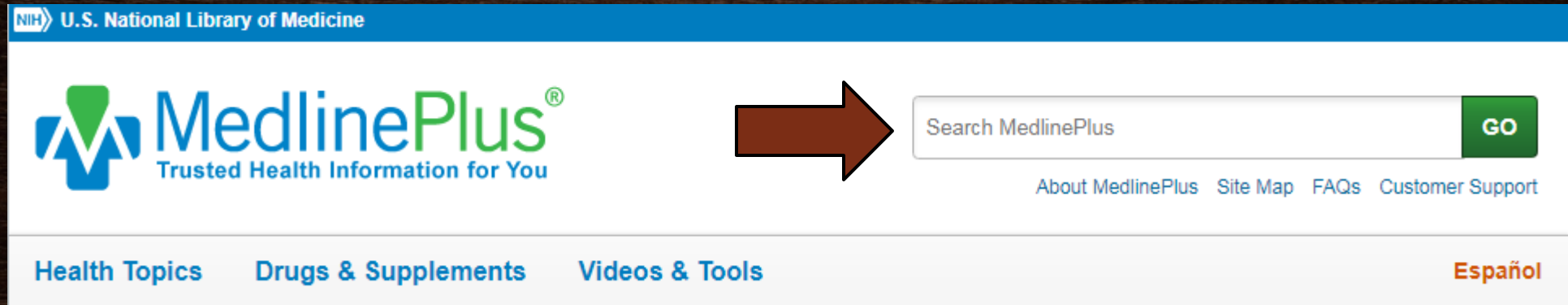
To the right of these boxes is a large banner for "New to MedlinePlus?" with a photo of a woman using a tablet and the text "Take a quick tour and find health information that matters to you". Below the banner is a row of numbered buttons (1, 2, 3, 4) and a play button icon.

Below the banner are two columns of content. The left column is titled "Today's Health News" and includes links for "Brain Changes Differ by Race with Alzheimer's Disease", "Most College Students Stressed about Money, Study Finds", "Wildfires May Spark Heart Hazards for Miles Around", and "More health news". The right column is titled "Stay Connected" and includes a sign-up form for "MedlinePlus email updates" with a "GO" button. Below the sign-up form is a section for "NIH MedlinePlus Magazine" with a link to "Read the latest issue" and a thumbnail image of the magazine cover.

At the bottom of the page, there is a footer with several icons and links: "Easy-to-Read Materials" (checkmark icon), "Organizations and Directories" (people icon), "Health Information in Multiple Languages" (globe icon), and "MedlinePlus Connect for EHRs" (heart rate icon). Below these links are three social media links: "Get email updates", "Subscribe to RSS", and "Follow us on Twitter".

Searching for a topic

- To do a general search, use the search box in the top right of the page.



Search results page using example of flu

- MedlinePlus includes information on health topics as well as external links to vetted resources



- You can find handouts, images, and videos on topics as well



NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

flu X GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools **Español**

Home → Search Results Search Help

Refine by Type

All Results (2,194)

- Health Topics (63)
- External Health Links (1,196)
- Drugs and Supplements (327)
- Medical Encyclopedia (231)
- MedlinePlus Magazine (41)
- Multiple Languages (47)**
- National Institutes of Health (1)

Refine by Format

All Results (2,194)

- PDF (94)
- Images (18)
- Videos (10)

Flu

Flu is a respiratory infection caused by a number of viruses. The viruses pass through the air and enter your body through your nose or mouth. Between 5% and 20% of people in the U.S. get the flu each year. The flu can be serious or even deadly for elderly people, newborn babies, and people with certain chronic illnesses.



Select this option to find information in other languages, when available

Results 1 - 10 of 1,948 for **flu**

- Flu** (National Library of Medicine)
Flu is a respiratory infection caused by a number of viruses. The viruses pass through the air ... 20% of people in the U.S. get the **flu** each year. The **flu** can be serious or ...
<https://medlineplus.gov/flu.html> - Health Topics
- H1N1 Flu (Swine Flu)** (National Library of Medicine)



Search MedlinePlus

GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#)

[Drugs & Supplements](#)

[Videos & Tools](#)

[Español](#)

[Home](#) → [Health Topics](#) → [Flu](#)

Flu

Also called: Gripe, Influenza

All information can be
printed or emailed



On this page

Basics

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

Learn More

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

See, Play and Learn

- [Images](#)
- [Health Check Tools](#)

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Find an Expert](#)

For You

- [Children](#)
- [Teenagers](#)
- [Women](#)
- [Seniors](#)
- [Patient Handouts](#)



Stay Connected

- This section shows everything available on the health topic chosen

Links to Reliable Sites

- MedlinePlus has many links to other websites
- All links have been vetted so only authoritative sites are included
- After each link the name of the organization that produces the website is indicated

Start Here

- [Colds and the Flu](#) (American Academy of Family Physicians)
- [Influenza \(Flu\)](#) (Mayo Foundation for Medical Education and Research)
- [Key Facts about Influenza \(Flu\) and Flu Vaccine](#) (Centers for Disease Control and Prevention)
- [Seasonal Influenza Questions & Answers](#) (Centers for Disease Control and Prevention)

Symptoms

- [Flu Symptoms & Complications](#) (Centers for Disease Control and Prevention)
Also in Spanish

Diagnosis and Tests

- [Cold, Flu, or Allergy? Know the Difference for Best Treatment](#)  (National Institutes of Health)
Also in Spanish
- [Diagnosing Flu](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Flu \(Influenza\) Test](#)  (National Library of Medicine)
Also in Spanish


Prevention and Risk Factors

- [Flu & You: Preventive Steps](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Influenza Prevention: Information for Travelers](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Flu \(Influenza\) Prevention](#) (American Academy of Family Physicians)
Also in Spanish
- [Preventing the Flu: Good Health Habits Can Help Stop Germs](#) (Centers for Disease Control and Prevention)
Also in Spanish

Alternative Search Options

- You can also find topics by clicking Health Topics
- You can search on the A-Z list or by body location, disease, or group

NIH U.S. National Library of Medicine

 **MedlinePlus**
Trusted Health Information for You

Search MedlinePlus





[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Health Topics









Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

[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](#)

Body Location/Systems	Disorders and Conditions	Demographic Groups
 Blood, Heart and Circulation	Cancers	Children and Teenagers
 Bones, Joints and Muscles	Diabetes Mellitus	Men
 Brain and Nerves	Genetics/Birth Defects	Population Groups
 Digestive System	Infections	Seniors
 Ear, Nose and Throat	Injuries and Wounds	Women
 Endocrine System	Mental Health and Behavior	
 Eyes and Vision	Metabolic Problems	Health and Wellness
 Immune System	Poisoning, Toxicology, Environmental Health	Disasters
	Pregnancy and Reproduction	Fitness and Exercise
	Substance Abuse Problems	Food and Nutrition

Alternative Search Options

- You can find drug info using the link **Drugs & Supplements**
- In the alphabet list, you can search for the generic name or the brand name of a drug
- The patient can also find herbs and supplements for how they work, evidence of effectiveness, and if they will create problems with other drugs the patient is taking

MedlinePlus
Trusted Health Information for You

Search MedlinePlus **GO**

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#) **[Drugs & Supplements](#)** [Videos & Tools](#) [Español](#)

[Home](#) → [Drugs, Herbs and Supplements](#)

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](#)

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland; Copyright © 2018. All Rights Reserved.



Related Topics

- [HIV/AIDS Medicines](#)
- [Antibiotics](#)
- [Antidepressants](#)
- [Blood Pressure Medicines](#)
- [Blood Thinners](#)
- [Cancer Alternative Therapies](#)
- [Cancer Chemotherapy](#)
- [Cold and Cough Medicines](#)

Other Ways to Use the Site

- MedlinePlus contains:
 - Videos
 - Calculators
 - Quizzes
 - Games
 - Tutorials
 - Podcasts

[Home](#) → [Videos & Tools](#)

Videos & Tools



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



Health Videos

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

Search all Videos & Tutorials

[GO](#)

MedlinePlus Videos

View animated videos that explain topics in health and medicine.

[Understanding Medical Words Tutorial](#)[Evaluating Health Information Tutorial](#)[To Your Health: NLM Update Podcast](#)

Health Check Tools

Check your health with interactive calculators, quizzes and questionnaires.



Games

Boost your health knowledge by playing interactive health games.

Healthfinder.gov

<https://healthfinder.gov/>

Department of Health and Human Services together with other federal agencies. A key resource for prevention information.

Similar topics as MedlinePlus but with more of a focus on prevention

The screenshot shows the Healthfinder.gov website homepage. At the top, it features the U.S. Department of Health and Human Services logo and the text "healthfinder.gov Live well. Learn how." A search bar is located in the top right corner with the text "Search healthfinder.gov:" and a "Go" button. Below the search bar, there are social media icons for Facebook and Twitter. The main content area is divided into several sections. On the left, there is a sidebar with links to "Home", "Health Topics A to Z", "myhealthfinder", "Free Web Content", "Find Services Near You", and "National Health Observances". Below these links, there is a "Find us on:" section with Facebook and Twitter icons, and a "Get Email Updates" button. The main content area features a large banner image of a group of people, with the text "Help Save Lives with First Aid" and a "Read More" button. Below the banner, there is a "Health Topics" section with a grid of six topics: "Health Conditions and Diseases", "Nutrition and Physical Activity", "Pregnancy", "Doctor Visits", "Everyday Healthy Living", and "Parenting". Each topic has a corresponding image. On the right side of the main content area, there is a "myhealthfinder" section with a red apple icon. It contains the text "See which preventive services you or a loved one may need this year." and a form with fields for "Age:", "Sex:" (with radio buttons for "Female" and "Male"), and a "Get Results" button. At the bottom right, there is a "Take a Health Quiz" link.

Additional Consumer Health Resources

- MedlinePlus: <https://medlineplus.gov>
- Clinical Trials: <https://clinicaltrials.gov>
- Healthfinder.gov: <https://healthfinder.gov/>
- Center for Disease Control and Prevention: <http://www.cdc.gov/>
- Familydoctor.org: <https://familydoctor.org/>
- Healthychildren.org: <https://www.healthychildren.org/>
- National Library of Medicine: <https://nlm.nih.gov/>

Drugs and Supplements

Drug Information Portal

<https://druginfo.nlm.nih.gov/drugportal/drugportal.jsp>

The Drug Information Portal provides a gateway to selected drug information from the National Library of Medicine and other United States government agencies.



The screenshot shows the Drug Information Portal homepage. At the top, there is a blue header with the text "Drug Information Portal" and "Quick Access to Quality Drug Information". To the right of the header is the NLM logo and the text "United States National Library of Medicine National Institutes of Health". Below the header is a navigation bar with links: "Home", "News and Features", "NLM Resources", "NLM Research Resources", "Resources by Audience / Class", and "Other Resources". Below the navigation bar is a "Mobile Site" link. In the center, there is a search box with the text "Search" and "DRUG INFORMATION PORTAL" below it. To the right of the search box is a small image of a pill bottle. Below the search box is the text "Information available for 70,707 drugs." Below this text are two radio buttons: "By Name" (selected) and "By Category". To the right of the radio buttons is a "Go" button. Below the search box is a list of links: "Show examples.", "Show drug category names, results, and descriptions.", "Show top 'By Name' searches (previous seven days).", "Show top 'By Category' searches (previous seven days).", "Show top dispensed prescriptions in the US Market, 2010.", "Show common drug names list.", "Show generic name stems list.", and "Show list of resources searched."

Drug Information Portal
Quick Access to Quality Drug Information

United States
National Library of Medicine
National Institutes of Health

Home News and Features NLM Resources NLM Research Resources Resources by Audience / Class Other Resources

Mobile Site

Search
DRUG INFORMATION PORTAL

Information available for 70,707 drugs.

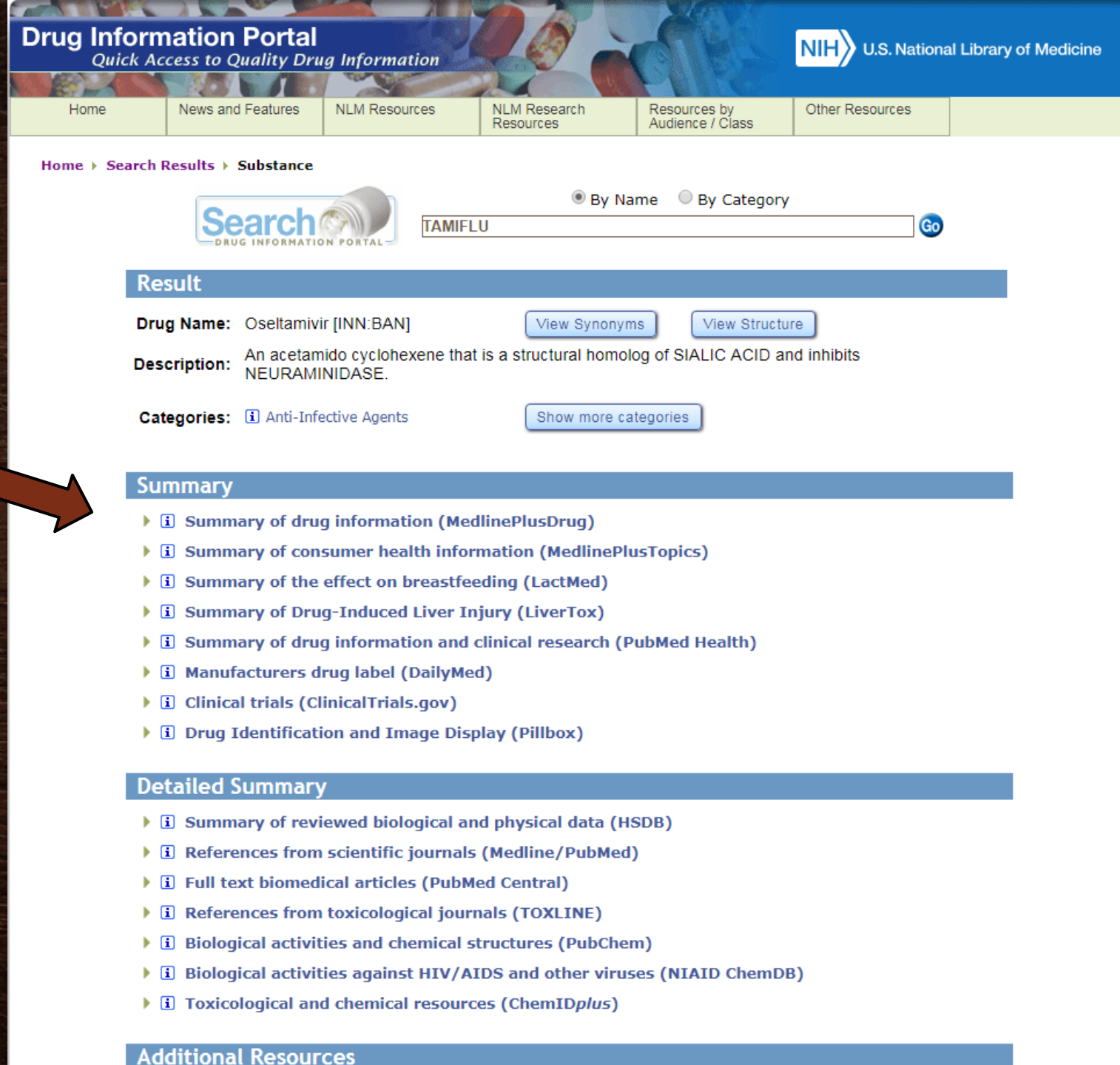
☒ By Name ☐ By Category

Go

- ▶ Show examples.
- ▶ Show drug category names, results, and descriptions.
- ▶ Show top "By Name" searches (previous seven days).
- ▶ Show top "By Category" searches (previous seven days).
- ▶ Show top dispensed prescriptions in the US Market, 2010.
- ▶ Show common drug names list.
- ▶ Show generic name stems list.
- ▶ Show list of resources searched.

Example Search Result

- Drug Information Portal links to other National Library of Medicine (NLM) sites
- Some links are for healthcare providers and others for patients and their families




The screenshot shows the Drug Information Portal (DIP) interface. At the top, the header includes the NIH logo and the text "U.S. National Library of Medicine". Below the header is a navigation bar with links: Home, News and Features, NLM Resources, NLM Research Resources, Resources by Audience / Class, and Other Resources. The main content area shows the search results for "TAMIFLU". The search bar at the top right has "TAMIFLU" entered and a "Go" button. Below the search bar, there are radio buttons for "By Name" (selected) and "By Category". The results are displayed in a blue-bordered box. The "Result" section shows the drug name "Oseltamivir [INN:BAN]" with buttons for "View Synonyms" and "View Structure". The "Description" section states: "An acetamido cyclohexene that is a structural homolog of SIALIC ACID and inhibits NEURAMINIDASE." The "Categories" section lists "Anti-Infective Agents" with a "Show more categories" button. The "Summary" section contains a list of links to various NLM resources: Summary of drug information (MedlinePlusDrug), Summary of consumer health information (MedlinePlusTopics), Summary of the effect on breastfeeding (LactMed), Summary of Drug-Induced Liver Injury (LiverTox), Summary of drug information and clinical research (PubMed Health), Manufacturers drug label (DailyMed), Clinical trials (ClinicalTrials.gov), and Drug Identification and Image Display (Pillbox). The "Detailed Summary" section contains a list of links to more detailed resources: Summary of reviewed biological and physical data (HSDB), References from scientific journals (Medline/PubMed), Full text biomedical articles (PubMed Central), References from toxicological journals (TOXLINE), Biological activities and chemical structures (PubChem), Biological activities against HIV/AIDS and other viruses (NIAID ChemDB), and Toxicological and chemical resources (ChemIDplus). The "Additional Resources" section is partially visible at the bottom.

Drug Information Portal
Quick Access to Quality Drug Information

Home News and Features NLM Resources NLM Research Resources Resources by Audience / Class Other Resources

Home Search Results Substance


Search  TAMIFLU

☒ By Name ☐ By Category









Result

Drug Name: Oseltamivir [INN:BAN]








Description: An acetamido cyclohexene that is a structural homolog of SIALIC ACID and inhibits NEURAMINIDASE.

Categories:  Anti-Infective Agents

Summary

- ▶  Summary of drug information (MedlinePlusDrug)
- ▶  Summary of consumer health information (MedlinePlusTopics)
- ▶  Summary of the effect on breastfeeding (LactMed)
- ▶  Summary of Drug-Induced Liver Injury (LiverTox)
- ▶  Summary of drug information and clinical research (PubMed Health)
- ▶  Manufacturers drug label (DailyMed)
- ▶  Clinical trials (ClinicalTrials.gov)
- ▶  Drug Identification and Image Display (Pillbox)

Detailed Summary


- ▶  Summary of reviewed biological and physical data (HSDB)
- ▶  References from scientific journals (Medline/PubMed)
- ▶  Full text biomedical articles (PubMed Central)
- ▶  References from toxicological journals (TOXLINE)
- ▶  Biological activities and chemical structures (PubChem)
- ▶  Biological activities against HIV/AIDS and other viruses (NIAID ChemDB)
- ▶  Toxicological and chemical resources (ChemIDplus)



Additional Resources


DailyMed




<https://dailymed.nlm.nih.gov/dailyme>


- DailyMed contains a compilation of medicines as submitted to the Food and Drug Administration (FDA).
- Trustworthy information about medications marketed in the United States.
- Standard and up-to-date look at current medication labels.
- Searchable for animal and human drugs.

 U.S. NATIONAL LIBRARY OF MEDICINE

 REPORT ADVERSE EVENTS |  RECALLS







 ALL DRUGS |  HUMAN DRUGS |  ANIMAL DRUGS

Enter drug, NDC code, drug class, or Set ID 

MORE WAYS TO SEARCH: [ADVANCED SEARCH](#) [BROWSE DRUG CLASSES](#) [LABEL ARCHIVES](#) [TABLET/CAPSULE ID TOOL](#)

This website contains **94572** drug listings as submitted to the **Food and Drug Administration (FDA)**.
At the present time, this Web site does not contain a complete listing of labels for approved prescription drugs.

SHARE    

NEWS

[DailyMed Announcements](#)


Posted: October 3, 2016

DailyMed/RxNorm Jamboree Workshop 2016 Archive

NLM's 4th annual Jamboree took place Tuesday, September 27, 2016, in the Lister Hill Auditorium at NLM on the NIH campus in Bethesda, MD. Please visit <https://www.nlm.nih.gov/mesh/Jamboree/2016.html> for an archived recording of the event, instructions on how to obtain presentation slides, and to provide feedback.


[MORE INFO](#)

[Get RSS News & Updates](#)

 The DailyMed RSS feed provides updates and information about new drug labels approved by the FDA and published on NLM's DailyMed Web site.

FDA GUIDANCES & INFORMATION


[Drug Guidance, Compliance & Regulatory Information](#)

 [View FDA Structured Product Labeling Resources](#)
[View FDA Drug Labeling Guidances](#)
[View All FDA Drug Guidances](#)


NLM SPL RESOURCES

The following Structured Product Labeling (SPL) resources have been created to assist industry professionals.

[Download Data](#)

 [All Drug Labels](#)
[All Indexing Files](#)
[All Mapping Files](#)

[SPL Image Guidelines](#)

 Guidelines for SPL image files of oral solid dosage forms that are submitted to the FDA with SPL documents.

DailyMed Example

- You can view the labels archived by the FDA
- Some drugs have photos to verify it is the right pill
- There are also links to other NLM resources

NIH U.S. NATIONAL LIBRARY OF MEDICINE

REPORT ADVERSE EVENTS | RECALLS

DAILYMED

ALL DRUGS | HUMAN DRUGS | ANIMAL DRUGS | MORE WAYS TO SEARCH


Enter drug, NDC code, drug class, or Set ID

HOME | + NEWS | FDA GUIDANCES & INFO | + NLM SPL RESOURCES | + APPLICATION DEVELOPMENT SUPPORT | HELP

LABEL: TAMIFLU- oseltamivir phosphate capsule
TAMIFLU- oseltamivir phosphate powder, for suspension

LABEL RSS | SHARE


VIEW PACKAGE PHOTOS



+ VIEW MORE

VIEW DRUG PHOTOS

NDC Codes:
0004-0802-85 0004-0801-85



+ VIEW MORE

SAFETY

Report Adverse Events

FDA Safety Recalls

Presence in Breast Milk

RELATED RESOURCES

Medline Plus

Clinical Trials

NDC Code(s): 0004-0800-07, 0004-0800-08, 0004-0800-80, 0004-0800-85, [view more](#)

Packager: Genentech, Inc.

Category: HUMAN PRESCRIPTION DRUG LABEL

DEA Schedule: None

Marketing Status: New Drug Application

DRUG LABEL INFORMATION Updated April 10, 2018

If you are a consumer or patient please visit [this version](#).

DOWNLOAD DRUG LABEL INFO: [PDF](#) | [XML](#) | [Image](#) OFFICIAL LABEL (PRINTER FRIENDLY) [Image](#)

VIEW ALL SECTIONS

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use TAMIFLU safely and effectively. See full prescribing information for TAMIFLU. TAMIFLU - ® (oseltamivir phosphate ...

FULL PRESCRIBING INFORMATION: CONTENTS*

Table of Contents

1 INDICATIONS AND USAGE

1.1 Treatment of Influenza TAMIFLU is indicated for the treatment of acute, uncomplicated illness due to influenza A and B infection in patients 2 weeks of age and ...

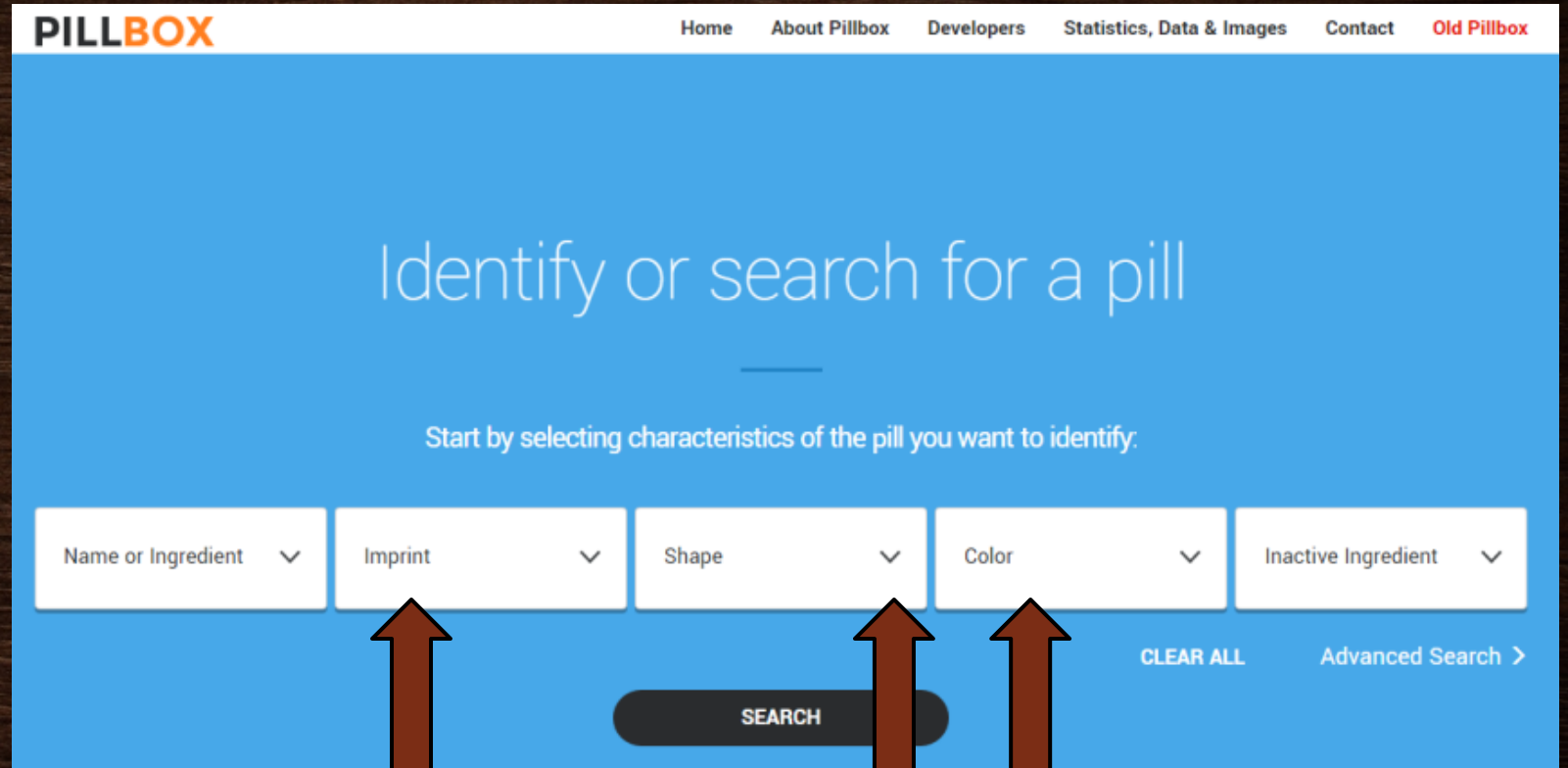
2 DOSAGE AND ADMINISTRATION

2.1 Dosage and Administration Overview - Administer TAMIFLU for the treatment of influenza in patients 2 weeks of age or older [see Dosage and Administration (2.2) ...

Pillbox

<https://pillbox.nlm.nih.gov/pillimage/search.php>

- Pillbox is a resource designed specifically to help in the **rapid identification** of unknown pills
- You can enter an imprint, shape, color and/or size to help identify a pill
- Look up drug names, ingredients, label authors, DEA schedules, or product codes



The screenshot shows the Pillbox website interface. At the top is a navigation bar with links: Home, About Pillbox, Developers, Statistics, Data & Images, Contact, and Old Pillbox. The main heading is "Identify or search for a pill". Below this is a subheading: "Start by selecting characteristics of the pill you want to identify:". There are five dropdown menus: "Name or Ingredient", "Imprint", "Shape", "Color", and "Inactive Ingredient". A "SEARCH" button is located below the "Imprint" and "Shape" dropdowns. To the right of the "SEARCH" button are links for "CLEAR ALL" and "Advanced Search >".


Words or numbers
printed on the pill

Descriptive information


Pillbox Results Example

Example
features
imprint,
shape
and color


PILLBOX [Home](#) [About Pillbox](#) [Developers](#) [Statistics, Data & Images](#) [Contact](#) [Old Pillbox](#)

Name or Ingredient ▼ **ROCHE** ✕ **Capsule** ✕ **Yellow** ✕ Inactive Ingredient ▼ 

[CLEAR ALL](#) [Advanced Search >](#)



ROCHE;75;mg
Tamiflu



ROCHE;30;mg
Tamiflu

Other Drug and Supplements Resources

- MedlinePlus Drugs and Supplements:
<https://medlineplus.gov/druginformation.html>
- Drug Information Portal:
<https://druginfo.nlm.nih.gov/drugportal/drugportal.jsp>
- DailyMed: <https://www.dailymed.nlm.nih.gov/>
- Pillbox: <https://pillbox.nlm.nih.gov/>
- Dietary Supplements Label Database:
<https://www.dsld.nlm.nih.gov/dsld/>
- Drugs.com: <http://www.drugs.com>
- TOXNET: <https://toxnet.nlm.nih.gov/>

Alternative and Complementary Medicine

National Center for Complementary and Integrative Health (NCCIH)

<https://nccih.nih.gov/>

- The NCCIH is the place to go for non-conventional medicine
- This site brings together conventional western medicine practices with complementary or alternative practices to form a complete picture of the health care environment

The screenshot shows the NCCIH website with a blue header bar containing the U.S. Department of Health and Human Services and National Institutes of Health logos. The main header features the NIH logo and the text "National Center for Complementary and Integrative Health" with the tagline "NIH...Turning Discovery Into Health". A search bar labeled "Search NCCIH" is on the right, along with a link to "Información en Español". A navigation menu includes links for Health Info, Research, Grants & Funding, Training, News & Events, and About NCCIH. The main content area is titled "Health" and lists several topics: "All Health Topics from A-Z" (Research-based info from acupuncture to zinc), "Complementary, Alternative, or Integrative Health" (What do these terms mean?), "Be Informed" (Learn how to make wise health decisions), "Herbs at a Glance" (Uses and side effects of herbs and botanicals), "How To Find a Practitioner" (Information on seeking treatment), and "Information for Health Care Providers" (Evidence-based medicine, continuing education, clinical practice guidelines, and more). A "Featured Health Topics" section highlights "Parkinson's Disease (December 2016)". On the right, a large image of a woman in a military uniform is shown, with a blue overlay at the bottom containing the text "Complementary Health Approaches for Military" and a paragraph: "Many military personnel, veterans, and their families turn to complementary and integrative health approaches in an effort to help manage pain and associated problems such as post-traumatic stress disorder."

Herbs at a Glance

- Info about selected herbs are in this section
- Also provides an easy to use app - HerbList



Herbs at a Glance



Share:



Herbs at a Glance is a series of brief fact sheets that provides basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information.



© Steven Foster

- | | | |
|-----------------|-----------------------------|------------------|
| ▪ Acai | ▪ European Elder | ▪ Licorice Root |
| ▪ Aloe Vera | ▪ European Mistletoe | ▪ Milk Thistle |
| ▪ Asian Ginseng | ▪ Evening Primrose Oil | ▪ Noni |
| ▪ Astragalus | ▪ Fenugreek | ▪ Passionflower |
| ▪ Bilberry | ▪ Feverfew | ▪ Peppermint Oil |
| ▪ Bitter Orange | ▪ Flaxseed and Flaxseed Oil | ▪ Pomegranate |

Download the HerbList™ app today.



Subscribe


Get dietary supplement updates by e-mail

★Email Address

Submit

Be an Informed Consumer

- Tips about what to look for to find good complementary health information and services
- Explore the science behind complementary health alternatives





National Center for
Complementary and
Integrative Health

Search NCCIH


Información en Español

Health InfoResearchGrants & FundingTrainingNews & EventsAbout NCCIH

Be an Informed Consumer

Share:    

Decisions about your health care are important—including decisions about whether or not to use complementary health products and practices. Take charge of your health by being an informed consumer. Find out and consider what scientific studies have been done on the safety and effectiveness of the product or practice that interests you. Discuss the information with your health care provider before making a decision. These fact sheets and resources can help you think about the issues to consider and questions to ask.



Other Alternative and Complementary Health Resources

- NCCIH: National Center for Complementary and Integrative Health:
<https://nccih.nih.gov/>
- MedlinePlus: Complementary and Integrative Medicine:
<https://medlineplus.gov/complementaryandintegrativemedicine.html>
- HerbList: NIH mobile app on herbal products
- Mayo Clinic: <https://www.mayoclinic.org/>
- American Osteopathic Association:
<https://www.osteopathic.org/osteopathic-health/treatment/Pages/default.aspx>
- American Music Therapy Association: <https://www.musictherapy.org/faq/>

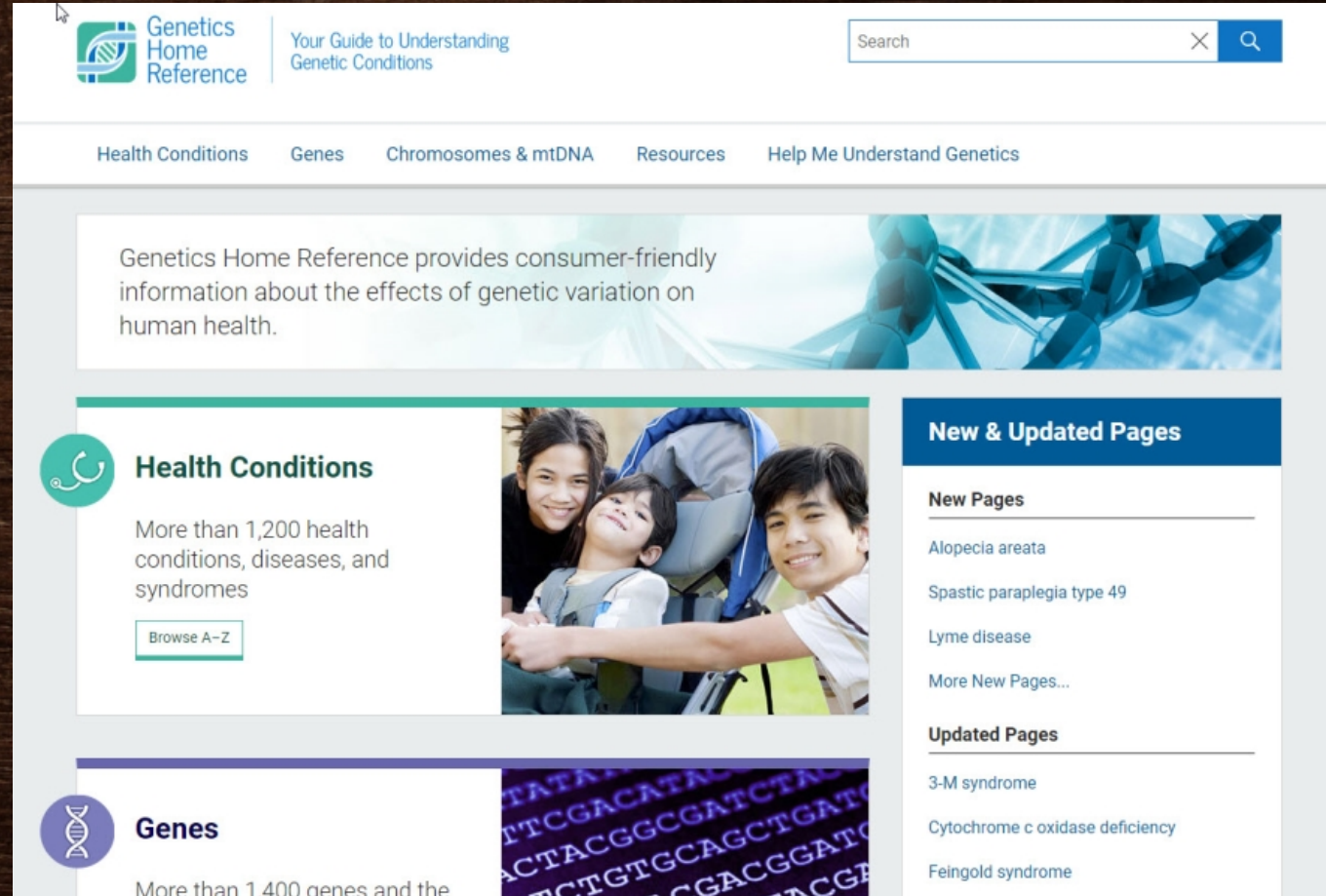
The background of the image is a dark, rich brown wood grain. The texture is prominent, showing various patterns of wood fibers and knots. The lighting is slightly darker on the right side, creating a subtle gradient.

Genetics

Genetics Home Reference

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

- Genetics Home Reference provides information about genetic conditions and the genes or chromosomes responsible
- Gene, chromosome, and condition summaries
- Illustrated handbook explaining the basics of how genes work and how mutations cause genetic disorders
- Glossary



The screenshot shows the homepage of the Genetics Home Reference website. At the top, there is a navigation bar with the site's logo, tagline, and a search bar. Below this is a secondary navigation menu with links to various sections. A large banner image with a DNA double helix is positioned above a descriptive paragraph. The main content area features two large tiles: 'Health Conditions' with a family photo and 'Genes' with a DNA helix icon. To the right, a sidebar titled 'New & Updated Pages' lists recent additions and updates.

Genetics Home Reference
Your Guide to Understanding Genetic Conditions

Search

Health Conditions Genes Chromosomes & mtDNA Resources Help Me Understand Genetics

Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health.

Health Conditions
More than 1,200 health conditions, diseases, and syndromes
[Browse A-Z](#)

Genes
More than 1,400 genes and the

New & Updated Pages

New Pages

- Alopecia areata
- Spastic paraplegia type 49
- Lyme disease
- More New Pages...

Updated Pages

- 3-M syndrome
- Cytochrome c oxidase deficiency
- Feingold syndrome

Genetic Health Conditions

- Find information on genetic diseases and conditions



Health Conditions

Learn about the signs and symptoms, causes, and inheritance of more than 1,200 health conditions with a genetic basis.

[Browse A-Z](#)



GHR Health Conditions Example



Parkinson disease

Printable PDF

Open All

Close All

▼ Description

Parkinson disease is a progressive disorder of the nervous system. The disorder affects several regions of the brain, especially an area called the [substantia nigra](#) that controls balance and movement.

Often the first symptom of Parkinson disease is trembling or shaking (tremor) of a limb, especially when the body is at rest. Typically, the tremor begins on one side of the body, usually in one hand. Tremors can also affect the arms, legs, feet, and face. Other characteristic symptoms of Parkinson disease include rigidity or stiffness of the limbs and torso, slow movement (bradykinesia) or an inability to move (akinesia), and impaired balance and coordination (postural instability). These symptoms worsen slowly over time.

Parkinson disease can also affect emotions and thinking ability (cognition). Some affected individuals develop psychiatric conditions such as depression and visual hallucinations. People with Parkinson disease also have an increased risk of developing dementia, which is a decline in intellectual functions including judgment and memory.

Generally, Parkinson disease that begins after age 50 is called late-onset disease. The condition is described as early-onset disease if signs and symptoms begin before age 50. Early-onset cases that begin before age 20 are sometimes referred to as juvenile-onset Parkinson disease.

Related Information

[What does it mean if a disorder seems to run in my family?](#)

[What is the prognosis of a genetic condition?](#)

[Genetic and Rare Diseases Information Center](#)

Genes

- Search by genes




Genes


Find information about the function of more than 1,400 genes and see how changes in these genes are related to health conditions.

[Browse A-Z](#)





GHR Genes Example

 U.S. National Library of Medicine

 Genetics Home Reference

Your Guide to Understanding Genetic Conditions

Search  

Health ConditionsGenesChromosomes & mtDNAResourcesHelp Me Understand Genetics

PARK7 gene

Parkinsonism associated deglycase

Printable PDFOpen AllClose All

▼ **Normal Function**

The *PARK7* gene provides instructions for making the DJ-1 protein. This protein is found in many tissues and organs, including the brain. Studies indicate that the DJ-1 protein has several functions, although none are fully understood. One of the protein's functions may be to help protect cells, particularly brain cells, from oxidative stress. Oxidative stress occurs when unstable molecules called free radicals accumulate to levels that can damage or kill cells. Additionally, the DJ-1 protein may serve as a chaperone molecule that helps fold newly produced proteins into the proper 3-dimensional shape and helps refold damaged proteins. Like other chaperone molecules, the DJ-1 protein may assist in delivering selected proteins to proteasomes, which are structures within cells that break down unneeded molecules. Researchers suggest that the DJ-1 protein may also play a role in activities that produce and process RNA, a chemical cousin of DNA.

Related Information
[What is DNA?](#)
[What is a gene?](#)
[How do genes direct the production of proteins?](#)
More about [How Genes Work](#)

► **Health Conditions Related to Genetic Changes**

► **Chromosomal Location**

Chromosomes

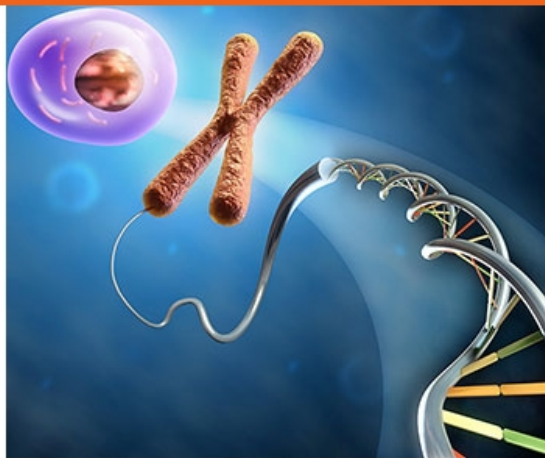
- Find info on chromosomes and mitochondrial DNA



Chromosomes & mtDNA

Read about each of the 23 pairs of human chromosomes and mitochondrial DNA (mtDNA).

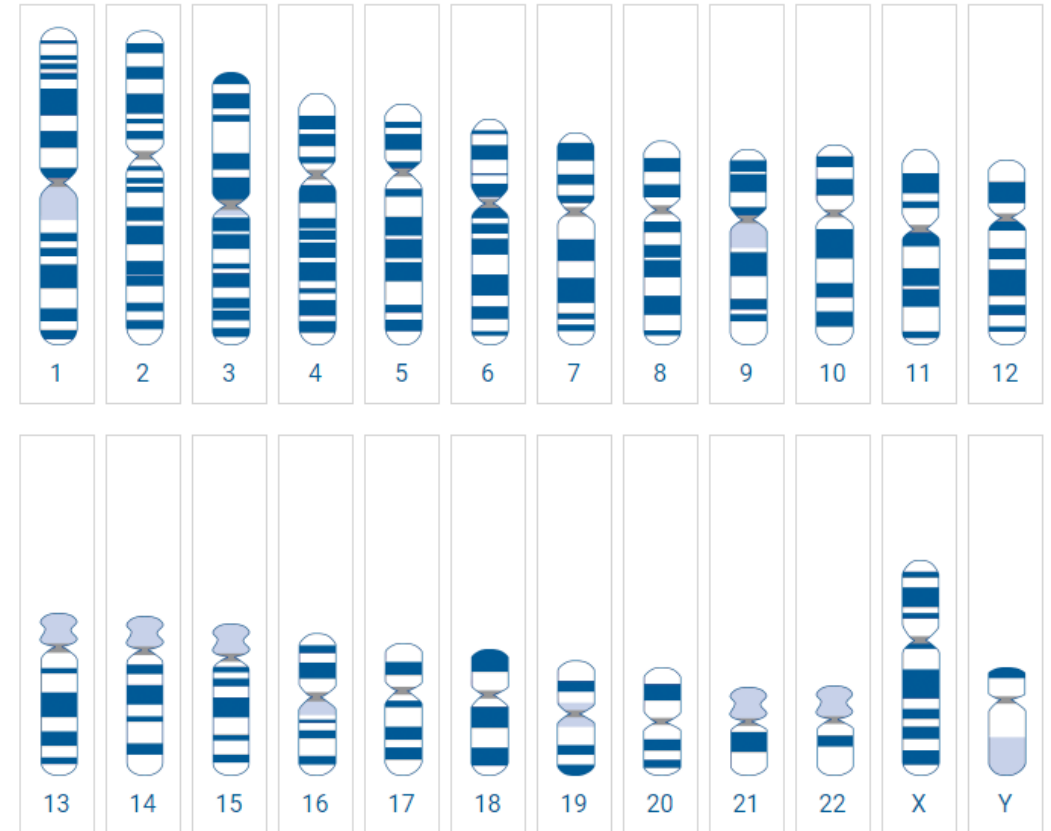
[Browse](#)



Chromosomes & mtDNA

Read about each of the human chromosomes and mitochondrial DNA (mtDNA) and the health implications of genetic changes.

Information about specific chromosomes





GHR Chromosomes Example

Health Conditions

Genes

Chromosomes & mtDNA

Resources

Help Me Understand Genetics

Chromosome 21

Printable PDF

Open All

Close All

▼ Description

Humans normally have 46 chromosomes in each cell, divided into 23 pairs. Two copies of chromosome 21, one copy inherited from each parent, form one of the pairs. Chromosome 21 is the smallest human chromosome, spanning about 48 million base pairs (the building blocks of DNA) and representing 1.5 to 2 percent of the total DNA in cells.

In 2000, researchers working on the Human Genome Project announced that they had determined the sequence of base pairs that make up this chromosome. Chromosome 21 was the second human chromosome to be fully sequenced.

Identifying genes on each chromosome is an active area of genetic research. Because researchers use different approaches to predict the number of genes on each chromosome, the estimated number of genes varies. Chromosome 21 likely contains 200 to 300 genes that provide instructions for making proteins. These proteins perform a variety of different roles in the body.

Related Information

[What is DNA?](#)

[What is a chromosome?](#)

[How many chromosomes do people have?](#)

► Health Conditions Related to Chromosomal Changes

► Chromosome Diagram

► Additional Information & Resources

► Sources for This Page

Help Me Understand Genetics

- Provides definitions of key genetic concepts and explains the basics of genetics
- See examples of subjects on the right



Help Me Understand Genetics

Explore topics in human genetics, from the basics of DNA to genomic research and personalized medicine.

[Browse](#)



► Cells and DNA

► Mutations and Health

► How Genes Work

► Gene Families

► Inheriting Genetic Conditions

► Genetics and Human Traits

► Genetic Consultation

► Genetic Testing

► Direct-to-Consumer Genetic Testing

► Newborn Screening

► Gene Therapy

► The Human Genome Project

► Genomic Research

► Precision Medicine

GHR Help Me Understand Genetics Example

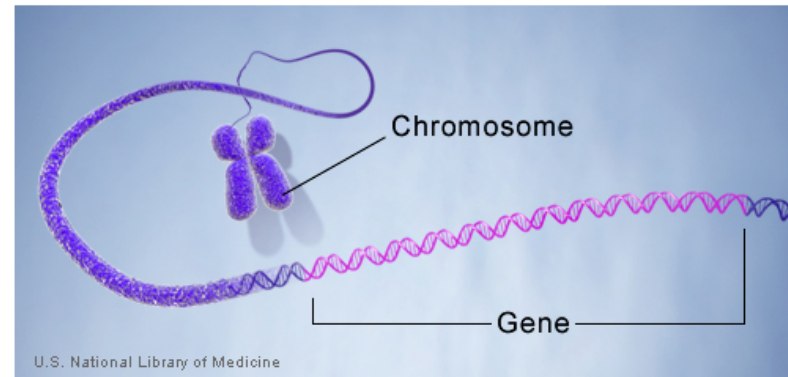
What is a gene?

A gene is the basic physical and functional unit of heredity. Genes are made up of DNA. Some genes act as [instructions](#) to make molecules called proteins. However, many genes [do not code for proteins](#). In humans, genes vary in size from a few hundred DNA bases to more than 2 million bases. The [Human Genome Project](#) estimated that humans have between 20,000 and 25,000 genes.

Every person has two copies of each gene, one inherited from each parent. Most genes are the same in all people, but a small number of genes (less than 1 percent of the total) are slightly different between people. Alleles are forms of the same gene with small differences in their sequence of DNA bases. These small differences contribute to each person's unique physical features.

Scientists keep track of genes by giving them unique names. Because gene names can be long, genes are also assigned symbols, which are short combinations of letters (and sometimes numbers) that represent an abbreviated version of the gene name. For example, a gene on [chromosome 7](#) that has been associated with [cystic fibrosis](#) is called the cystic fibrosis transmembrane conductance regulator; its symbol is [CFTR](#).

Genes are made up of DNA. Each chromosome contains many genes.



U.S. National Library of Medicine

Credit: U.S. National Library of Medicine

For more information about genes:

Genetics Home Reference provides [consumer-friendly gene summaries](#) that include an explanation of each gene's normal function and how mutations in the gene cause particular genetic conditions.

More information about [how genetic conditions and genes are named](#) is also available from Genetics Home Reference.

The Centre for Genetics Education offers [a fact sheet that introduces genes and chromosomes](#).

The Tech Museum of Innovation at Stanford University describes [genes and how they were discovered](#).

The Virtual Genetics Education Centre, created by the University of Leicester, offers additional information on [DNA, genes, and chromosomes](#).

National Human Genome Research Institute

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

The National Human Genome Research Institute (NHGRI) is a part of the National Institutes of Health (NIH). It contains research and information on obtaining funding for genome research.

The screenshot shows the NHGRI website with a green header. The top navigation bar includes the NIH logo, the text "National Human Genome Research Institute", a search bar labeled "Search Genome.gov", and social media icons for Spanish, RSS, Facebook, Twitter, and YouTube. Below this is a secondary navigation bar with links: Research Funding, Research at NHGRI, Health, Education, Issues, Newsroom, Careers, and About.

The main content area is divided into three columns. The left column, titled "Highlights", features three items: a video of Elaine A. Ostrander, a link to a study on prostate cancer risk, and a link to "The Cancer Genome Atlas: Charting the Course for Cancer Research". The middle column, titled "Email Updates", has a search bar and a "Subscribe" button. The right column, titled "Genomics News", lists three news items: "Scientists unravel DNA code behind rare neurologic disease", "Release: New trans-NIH consortium aims to advance pediatric research on a global level", and "Team Develops Framework To Identify Genetic Missense Mutations Linked to Autism Spectrum Disorder".

At the bottom, there is a "Quick Links" section with two links: "Director Eric Green" and "Strategic Planning".

NIH National Human Genome Research Institute

Search Genome.gov

Español

Research Funding Research at NHGRI Health Education Issues Newsroom Careers About

Highlights

NHGRI contributes to study that implicates 63 new gene variants in prostate cancer risk

Elaine A. Ostrander, Ph.D., a researcher with the National Human Genome Research Institute, contributed to a new study that has implicated 63 additional genetic variants in prostate cancer risk. Dr. Ostrander and her colleagues based their findings, published in *Nature Genetics*, on DNA samples from more than 140,000 men.

The Cancer Genome Atlas: Charting the Course for Cancer Research

In the June issue of *The Genomics Landscape*, NHGRI Director Dr. Eric Green highlights the success of The Cancer Genome Atlas, as the program draws to an end. Other topics include the launch of the *All of Us* Research Program, the retirement of National Institute on Deafness and Other Communication Disorders Director Dr. James Battey to NHGRI Scientific Director Dr. Dan Kastner's selection as a finalist for the 2018 Samuel J. Heyman Service to America Medals.

New video reflects on successes of The Cancer Genome Atlas

After more than 10 years, The Cancer Genome Atlas (TCGA) has come to a close. A multi-institution collaboration initiated and supported by NHGRI and the National Cancer Institute (NCI), TCGA has been hugely successful in its mission to catalog the genomic changes underlying multiple cancer types. This video celebrates

Email Updates

Enter your email

Genomics News

From UT Southwestern Medical Center: **Scientists unravel DNA code behind rare neurologic disease**
June 20, 2018

From the Eunice Kennedy Shriver National Institute of Child Health and Human Development: **Release: New trans-NIH consortium aims to advance pediatric research on a global level**
June 13, 2018

From Carnegie Mellon University: **Team Develops Framework To Identify Genetic Missense Mutations Linked to Autism Spectrum Disorder**
June 11, 2018

Quick Links

Director Eric Green **Strategic Planning**

Other Genetics Resources

- Definitions
 - Genetics Home Reference: <http://ghr.nlm.nih.gov/glossary>
 - National Human Genome Research Institute: <http://www.genome.gov/10002096>
- GeneEd: <https://geneed.nlm.nih.gov/>
- Genetic Testing Registry: <https://www.ncbi.nlm.nih.gov/gtr/>
- Genetic Disorders and Chromosomal Abnormalities: Other Resources [MedlinePlus: Genetic Disorders](#)
- CDC: [Public Health Genomics](#)
- University of Utah Health Sciences: [Genetic Disorders](#)

Evaluation of Health Websites

Resources

- MedlinePlus Evaluating Internet Health Information: A Tutorial from the National Library of Medicine:
<https://www.nlm.nih.gov/medlineplus/webeval/webeval.html>
- Health on the Net Foundation (HON Codes):
<http://www.hon.ch/HONcode/Conduct.html>

Aspects to Consider

- Accuracy
- Authority
- Bias
- Currency
- Coverage

Accuracy

Is the information correct?

Do you see information on the site that you know isn't correct?

Does something seem like it might be incorrect?

When compared to a different site, does it have different information?



Accuracy Bad Example

ThatCrystalSite.com
Incorrect information about
crystals affecting DNA

Energetically, cancer is stagnant or blocked energy. It often appears black to me, where there should be light or a colour. Putting light back in and opening the flow into the area is what needs doing. Doing the thing you really want to do, often comes to the forefront as the energy starts to flow into the area. DO IT!! You'll feel free and often just doing 'the thing' makes the world of difference – literally.

Healing stones I recommend are those that increase the energy flow, allowing more light to pass to the area. Stones that regenerate the cells, purify the mind / body, restructure DNA (so the dis-eased cells can go back to normal) create balance and stability by grounding the healing energy into the person's aura.



Accuracy Good Example

MedlinePlus.gov

- Correct information, which is repeated on other trusted sites

Home → Health Topics → Cancer

Cancer

Also called: Carcinoma, Malignancy, Neoplasms, Tumor

On this page

Basics <ul style="list-style-type: none">SummaryStart HereDiagnosis and TestsPrevention and Risk FactorsTreatments and Therapies	Learn More <ul style="list-style-type: none">Living WithRelated IssuesSpecificsGenetics	See, Play and Learn <ul style="list-style-type: none">Health Check ToolsVideos and Tutorials
Research <ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Reference DeskFind an Expert	For You <ul style="list-style-type: none">ChildrenMenWomenSeniorsPatient Handouts

Summary

Cancer begins in your cells, which are the building blocks of your body. Normally, your body forms new cells as you need them, replacing old cells that die. Sometimes this process goes wrong. New cells grow even when you don't need them, and old cells don't die when they should. These extra cells can form a mass called a tumor. Tumors can be benign or malignant. **Benign tumors** aren't cancer while malignant ones are. Cells from malignant tumors can invade nearby tissues. They can also break away and spread to other parts of the body.

Cancer is not just one disease but many diseases. There are more than 100 different types of cancer. Most cancers are named for where they start. For example, lung cancer starts in the lung, and breast cancer starts in the breast. The spread of cancer from one part of the body to another is called metastasis. Symptoms and treatment depend on the cancer type and how advanced it is. Most treatment plans may include surgery, **radiation** and/or **chemotherapy**. Some may involve hormone therapy, **immunotherapy** or other types of biologic therapy, or **stem cell transplantation**.

NIH: National Cancer Institute

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Enter email address

MEDICAL ENCYCLOPEDIA

- Cancer
- Cancer and lymph nodes
- Cancer prevention: take charge of your lifestyle
- Cancer treatment -- early menopause
- Cancer treatment: preventing infection
- Cancer treatments

Authority

Can you tell who wrote the info on the site?

Could you verify the credentials?

Is this person an expert on the health information in question?

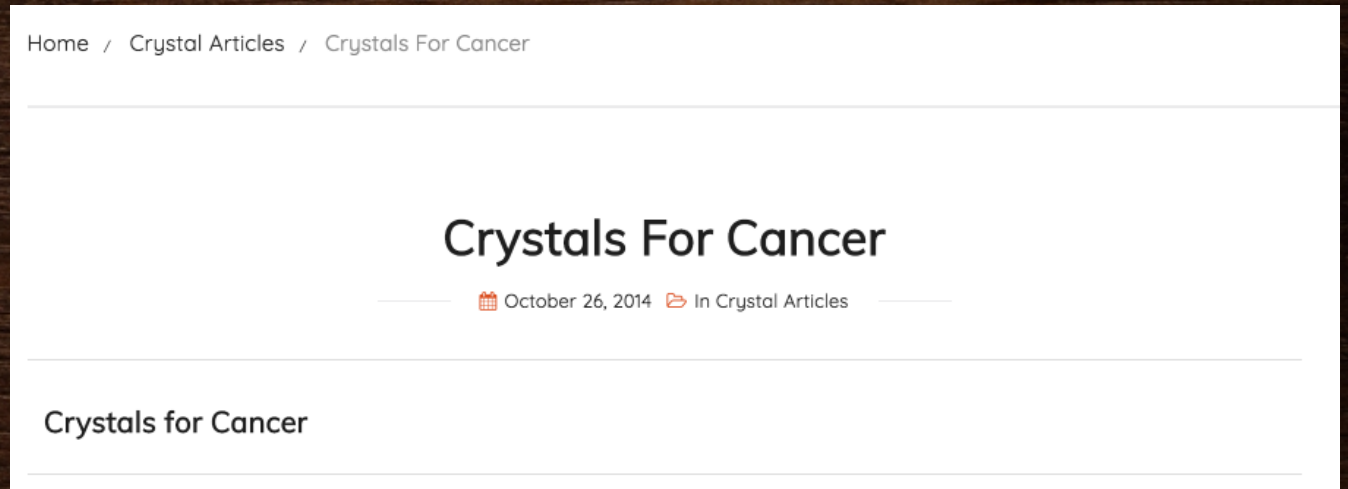
Is this backed by a trusted organization?



Authority Bad Example

ThatCrystalSite.com

- Author not listed
- No credentials
- Not backed by any known or recognized organization
- No references



Authority Good Example

MedlinePlus.gov

- Author - Dr. Laura J. Martin
- Credentials - MD, MPH, ABIM Board Certified in Internal Medicine and Hospice and Palliative Medicine
- Backed by National Library of Medicine (NLM)
- References provided

References

Doroshow JH. Approach to the patient with cancer. In: Goldman L, Schafer AI, eds. *Goldman-Cecil Medicine*. 25th ed. Philadelphia, PA: Elsevier Saunders; 2016:chap 179.

National Cancer Institute website. Chemotherapy and you: support for people with cancer. www.cancer.gov/publications/patient-education/chemo-and-you. Updated June 2011. Accessed February 24, 2017.

National Cancer Institute website. Radiation therapy and you: support for people with cancer. www.cancer.gov/publications/patient-education/radiation-therapy-and-you. Updated October 2016. Accessed February 24, 2017.

Niederhuber JE, Armitage JO, Doroshow JH, Kastan MB, Tepper JE, eds. *Abeloff's Clinical Oncology*. 5th ed. Philadelphia, PA: Elsevier Saunders; 2014.

Siegel RL, Miller KD, Jemal A. Cancer statistics, 2016. *CA Cancer J Clin*. 2016;66(1):7-30. PMID: 26742998 www.ncbi.nlm.nih.gov/pubmed/26742998.

Review Date 2/13/2017

Updated by: Laura J. Martin, MD, MPH, ABIM Board Certified in Internal Medicine and Hospice and Palliative Medicine, Atlanta, GA. Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and the A.D.A.M. Editorial team.

Bias

Is information leaning towards only one side?

Is only one treatment offered or discussed?

Is the site provided by a drug company or trying to sell only one drug?

Are there ads? This doesn't always mean untrustworthy, but if products are endorsed on the site, be aware.



Bias Bad Example

ThatCrystalSite.com

- Health information given is directly aimed at selling the crystals available for purchase from the website



Bias Good Example

MedlinePlus.gov

- Information does not show favoritism
- All treatments are considered
- Not trying to sell anything
- Not endorsing anything

Cancer

Also called: Carcinoma, Malignancy, Neoplasms, Tumor

On this page

Basics

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

Learn More

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

See, Play and Learn

- [Health Check Tools](#)
- [Videos and Tutorials](#)

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Reference Desk](#)
- [Find an Expert](#)

For You

- [Children](#)
- [Men](#)
- [Women](#)
- [Seniors](#)
- [Patient Handouts](#)

Summary

Cancer begins in your cells, which are the building blocks of your body. Normally, your body forms new cells as you need them, replacing old cells that die. Sometimes this process goes wrong. New cells grow even when you don't need them, and old cells don't die when they should. These extra cells can form a mass called a tumor. Tumors can be benign or malignant. [Benign tumors](#) aren't cancer while malignant ones are. Cells from malignant tumors can invade nearby tissues. They can also break away and spread to other parts of the body.

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NIH: National Cancer Institute

Currency

How long ago was the info created or updated?

Is a date present?

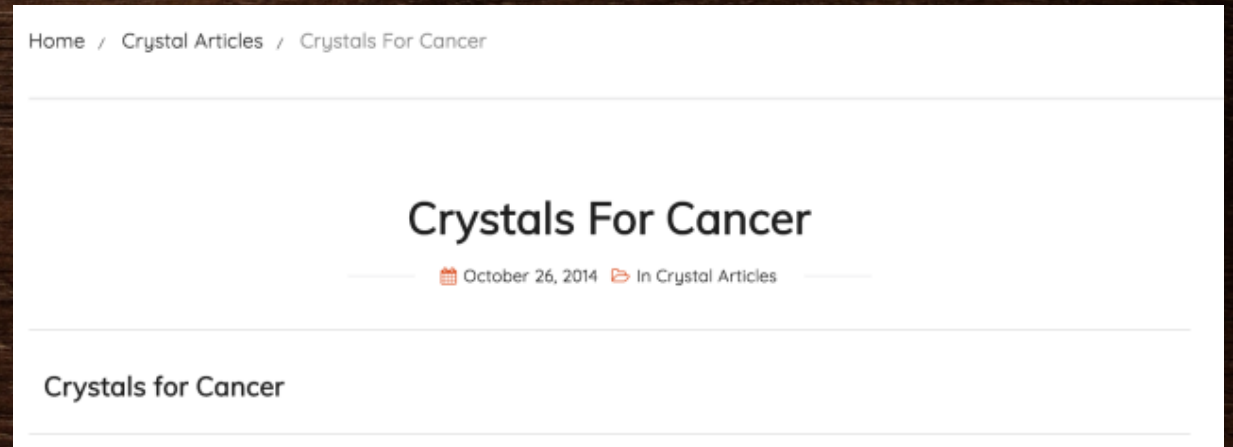
Does the info look recent?



Currency Bad Example

ThatCrystalSite.com

- The worst example would have no date anywhere
- This posting has an older date and no sign of having been reviewed since



Currency Good Example

MedlinePlus.gov

- Recent Review Date:
2/13/2017 along with reviewer names
- All content is regularly reviewed on MedlinePlus

References

Doroshow JH. Approach to the patient with cancer. In: Goldman L, Schafer AI, eds. *Goldman-Cecil Medicine*. 25th ed. Philadelphia, PA: Elsevier Saunders; 2016:chap 179.

National Cancer Institute website. Chemotherapy and you: support for people with cancer. www.cancer.gov/publications/patient-education/chemo-and-you. Updated June 2011. Accessed February 24, 2017.

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Niederhuber JE, Armitage JO, Doroshow JH, Kastan MB, Tepper JE, eds. *Abeloff's Clinical Oncology*. 5th ed. Philadelphia, PA: Elsevier Saunders; 2014.

Siegel RL, Miller KD, Jemal A. Cancer statistics, 2016. *CA Cancer J Clin*. 2016;66(1):7-30. PMID: 26742998
www.ncbi.nlm.nih.gov/pubmed/26742998.

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Updated by: Laura J. Martin, MD, MPH, ABIM Board Certified in Internal Medicine and Hospice and Palliative Medicine, Atlanta, GA. Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and the A.D.A.M. Editorial team.

Coverage

Is the information comprehensive?

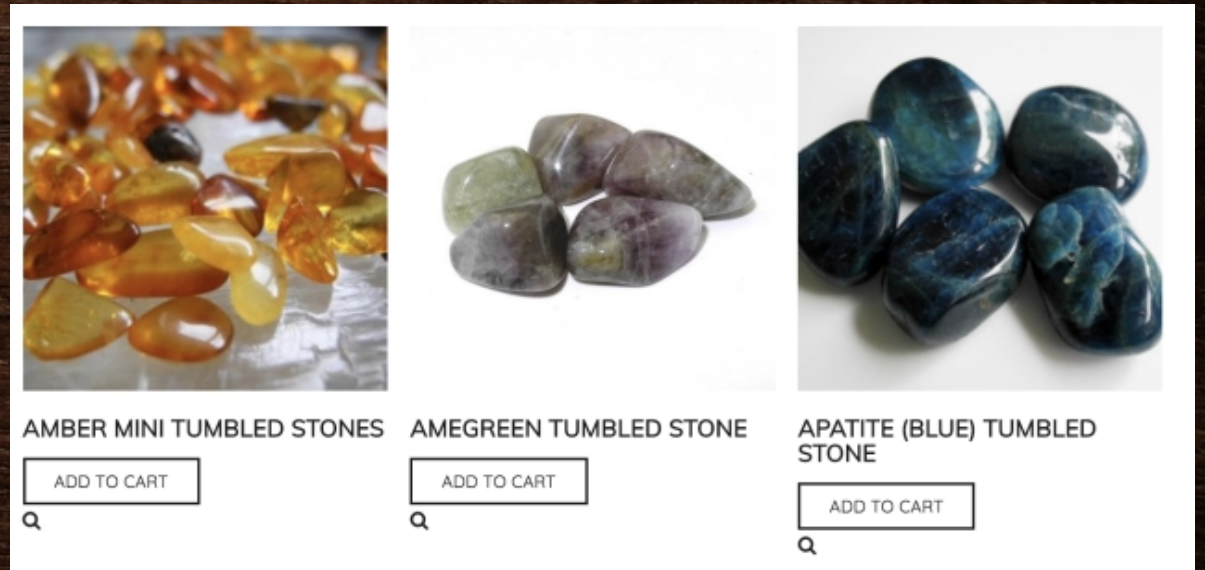
Does the site include information like side effects, costs, or other negative points as well as positive points?



Coverage Bad Example

ThatCrystalSite.com

- No information about costs compared to other treatments
- No potential downsides
- No alternatives given



Coverage Good Example

MedlinePlus.gov

- Alternative therapies and medications are mentioned throughout the page
- All side effects and potential problems are given for medications and therapies.

SIDE EFFECTS OF CHEMOTHERAPY

Because these medicines travel through the blood to the entire body, chemotherapy is described as a bodywide treatment.

As a result, chemotherapy may damage or kill some normal cells. These include bone marrow cells, hair follicles, and cells in the lining of the mouth and the digestive tract.

When this damage occurs, there can be side effects. Some people who receive chemotherapy:

- Are more likely to have infections
- Become tired more easily
- **Bleed too much**, even during everyday activities
- Feel pain or numbness from nerve damage
- Have a **dry mouth**, mouth sores, or **swelling in the mouth**
- Have a **poor appetite or lose weight**
- Have an upset stomach, vomiting, or diarrhea
- Lose their hair
- Have problems with thinking and memory ("chemo brain")

Side effects of chemotherapy depend on many things, including the type of cancer and which drugs are being used. Each person reacts differently to these drugs. Some newer chemotherapy drugs that better target cancer cells may cause fewer or different side effects.

Arkansas Consumer Health Information Guide

The screenshot shows the homepage of the UAMS Library's Arkansas Consumer Health Information Guide. The header includes the UAMS Library logo and navigation links. A sidebar on the left lists various health topics. The main content area features a welcome message and links to several health resources. At the bottom, there is a MedlinePlus logo and a search bar.

UAMS Library UAMSHealth

UAMS Library / All Web Pages / Arkansas Consumer Health Information Guide / Home

Arkansas Consumer Health Information Guide

A guide to reliable general-use and condition specific consumer health websites and resources.

Home

- Drug & Supplements
- Alternative & Complementary Medicine
- Genetics
- Children
- Veterans
- Español
- Evaluating Websites
- Specific Health Issues


Health News

Welcome to the Arkansas Consumer Health Information Guide

In this guide you will find a variety of health information websites and resources, from general sites with information on a variety of topics to specialty sites that focus on specific health topics.

- [MedlinePlus](#)
- [healthfinder.gov](#)
- [CDC-Centers for Disease Control](#)
- [familydoctor.org](#)
- [healthychildren.org](#)

MedlinePlus

 **MedlinePlus®**
Trusted Health Information for You

Search MedlinePlus **GO**

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This is the [website](#) created specifically to help navigate through using and evaluating consumer health websites. It contains all the resources discussed in this class.

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