But I Found it on the Internet!

How the National Library of Medicine Can Help You Locate Reliable Health Information Online
Agenda

• What is the National Network of Libraries of Medicine?

• Database Demos
  • PubMed
  • HealthReach
  • MedlinePlus
  • Genetics Home Reference

• Q & A
What is the NNLM?
National Network of Libraries of Medicine (NNLM)

- Training
- Funding Awards
- Membership

Source: https://nnlm.gov/gmr/
PubMed
PubMed is a database of bibliographic information drawn primarily from the life sciences literature. It contains over 30 MILLION citations. It utilizes a controlled vocabulary called MeSH to index articles.
PubMed® comprises more than 30 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.
PubMed® comprises more than 30 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.
Results Page

- Results by Year graph
- Save, Email, Send to
- Best Match by default
- Abstract view
- Snippets with highlights
- Filters
- Advanced search
- Create alert
- Cite and Share
Cite

- Citation in AMA, MLA, APA, and NLM formats
- Copy citation text
- Download .RIS
Annotation and Classification of CRISPR-Cas Systems

Nucleic acid detection with CRISPR-Cas13a/C2c2.


The RNA-guided, RNA-targeting clustered regularly interspaced short palindromic repeats (CRISPR) effector Cas13a (previously known as C2c2) exhibits a "collateral effect" of promiscuous ribonuclease activity upon target recognition. We combine the collateral effect of Cas13a with isothermal amplification to establish a CRISPR-based diagnostic (CRISPR-Dx), providing rapid DNA or RNA detection with attomolar sensitivity and single-base mismatch specificity.
Searching in PubMed

Just type your search terms into the general search box and click search.
PubMed® comprises more than 30 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.
achilles tendon rupture treatment
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Additional Training Options

- PubMed for Librarians - Webinar Series
- PubMed Essentials - Self Paced Course

https://nnlm.gov/training/
Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Featured Resources

Opioid Misuse and Addiction Resources [NEW]
In response to the current opioid crisis, the National Library of Medicine partnered with Healthy Roads Media to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read handouts, videos, and audio recordings in English and Spanish.
Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Featured Resources

Opioid Misuse and Misuse Prevention Resources

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Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Search

Featured Resources

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Opioids
Search for Patient Materials

Find culturally relevant information in multiple languages and formats about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video. Search by language, choose a format, or browse by keyword.

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1-10 of 18 results
Diabetes

Resource Properties

Abstract:
This three-page handout educates people about diabetes, a disease in which a person's body cannot properly use the food they eat for energy and their blood glucose (blood sugar) levels are too high. It discusses the role of insulin, a hormone made by the pancreas, and defines the three main types of diabetes as Type 1, Type 2, and gestational diabetes during pregnancy. It identifies risk factors for diabetes and describes signs and symptoms. The document outlines ways people can manage and care for their diabetes, and recommends they talk to their doctor, nurse, dietitian, and pharmacist.

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Access Resource

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Country: N/A
Population: N/A
Resource Creation Date: Coming soon
Copyright: In the Public Domain
Last Reviewed by Author(s): 8/19/2016
Most Last Updated: 10/09/2017
Diabetes

Author(s): Health Information Translations
Country of Origin: United States
Medical Reviewer: Coming soon
Other Reviewer: Coming soon
Development Method: Resource in English Only
Translation Method: Company review
  A qualified translation company
  performed an independent review by a
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Community Participation: coming soon
Country: N/A
Population: N/A
Resource Creation Date: Coming soon
Copyright: In the Public Domain
Last Reviewed by Author(s): 8/19/2016
Record Last Updated: 10/23/2017
## Diabetes

### Resource Properties

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This three-page handout educates people about diabetes, a disease in which a person’s body cannot properly use the food they eat for energy and their blood glucose (blood sugar) levels are too high. It discusses the role of insulin, a hormone made by the pancreas, and defines the three main types of diabetes as Type 1, Type 2, and gestational diabetes during pregnancy. It identifies risk factors for diabetes and describes signs and symptoms. The document outlines ways people can manage and care for their diabetes, and recommends they talk to their doctor, nurse, dietitian, and pharmacist.

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**Last Updated:** 10/22/2017

### Access Resource

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Diabetes

Diabetes is a disease in which your body cannot properly use the food you eat for energy. Your cells need energy to live and grow.

When you eat, food breaks down into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood and your blood sugar rises. Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your cells so your body can use it for energy. People cannot live without insulin.

There are three main types of diabetes.

- In Type 1 diabetes, the pancreas makes no insulin.
- In Type 2 diabetes, the pancreas does not make enough insulin or your body is not able to use the insulin the pancreas makes.
- In gestational diabetes during pregnancy, the mother is not able to make enough insulin to cover the needs of both mother and baby.
MedlinePlus
### What is MedlinePlus?

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<td>• Health topic summaries</td>
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<td>• Drugs</td>
<td>• Magazine articles</td>
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<td>• Dietary Supplements</td>
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**External Web Links**

- Federal Government
- Medical Associations
- National Organizations
- Health Institutions
## 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

<table>
<thead>
<tr>
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### 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
**Nutrition**

**Summary**

Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals, and water.

Healthy eating is not hard. The key is to:

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet
What's New on MedlinePlus

September 13, 2019

New Medical Tests Added to MedlinePlus

Five new medical tests are now available on MedlinePlus:

- Helicobacter Pylori (H. Pylori) Tests
- C. Diff Testing
- Pleural Fluid Analysis
- Follicle-Stimulating Hormone (FSH) Levels Test
- Luteinizing Hormone (LH) Levels Test

August 30, 2019

New Medical Tests Added to MedlinePlus

Five new medical tests are now available on MedlinePlus:
Email Updates

MedlinePlus offers a free email subscription service that allows you to receive alerts by email when new information is available. Your email address will only be used to deliver requested information or to give you access to your user profile.

To sign up for MedlinePlus email updates, enter your email address into the box below. You will then be able to select from our list of subscription topics. During the sign-up process, you can specify how often you wish to receive emails from MedlinePlus.

Already a subscriber?

Access your user profile to add or remove subscription topics, update your email address(es), change your password or user preferences, view your email history or unsubscribe.

Prevent MedlinePlus emails from being marked as "spam" or "junk"

To ensure that MedlinePlus email updates are delivered to your inbox, please add medlineplus@service.govdelivery.com to your email address book, adjust your spam settings, or follow the instructions from your email provider to prevent our emails from being marked as "spam" or "junk."

How helpful is this web page to you?

Not helpful ★ ★ ★ ★ ★ Very helpful
MedlinePlus for Public Librarians

Discover the history, selection criteria and sources of MedlinePlus through this on-demand, hands-on tutorial. Designed to take about an hour to complete, the narrated tutorial explains how to locate information on health topics, drugs, and supplements in MedlinePlus.gov, highlighting additional tools and the authoritative sources from which MedlinePlus.gov draws its health information. MedlinePlus.gov is the National Library of Medicine's (NLM) premier health information portal for consumers.

Objectives:
After taking this tour, you should be able to:

- Explain why MedlinePlus is an authoritative source of health information for consumers and patients
- Identify basic navigation features of MedlinePlus
- Identify how to find specific health topic information or tools in MedlinePlus
- Identify how to find specific drugs, herbs and supplements information in MedlinePlus
- Identify the sources for drug and herbs and supplements safety information in MedlinePlus

Class Length: 1 hour

Course Owner(s):
Molly Knapp, MA, AHIP, Training Development Specialist

Instructor(s):
Molly Knapp, MA, AHIP, Training Development Specialist
Michele Spatz, All of Us Community Engagement Coordinator

Continuing Education:
1 CE Credit
This class is eligible for Consumer Health Information Specialization continuing education credit awarded by the Medical Library Association.
BEYOND AN APPLE A DAY
PROVIDING CONSUMER HEALTH INFORMATION AT YOUR LIBRARY

National Network of Libraries of Medicine
MidContinental Region
MedlinePlus.gov
Genetics Home Reference
### Description

Jacobsen syndrome is a condition caused by a loss of genetic material from chromosome 11. Because this deletion occurs at the end (terminus) of the long (q) arm of chromosome 11, Jacobsen syndrome is also known as 11q terminal deletion disorder.

The signs and symptoms of Jacobsen syndrome vary considerably. Most affected individuals have delayed development, including the development of speech and motor skills (such as sitting, standing, and walking). Most also have cognitive impairment and learning difficulties. Behavioral problems have been reported, including compulsive behavior (such as shredding paper), a short attention span, and easy distractibility. Many people with Jacobsen syndrome have been diagnosed with attention-deficit/hyperactivity disorder (ADHD). Jacobsen syndrome is also associated with an increased likelihood of autism spectrum disorders, which are characterized by impaired communication and socialization skills.

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### Recently Added Pages

- Attention-deficit/hyperactivity disorder
- Dystonia 16
- MED13L syndrome
- All Recently Added Pages

### Noteworthy

- GeneEd resources available on Genetics Home Reference
- Genetics Home Reference results available from MedlinePlus Connect

### You Might Also Like

- What is direct-to-consumer genetic testing?
- What are genome editing and CRISPR-Cas9?
- What is precision medicine?
- What is newborn screening?
LCT gene

lactase

Lactose intolerance

At least nine LCT gene mutations cause congenital lactase deficiency, also called congenital alactasia. In this disorder, infants are unable to break down lactose (lactose intolerance) in breast milk or formula. The LCT gene mutations change single protein building blocks (amino acids) in the lactase enzyme or result in an enzyme that is abnormally short. The mutations are believed to interfere with the function of the lactase enzyme, leading to undigested lactose in the small intestine and causing severe diarrhea.

Lactose intolerance in adulthood is caused by gradually decreasing activity (expression) of the LCT gene after infancy, which occurs in most humans.

More About This Health Condition
Chromosomes & mtDNA

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

Information about specific chromosomes

Information about mtDNA

Learn More about Chromosomes & mtDNA

What is a chromosome?
How many chromosomes do people have?
Can changes in the number of chromosomes affect health and development?
Can changes in mitochondrial DNA affect health and development?
Chromosome 11

Description

Health Conditions Related to Chromosomal Changes

Chromosome Diagram

Additional Information & Resources

Sources for This Page

Beckwith-Wiedemann syndrome

Emanuel syndrome

Ewing sarcoma

Jacobsen syndrome

Jacobsen syndrome, which is also known as 11q terminal deletion disorder, is caused by a deletion of genetic material at the end (terminus) of the long (q) arm of chromosome 11. The size of the deletion varies among affected individuals, with most affected people missing from about 5 million to 16 million DNA building blocks (also written as 5 Mb to 16 Mb). In almost all affected people, the deletion includes the tip of chromosome 11. Larger deletions tend to cause more severe signs and symptoms than smaller deletions.

The features of Jacobsen syndrome are likely related to the loss of multiple genes on chromosome 11. Depending on its size, the deleted region can contain from about 170 to more than 340 genes. Many of these genes have not been well characterized. However, genes in this region appear to be critical for the normal development of many parts of the body, including the brain, facial features, and heart. Only a few genes have been studied as possible contributors to the specific features of Jacobsen syndrome; researchers are working to determine which additional genes may be associated with this condition.

More About This Health Condition
Gallery of illustrations in the public domain

https://ghr.nlm.nih.gov/gallery
Questions?