



Greenburgh Public Library

presents

Navigating Health Information Online



**The future
of health
begins
with you**

Learn more at
www.joinallofus.org/nlm

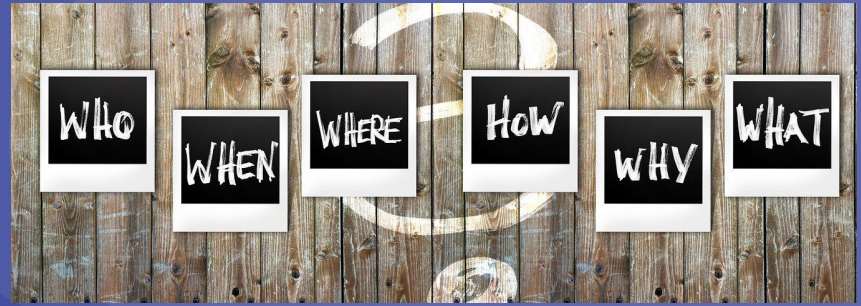


Navigating Health Information Online

Where do I start?

- Figure out what information you are looking for:
 - Conditions
 - Medications
 - Provider information
 - Preventative/wellness best practices

Ask yourself these questions:



- **Who runs the website?**
 - Does the address end in .edu, .gov, .org or .com
- **When was the information last updated?**
 - What is “current” may vary depending on the topic
- **Is the information fact or opinion?**
 - Does the author list sources or cite references?
- **Are there advertisements on the site?**
 - Who stands to gain by using the information?



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[Drugs & Medications](#) > [Amoxicillin ER 775 Mg Tablet, Extended Release 24Hr Mphase](#)

Amoxicillin ER 775 Mg Tablet, Extended Release 24Hr Mphase

COMMON BRAND(S): MOXATAG

GENERIC NAME(S): AMOXICILLIN

[View Free Coupon](#) >[Uses](#)[Side Effects](#)[Precautions](#)[Interactions](#)[Overdose](#)[Images](#)[Reviews \(350\)](#)



Why can't I just Google it?



Diabetes



All

News

Images

Videos

Books

More

Settings

Tools

About 500,000,000 results (1.25 seconds)

www.mayoclinic.org › symptoms-causes › syc-20371444

Diabetes - Symptoms and causes - Mayo Clinic

Oct 30, 2020 — Overview. **Diabetes** mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health ...

[Diabetes](#) · [Diabetes symptoms](#) · [Diabetes and depression](#) · [Amputation and diabetes](#)

People also ask

What are the first signs of being a diabetic?



What are the 3 symptoms of diabetes?



Can you get rid of diabetes?



What is the main cause of diabetes?



[Feedback](#)

www.diabetes.org

Home | ADA

Regular physical activity is an important part of managing **diabetes** or dealing with prediabetes.

With a new year starting, what better time to make a healthy ...

[Diabetes](#) · [Get Involved](#) · [Know Your Risk](#) · [Covid-19](#)

www.webmd.com › diabetes

WebMD Diabetes Center: Types, Causes, Symptoms, Tests ...

Jan 19, 2021 — **Diabetes** can occur when the pancreas produces very little or no insulin, or

Diabetes

Also called: diabetes mellitus

A group of diseases that result in too much sugar in the blood (high blood glucose).

MOST COMMON TYPES

Type 2 diabetes



A chronic condition that affects the way the body processes blood sugar (glucose).

Type 1 diabetes



A chronic condition in which the pancreas produces little or no insulin.

Prediabetes



A condition in which blood sugar is high, but not high enough to be type 2 diabetes.

Gestational diabetes



A form of high blood sugar affecting pregnant women.

For informational purposes only. Consult your local medical authority for advice.

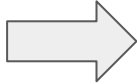
Sources: [Mayo Clinic](#) and others. [Learn more](#)

Fearhank

www.medicalnewstoday.com › articles

Diabetes: Symptoms, treatment, and early diagnosis

Diabetes is a disorder where the body does not produce insulin or does not use it efficiently. While it can lead to dangerous complications, **diabetes** is ...



www.cdc.gov › diabetes › basics › diabetes

What is diabetes? | CDC

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also ...

Top stories

Are dates good for diabetes? Benefits and effect on blood sugar levels

Medical News Today · 1 day ago



Who Is Winning in the Diabetes Management Market?

Medical Device and Diagnostics Industry · 1 day ago



COVID, Quickly Episode 1: Vaccines, Variants and Diabetes

Scientific American · 1 hour ago



[View all](#)



medlineplus.gov › Health Topics

Diabetes | Type 1 Diabetes | Type 2 Diabetes | MedlinePlus

Dec 10, 2020 — **Diabetes** is a disease in which your blood glucose, or blood sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a ...



**If I don't Google it,
where do I start?**

Health & Wellness @ the Library

The screenshot shows the Greenburgh Public Library website. The header includes the GPL logo, the library name, the tagline "Putting Service First", and the address: 300 Tarrytown Road, Elmsford, NY 10523, with the phone number 914-721-8200.

The navigation bar contains links: Home, Welcome, Events, Services, eLibrary, Support Us, Local Information, Bienvenidos, and Blog. The "Services" dropdown menu is open, showing options: Curbside Pickup, Children, Teen, Adult, What To Read, Business & Jobs, Health & Wellness (highlighted with a blue arrow), Older Adult, Recursos en español, and Local History.

On the left, there is a search bar with a "Search" button and a "Welcome to LibChat!" section with input fields for Name, Contact Info, and Your Question, followed by a "Start Chat" button.

In the center, there is a banner for "Color Me Calm: Create & Meditate" on March 4 @ 4pm, with a note "Sorry Kids, For Adults only". Below this is a section for "Book Bundles for Adults".

On the right, there is a vertical list of buttons: Curbside Pick Up, Take Home Technology, Browse New Fiction, Browse New Non-Fiction, Access Your Account, Download & Stream, Donate, and FAQs.

Health & Wellness @ the Library



« March 2021 »

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Upcoming Events:

Color Me Calm
Thursday, March 4, 2021 4:00pm

Navigating Health Information Online
Friday, March 5, 2021 11:00am

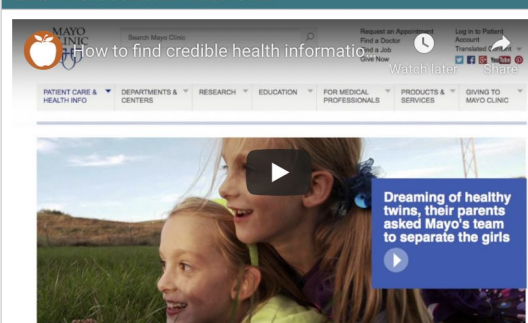
Covid-19 and Health Immunity
Wednesday, March 10, 2021 2:00pm

Color Me Calm
Thursday, March 11, 2021 4:00pm

Iyengar Yoga: Resilience, Renewal and Recovery during Covid-19
Thursday, March 11, 2021 5:00pm

[Show All](#)

How to Find Credible Health Information Online



Whenever seeking medical advice, you should always contact a trained medical professional but if you're looking for research, there are a few things you should look for when trying to find correct information.

Related Resources

Go

MedlinePlus News & Information

- [Healthy Eating for Families](#)
Source: Department of Agriculture
Related MedlinePlus Pages: [Child Nutrition](#)
- [Healthy Eating for Infants](#)
Source: Department of Agriculture
Related MedlinePlus Pages: [Infant and Newborn Nutrition](#)
- [Healthy Eating for Kids](#)
Source: Department of Agriculture
Related MedlinePlus Pages: [Child Nutrition](#)
- [Healthy Eating for Toddlers](#)
Source: Department of Agriculture
Related MedlinePlus Pages: [Toddler Nutrition](#)
- [MyPlate Quiz](#)
Source: Department of Agriculture
Related MedlinePlus Pages: [Nutrition](#)

Health & Wellness Blog Posts

- [Connection and Healing Through Writing with Author, Vivian Conan](#)
- [Family Matters - Resources That Help Heal](#)
- [Covid-19 Memory Project Revisited](#)
- [Financial Resources and Information During COVID-19](#)
- [Travel Restrictions During](#)

Health Resources at the Library

- [Consumer Lab At Home](#)
- [Essential Online Health Information for Adults](#)
- [Gale: Health and Medicine](#)
- [MedlinePlus](#)
- [The Merck Manuals](#)
- [X-Plain Patient Education Health Tutorials](#)
- [X-Plain Patient Education Health Tutorials en Espanol](#)

Health & Wellness @ the Library

A-Z databases in our Elibrary



[Greenburgh Public Library](#) / [LibGuides](#) / [A-Z Databases](#)

A-Z Databases: Health & Wellness

Find the best library databases for your research.

Health & Wellness (28) ▼

All Database Types ▼

All Vendors / Providers ▼

All 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

#

28 Databases found for Health & Wellness

[Clear Filters/Browse All Databases](#)

Best Bets!

Medline Plus



Best Bet



MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, the world's largest medical library, 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.

Medline Plus en Español



Best Bet



MedlinePlus es el sitio web de los Institutos Nacionales de Salud para pacientes y sus familiares y amigos. Producido por la Biblioteca Nacional de Medicina, la biblioteca médica más grande del mundo, le brinda información sobre enfermedades, afecciones y problemas de bienestar en un lenguaje que puede entender. MedlinePlus ofrece información de salud confiable y actualizada, en cualquier momento, en cualquier lugar, de forma gratuita.

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Sorry, chat is offline but you can still get help.

[Search our Knowledgebase and/or submit your question](#)

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Information

Healthy
Recipes

No ads or
endorsements

Drugs &
Supplements
Info

Medical Tests
and Clinical
Trials Info

Medical
Encyclopedia

Information in
60 languages

Links to local
services



COVID-19 is an emerging, rapidly evolving situation.

Get the latest public health information from CDC: <https://www.coronavirus.gov>

Get the latest research information from NIH: <https://covid19.nih.gov>

Learn more about COVID-19 and you from HHS: <https://combatcovid.hhs.gov>



Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Genetics

From *Genetics Home Reference*
Explore genetic conditions, genes, and more



Medical Tests

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



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments



Healthy Recipes

Try these recipes as part of a healthy lifestyle

Share MedlinePlus



Join a prevention trial
and help fight COVID-19.

Learn more at
combatCOVID.hhs.gov

1 2 3 4 ▶

Tweets by @MedlinePlus



MedlinePlus.gov
@medlineplus



RT @NIAAAnews: About 67 million people in the U.S. ages 12 and older reported binge drinking #alcohol during the past month. Learn more abt the consequences & health effects -- read the NIAAA Factsheet on #BingeDrinking. niaaa.nih.gov/publications/b...



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X-Plain Patient Education Topics

Find topics A-Z

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Body Location and Systems

Blood, Heart and Circulation
Bones, Joints and Muscles
Brain and Nerves
Digestive System
Ear, Nose and Throat
Eyes and Vision
Glands, Endocrine System
Immune System
Kidneys and Urinary System
Lungs and Breathing
Mouth and Teeth
Reproductive System – Female
Reproductive System – Male
Skin, Hair and Nails

Disorders and Conditions

Cancers
Diabetes
Genetic Disorders
Heart Disease
Infectious Diseases
Mental Health
Strokes

Diagnostic Tests

Radiology
Symptoms
Tests

Therapies

Demographic Groups






Children and Teenagers
Men
Seniors
Women

Health and Wellness

Addiction Medicine
Fitness and Exercise
Food and Nutrition
Lifestyle
Preventing Infections
Safety
Sexual Health
Smoking Cessation
Travel Health

Merck Manual Consumer Version

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Consumer Version
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Merck Manual for the Consumer

The best first place to go for medical information

Thousands of topics in all medical fields	Free, and always will be	Authored by hundreds of top medical experts	Photos, Videos, Animations and more!
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Gale OneFile: Health & Medicine


GALE





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Health and Medicine


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SEARCH TOOLS

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Visualize connections between search terms and topics and view relevant articles for those topics.
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**Subject Guide Search**
Search our subject index to find articles tagged with specific subject terms.
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**Publication Search**
Search through the publications available in *Gale OneFile: Health and Medicine*.
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NY Project HOPE Westchester COVID-19 Emotional Support Helpline

NY State Project HOPE COVID-19 Emotional Support Help Line



The Westchester Library System is proud to be a provider in NY State's Project Hope COVID-19 program.

Contact our trained crisis counselors to find resources that can help address the challenges brought by COVID-19 and to connect with emotional support. We are available Monday through Friday, 9am-5pm. Please leave a message and someone will get back to you.

- Call: (914) 361-5252
- Chat: [Click here.](#)
- Email: nyphwestchester@wlsmail.org

You can also contact the statewide crisis counseling team seven days a week from 8am to 10pm. All calls are free, confidential, and anonymous. (844) 863-9314.

Explore by clicking the boxes below.

Connect

COVID-19 HAS
AFFECTED US ALL.
FIND RESOURCES
THAT CAN HELP
YOU WITH
EVERYTHING FROM
FINANCES TO
ASSISTANCE FOR
THE ELDERLY.

Relax

FIND SIMPLE WAYS
TO UNWIND,
DESTRESS, AND
RELAX THAT ARE
EASY TO
INCORPORATE
INTO YOUR LIFE.

Cope

LEARN TIPS THAT
WILL HELP YOU
NAVIGATE THESE
VERY UNUSUAL
TIMES AND
RELIEVE STRESS.

This program is supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



Q&A

A decorative border made of repeating blue squares, each containing a white triangle pointing to the right.

Thank you for joining us!

Please complete brief survey in chat.

Upcoming GPL Health & Wellness Virtual Events

COVID-19 & Health Immunity, Wed, March 10th, 2PM

Iyengar Yoga: Resilience, Renewal and Recovery, Thurs, Mar 11 & 18th, 5PM

Managing Difficult Emotions During Stressful Times, Tues, March 16th, 7PM

Talk Saves Lives: An Introduction to Suicide Prevention, Fri, March 19th, 1:30PM

Navegando Información de Salud en el Internet, Sat, March 27th, 11AM

**Register and learn about these events and
MORE at greenburghlibrary.org**