

## Access from any device!

MedlinePlus provides a consistent user experience from a computer, tablet, or phone. All users, no matter how they access MedlinePlus, will find the same trusted health information.

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### **Healthy Recipes**

Cooking healthy meals just got easier! MedlinePlus Healthy Recipes is a great collection of easy recipes that show you how to prepare tasty, healthy meals that help you develop a healthy eating pattern. Try out a variety of these recipes to include as part of your healthy lifestyle.

# NIH U.S. National Library of Medicine

About MedlinePlus MedlinePlus is the National Institutes of Health's

(NIH) website for patients and their families and friends. Produced by the National Library of Medicine (NLM), the world's largest medical library,

MedlinePlus provides information about diseases, conditions, and wellness topics in language you can understand. MedlinePlus offers reliable, up-to-date health information—anytime, anywhere, and for free.

There is no advertising on the site, nor does

**Need help?** 

Librarians can help find health information for

patients and professionals. To identify a local library,

The National Network of Libraries of Medicine (NNLM), an outreach program of NLM, provides

assistance and training nationwide. Contact the

MedlinePlus endorse any company or product.

visit https://nnlm.gov/members/directory.

NNLM by visiting https://nnlm.gov/.

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# Learn more about



Diseases, illnesses, health conditions, and wellness topics



Symptoms, causes, treatment, and prevention



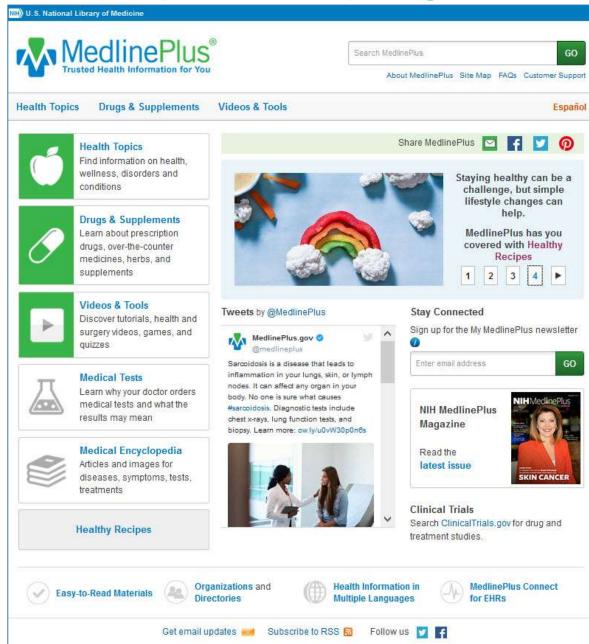
Side effects and interactions for drugs and herbs



and a whole lot more at <a href="https://medlineplus.gov/">https://medlineplus.gov/</a>

https://medlineplus.gov/recipes/

# https://medlineplus.gov/



MedlinePlus provides users with information to better understand their health and diagnosed disorders. Consult with a qualified physician for diagnosis and answers to your personal questions.

## What can I find on MedlinePlus?

#### **Health Topics**

Read about symptoms, causes, treatment, and prevention for over 1,000 diseases, illnesses, and health conditions

#### **Drugs, Herbs, and Supplements**

Learn about prescription drugs, over-thecounter medicines, dietary supplements, and herbal remedies

#### **Health and Surgery Videos**

Watch health videos on topics such as anatomy, body systems, and surgical procedures

#### **Medical Tests**

Learn about medical tests, including what the tests are used for, why a doctor may order a test, how a test will feel, and what the results may mean

#### **Medical Encyclopedia**

More than 4,000 articles about diseases, tests, injuries, and surgeries, including an extensive library of photographs and illustrations

#### **Health Check Tools and Games**

Check your knowledge and health status with quizzes, self-assessments, decision guides, and interactive, educational games

#### **Easy-to-Read Materials**

Health information in plain language

#### Multiple Languages Health information in over 50 languages

#### And much, much more!