

# Learn to Use MedlinePlus!

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Librarian for Belonging & Community Engagement  
Health Sciences Library, University of Virginia

# LAND ACKNOWLEDGMENT

I respectfully acknowledge that  
the University of Virginia  
inhabits the unceded, traditional, and  
current territory of the  
Monacan Indian Nation.

<https://www.monacannation.com/>

# LABOR ACKNOWLEDGEMENT

We must acknowledge that the University of Virginia- its construction, growth, and development- was made possible through the coerced labor of enslaved Africans and African Americans. We are all indebted to their sacrifice. We recognize that the legacies of slavery are still present today and that racism continues to shape our laws, cultures, and institutions.

# What is MedlinePlus?

- “MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH). Our mission is to present high-quality, relevant health and wellness information that is trusted, easy to understand, and free of advertising, in both English and Spanish. Anywhere, anytime, on any device—for free.”

- <https://medlineplus.gov/about/>


# What does that mean?

- All information in MedlinePlus is:
  - sourced from about 500 trusted organizations
  - available in both English and Spanish, with some information available in additional languages
  - written between a fifth and eighth grade level

# Features of the MedlinePlus homepage, 1

An official website of the United States government [Here's how you know](#)

NIH National Library of Medicine

 **MedlinePlus**<sup>®</sup> **25** YEARS of health information  
Trusted Health Information for You


Search MedlinePlus

[About MedlinePlus](#) [What's New](#) [Site Map](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Genetics](#) [Medical Tests](#) [Medical Encyclopedia](#) [Español](#)

## Welcome to MedlinePlus

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[Learn more about MedlinePlus](#)



**FEATURED TOPIC**

### Child Dental Health

Healthy teeth and gums are important to your child's overall health. Good dental habits and proper oral care can help prevent tooth decay and cavities.

[Learn more](#)

[Health Topics](#) [Medical Encyclopedia](#) [Genetics](#)

# Features of the MedlinePlus homepage, 2

The screenshot displays the MedlinePlus homepage with several key features highlighted by red arrows:

- Learn more:** A button located below a photo of a dentist examining a child's teeth.
- Health Topics:** A green box with an apple icon, containing the text: "Find information on health, wellness, disorders and conditions".
- Medical Encyclopedia:** A green box with a clipboard icon, containing the text: "Articles and images for diseases, symptoms, tests, treatments".
- Genetics:** A green box with a DNA helix icon, containing the text: "Explore genetic conditions, genes, and how genetic variations affect health".
- Drugs & Supplements:** A green box with a pill icon, containing the text: "Prescription drugs, over-the-counter medicines, herbs, and supplements".
- Medical Tests:** A green box with two test tubes icon, containing the text: "Learn why your doctor orders medical tests and what the results may mean".
- Healthy Recipes:** A green box with a fork and knife icon, containing the text: "These recipes show you how to prepare tasty, quick meals as part of a healthy lifestyle".
- Easy-to-Read Health Information:** A feature with a checkmark icon, highlighted by a red arrow.
- Health Information in Multiple Languages:** A feature with a globe icon, highlighted by a red arrow.
- MedlinePlus Connect for EHRs:** A feature with a heart rate icon.
- All of Us:** A feature with a person icon, highlighted by a red arrow.
- NIH MedlinePlus Magazine:** A feature with a book icon.
- Clinical Trials:** A feature with a magnifying glass icon.

At the bottom of the page, there are social media links for RSS, Twitter, Facebook, and Instagram, along with a "Social Media Toolkit" link.

NLM Web Policies Copyright Accessibility Guidelines for Links Viewers & Players HHS Vulnerability Disclosure MedlinePlus Connect for EHRs For Developers National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health FOIA USA.gov

# Homepage Subsections:

## Health Topics

MedlinePlus 25 YEARS of health information Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus What's New Site Map Customer Support

Health Topics Drugs & Supplements Genetics Medical Tests Medical Encyclopedia 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**

- Blood, Heart and Circulation
- Bones, Joints and Muscles
- Brain and Nerves
- Digestive System
- Ear, Nose and Throat
- Endocrine System
- Eyes and Vision
- Immune System

**Disorders and Conditions**

- Cancers
- Diabetes Mellitus
- Genetics/Birth Defects
- Infections
- Injuries and Wounds
- Mental Health and Behavior
- Metabolic Problems
- Poisoning, Toxicology, Environmental Health
- Pregnancy and Reproduction

**Demographic Groups**

- Children and Teenagers
- Men
- Older Adults
- Population Groups
- Women

**Health and Wellness**

- Disasters
- Fitness and Exercise
- Food and Nutrition



[Home](#) → [Health Topics](#) → [Diabetes Mellitus](#)

## Diabetes Mellitus



[A1C](#)

[Blood Glucose](#)

[Blood Sugar](#) *see* [Blood Glucose](#)

[Children and Diabetes](#) *see* [Diabetes in Children and Teens](#)

[Diabetes](#)

[Diabetes and Pregnancy](#)

[Diabetes Complications](#)

[Diabetes in Children and Teens](#)

[Diabetes Medicines](#)

[Diabetes Mellitus](#) *see* [Diabetes](#)

[Diabetes Prevention](#) *see* [How to Prevent Diabetes](#)

[Diabetes Type 1](#)

[Diabetes Type 2](#)

[Diabetic Diet](#)

[Diabetic Eye Problems](#)

Health Topics:  
Diabetes Mellitus  
(from the link on the  
Health Topics page)

[About MedlinePlus](#) [What's New](#) [Site Map](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Genetics](#) [Medical Tests](#) [Medical Encyclopedia](#) [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

- [Blood, Heart and Circulation](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nerves](#)
- [Digestive System](#)
- [Ear, Nose and Throat](#)
- [Endocrine System](#)

#### Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)

#### Demographic Groups

- [Children and Teenagers](#)
- [Men](#)
- [Older Adults](#)
- [Population Groups](#)
- [Women](#)

#### Health and Wellness

Homepage  
Subsections:  
Health Topics

[Home](#) → [Health Topics](#) → [Health Topics: D](#)

Other 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](#) [All Topics](#)

## Health Topics: D

[Dandruff, Cradle Cap, and Other Scalp Conditions](#)

[Dandy-Walker Syndrome](#) *see* [Cerebellar Disorders](#)

[DASH Diet](#) *see* [DASH Eating Plan](#)

[DASH Eating Plan](#)

[Day Care](#) *see* [Home Care Services](#)

[Deafness](#) *see* [Hearing Disorders and Deafness; Hearing Problems in Children](#)

[Death and Dying](#) *see* [End of Life Issues](#)

[Decubitus Ulcers](#) *see* [Pressure Sores](#)

[Deep Vein Thrombosis](#)

[Defibrillators, Implantable](#) *see* [Pacemakers and Implantable Defibrillators](#)

[Degenerative Joint Disease](#) *see* [Osteoarthritis](#)

[Degenerative Nerve Diseases](#)

Health Topics:  
the Ds  
(from the A-Z list)

Scroll down  
the page  
until we find  
“diabetes”

---

Developmental Disabilities

Diabetes

Diabetes and Pregnancy

Diabetes Complications

Diabetes in Children and Teens

Diabetes Insipidus

Diabetes Medicines

Diabetes Mellitus *see* Diabetes

Diabetes Prevention *see* How to Prevent Diabetes

Diabetes Type 1

Diabetes Type 2

Diabetic Diet

Diabetic Eye Problems

Diabetic Foot

Diabetic Heart Disease

Diabetic Kidney Problems

Diabetic Nephropathy *see* Diabetic Kidney Problems

Diabetic Nerve Problems

Diabetic Retinopathy *see* Diabetic Eye Problems

Diagnostic Imaging

# The Diabetes page

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Trusted Health Information for You

Search MedlinePlus **GO**

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Health Topics Drugs & Supplements Genetics Medical Tests Medical Encyclopedia Español

Home → Health Topics → Diabetes Type 1

## Diabetes Type 1

Also called: Insulin-dependent diabetes, Juvenile diabetes, Type I diabetes

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**On this page**

<b>Basics</b> <ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Diagnosis and Tests</li><li>Treatments and Therapies</li></ul>	<b>Learn More</b> <ul style="list-style-type: none"><li>Living With</li><li>Related Issues</li><li>Genetics</li></ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"><li>No links available</li></ul>
<b>Research</b> <ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li>Find an Expert</li></ul>	<b>For You</b> <ul style="list-style-type: none"><li>Children</li><li>Patient Handouts</li></ul>

**Summary**

Diabetes means your blood glucose, or blood sugar, levels are too high. With type 1 diabetes, your pancreas does not make insulin. Insulin is a hormone that helps glucose get into your cells to give them energy. Without insulin, too much glucose stays in your blood. Over time, high blood glucose can lead to serious problems with your heart, eyes, kidneys, nerves, and gums and teeth.

Type 1 diabetes happens most often in children and young adults but can appear at any age.

**MEDICAL ENCYCLOPEDIA**

- A1C test
- Anti-insulin antibody test
- Antithyroglobulin antibody test
- Diabetes – keeping active

# More on the diabetes page

## Summary

Diabetes means your blood glucose, or blood sugar, levels are too high. With type 1 diabetes, your pancreas does not make insulin. Insulin is a hormone that helps glucose get into your cells to give them energy. Without insulin, too much glucose stays in your blood. Over time, high blood glucose can lead to serious problems with your heart, eyes, kidneys, nerves, and gums and teeth.



Type 1 diabetes happens most often in children and young adults but can appear at any age. Symptoms may include:

- Being very thirsty
- Urinating often
- Feeling very hungry or tired
- Losing weight without trying
- Having sores that heal slowly
- Having dry, itchy skin
- Losing the feeling in your feet or having tingling in your feet
- Having blurry eyesight

A blood test can show if you have diabetes. If you do, you will need to take insulin for the rest of your life. A blood test called the A1C can check to see how well you are managing your diabetes.

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases*

## Start Here

- [Type 1 Diabetes](#) (Mayo Foundation for Medical Education and Research)
- [Type 1 Diabetes](#)  (National Institute of Diabetes and Digestive and Kidney Diseases) Also in Spanish
- [Type 1 Diabetes: What Is It?](#) (Nemours Foundation) Also in Spanish
- [What is Diabetes?](#)  (National Institute of Diabetes and Digestive and Kidney Diseases)

## MEDICAL ENCYCLOPEDIA

- [A1C test](#)
- [Anti-insulin antibody test](#)
- [Antithyroglobulin antibody test](#)
- [Diabetes – keeping active](#)
- [Diabetes – when you are sick](#)
- [Diabetes and exercise](#)
- [Diabetes tests and checkups](#)
- [Diabetic ketoacidosis](#)
- [Giving an insulin injection](#)
- [Glucose tolerance test – non-pregnant](#)

Show More ▾

## Related Health Topics

- [A1C](#)
- [Blood Glucose](#)
- [Diabetes](#)
- [Diabetes Complications](#)
- [Diabetes in Children and Teens](#)
- [Diabetes Medicines](#)
- [Diabetes Type 2](#)
- [Diabetic Diet](#)

# Searching MedlinePlus: it's meant to be easy!

- Options for HOW to search
  - A-Z
  - Topics
  - Search box

# Searching MedlinePlus: the searchbox

- Prominent searchbox
  - Predictive text
  - Predictive topics
  - Phrases "health services research"
  - Automatically expands your search with synonyms
    - searching for the word *swelling*, automatically also retrieves *edema*
  - NOT case sensitive
  - You CAN search using special characters- will retrieve all
    - If you search for *niño*, your results will include pages that contain the word *niño* or *nino*
  - Spelling
    - MedlinePlus will suggest replacements if term isn't recognized





depressio

×

GO

depression

upport

**postpartum depression**

depression in older adults

pañol

**learning about depression**

**post-pregnancy depression**

Health Topics

Drugs & Supplements

Genetics

Medical Topics

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FEATURED TOPIC

### Child Dental Health

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[Learn more](#)



Health Topics

Find information on health



Medical Encyclopedia

Articles and images for



Genetics

Explore genetic conditions

Searching  
MedlinePlus via  
the search box

# Results Page

- Results List
- Ways to refine results:
  - Type
  - Format

### Refine by Type

All Results ( 575 )

- **Health Topics** (14)
- **Medical Encyclopedia** (30)
- **External Health Links** (476)
- **Medical Tests** (3)
- **Genetics** (16)
- **Drugs and Supplements** (9)
- **National Institutes of Health** (158)
- **MedlinePlus Magazine** (36)
- **Healthy Recipes** (0)
- **Multiple Languages** (0)

### Refine by Format

All Results ( 575 )

- **PDF** (47)
- **Videos** (10)

Results 1 – 10 of 575 for **learning about depression**



## 1. Learning about depression

**Depression** is feeling sad, blue, unhappy, or down in the dumps. Most people feel this way once in a while. Clinical **depression** is ...

<https://medlineplus.gov/ency/patientinstructions/000325.htm> – Medical Encyclopedia

## 2. Depression (National Library of Medicine)

**Depression** is a serious medical illness. It's more than just a feeling of being sad or "blue" for a few days. If you are one of the more than 19 million teens and ...

<https://medlineplus.gov/depression.html> – Health Topics

## 3. Other Concerns and Conditions with ADHD (Centers for Disease Control and Prevention)

Attention Deficit Hyperactivity Disorder/Related Issues ... Attention Deficit Hyperactivity Disorder ... Centers for Disease Control and Prevention ... Attention-Deficit/ ...

<https://www.cdc.gov/ncbddd/adhd/conditions.html> – External Health Links

## 4. Fatigue in Older Adults (National Institute on Aging)

Fatigue/Older Adults ... Fatigue ... National Institute on Aging ... Always tired? Read about the causes of fatigue (like illness and certain medications), and learn ...

<https://www.nia.nih.gov/health/fatigue/fatigue-older-adults> – External Health Links

## 5. What to Do after Someone Dies (National Institute on Aging)

End of Life Issues/Related Issues ... End of Life Issues ... National Institute on Aging ... From the National Institutes of Health ... What do you need to do after someone ...

<https://www.nia.nih.gov/.../what-do-after-someone-dies> – External Health Links

## 6. Oppositional defiant disorder

... disorders Attention-deficit/hyperactivity disorder (ADHD) Bipolar disorder **Depression Learning** disorders Substance abuse disorders

<https://medlineplus.gov/ency/article/001537.htm> – Medical Encyclopedia

## 7. Darier disease

# Depression

Also called: Clinical depression, Dysthymic disorder, Major depressive disorder, Unipolar depression



## On this page

### Basics

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

### Learn More

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

### See, Play and Learn

- [Health Check Tools](#)
- [Test Your Knowledge](#)

### Research

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

### Resources

- [Find an Expert](#)

### For You

- [Children](#)
- [Teenagers](#)
- [Men](#)
- [Women](#)
- [Older Adults](#)
- [Patient Handouts](#)



## MEDICAL ENCYCLOPEDIA

[Depression](#)

[Depression – stopping your medicines](#)

[Depression in older adults](#)

[Dysthymia](#)

[Electroconvulsive therapy](#)

[Heart disease and depression](#)

[Learning about depression](#)

[Major depression](#)

[Major depression with psychotic features](#)

## Summary

Depression is a serious medical illness. It's more than just a feeling of being sad or "blue" for a few days. If you are one of the more than 19 million teens and adults in the United States who have depression, the feelings do not go away. They persist and interfere with your everyday life. Symptoms can include:

- Feeling sad or "empty"
- Loss of interest in favorite activities
- Overeating, or not wanting to eat at all
- Not being able to sleep, or sleeping too much
- Feeling very tired
- Feeling hopeless, irritable, anxious, or guilty
- Aches or pains, headaches, cramps, or digestive problems
- Thoughts of death or [suicide](#)

Back to the homepage



and Cavities.

[Learn more](#)



### Health Topics

Find information on health, wellness, disorders and conditions



### Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments



### Genetics

Explore genetic conditions, genes, and how genetic variations affect health



### Drugs & Supplements

Prescription drugs, over-the-counter medicines, herbs, and supplements



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### Healthy Recipes

These recipes show you how to prepare tasty, quick meals as part of a healthy lifestyle



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[NIH MedlinePlus Magazine](#)



[Clinical Trials](#)

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Home → Easy-to-Read Health Information

## Easy-to-Read Health Information



Find links to health information that is easier to read, understand, and use. These materials are designed to be clear and to follow best practices in health literacy. The links on this page are arranged alphabetically by health topic.

MedlinePlus identifies easy-to-read materials using this [Health Education Materials Assessment Tool \(PDF\)](#).





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

### A



#### Acne

- [What Is Acne?](#)  (National Institute of Arthritis and Musculoskeletal and Skin Diseases)  
Also in Spanish

#### Alcohol

- [Harmful Interactions: Mixing Alcohol with Medicines](#)  (National Institute on Alcohol Abuse and Alcoholism)  
Also in Spanish
- [Understanding the Dangers of Alcohol Overdose](#)  (National Institute on Alcohol Abuse and Alcoholism)  
Also in Spanish

#### Alzheimer's Disease

- [8 Frequently Asked Questions about Alzheimer's Disease](#)  (National Institute on Aging)
- [If a Family Member Has Alzheimer's Disease, Will I Have It, Too?](#)  [Infographic](#) (National Institute on Aging)

# Easy-to-Read Health Information

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[Home](#) → [Multiple Languages](#)

## Health Information in Multiple Languages



Browse health information in multiple languages, arranged by language. You can also browse this information by [health topic](#).

- [Albanian \(Gjuha Shqipe\)](#)
- [Amharic \(Amarĩñña / አማርኛ \)](#)
- [Arabic \(العربية\)](#)
- [Armenian \(Հայերեն\)](#)
- [Bengali \(Bangla / বাংলা\)](#)
- [Bosnian \(bosanski\)](#)
- [Burmese \(myanma bhasa\)](#)
- [Cape Verdean Creole \(Kabuverdianu\)](#)
- [Chinese, Simplified \(Mandarin dialect\) \(简体中文\)](#)
- [Chinese, Traditional \(Cantonese dialect\) \(繁體中文\)](#)
- [Chuukese \(Trukese\)](#)
- [Dari \(دری\)](#)



Health Information in Multiple Languages (find by language)

# Health Information in Multiple Languages (find by topic)

Dementia

Dengue

Dental Health

Dentures

Depression

Diabetes

Diabetes and Pregnancy

Diabetes Complications

Diabetes Medicines

Diabetes Type 1

Diabetes Type 2

Diabetic Eye Problems

Diabetic Kidney Problems

Diabetic Nerve Problems

Diagnostic Imaging

Dialysis

Dietary Supplements

Digestive Diseases

Disaster Preparation and Recovery

Dislocations

Drug Reactions

Drug Safety

# Depression: available languages

## Depression – Multiple Languages



Arabic (العربية)

Japanese (日本語)

Russian (Русский)

Chinese, Simplified (Mandarin dialect) (简体中文)

Korean (한국어)

Somali (Af-Soomaali )

Chinese, Traditional (Cantonese dialect) (繁體中文)

Nepali (नेपाली)

Spanish (español)

Portuguese (português)

Vietnamese (Tiếng Việt)

French (français)

Hindi (हिन्दी)

### Arabic (العربية)

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- [Feeling Sad – \(Arabic\) العربية Bilingual PDF](#)  
Health Information Translations

### Chinese, Simplified (Mandarin dialect) (简体中文)

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- [Feeling Sad – 简体中文 \(Chinese, Simplified \(Mandarin dialect\)\) Bilingual PDF](#)  
Health Information Translations

### Chinese, Traditional (Cantonese dialect) (繁體中文)

---

- [Feeling Sad – 繁體中文 \(Chinese, Traditional \(Cantonese dialect\)\) Bilingual PDF](#)  
Health Information Translations

### French (français)

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- [Feeling Sad – français \(French\) Bilingual PDF](#)  
Health Information Translations

### Hindi (हिन्दी)



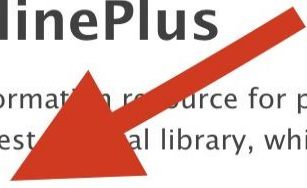
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## Child Dental Health

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[Learn more](#)

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## About MedlinePlus



MedlinePlus is an online health information resource for patients and their families and friends.

### General Information about MedlinePlus

*Description & history*

### Using MedlinePlus

*Policies, training, & help*

### Information for Developers

*Web service, data files, & linking*

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

Our mission is to present high-quality, relevant health and wellness information that is trusted, easy to understand, and free of advertising, in both English and Spanish. Anywhere, anytime, on any device—for free.



# The About Section

# Content Review & Updates

## Review and Update of Content on MedlinePlus



MedlinePlus provides health information from several different sources. Some pages, like the medical encyclopedia and drug information, are licensed from outside sources. Other pages, like health topic pages, medical tests, and genetic pages, are created for MedlinePlus. Information from different sources is reviewed and updated on different schedules.

Here's how information hosted on MedlinePlus is reviewed and updated:

### Health Topics

- Updated as new information becomes available.
- Broken links are checked and fixed daily.
- A “Last updated” date indicates when the topic summary and/or the links on the page were reviewed and updated.

### Medical Tests

- Fully reviewed at least every 3 years.
- Content is also updated as needed between review cycles.
- A “last updated” date indicates when the medical test was reviewed and updated.

### Genetics

- Condition, gene, and chromosome summaries, as well as sections of Help Me Understand Genetics, are reviewed by experts in genetics before being posted to MedlinePlus and with each substantial revision.
- Feedback on select content is provided by [patient support and advocacy groups](#).
- A “last updated” date indicates when the information was reviewed and updated.

### A.D.A.M. Medical Encyclopedia

- New and updated articles and illustrations are added monthly.
- A review date and the names of medical reviewers are included near the bottom of each encyclopedia page.
- [A.D.A.M. Editorial Policy](#)

Questions? [krb3k@virginia.edu](mailto:krb3k@virginia.edu)