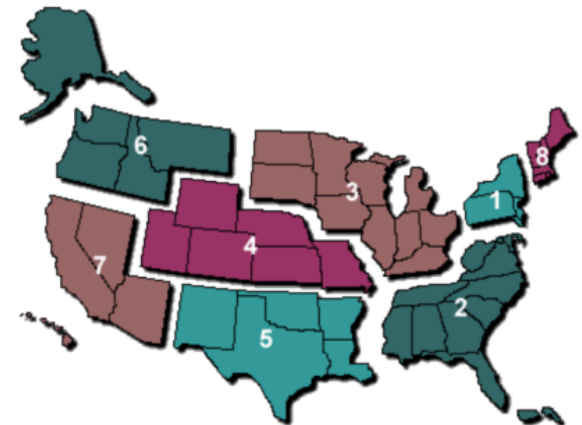




U.S. National Library of Medicine



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



National Network of Libraries of Medicine/Pacific Northwest Region

<https://nnlm.gov/pnr>

Pacific Northwest Region

The University of Washington Health Sciences Library serves as the regional Network Office for network member organizations throughout the National Network of Libraries of Medicine, Pacific Northwest Region (NNLM PNR) including the states of Alaska, Idaho, Montana, Oregon and Washington

Learn more about PNR

Health Sciences Librarians across Montana: <http://guides.lib.montana.edu/c.php?g=198133&p=5535792>



Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

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



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Lab Test Information

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



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

Share MedlinePlus



When it's chilly outside, why not try chili inside?

We have a **Three-Bean Chili with Chunky Tomatoes** recipe that's sure to warm you up!



Tweets by @MedlinePlus



What's the eating style that's best for health? Is it a Mediterranean eating plan? Vegetarian? Low carb? With all the eating styles out there, it's hard to know which one to follow. Learn how to make healthy diet choices with NIH News in Health: ow.ly/Snim30mVNAC



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American Indian and Alaska Native Health

HEALTH INFORMATION FOR PEOPLE AND COMMUNITIES

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Text Size: [A](#) [A](#) [A](#)

Welcome!

American Indian and Alaska Native Health <https://americanindianhealth.nlm.nih.gov/> is a central source for information about the health and well-being of Native Americans and Alaska Natives. It is freely available, and offers access to evaluated and authoritative resources for:

- individuals,
- health educators,
- healthcare professionals.



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

Identify or Search for a Pill

Imprint:	<input type="text" value="letters or numbers on either side of the pill"/> <input type="checkbox"/> Pill does not have an imprint.	Drug Name or Ingredient(s):	<input type="text"/>
Shape:	<input type="text" value="Select Shape"/>	Inactive Ingredient(s):	<input type="text"/> <input type="checkbox"/> Find pills WITHOUT this ingredient.
Color:	<input type="text" value="Select Color"/>	Label Author:	<input type="text"/>
Size:	<input type="text" value="Select Size (search +/- 2mm)"/>	DEA Schedule:	<input type="text" value="Select DEA Schedule"/>
Score:	<input checked="" type="radio"/> Unknown <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4	Product Code:	<input type="text"/> - <input type="text"/>

Do not search repackaged and relabeled medications.

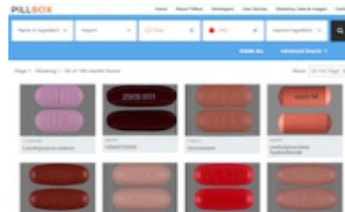
Discover

There's more to a pill than how it looks. What's inside the pill other than the drug? Is it a controlled substance?

Connect

Learn more than the pill's name. Pillbox links you to the drug label, clinical trials, breastfeeding safety, and more.

A New Pillbox



A new version of Pillbox, designed for phones, tablets, and desktops has launched, with improved search and more pills displayed on each page.

[Try the new version of Pillbox](#)



Sources of Exposure

Explore places and situations where you might be exposed to hazardous chemicals and contaminants. Learn how you can minimize your risk.

EXPLORE

Chemicals & Contaminants

Learn about common hazardous chemicals and contaminants, their possible health effects, and how you can protect yourself.

INVESTIGATE

Diseases & Conditions

Learn about possible associations between environmental contaminants and select diseases and conditions.

DISCOVER

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

Health Literacy Toolkit

The National Network of Libraries of Medicine (NNLM) and The American Library Association (ALA) have partnered through the Libraries Transform public awareness campaign to create a **free toolkit** to help library professionals raise awareness of how libraries provide trusted health information to their communities.

The toolkit provides key messages, program ideas and downloadable marketing materials, including bookmarks and social media graphics, for libraries to use as they promote health literacy during Health Literacy Month (October) and throughout the year.

Eight new Because statements and accompanying resources were added to the toolkit in 2018, covering a wide-ranging array of health literacy topics including genetics, family history, clinical trials, citizen science projects, customizing care and student well-being.

Join the Libraries Transform Campaign to receive updates and access to these new tools.



<http://www.ilovelibraries.org/librariestransform/health-literacy-toolkit-intro>

Accelerating Biomedical Discovery and Data-Powered Health

Search for



PubMed

Citations for biomedical literature



MedlinePlus

Reliable, up-to-date health information for you



Open-i

An experimental multimedia search engine



TOXNET

Search databases on hazardous chemicals



ClinicalTrials.gov

A database of clinical studies, worldwide



BLAST

Basic Local Alignment Search Tool

News and Highlights



Director's Blog

With Gratitude



In Focus

Real Talk with NLM Director Dr. Patricia Flatley Brennan



NLM Announcements

NLM Announces 2019 Michael E. DeBakey Fellows in the History of Medicine



NCBI Insights

Visit NCBI at the ASCB | EMBO meeting in San Diego, December 9-11, 2018



Circulating Now

From Discovery to Digital Science: The U.S. National Library of Medicine



Technical Bulletin

NLM Technical Bulletin, Nov-Dec 2018, Cataloging and Metadata News - 2019

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