

## October is Health Literacy Month

MedlinePlus.gov, the website of the National Institutes of Health, defines health literacy as “the ability to get the health information you need, and to understand it. It is also about using the information to make good decisions about your health and medical care.”



Here are some resources from MRL to help.

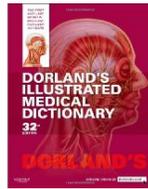


**50 Plus One Questions to Ask Your Doctor**  
By Elizabeth Drake  
LG PT 613 D

In all the pressure and stress of seeing doctors often you forget to ask questions or seek further advice. This book is a simple, clear, practical and up-to-date; take it to the doctor's office with you as a reminder of what you need to discuss.

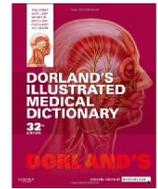
**Dorland's Illustrated Medical Dictionary**  
By W.A. Newman Dorland  
OV 610.3 D

Illustrates and defines terms used in different branches of medicine and health science.

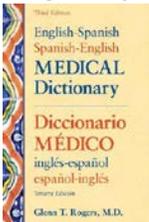


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**English-Spanish, Spanish-English Medical Dictionary**



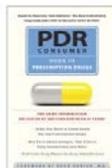
**Diccionario médico, inglés-español, español-inglés**

By Glenn T. Rogers  
SPANISH 610 R

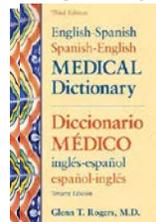
This book contains virtually all health-related terms likely to occur in a conversation between a health worker and a Spanish-speaking patient, including common colloquialisms and slang terms not found in similar dictionaries.

**PDR Consumer Guide to Prescription Drugs**  
By J. Harris Fleming  
615.1 P

A guide from the publishers of *Physicians Desk Reference*. This is a user-friendly guide filled with the information you need on hundreds of commonly prescribed medications. Each drug entry is written in a concise, easy-to-understand format.



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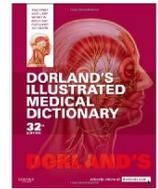


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Online sources will often be the most current. Here are some Helpful Websites:

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MedlinePlus is the National Institutes of Health's Website for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand.

**PubMed Health:**  
<http://www.ncbi.nlm.nih.gov/pubmedhealth/>  
PubMed Health provides information for consumers and clinicians on prevention and treatment of diseases and conditions. It specializes in reviews of clinical effectiveness research, with easy-to-read summaries for consumers as well as full technical reports. PubMed Health is a service provided by the National Center for Biotechnology Information (NCBI) at the U.S. National Library of Medicine (NLM).

**PatientInform:**  
<http://www.patientinform.org/>  
*Patient*INFORM is a collaborative private-sector initiative of medical publishers, health organizations, medical societies, and health information professionals. Its goal is to allow access to the latest research on specific diseases and their treatment.

**Journals available in the Library**



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