



دروازه ای به اطلاعات بهداشتی و پزشکی



U.S. NATIONAL LIBRARY OF MEDICINE

MedlinePlus: founded 1998

The screenshot shows the MedlinePlus website as it appeared in 2006. The browser window title is "MedlinePlus - Health Information from the National Library of Medicine - Mozilla Firefox". The address bar shows the URL "http://www.nlm.nih.gov/medlineplus/medlineplus.html". The website header features the MedlinePlus logo, the text "A service of the U.S. National Library of Medicine NIH National Institutes of Health", and navigation links including "About MedlinePlus", "Site Map", "FAQs", "Contact Us", and an "ESPAÑOL" button. A search bar labeled "Search MedlinePlus" with a "GO" button is also present. The main content area has a green sidebar on the left with a numbered list (1-11) and a central banner that reads "It's Back-to-School time! Tips for parents and kids at our School Health page" with an image of diverse children. Below the banner are three green buttons: "→ Health Topics", "→ Drugs & Supplements", and "→ Videos & Cool Tools". The right side of the page contains a "MEDICAL DICTIONARY" search box, a "POPULAR SEARCHES" list (including anemia, asthma, diabetes, fibromyalgia, hypertension, stroke, vitamin d), and a "Health News" section with a "01 SEP" badge and several article links. At the bottom, there is a "Stay Connected" section for email updates and a "Clinical Trials" button. The Windows taskbar at the bottom shows the Start button and several open applications, including "PC Reservation@ Manag...", "MedlinePlus - Health I...", "PPT", and "Microsoft PowerPoint - [...]", with the system clock showing 3:33 PM.

MedlinePlus - Health Information from the National Library of Medicine - Mozilla Firefox

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http://www.nlm.nih.gov/medlineplus/medlineplus.html

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About MedlinePlus Site Map FAQs Contact Us **ESPAÑOL** Search MedlinePlus **GO**

It's Back-to-School time!
Tips for parents and kids at
our School Health page

→ Health Topics → Drugs & Supplements → Videos & Cool Tools

MEDICAL DICTIONARY **GO**

POPULAR SEARCHES

anemia **asthma** copd
diabetes
fibromyalgia gerd
gout hypertension lisinopril
lupus mrsa shingles
stroke **vitamin d**

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About Your Health

General Seniors Men Women Children

[Back Pain](#)
[COPD \(Chronic Obstructive Pulmonary Disease\)](#)
[Depression](#)
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[Heart Diseases](#)
[High Blood Pressure](#)
[Pregnancy](#)
[Skin Conditions](#)
[Weight Control](#)

NIH SeniorHealth **Clinical Trials**

01 SEP **Health News**

['DASH Diet' Shown to Lower Heart Attack Risk Almost 20%](#)
[Dementia Patients, Caregivers May Benefit from Home-Based Program](#)
[More Evidence: Hormone Therapy Can Muddy Mammograms](#)
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Stay Connected

Get the latest information on the health topics that matter to you most. Sign up for MedlinePlus email updates:

Done

Start PC Reservation@ Manag... MedlinePlus - Health I... PPT Microsoft PowerPoint - [...]

3:33 PM

Three Main Sections

→ Health Topics

→ Drugs & Supplements

→ Videos & Cool Tools



MEDICAL DICTIONARY

GO

POPULAR SEARCHES

anemia **asthma** copd
diabetes
fibromyalgia gerd
gout hypertension lisinopril
lupus mrsa shingles
stroke **vitamin d**

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See more

About Your Health

General

Seniors

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Clinical Trials

01
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Health News

['DASH Diet' Shown to Lower Heart Attack Risk Almost 20%](#)

[Dementia Patients, Caregivers May Benefit from Home-Based Program](#)

[More Evidence Hormone Therapy Can Muddy Mammograms](#)

[more health news](#)



Stay Connected

Get the latest information on the health topics that matter to you most. Sign up for MedlinePlus email updates:

Health Topics

The screenshot shows a Mozilla Firefox browser window displaying the MedlinePlus Health Topics page. The address bar shows the URL <http://www.nlm.nih.gov/medlineplus/healthtopics.html>. The page features a navigation bar with letters A through Z and a link to 'List of All Topics'. The main content area is titled 'Health Topics' and includes a brief description: 'Read about symptoms, causes, treatment and prevention for over 800 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.' Below this, there are three columns of links, each preceded by an icon. The first column, 'Body Location/Systems', includes links for Blood, Heart and Circulation; Bones, Joints and Muscles; Brain and Nerves; Digestive System; Ear, Nose and Throat; Endocrine System; Eyes and Vision; Immune System; Kidneys and Urinary System; Lungs and Breathing; Mouth and Teeth; Skin, Hair and Nails; Female Reproductive System; and Male Reproductive System. The second column, 'Disorders and Conditions', includes links for Cancers; Diabetes Mellitus; Genetics/Birth Defects; Infections; Injuries and Wounds; Mental Health and Behavior; Metabolic Problems; Poisoning, Toxicology, Environmental Health; Pregnancy and Reproduction; and Substance Abuse Problems. The third column, 'Demographic Groups', includes links for Children and Teenagers; Men; Population Groups; Seniors; and Women. Below these columns, there is a section for 'Health and Wellness' with links for Disasters; Fitness and Exercise; Food and Nutrition; Health System; Personal Health Issues; Safety Issues; Sexual Health Issues; Social/Family Issues; and Wellness and Lifestyle. At the bottom of the page, there are links for 'Mobile version', 'Get email updates', 'Subscribe to RSS', and 'Follow us on Twitter'. The Windows taskbar at the bottom shows the Start button and several open applications, including 'PC Reservation@ Manag...', 'Health Topics: Medlin...', and 'Presentation1'. The system clock indicates the time is 3:36 PM.

Health Topics: MedlinePlus - Mozilla Firefox

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Health Topics: MedlinePlus MedlinePlus: Drugs, Herbs and Supplem...

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

Health Topics

Read about symptoms, causes, treatment and prevention for over 800 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

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](#)
- [Kidneys and Urinary System](#)
- [Lungs and Breathing](#)
- [Mouth and Teeth](#)
- [Skin, Hair and Nails](#)
- [Female Reproductive System](#)
- [Male Reproductive 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](#)
- [Substance Abuse Problems](#)

Demographic Groups

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

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)
- [Personal Health Issues](#)
- [Safety Issues](#)
- [Sexual Health Issues](#)
- [Social/Family Issues](#)
- [Wellness and Lifestyle](#)

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Start PC Reservation@ Manag... Health Topics: Medlin... Presentation1

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Selecting a topic

Blood, Heart and Circulation: MedlinePlus - Mozilla Firefox

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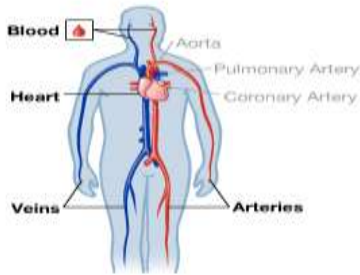
http://www.nlm.nih.gov/medlineplus/bloodheartandcirculation.html

medlineplus

Health Topics Drugs & Supplements Videos & Cool Tools **ESPAÑOL**

Blood, Heart and Circulation

[See all topics](#)



Select One:

- [Arteries](#)
- [Blood](#)
- [Heart](#)
- [Veins](#)

Blood, Heart and Circulation Topics

Abdominal Aortic Aneurysm see [Aortic Aneurysm](#)
ABO Blood Groups see [Blood and Blood Disorders](#)
AF see [Atrial Fibrillation](#)
[Anatomy](#)
[Anemia](#)
[Aneurysms](#)
Angitis see [Vasculitis](#)
[Angina](#)
[Angioplasty](#)
Anticoagulants see [Blood Thinners](#)

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3:36 PM

Inside a Topic

Blood Pressure Medicines: MedlinePlus - Mozilla Firefox

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http://www.nlm.nih.gov/medlineplus/bloodpressuremedicines.html#cat1

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Other Topics: 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

Blood Pressure Medicines

Also called: Antihypertensive Medicines, High blood pressure medicines

High blood pressure, also called hypertension, usually has no symptoms. But it can cause serious problems such as stroke, heart failure, heart attack and kidney failure. If you cannot control your high blood pressure through healthy lifestyle habits such as losing weight and reducing sodium in your diet, your doctor may prescribe medicines.

Blood pressure medicines work in different ways to lower blood pressure. Some remove extra fluid and salt from the body to lower blood pressure. Others slow down the heartbeat or relax and widen blood vessels. Often, two or more medicines work better than one.

NIH: National Heart, Lung, and Blood Institute

Get Blood Pressure Medicines updates by email **GO** [What's this?](#)

Start Here

- [High Blood Pressure: Medicines to Help You](#) Easy-to-Read (Food and Drug Administration)
- [Medications and Blood Pressure](#) (American Heart Association)

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MEDICAL ENCYCLOPEDIA

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- [Beta blockers overdose](#)
- [Calcium channel blocker overdose](#)
- [Thiazide overdose](#)

Related Topics

High Blood Pressure

Basics Learn More Multimedia & Cool Tools

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Link to outside websites

 U.S. Department of Health & Human Services

 **U.S. Food and Drug Administration**

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[A-Z Index](#) [go](#)

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Consumer Information by Audience
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[OWH eUpdate](#)
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[Free Publications](#)
[Take Time to Care Program](#)
[Women's Health Topics](#)

Resources for You

- [Heart Health for Women](#)
- [Women and Diabetes](#)
- [Free Publications For Women](#)
- [Office of Women's Health](#)

High Blood Pressure--Medicines to Help You

[Full Color Version \(PDF 804KB\)](#)

High blood pressure is a serious illness.

High blood pressure is often called a "silent killer" because many people have it but do not know it. Some people do not feel sick at first. **Over time, people who do not get treated for high blood pressure can get very sick or even die.**

High blood pressure can cause:

- kidney failure
- stroke
- blindness and
- heart attacks.

There is good news.

There are life-saving medicines people can take every day to help control their high blood pressure. People who eat healthy foods, exercise, and take their medicines every day can control their blood pressure.

Take your blood pressure medicines.

It is important to take your blood pressure medicines every day. **Take your medicines even when your blood pressure comes down ... even when you do not feel bad.** Do not stop taking your medicine until your doctor says that it is OK.

Most people who take high blood pressure medicines do not get any side effects. Like all medicines, high blood pressure medicines can sometimes cause side effects. Some people have common problems like headaches, dizziness or an upset stomach. These problems are small compared to what could happen if you do not take your medicine.

Understanding your blood pressure -- What do the numbers mean?
When you have your blood pressure taken, you are told 2 numbers, like 120/80. Both numbers are important.

Clickable Links

Blood Pressure Medicines: MedlinePlus - Mozilla Firefox

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http://www.nlm.nih.gov/medlineplus/bloodpressuremedicines.html#cat57

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Research	Reference Shelf	For You
Clinical Trials Journal Articles	Organizations	MedlinePlus Magazine Patient Handouts

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- [ACE inhibitors](#)
- [Beta blockers overdose](#)
- [Calcium channel blocker overdose](#)
- [Thiazide overdose](#)

Related Topics

- [High Blood Pressure](#)
- [Blood, Heart and Circulation](#)
- [Drug Therapy](#)

National Institutes of Health

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Drugs

MedlinePlus: Drugs, Herbs and Supplements: MedlinePlus - Mozilla Firefox

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Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name

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 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

All herbs and supplements

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- [Blood Pressure Medicines](#)
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2 Sections



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Drugs, Herbs and Supplements



Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name

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All herbs and supplements



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Drugs Listing

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Drugs beginning with M: Measles...

Drugs beginning with: 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 0-9

Drugs: M

M.A.H.® (as a combination product containing Aluminum Hydroxide, Magnesium Hydroxide) see [Aluminum Hydroxide and Magnesium Hydroxide](#)

M-Clear® (as a combination product containing Guaifenesin and Hydrocodone) see [Hydrocodone](#)

M-Clear WC® (as a combination product containing Codeine, Guaifenesin) see [Codeine](#)

M-End Liquid® (as a combination product containing Brompheniramine, Hydrocodone, and Pseudoephedrine) see [Hydrocodone](#)

M-End Max® (as a combination product containing Brompheniramine, Hydrocodone, and Phenylephrine) see [Hydrocodone](#)

M-End PE® (as a combination product containing Brompheniramine, Codeine, Phenylephrine) see [Codeine](#)

M-M-R® II (as a combination product containing Measles Vaccine, Mumps Vaccine, Rubella Vaccine) see [Measles, Mumps, and Rubella Vaccine](#)

M-R-Vax® II (as a combination product containing Measles Vaccine, Rubella Vaccine) see [Measles, Mumps, and Rubella Vaccine](#)

Maalox® Anti-Diarrheal see [Loperamide](#)

Maalox® Anti-Gas see [Simethicone](#)

Maalox® Plus (as a combination product containing Aluminum Hydroxide, Magnesium Hydroxide, Simethicone) see [Simethicone](#)

Maalox HRF® (as a combination product containing Aluminum Hydroxide, Magnesium Hydroxide) see [Aluminum Hydroxide and Magnesium Hydroxide](#)

Maalox T.C.® (as a combination product containing Aluminum Hydroxide, Magnesium Hydroxide) see [Aluminum Hydroxide and Magnesium Hydroxide](#)

Maalox Total Relief® see [Bismuth Subsalicylate](#)

Macrobid® see [Nitrofurantoin](#)

Macugen® see [Pegaptanib Injection](#)

Mag-Ox® see [Magnesium Oxide](#)

Magaant® (as a combination product containing Aluminum Hydroxide, Magnesium Hydroxide, Simethicone) see [Simethicone](#)

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Magagel® Plus (as a combination product containing Aluminum Hydroxide, Magnesium Hydroxide, Simethicone) see [Simethicone](#)

Magaldrate Plus (as a combination product containing Magaldrate, Simethicone) see [Simethicone](#)

Magalox® Plus (as a combination product containing Aluminum Hydroxide, Magnesium Hydroxide, Simethicone) see [Simethicone](#)

Magnacet® (as a combination product containing Acetaminophen, Oxycodone) see [Acetaminophen](#)

Magnacet® (as a combination product containing Acetaminophen, Oxycodone) see [Oxycodone](#)

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Magnaprin® see [Aspirin](#)

[Magnesium Gluconate](#)

[Magnesium Hydroxide](#)

[Magnesium Oxide](#)

Magonate® see [Magnesium Gluconate](#)

Magtrate® see [Magnesium Gluconate](#)

Major-gesic® (as a combination product containing Acetaminophen, Phenyltoloxamine) see [Acetaminophen](#)

Majorcon® see [Simethicone](#)

Malatal® (as a combination product containing Atropine, Hyoscyamine, Phenobarbital, Scopolamine) see [Belladonna Alkaloid Combinations and](#)

Supplements

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Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

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[Blueberry](#)
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[Cassia cinnamon](#)
[Chondroitin sulfate](#)
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[Folic acid](#)

[Garlic](#)
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[Ginseng, Panax](#)

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[Thiamine \(Vitamin B1\)](#)
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Information

Fish oil

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What is it?

Fish oils can be obtained from eating fish or by taking supplements. Fish that are especially rich in the beneficial oils known as omega-3 fatty acids include mackerel, tuna, salmon, sturgeon, mullet, bluefish, anchovy, sardines, herring, trout, and menhaden. They provide about 1 gram of omega-3 fatty acids in about 3.5 ounces of fish.

Fish oil supplements are usually made from mackerel, herring, tuna, halibut, salmon, cod liver, whale blubber, or seal blubber. Fish oil supplements often contain small amounts of vitamin E to prevent spoilage. They might also be combined with calcium, iron, or vitamins A, B1, B2, B3, C, or D.

Fish oil is used for a wide range of conditions. It is most often used for conditions related to the heart and blood system. Some people use fish oil to lower blood pressure or triglyceride levels (fats related to cholesterol). Fish oil has also been tried for preventing heart disease or stroke. The scientific evidence suggests that fish oil really does lower high triglycerides, and it also seems to help prevent heart disease and stroke when taken in the recommended amounts. Ironically, taking too much fish oil can actually increase the risk of stroke.

Fish may have earned its reputation as "brain food" because some people eat fish to help with depression, psychosis, attention deficit-hyperactivity disorder (ADHD), Alzheimer's disease, and other thinking disorders.

Some people use fish oil for dry eyes, glaucoma, and age-related macular degeneration (AMD), a very common condition in older people that can lead to serious sight problems.

Women sometimes take fish oil to prevent painful periods; breast pain; and complications associated with pregnancy such as miscarriage, high blood pressure late in pregnancy, and early delivery.

Fish oil is also used for diabetes, asthma, developmental coordination disorders, movement disorders, dyslexia, obesity, kidney disease, weak bones (osteoporosis), certain diseases related to pain and swelling such as psoriasis, and preventing weight loss caused by some cancer drugs.

Fish oil is sometimes used after heart transplant surgery to prevent high blood pressure and kidney damage that can be caused by the surgery itself or by drugs used to reduce the chances that the body will reject the new heart. Fish oil is sometimes used after coronary artery bypass surgery. It seems to help keep the blood vessel that has been rerouted from closing up.

When fish oil is obtained by eating fish, the way the fish is prepared seems to make a difference. Eating broiled or baked fish appears to reduce the risk of heart disease, but eating fried fish or fish sandwiches not only cancels out the benefits of fish oil, but may actually increase heart disease risk.

Two of the most important omega-3 fatty acids contained in fish oil are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). See separate listings for EPA and DHA.

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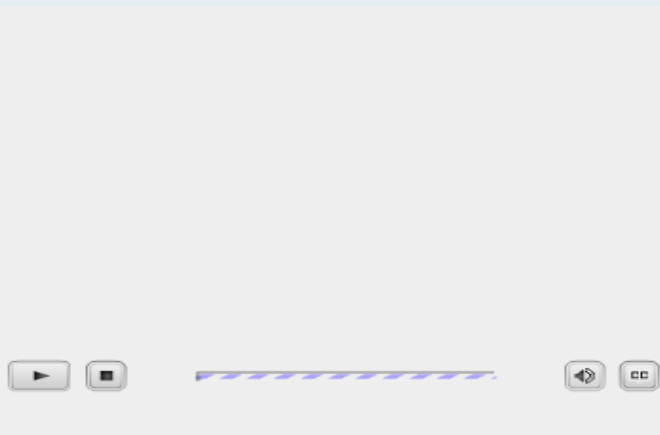
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Videos of Surgical Procedures

This page provides links to prerecorded webcasts of surgical procedures. These are actual operations performed at medical centers in the United States since 2004. **The videos last an hour.** Please note that you cannot send in questions by email, though the webcast may say that you can, because you are not seeing these videos live.

The videos are in Flash format. You will need Flash Player to view the programs. You can download Flash Player for free at www.adobe.com/products/flashplayer.

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Aortic Aneurysm

- [Aortic Aneurysm Repair](#) (Baptist Hospital, Miami, FL, 5/07/2009)
- [Repair of a Migrated Abdominal Aortic Aneurysm Endovascular Graft](#) (Barnes-Jewish Hospital, St. Louis, MO, 9/30/2005)
- [Transesophageal Echocardiogram \(TEE\)](#) (Shawnee Mission Medical Center, Merriam, KS, 2/17/2009)

Angioplasty

- [Coronary Angioplasty Stent Placement](#) (Shawnee Mission Medical Center, Merriam, KS, 2/19/2009)

Arrhythmia

- [Electrophysiological Study and Catheter Ablation with 3D Mapping](#) (Mercy Hospital, Miami, FL, 11/15/2007)
- [Paracardioscopic Ex-Maze](#) (FirstHealth Moore Regional Hospital, Pinehurst, NC, 07/09/2008)

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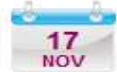
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OR : Example: *Tylenol OR Acetaminophen*

NOT or - : Examples: *flu NOT bird* or *flu –bird*

+ : Example: *+mammogram*

- ❖ when you want the word to appear in your search results exactly as you typed it it does not find resources that contain the words mammography or mammoplasty.

***** : Example: *mammo** finds mammogram, mammography, etc.

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“ : Example, *"health services research"*

- ❖ you can search for a phrase by enclosing words in quotation marks.