



Planetree Health Library

Hands-on help
from books to bytes:
20 years of community
health information services



NETREE
Medical Center

... ago
... beneath a
... or plain top
... first medical
... some tradition
... Pharmacy
... Center and the
... and support
... as knowing
... health and in
...
... health care
... in the
... Medical
... of
... founded in
... 1924

PH
Health

This unit
provides a
... health
... building
... and the
... provided
... from St.
... and the
... Founda-
... from
... Center
... commu-
... nity is
... to fur-
... gonne
... in 1924

Health Literacy Facts

- Health Literacy: The ability to access, understand, and act upon health information
- 1 of every 4 adults in California reads at the lowest level ; average adult reading level in California = 7th grade
- Average reading level for Medicaid recipients = 5th grade
- 46% of American adults cannot understand the label on their prescription medicine (*Journal of American Medical Association*)
- Most health resource materials written at or above 10th grade level

Source: California Health Literacy

Adults with low literacy skills are twice as likely to

- report their health as poor
- be hospitalized
- misunderstand medication instructions
- misunderstand return appointment instructions
- have difficulty navigating to and within a hospital environment
- have difficulty understanding informed consent

Estimated annual cost of low literacy \$73 billion

Longer hospital stays, frequent use of ER, more doctor visits and medications *(National Academy on an Aging Society)*





















MedlinePlus
 Trusted Health Information for You

A service of the U.S. NATIONAL LIBRARY OF MEDICINE
 and the NATIONAL INSTITUTES OF HEALTH

Search MedlinePlus

[About MedlinePlus](#) | [Site Map](#) | [FAQs](#) | [Contact Us](#)

[español](#)

Health Topics
 Start here with 750 topics on conditions, diseases and wellness

Drugs & Supplements
 About your prescription and over-the-counter medicines, herbs and supplements

Medical Encyclopedia
 Includes pictures and diagrams

Dictionary
 Spellings and definitions of medical words

News
 Current health news and press announcements

Directories
 Find doctors, dentists and hospitals


Go Local
 A service for finding local resources for health-related issues

Other Resources
 Local health services, libraries, organizations, international sites and more

Multiple Languages
 Health information in over 40 languages

Current Health News

- † [Folic Acid and Other B Vitamins Won't Help Prevent Cancer](#)
- † [Sudden Death Risk Highest 30 Days After Heart Attack](#)
- † [U.S. Hypertension Rates Rising](#)
- † [More news](#)

Featured Site

 Watch live [aortic root surgery](#) on November 6 at 3 p.m. EST

In the Spotlight

- November is [American Diabetes Month](#). Learn more:
 - † Go to [Diabetes](#) topic page
 - † [Interactive Tutorial](#)
 - † [Latest News](#)

Interactive Tutorials
 Over 165 slideshows with sound and pictures

ClinicalTrials.gov
 Studies for new drugs and treatments

NHSeniorHealth
 Health information for older adults

Surgery Videos
 Videos of surgical procedures

NEW [What's New](#)

[Director's Comments](#)

[NIH MedlinePlus Magazine](#)

[E-mail Updates and RSS](#)

[Disclaimers](#) | [Copyright](#) | [Privacy](#) | [Accessibility](#) | [Quality Guidelines](#)
 U.S. National Library of Medicine, 8600 Rockville Pike, Bethesda, MD 20894
 National Institutes of Health | Department of Health & Human Services
[Freedom of Information Act](#) | [USA.gov](#)

Page last updated: 06 November 2008
 URL for this page: <http://medlineplus.gov>



Searching online for health information

- Google
- WebMD www.webmd.com
- NIH senior health
<http://nihseniorhealth.gov>
- Medline Plus <http://medlineplus.gov>
- PlaneTree Health Library
www.planetreesanjose.org



[Home](#)

[Library Services](#)

[Directions](#)

[Contact us](#)

[Branches](#)

[Partners](#)

[Donate](#)

[Other Libraries](#)

[Current Newsletter](#)



[Recent Newsletters](#)

[Subscribe?](#)

PlaneTree is a comprehensive consumer health and medical library, free and open to the public. Our library's most fundamental service is providing you with access to information so you can make informed decisions about your health and healthy choices about your life.

Our extensive collection of current, useful health information is provided in a variety of formats. Resources range from easy-to-understand materials to the technical, professional literature. Our computer services feature Internet access, including health sites not publicly available, and help with online searching.

PlaneTree covers both conventional and complementary (alternative) therapies. Some books, articles, and videos are available in Spanish with bi-lingual assistance available.

Open since 1989, PlaneTree Health Library moved from San Jose to Los Gatos in 2003. We hope you will visit our pleasant location soon. Our exceptionally knowledgeable and helpful staff can help you find the health information you want and need.

WEBSITE of the WEEK
Selected by staff and volunteers, these links highlight new, unusual, or especially vital health-related sites. Check our series.



DONATE NOW
SUPPORT DONATIONS BY CROWDFUNDING

We appreciate your support



[Join us! at PlaneTree Library Healthy Book Club](#)

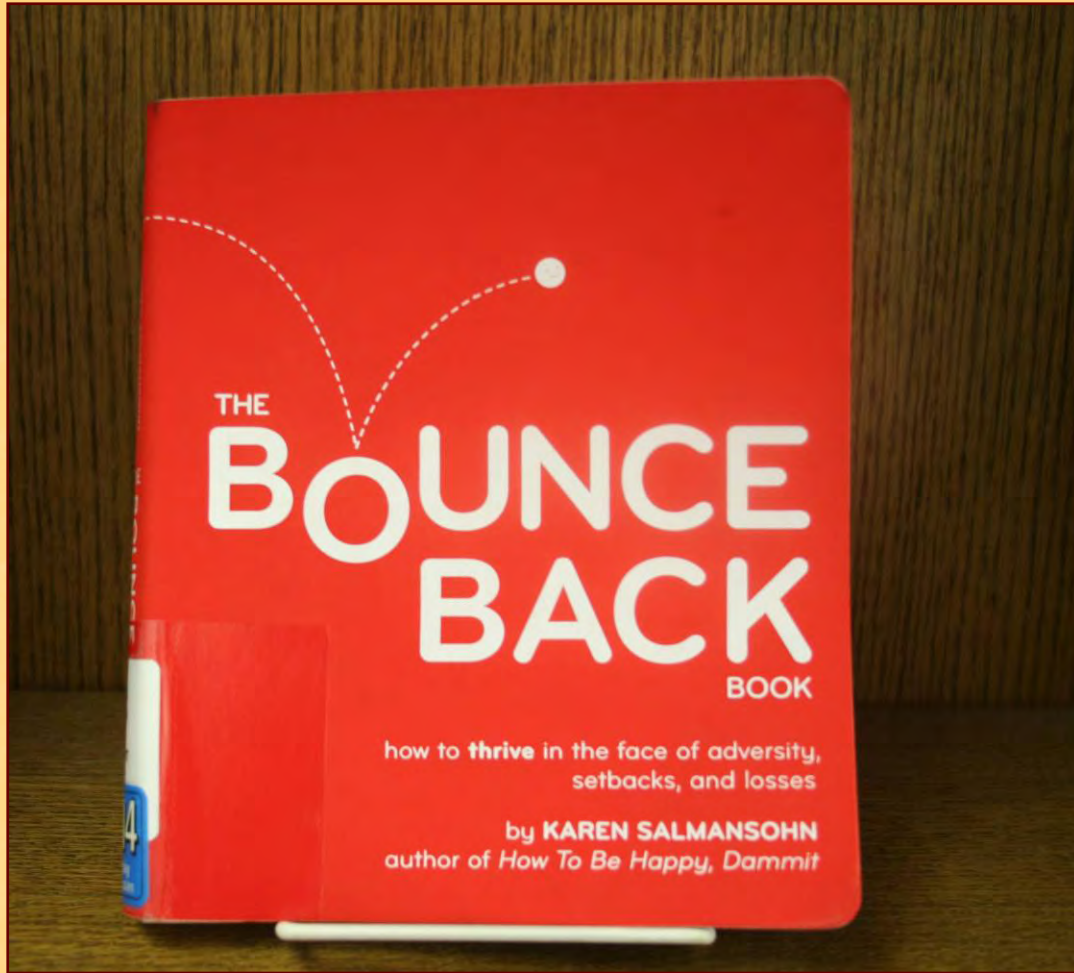


[Upcoming Health Lectures](#)

[Recent Lectures](#)







THE
**BOUNCE
BACK**
BOOK

how to **thrive** in the face of adversity,
setbacks, and losses

by **KAREN SALMANSOHN**
author of *How To Be Happy, Dammit*

The mission of PlaneTree is to –

provide free access to current and relevant health and medical information;

strengthen effective communication between consumers and health care professionals;

partner with other organizations to promote education and healthier choices for individuals, families, and diverse communities.



PlaneTree
Health Library

PlaneTree is an independent nonprofit organization. We depend on tax-deductible contributions from individuals, businesses, and foundations. Please be as generous as you can. Staff and volunteers — and the people we help here every day — thank you.

