



GETTING THINGS DONE

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**internet»
essentials**
FROM COMCAST

Overview

- Using the Internet for Health Resources
- Evaluating Information
- Medline Plus
- Drugs & Supplements
- NCOA: “BenefitsCheckUp”
- Useful Resources



Using the Internet for Health Resources

- Quickly get basic information
- Check symptoms
- Know when it's time to see a doctor
- Ask your doctor the right questions
- Learn about side effects from prescription medications
- Understand more about a health issue



Evaluating Information

- Who wrote the information?
- Is this person or organization knowledgeable & reputable?
- Are they trying to sell a product?
- Is it a .com, .org, or .gov?
- Is the information up-to-date?



Medline Plus

- Administered by the U.S. National Library of Medicine and the NIH
- Offers helpful & easy-to-use tools
- Explore tabs
 - Health Topics
 - Drugs & Supplements
 - Videos & Tools



Drugs & Supplements

- What happens if you search “Xanax”?
- Review important warnings
- Scroll down to see side effects

Drugs: X

Xadago ® see [Safinamide](#)

Xalatan ® see [Latanoprost Ophthalmic](#)

Xalkori ® see [Crizotinib](#)

Xanax ® see [Alprazolam](#)

Xanax ® XR see [Alprazolam](#)

Alprazolam

pronounced as (al pray' zoe lam)



Why is this medication prescribed?

How should this medicine be used?

Other uses for this medicine

What special precautions should I follow?

What special dietary instructions should I follow?

What should I do if I forget a dose?

What side effects can this medication cause?

What should I know about storage and disposal of this medication?

In case of emergency/overdose

What other information should I know?

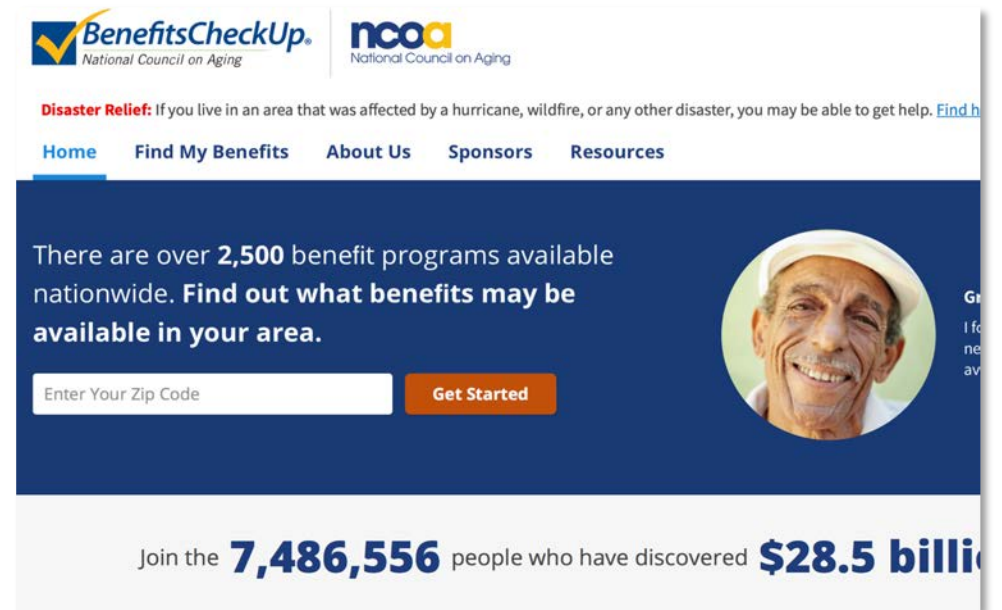
Brand names

IMPORTANT WARNING:

Alprazolam may increase the risk of serious or life-threatening breathing problems, sedation, or coma if used along with certain medications. Tell your doctor if you are taking or plan to take certain opiate medications for cough such as codeine (in Triacin-C, in Tuzistra XR) or hydrocodone (in Anexsia, in Norco, in Zylfrel) or for pain such as codeine (in Fiorinal), fentanyl (Actiq, Duraqesic, Subsys, others).

NCOA: “BenefitsCheckUp”

- National Council on Aging
- Lists benefits programs available in your area
- Enter basic personal information
- See if you qualify



<https://www.benefitscheckup.org>

Useful Resources

- MedlinePlus medlineplus.gov
- WebMD webmd.com
- Mayo Clinic mayoclinic.org
- Drugs.com drugs.com
- National Council on Aging ncoa.org
- Benefits benefits.gov



THANK YOU!

