



Teen Health and Wellness

What is Teen Health and Wellness?

Teen Health and Wellness is a great resource to look up questions you have about subjects like diseases, AIDS, drugs, diet, body issues and other medical questions. It can help with research or with personal questions you have. It allows you to look something up confidentially, without anyone else knowing, and assures you get truthful and current answers. It can also connect you to help via help lines, or asking a doctor a question online. And it's an excellent source of information for homework assignments or other research projects.

You can access Teen Health and Wellness from wherever you have an Internet connection and your public library card.

How do I get to Teen Health and Wellness?

- Go to the Multnomah County Library Web Site: www.multcolib.org
- Click on **Homework Center**.
- Click on **Databases**.
 - Click on **Teen Health and Wellness**. Type in your Multnomah County Library card number and your PIN, the last four digits of your phone number, and click on the Continue button (skip this step if you are at a Multnomah County Library location).

Teen Health and Wellness

- This is what the introduction screen looks like. From here, you click on the title of the resource you want to use.

<< Home

Browse by:

Subject

A-Z

Search:

GO

- » Body Basics
- » Developmental Disabilities and Disorders
- » Diseases, Infections, and Conditions
- » Diversity
- » Drugs and Alcohol
- » Eating Disorders
- » Family Life
- » Friendship and Dating
- » Green Living
- » Grief and Loss
- » Mind, Mood, and Emotions
- » Nutrition, Fitness, and Appearance
- » Safety
- » Sexuality and Sexual Health



in the news

Take Precautions for Upcoming Flu Season

Health officials predict that this year's flu season is going to be particularly rough. Along with the seasonal flu virus, the H1N1 strain is predicted to aggressively appear this winter. A flu shot will decrease your chances of picking up any strain of flu virus. If you're interested in getting a flu vaccine this year, a seasonal flu shot is available now -- and the H1N1 vaccine should be available in October.

- > [Learn how to avoid getting sick.](#)
- > [See previous news stories.](#)

dr. jan's corner

Dear Dr. Jan,

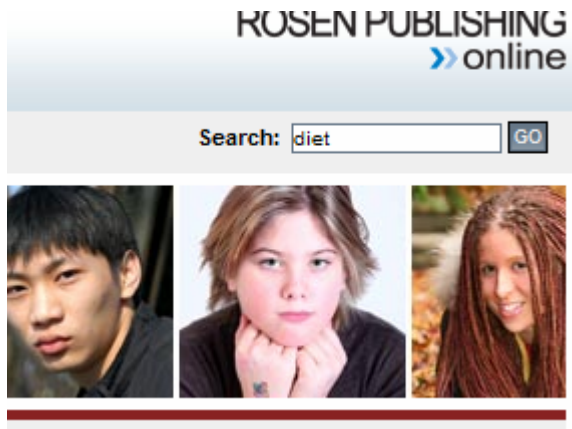
My girlfriend is controlling and abusive, and I don't know if I can handle it much longer. I think that I love her and, when she's not abusive, she is really great. But I can't deal with it when she gets physical. What do you think that I should do?
--Matt

cast your vote

Are cliques and social groups a problem at your school?

- Yes
- Somewhat

- You can click on a subject from the side bar on the left.
- You can browse subjects alphabetically.
- You can type in a topic in the search box, like this:



- You'll get a list of results like this:

Results 1-10 of 150 for "diet."

Narrow your search for "diet" by subject.

Select a Subject

1. Diet Drugs

... **Diet** Drugs and Weight-Loss Products Americans live in a society that is obsessed with weight ..

2. Diet Fads

... are not only unhealthy, but can be dangerous. A fad **diet** is a **diet** that is a craze or in fashion ...

3. Guide to a Healthier Diet


... **diet** that features too many carbohydrates and fats. In our hectic society, people save time ...

4. Vegetarianism and Veganism

... if you find that it's easy enough to cut out foods such as omelets and yogurt from your **diet**, you .

- Click on one of the articles. You can print or e-mail articles to yourself. You can find out how to cite them here too.

<< Return to Search Results

 Print  Email

 Cite this Article

article sections

- > Diet Drugs and Weight-Loss Products
- > Over-the-Counter Diet

[Eating Disorders](#) | [Nutrition, Fitness, and Appearance](#)

Diet Drugs

<< Previous Section

Diet Drugs and Weight-Loss Products

Americans live in a society that is obsessed with weight, body shape, fitness, and dieting. The messages that you have to be thin to be desirable and successful. These messages can be seen in magazines and advertisements, and in the movies. The media encourage people to believe that

- Want to participate? Ask Dr. Jan a question. Answer a poll, or share a personal story of your own.

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--Matt

- > [Read Dr. Jan's answer.](#)
- > [Ask Dr. Jan a question.](#)

personal story

"My Father Got Laid Off From His Job."

One day, Betty and I were recollecting what our middle school trip to Florida was like. We had gone snorkeling in the Keys, swimming among the fish and coral reef. It was an amazing experience with the sights and the smells, the quaint cabin, and expansive sea. Andrew interjected, "I wouldn't know, I didn't go. It was too expensive."

- > [Read Arlene's story.](#)
- > [Share your own story.](#)

✓ cast your vote

Are cliques and social groups a problem at your school?

- Yes
- Somewhat
- No

VOTE

- > [Read more about cliques.](#)
- > [See previous polls and results.](#)

🔍 did you know?

More than 50 percent of teens participate in high school sports.

- > [Read about the benefits of playing sports.](#)
- > [See previous interesting or fun facts.](#)

- A hotlines link at the top of the page gives you phone numbers for hotlines to get help quickly for issues like suicide, rape, AIDS and other problems.
- A glossary link provides definitions of words you don't understand.

[+ Hotlines](#) | [Glossary](#) | [Site Help](#) | [Logout](#)

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