

## 2008 CAPHIS Top 100 List -Health Websites You Can Trust

### General Health

#### **Aetna Intellihealth**

<http://www.intelihealth.com/>

Aetna IntelliHealth, a subsidiary of Aetna, partners with Harvard Medical School and Columbia University College of Dental Medicine to provide health information on this website. It's important to note that Aetna IntelliHealth's editorial policy states that it maintains absolute editorial independence from Aetna. That said, the site is content rich on disease and treatment information, and includes nice additional features such as its Interactive Health Tools, Ask the Expert, Personalized Health E-mail service, and Discussion Boards.

#### **The Cleveland Clinic Health Information Center**

<http://www.clevelandclinic.org/health/>

Produced by the Cleveland Clinic Department of Patient Education and Health Information, this site offers information on over 900 health topics. Podcasts and webcasts of health information are available along with transcripts of web chats with physicians answering health questions. The Cleveland Clinic Patient Education and Health Information provides a live chat service Monday through Friday, 10:00 am to 1:30 pm EST (except holidays) where health educators are available to provide general health information and recommendations of web sites.

#### **Familydoctor.org**

<http://familydoctor.org>

This web site offers clear and concise patient hand-outs for common medical concerns and conditions. All information has been written and reviewed by physicians and patient education professionals at the American Academy of Family Physicians. "Conditions A-Z", make finding a hand-out easy. Handy buttons translates the site into Spanish and increases the type size. Other helpful features are a medical dictionary, health calculators, the Healthy Living Guides, a Smart Patient Guide, Health Tools section and a Health Tip of the Day.

#### **Hardin M.D.**

<http://www.lib.uiowa.edu/hardin/md/>

This subject directory of health web site links is maintained by the Hardin Library for the Health Sciences, University of Iowa. A special focus on medical pictures makes this site unique.

#### **healthfinder**

<http://www.healthfinder.gov/>

Developed by the U.S. Department of Health and Human Services, healthfinder links to carefully selected information and Web sites from over 1,500 health-related organizations. There's a wonderful children's interface with age-appropriate health information and much of the web site's information is available in Spanish. Their Drug Interaction Checker, Online Checkups, and health newsletters in Spanish and English provide useful additional features.

**HealthLink Plus**

<http://www.healthlinkplus.org>

Provides links to credible health web sites recommended by the Information Services staff of the Public Library of Charlotte & Mecklenburg County, North Carolina. Information in Spanish is also available. Their Ask-Us-Now feature provides real-time access to reference librarians to answer questions.

**Mayo Clinic**

<http://www.mayoclinic.com/>

MayoClinic.com offers a wealth of easy-to-understand health and medical information. In addition to diseases and conditions, the site has a number of healthy living guides and helpful resources such as Health Tools, Treatment Decision Guides, blogs and pod casts, and Ask a Specialist feature. Mayo Clinic experts review web site content for accuracy.

**Med Help International**

<http://www.medhelp.org/>

Med Help International is a non-profit organization whose focus is to provide medical information in non-technical language and to an online health community through over 200 medical forums. The People section is where you can get advice and support from other patients while the MyMedHelp has forums led by doctors where you can get answers and medical information online. Registration is required but free.

**Medem**

[http://medem.com/MedLB/medlib\\_entry.cfm](http://medem.com/MedLB/medlib_entry.cfm)

This website has patient information provided by major medical societies. A full range of patient information from simple health information to advanced resources is provided with a complexity indicator to guide your choice.

**MedicineNet.com**

<http://www.medicinenet.com/>

MedicineNet.com is owned and operated by WebMD and part of the WebMD Network. The web site provides easy-to-read, in-depth, authoritative medical information for consumers through its user-friendly, interactive web site. The content is produced and edited by a nationally recognized network of over 70 U.S. Board Certified Physicians. Web videos, daily health news, a signup for an email newsletter, and a symptom checker are additional features.

**MedlinePlus**

<http://www.medlineplus.gov>

MedlinePlus offers over 18,000 links to accurate and current medical information on the Internet that has been evaluated by the National Library of Medicine. It includes drug information, an illustrated medical dictionary, the latest health news, directories of doctors, dentists and hospitals, surgery videos, and interactive health tutorials. Brief information is available in the Medical Encyclopedia with more in depth information in over 750 Health Topics. A handy toggle feature translates the site into Spanish with links to Spanish-language information on the Internet. The GoLocal initiative adds links to local resources in over 18 states with hospital

information available in the other states. The first website any health consumer should visit on the internet.

### **NetWellness**

<http://www.netwellness.org/>

NetWellness, a non-profit consumer health web site, has been in operation for over ten years. It provides over 55,000 pages of high quality information created and evaluated by medical and health professional faculty at the University of Cincinnati, Case Western Reserve University and the Ohio State University. Its Ask An Expert feature is a question and answer service provided by numerous health care professionals of the three universities, who volunteer their time as a community service.

### **NOAH: New York Online Access to Health**

<http://www.noah-health.org>

Bi-lingual in Spanish and English, NOAH provides links to high quality consumer health information that is accurate, timely, relevant and unbiased. Arranged both alphabetically and by body site, it includes a search feature to guide you to a specific topic.

## **Women's Health**

### **Center for Young Women's Health**

<http://www.youngwomenshealth.org>

The Children's Hospital Boston sponsors this web site for teenaged girls and young women around the world. It provides health guides in both English and Spanish with special focuses are on nutrition, health & development, sexuality, gynecology and emotional health.

### **Feminist.com Health and Sexuality Links**

[http://www.feminist.com/resources/links/links\\_health.html](http://www.feminist.com/resources/links/links_health.html)

This is a directory of Web sites covering breast cancer, sexuality, reproductive rights, and general women's health created by Feminist.com, a grassroots organization. It includes directories of midwives, birthing centers, and abortion clinics.

### **Food and Drug Administration (FDA) Office of Women's Health (OWH)**

<http://www.fda.gov/womens/>

The FDA's Office of Women's Health provides information about medical devices, cosmetics, and drugs, current health news, and information about research on women's health issues. It provides links to regulatory information, scientific projects, and publications.

### **HeartHealthWoman.org**

<http://www.hearthealthywomen.org/>

Healthy Women is sponsored by the Cardiovascular Research Foundation in collaboration with WomenHeart: the National Coalition for Women with Heart Disease and the Office on Women's Health of the Department of Health and Human Services. It provides women with in-depth, up-to-date information on the prevention, diagnosis, and treatment of heart and blood vessel diseases and encourages the participation of women in clinical trials of cardiovascular disease.

**ihr.com: Internet Health Resources**

<http://www.ihr.com>

This site is a clearinghouse for online infertility information. It covers diagnosis, treatment options, financial issues, legal issues, adoption, and support groups.

**Mayo Clinic Women's Health Center**

<http://www.mayoclinic.com/health/womens-health/WO99999>

The Mayo Clinic provides information on women's health issues such as birth control, reproductive and sexual health, menopause and osteoporosis.

**MedlinePlus: Women's Health**

<http://www.nlm.nih.gov/medlineplus/womenshealth.html>

The National Library of Medicine provides frequently updated links to Internet sites about women's health. Overviews, news, prevention & screening, health check tools, statistical sites, directories and more are covered. Also provided are links to other pages on MedlinePlus to information on uterine diseases, breast diseases, pregnancy, menopause and reproductive health. Clicking on the Español link can access links to Spanish-language websites.

**National Women's Health Resource Center (NWHRC)**

<http://www.healthywomen.org>

The National Women's Health Resource Center is a non-profit, national clearinghouse for women's health information. It develops original health materials and content for women and provides links to related news, educational opportunities, and national organizations. It also has information about books and contacts for local health departments.

**Noah: Women's Health**

<http://www.noah-health.org/en/healthy/women/>

New York Online Access to Health is a bilingual (English/Spanish) health information site created by the City University of New York, the New York Academy of Medicine, and the New York, Queens Borough, and Brooklyn Public Libraries. The Women's Health pages cover normal conditions such as puberty, pregnancy, and menopause as well as diseases and concerns such as endometriosis, women's cancers, and STDs.

**North American Menopause Society**

<http://www.menopause.org/Consumers/>

The North American Menopause Society is a nonprofit organization devoted to research and promoting women's health as they age. They study menopause and its health effects. The site has information for health care providers and consumers, including referral lists, educational materials, research, and participation in research studies.

**Our Bodies Ourselves**

<http://www.ourbodiesourselves.org/book/default.asp>

The Boston Women's Health Book Collective has created a companion Web site for their classic book, *Our Bodies, Ourselves*. It provides both clinical and psychosocial information about women's health issues and offers resources in both English and Spanish. The site has current health news and Web links.

### **WebMD Healthy Women**

[http://www.webmd.com/health\\_and\\_wellness/womens\\_health.htm](http://www.webmd.com/health_and_wellness/womens_health.htm)

WebMD is an online information, education, and research community for consumers and physicians. It provides information and current news about health topics as well as message boards and a health newsletter.

### **Women's Health.gov**

<http://4woman.gov>

The National Women's Health Information Center of the U.S. Department of Health and Human Services offers statistical information as well coverage of women's health topics and issues, health organizations, funding resources, and publications. It provides information in Spanish and has a site for girls, Girls Health.gov at <http://www.4girls.gov>.

## **Men's Health**

### **American Academy of Family Physicians-Men's Health**

<http://familydoctor.org/men.xml>

The American Academy of Family Physicians offers information about a wide range of topics of interest to men including STDs, prostate health, reproductive issues, and fatherhood. Information is available in English and Spanish.

### **AHRQ Men Stay Healthy at Any Age**

<http://www.ahrq.gov/ppip/healthymen.htm>

Men Stay Healthy at Any Age, from the Agency on Health Research and Quality, provides a checklist to help men maintain their health. Men are encouraged to obtain appropriate screening tests, take needed preventive medicine and to practice healthy behaviors, all explained more fully on the site. The information on the site comes from U.S. Department of Health and Human Services (HHS) and the U.S. Preventive Services Task Force (USPSTF).

### **Ask Noah About: Men's Health**

<http://www.noah-health.org/en/healthy/men/>

This bilingual site from the New York Academy of Medicine and the New York Public Library includes basic health information for men as well as information on fertility, impotence, prostate health, safer sex, and gay men's health.

### **CDC Men's Health**

<http://www.cdc.gov/men/>

From the Centers for Disease Control, a website addressing men's health issues. This site offers a broad range of information aimed at both consumers and health professionals. There are links to hundreds of articles on topics ranging from alcohol to obesity to reproductive health and workplace safety. Healthy living tips, leading causes of death and health statistics are included. Articles written for easy reading are identified.

### **MayoClinic.com-Men's Health Center**

<http://www.mayoclinic.com/health/mens-health/MC99999>

The Mayo Clinic offers general health information for men, including preventive care. It also has interactive tools and answers to FAQs from Mayo Clinic specialists.

### **Medem Medical Library: Men's Health**

[http://www.medem.com/medlb/sub\\_detaillb.cfm?parent\\_id=55&act=disp](http://www.medem.com/medlb/sub_detaillb.cfm?parent_id=55&act=disp)

This site offers health information from the nation's medical societies about healthy living, reproductive and sexual function, prostate conditions, and other men's health issues. Some is available in Spanish. The articles included are rated for level of difficulty.

### **MedlinePlus- Men's Health Topics**

<http://www.nlm.nih.gov/medlineplus/menshealth.html>

The National Library of Medicine offers information on a variety of men's health topics including circumcision, fertility, prostate disease, and testicular cancer. The site is available in Spanish and offers links to PubMed searches on men's health information.

### **Urology Health (American Urological Association)**

<http://urologyhealth.org>

This site provides information on a wide variety of urological conditions affecting men. It also has information about female and pediatric urological disorders.

## **Parenting & Kids**

### **American Academy of Pediatrics**

<http://www.aap.org>

The American Academy of Pediatrics provides information about health topics, diseases and conditions, child development, and child safety.

### **Child & Adolescent Psychiatry - Resources for Families**

<http://www.aacap.org/> (click on "Resources for Families")

Between 7 and 12 Million American youth suffer from mental, behavioral, or developmental disorders at any given time. Families who must deal with these issues will find an abundance of information here. Links take users to information on helping children cope with disasters, deal with pop culture, treat attention deficit hyperactivity disorder (ADHD), and understanding psychiatric medications. There is a valuable glossary of symptoms and mental illnesses as well as sections helping people to find a psychiatrist and to find an appropriate clinical trial.

### **Dr. Greene.com**

<http://www.drgreene.com>

Dr. Alan Greene, professor of pediatrics at Stanford, offers a site with health information about children. There are pages for parents, children, teens, and physicians. The site covers developmental stages, diseases and conditions, and parenting.

### **iVillage Pregnancy and Parenting**

<http://parenting.ivillage.com>

The pregnancy and parenting pages of iVillage.com offers information about fertility, pregnancy, and parenting as well as opportunities to participate in discussion and support groups.

### **KidsHealth.org**

<http://www.kidshealth.org>

The Nemours Foundation's Center for Children's Health provides current information about child development, nutrition and fitness, preventive health care, and diseases and conditions. Information is available in English and Spanish. There are sites for parents, children, and teens.

### **National Institute of Child Health and Development (NICHD)**

<http://www.nichd.nih.gov/health>

The NICHD, a division of the National Institutes of Health, conducts research on the health of children and their families. The website presents information, based on that research, covering a wide range of topics. There are links to consumer-level information on more than 100 health topics, covered by NICHD research. Links also lead to valuable information on participation in clinical research and to NICHD public health campaigns.

### **Teen Health**

<http://www.nlm.nih.gov/medlineplus/teenhealth.html>

Rather than containing information for parents of teens, this site is directed toward adolescents themselves. Following the standard MedlinePlus format, this site includes links to reputable sites on a variety of topics of interest to teenagers, including nutrition, emotions, body image, alcohol and drugs, and sexuality.

### **Virtual Pediatric Hospital**

<http://www.virtualpediatrihospital.org>

This is a digital health sciences collection devoted to pediatrics created by physicians at the University of Iowa to meet the information needs of health care providers and patients. It includes textbooks, Web sites, and anatomy atlases.

## **Senior Health**

### **Administration on Aging Elders & Families**

<http://www.aoa.gov/eldfam/eldfam.asp>

The Department of Health and Human Services/Administration on Aging website is designed to assist older people and their families or caregivers to quickly obtain information on a variety of aging-related topics and government-sponsored programs. There is excellent information on Alzheimer's disease & research, housing, nutrition, elder rights & resources, promoting a health lifestyle, government services for seniors, and caregiver support programs.

### **The AGS Foundation for Health in Aging**

<http://www.healthinaging.org>

The American Geriatrics Society Foundation website offers information on the health and care of older adults. There are four sub pages: Aging in the Know offers up-to-date information on how the aging process affects health; Eldercare at Home offers the complete text of the second edition of this resource for families and friends who are caring for older people at home; The FHA Physician Referral Guide offers to mail a list of physicians sensitive to the special healthcare needs of older adults and links to search for board certified geriatricians; and Health in Aging Stories where patients and health care providers can share their stories on the challenge of finding and providing health care for the elderly. The site also provides a directory of guide to federal government agencies and national not-for-profit organizations that address the special health care needs of older adults.

### **CDC's Health Aging**

<http://www.cdc.gov/aging/>

This Centers for Disease Control website has statistics and research information, a copy of the latest State of Aging and Health in America report, information on the Healthy Brain Initiative, lists of organizations, information on end of life issues, lists of organizations, and links to other articles and reports. Information on joining the Public Health and Aging listserv is provided.

### **Centers for Medicare & Medicaid**

<http://www.medicare.gov/>

This is the official U.S. government site for people with Medicare. It contains information on Medicare health plans, the Medicare drug benefit, Medigap insurance plans, links to state information, long term care information, full text of pamphlets, online forms to request a replacement Medicare card, to change an address or to determine eligibility.

### **The Family Caregiver Alliance**

<http://www.caregiver.org>

Information, services and support for caregivers and families of persons with chronic, disabling health conditions. It offers fact sheets in English, Spanish and Chinese on various conditions like dementia, Parkinson Disease and stroke. As an advocacy group it also offers statistics, public policy information, and reports. It includes caregiver advice and tips (also in Spanish and Chinese) and hosts online discussion groups.

### **FirstGov for Senior Citizens' Resources**

<http://www.firstgov.gov/Topics/Seniors.shtml>

Extensive links to government agencies and other organizations that provide services and programs for seniors. There are links to consumer protection resources for seniors, money and taxes, end-of-life issues, health and housing for seniors. Information is gathered by need rather than the government agencies that provide the service. Hospice care, nursing home comparison, and even how to request a birthday greeting from the President for persons over 80 are covered.



### **Geriatric Mental Health Foundation**

<http://www.gmhfonline.org/gmhf/>

The Geriatric Mental Health Foundation was established by the American Association for Geriatric Psychiatry to raise awareness of psychiatric and mental health disorders affecting the elderly, eliminate the stigma of mental illness and treatment, promote healthy aging strategies, and increase access to quality mental health care for the elderly. Their website has mental health information for older adults and their families, information on finding a geriatric psychiatrist, and some fact sheets in Spanish.

### **Health and Age**

<http://www.healthandage.com>

Originally created by the Novartis Foundation for Gerontology, the site has been turned over to the HealthandAge Foundation. In addition to basic information on a number of common conditions, the site includes a news feed, a question-and-answer column, and full-text of a primer on geriatrics. There are special sections on men's health, on women's health and a caregiver's center with articles on care giving. This attractive site also has a professional section with a news feed and summaries of current studies on aging for health care professionals.

### **Mayo Clinic Senior Health Center**

<http://www.mayoclinic.com/health/senior-health/HA99999>

Reviewed by Mayo clinic medical editorial staff, this site has very readable articles on aging, conditions that often affect older adults, and healthy living. Articles are authoritative, short and cover topics like sex and intimacy and anti-aging therapies that often aren't found on other sites. Registration allows personalization of the website and interactive health management tools but isn't required for access.

### **MedlinePlus Seniors' Health Issues**

<http://www.nlm.nih.gov/medlineplus/seniorshealthissues.html>

Created by the National Library of Medicine (NLM), this website contains links to trustworthy information throughout the web. It contains links to the latest news, overviews of senior health issues, research, statistics, aging organizations, clinical trials, and much more. Links guide you to pre-formatted searches on PubMed and to services and providers in your local area through the Go Local project. This page is also available in Spanish.

### **NIH Senior Health**

<http://nihseniorhealth.gov/>

NIH SeniorHealth makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information. A unique feature is that the website has a spoken language feature and also allows increases in contrast as well as size of type for easier viewing. Well-illustrated and readable, it includes some short videos and links out to MedlinePlus for additional information.

## Specific Health Problems

### **Alzheimer's Association**

<http://www.alz.org>

Information on living with Alzheimer's and information for caregivers and health professionals make this the comprehensive site on Alzheimer's disease. Fact sheets, information on diagnosis and management, planning ahead, a glossary and extensive Spanish language information as well as some information in Korean and Chinese add to its usefulness. Message boards and chat rooms provide support and additional information sharing.

### **American Academy of Dermatology-Public Resource Center**

<http://www.aad.org/public>

"Dermatology A-Z" gives extensive information and fulltext of AAD pamphlets on most common skin and nail conditions from acne and aging skin to tanning and tattoos. Includes some pamphlets and information in Spanish, a directory of dermatologists, and Kids Connection section with information for children on skin conditions.

### **American Dental Association-Public**

<http://www.ada.org/public/index.asp>

Includes extensive information on oral health, cosmetic dentistry, restorative procedures, and even games and animations for children and classroom resources for teachers. A glossary of dental terms, a directory of dentists and a section in Spanish add useful information.

### **American Diabetes Association (ADA)**

<http://www.diabetes.org/>

Extensive interactive tools add information and interest to this lively website. Diabetes assessment tools, recipes, weight-loss and exercise advice, latest diabetes research and a professional section add additional information. Information about ADA books, a message board, an email newsletter and information in Spanish are also included.

### **American Heart Association**

<http://www.americanheart.org>

Extensive information on heart disease and stroke, children's health, healthy lifestyle, caregiving, a heart and stroke encyclopedia and information in Spanish make this the premier source for information on these conditions. There is also a link to the website of American Stroke Association, a division of the American Heart Association, which shares some of the same information on its website at [www.strokeassociation.org](http://www.strokeassociation.org). Local area events and local chapters are covered and some scientific and professional materials are also available.

### **American Lung Association**

<http://www.lungusa.org>

This is an excellent site with information on lung diseases, tobacco control, and air quality. Attractive and easy to use, it has special sections on asthma, allergy, treatment, how the lung functions and "Diseases A-Z" on lung disorders. There is a search by zip code for local chapter information, sign-up for a free email newsletter, and some information on current research efforts. A sub-section is available in Spanish.

### **Asthma and Allergy Foundation of America**

<http://www.aafa.org>

Information, advocacy, research, information on local chapters and support groups and a "Ask the Allergist" email feature make this an extremely useful website. Also included are some multimedia information, a pollen count by zip code feature, and information on clinical trials and new treatments. Some of their patient brochures can be downloaded as well as ordered via the mail (with a few of them in Spanish).

### **Centers for Disease Control and Prevention (CDC)**

<http://www.cdc.gov>

The CDC, a part of the U.S. Department of Health and Human Services, deals with preventing and controlling disease, injury and disability and its website ably reflects this mission. One of the best government websites on the internet, its coverage is broad. Its "Diseases and Conditions" section covers major chronic and many infectious diseases including AIDS, bird flu, common childhood diseases like measles and more exotic diseases like Ebola. Birth defects, traveler's health, emergency preparedness, vaccine and immunization information, accidents and injury information, infectious diseases and workplace safety and health are all covered. The full text of many CDC publications are available as well as extensive public health information of all kinds. Rich in information and colorfully illustrated, it also provides information in Spanish.

### **Mayo Clinic -- Disease and Conditions A-Z**

<http://www.mayoclinic.com/health/DiseasesIndex/DiseasesIndex>

Each topic has sections on the signs and symptoms, causes, risk factors, screening and diagnosis, complications, treatment, and when to seek medical advice. You can sign up for a weekly email newsletter, an RSS feed and a personalized page with automatically updated content. A symptom checker and first aid guide are also included in this section.

### **MedlinePlus, Health Topics (National Library of Medicine)**

<http://www.nlm.nih.gov/medlineplus/healthtopics.html>

A directory to the most reliable sources of information on health and disease on the internet, this is often the place to start your search for health information. Frequently updated, it lists webpages with information on diagnosis, treatment, clinical trials and more. There are often interactive tutorials, links to major organizations, suggestions on other related conditions, and a link to a pre-formatted search of the medical literature on each page. Spanish versions of each page can often be found by clicking the español button at the top.

### **National Cancer Institute (NCI)**

<http://www.cancer.gov>

Extensive information on types of cancer, treatments, coping with cancer, a dictionary of cancer terms, the NCI drug dictionary, cancer statistics, clinical trials, cancer prevention, genetics, and fulltext of NCI fact sheets form this important website. There is a link to PDQ (Physicians Data Query) which is NCI's comprehensive databases of cancer information and treatment for physicians. A telephone help line, live online chat service and email help support the extensive information found here. Information is also available in Spanish.

### **National Digestive Diseases Information Clearinghouse (NDDIC)**

<http://digestive.niddk.nih.gov/index.htm>

The NDDIC site has an A to Z list of digestive disease topics and titles illustrated with drawings, statistics, list of clinical trials, links to patient organizations, and government agencies & resources. Special sections of easy-to-read information and information in Spanish are included.

### **National Eye Institute Health Information (NEI)**

<http://www.nei.nih.gov/health>

A diagram of the eye, glossary of eye-related terms, fact sheets and some videos on eye diseases and condition and eye organization database make this site especially useful. Tips on finding an eye care professional and on financial aid for eye care, as well as information in Spanish, add to this site's usefulness.

### **National Heart, Lung, Blood Institute (NHLBI)**

<http://www.nhlbi.nih.gov/>

NHLBI site provides extensive information on conditions that affect the heart, blood vessels, lungs, and blood and on sleep disorders. Health assessment tools, educational tutorials and recipes provide useful additional information. Full text color versions of data fact sheets are also available. Information for healthcare professionals is included.

### **National Institute of Child Health and Human Development**

<http://www.nichd.nih.gov/>

Health and Human Development information made available with an easy A to Z list, clinical trials and health education campaign information available. Topic pages provide links to clinical trials, news releases, publications and related websites for further viewing. Also available is information on research being conducted at NICHD and supported by NICHD.

### **National Institute on Aging**

<http://www.nia.nih.gov/>

Information and tips on healthy aging, care giving, medications, dietary supplements, and diseases. Resources are available in both English and Spanish. Copies also are provided in PDF format where applicable. Print versions are available for online ordering. Health and aging organization database lists more than 300 national organizations that provide help to older people. A drop-down menu provides subject areas to search for information on how to contact these organizations.

### **National Institute on Arthritis and Musculoskeletal and Skin Diseases**

<http://www.niams.nih.gov/>

An alphabetical index in English and Spanish for easy to find fact sheets on specific conditions and disorders with PDFs available. Publication Dates and revised dates are made available to ensure up to date information. Links to clinical trials and journal articles are also available.

### **National Institute of Mental Health (NIMH) Health Information**

<http://www.nimh.nih.gov/healthinformation/index.cfm>

This site provides information about the signs and symptoms, treatment and resources available for mental illnesses. Full text of booklets and pamphlets on mental illness can be downloaded or

printed. The latest news on mental illness, help in locating services, a link to clinical trials and pre-formatted Medline searches for the latest information add to the usefulness of this site. While the site isn't in Spanish, many of the booklets and pamphlets are available in Spanish and a link to information on MedlinePlus in Spanish is provided.

### **National Institute of Neurological Disorders and Stroke (NINDS)**

<http://www.ninds.nih.gov>

Extensive information on neurological disorders is provided at this website. The Disorders Index provides an alphabetic list of hundreds of neurological conditions, their treatments, prognosis, clinical research and contact information for organizations concerned with the condition. Clicking on the link to research literature under each condition leads you to a PubMed search on the condition. An accessible version of the web page is also provided. A news feed, list of patient resources and organizations and Spanish versions of some fact sheets on disorders can also be found at the NINDS website.

### **National Stroke Association**

<http://www.stroke.org/>

This site provides excellent information on the symptoms of stroke, risk factors, prevention and recovery. Information specifically for women, for men, for African Americans, and caregivers and families as well as medical and EMS professionals is provided. Full text of the consumer publication Stroke Smart and NSA pamphlets are available, as well as sign up for a free subscription. Some fact sheets are available in English, French and Spanish.

### **Your Orthopaedic Connection (American Academy of Orthopaedic Surgeons)**

<http://orthoinfo.aaos.org/>

Colorfully illustrated patient information is presented by body site and by category. Information on injury prevention, osteoarthritis, sports and exercise, joint replacement and tumors are covered thoroughly. Extensive Spanish language factsheets are provided as well as some information in Japanese, Portuguese, and Thai. A directory of orthopaedists by name, city, zip code and country is provided.

## **For Health Professionals**

### **BioMed Central**

<http://www.biomedcentral.com/home/>

All original research articles published by BioMed Central are made freely and permanently accessible online immediately upon publication. BioMed Central views open access to research as essential in order to ensure the rapid and efficient communication of research findings.

### **Entrez PubMed**

<http://www.ncbi.nlm.nih.gov/entrez/>

PubMed offers free, online access to the National Institute of Medicine's MEDLINE databases. The site provides access to citations and abstracts from biomedical literature. If a publisher has a web site that offers full-text of its journals, PubMed provides links to that site as well as biological resources, consumer health information, research tools, and more. While there are some free full-text articles available, many publishers charge a fee for access to full-text.

**HealthWeb**

<http://healthweb.org/>

HealthWeb is a joint project of the Committee on Institutional Cooperation (CIC) member health sciences libraries. Each of the CIC member libraries has subject areas in which they have special expertise, known as "areas of excellence." Working from these areas of excellence has made it possible to provide coverage of evaluated, non-commercial, health related Internet sites.

**MedScape**

<http://www.medscape.com/>

Users of this site must register. The user then selects a subject site. There is no "homepage" but users can select other subjects or search. Free MEDLINE is available as well as value added news and reviews and full text of selected journal articles and textbooks.

**Public Library of Science**

<http://www.plos.org/>

The Public Library of Science is a nonprofit organization that publishes freely available open access journals covering all aspects of life science and medicine. PLoS publishes peer-reviewed scientific and medical journals that include original research as well as timely feature articles.

**Drug Information Resources****AIDSmeds.com**

<https://www.aidsmeds.com/cmm/DrugsNewContent.asp>

"Check My Meds" is an interactive form that allows you to create a personalized drug interaction report. Users can determine whether the drugs you are taking interact with each other or interact with certain foods to cause a bad reaction in your body. Although the site is primarily intended for those with HIV/AIDS, the information here is valuable for every consumer.

**CenterWatch/Clinical Trials Listing Service**

<http://www.centerwatch.com/patient/drugs/drugdirectories.html>

This useful resource lists newly approved drugs; drugs in current clinical research; weekly trial results as well as a link to the PDR Family Medical Guide for Prescription Drugs.

**DailyMed – Current Medical Information**

<http://dailymed.nlm.nih.gov>

DailyMed provides high quality information about marketed drugs. This information includes FDA approved labels (package inserts). This Web site provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.

**Drug InfoNet**

<http://www.druginfonet.com/>

This site provides not only prescription drug information and information from the drug manufacturers, but also provides information on diseases and links to various healthcare organizations and government sites. Also includes healthcare news and more!

### **Food and Drug Administration (FDA)**

<http://www.fda.gov>

The Food and Drug Administration oversees the regulation of pharmaceutical and food products, as well as medical devices. The site is a wealth of both consumer and professional information, including drug-specific information and tips for taking medications, buying generic drugs, and saving money on prescriptions. The site also features a consumer safety guide to buying medications online, along with information on medical product safety and both drug-drug and drug-food interactions.

### **Longwood Herbal Task Force**

<http://www.longwoodherbal.org/>

This site includes in-depth monographs on herbal products and supplements written by health professionals and students. It also provides clinical information summaries, patient fact sheets, interactions and toxicity information, and links to other resources. The LHTF was organized by faculty, staff and students from Children's Hospital, the Massachusetts College of Pharmacy and Health Sciences and the Dana Farber Cancer Institute in order to learn and disseminate information about herbs and dietary supplements.

### **Memorial Sloan Kettering Cancer Center Herbs, Botanicals and Other Products**

<http://www.mskcc.org/mskcc/html/11570.cfm>

This resource provides an index and easy search providing evidence-based information about herbs, botanicals, supplements, and more. The information on botanicals is not written for consumers but has great information health professionals can translate for their patients. There are reference articles supplied at the end of each record but all articles are from clinical medical journals.

### **NLM Drug Portal**

<http://druginfo.nlm.nih.gov/drugportal/drugportal.jsp>

A new offering from the National Library of Medicine, the NLM Drug Portal offers one-stop drug information searching. Users enter a drug name, either generic or brand, and the database searches a range of trusted resources. NLM databases, such as MedlinePlus, PubMed, ClinicalTrials.gov, AIDSinfo, LactMed, Dietary Supplements Labels and TOXLINE, are searched, as well as the FDA, DEA and other government resources.

### **Needy Meds**

<http://www.needymeds.com/>

NeedyMeds attempts to bring together programs from the various pharmaceutical manufacturers to assist people who can't afford to purchase their prescriptions. Each company has its own program, special requirements, forms and procedures. To date, no central clearinghouse exists for obtaining information about the information or the drugs themselves. This site is an information source only.

### **RxList - The Internet Drug Index**

<http://www.rxlist.com/>

A very useful drug index, it has an excellent search engine and provides information on both a consumer and professional level. Information on various disease categories is also provided as is

Taber's Medical Encyclopedia. An advanced search engine is also available which allows searching by drug name, keyword, imprint code, NDC and medical terminology as well. The patient information included is not extensive and is written about contraindications to the referred medicine.

### **Other Useful Health Sites**

#### **AMA Doctor Finder**

<http://www.ama-assn.org/aps/amahg.htm>

Find a Doctor: This is a comprehensive Web database directory of medical doctors (MDs) and osteopaths (DOs) practicing in the United States. Search by physician name or specialty. Information provided includes basic professional data (medical school, year of graduation, board certification, telephone number, address) for both AMA members and non-members.

#### **CenterWatch Clinical Trials Listing Service**

<http://www.centerwatch.com/>

CenterWatch Clinical Trials Listing Service contains trials for many types of diseases. It is searchable by disease categories and geographic area. All of the trials listed are open (enrolling new patients).

#### **ClinicalTrials.gov**

<http://clinicaltrials.gov>

The U.S. National Institutes of Health, through its National Library of Medicine, has developed ClinicalTrials.gov to provide patients, family members and members of the public current information about clinical research studies. Before searching, you may want to learn more about clinical trials and more about this Web site. Check often for regular updates to ClinicalTrials.gov. ClinicalTrials.gov provides easy access to information about the location of clinical trials, their design and purpose, criteria for participation and additional disease and treatment information. Check often for regular updates to ClinicalTrials.gov.

#### **eMedicine Health**

<http://www.emedicinehealth.com/>

This site provides health, medical, lifestyle and wellness information for all ages. In addition, there is information to prepare consumers for medical emergencies, injuries, minor medical conditions and basic first aid. There are more than 5,500 pages of content written by physicians for the general public.

#### **FamilyDoctor.org**

<http://familydoctor.org/>

Sponsored by the American Academy of Family Physicians, this site features comprehensive consumer health information in both English and Spanish. Some of its interesting features include a "Smart Patient Guide," helping people to advocate effectively for their own health care; a guide to OTC (over the counter) medications; and Health Tools, a section that includes physician referral searching, a medical dictionary, and searching by symptom.



**Innerbody - Human anatomy**

<http://www.innerbody.com/htm/body.html>

An interactive site for the study of human anatomy.

**Quackwatch**

<http://www.quackwatch.com/>

Consumer Information: Quackwatch is a nonprofit company formed by Dr. Stephen Barrett to expose health-related "frauds, myths, fads and fallacies". Well-researched, up-to-date, authoritative information on a wide range of practices and medical advertising deemed questionable or obvious "quackery." English, Spanish, German, French, and Portuguese language versions available.

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