

Bartlett Regional Hospital



Web Sites You Can Trust

This document is a work in progress. For suggestions or revisions, please contact Dana Haff at 796-8917 or dhaff@bartletthospital.org.

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General Health Web Sites

Name: **MEDLINEplus from the National Library of Medicine**

 URL: <http://medlineplus.gov/>

Description: The National Library of Medicine's MEDLINEplus information pages are designed to direct you to resources containing information that will help you research your health questions. MEDLINEplus is for anyone with a medical question. Both health professionals and consumers can depend on it for accurate, current, medical information. This service provides access to extensive information about specific diseases and conditions and has links to consumer health information from the National Institutes of Health, clearinghouses, dictionaries, lists of hospitals and physicians, health information in **Spanish** and other languages, and clinical trials.

Name: **healthfinder®** (U.S. Department of Health and Human Services)

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

Description: Developed by the U.S. Department of Health and Human Services, healthfinder directs you to selected online publications, clearinghouses, databases, web sites, and support and self-help groups, as well as the government agencies and not-for-profit organizations that produce reliable information for the public. Includes information in **Spanish**.

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

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

Description: NOAH: New York Online Access to Health is a unique collection of state, local and federal resources selected by editors with consumers in mind. Searchers may select from a list of Health Topics, which are then narrowed to include definitions, care and treatment, and lists of information resources. Many bilingual (English-**Spanish**) resources. Includes a **Spanish** list of resources.

Name: **familydoctor.org**

 URL: <http://familydoctor.org>

Description: From the American Academy of Family Physicians, this site offers patient education documents for common medical concerns and conditions. All of the information within familydoctor.org has been written and reviewed by physicians and patient education professionals at the American Academy of Family Physicians. The information is regularly reviewed and updated. The sections of the site include Health

Info Handouts, AAFP Family Health Facts, Drug Information, Herbal and Alternative Remedies, FP Web Directory, and Self-Care Flowcharts.

Name: **adam.com Medical Encyclopedia**

📧 URL: <http://www.nlm.nih.gov/medlineplus/encyclopedia.html>

Description: adam.com is a leading online provider of health, medical, and wellness information. Their Medical Encyclopedia has been licensed by MEDLINEPlus. At this site, after choosing a topic, you can link through to an overview, a list of symptoms, treatments, and prevention. Each section has cross-reference links to other related conditions.

Name: **Hardin Meta Directory of Internet Health Sources**

📧 URL: <http://www.lib.uiowa.edu/hardin/md/index.html>

Description: Developed by the Hardin Library for the Health Sciences, University of Iowa, Hardin Meta Directory (MD) points to the most complete and frequently cited lists for health subjects, a list of lists. Organized by subject or alphabetically.

Name: **MayoClinic.com**

📧 URL: <http://www.mayoclinic.com/>

Description: MayoClinic.com offers a wealth of easy-to-understand information on health and medical topics. New material is added every workday, all reviewed for accuracy by Mayo Clinic experts.

Name: **The Merck Manual of Diagnosis and Therapy, Seventeenth Edition, Centennial Edition**

📧 URL: <http://www.merck.com/pubs/mmanual/>

Description: The Online edition to "The Merck Manual," a standard quick-reference text in medical libraries.

Name: **Diseases, Disorders and Related Topics; "MeSH Classified" Resources on Internet for lay persons**

📧 URL: <http://micf.mic.ki.se/Diseases/>

Description: From the Karolinska Institutet, Library, Stockholm, Sweden, these pages contain links to resources on the Internet dealing, in particular, with diseases and disorders, but also with a few other health/medical related topics. This site was one of the first medical lists of sites.

Name: **HealthLinks**

📧 URL: <http://healthlinks.washington.edu/>

Description: From the University of Washington Health Sciences Libraries, HealthLinks provides a series of links to resources on the web and at the University of Washington. It was one of the first such services developed in 1995. The Patient Toolkit found on the menu bar gives a list of mega-resources. Somewhat awkward to use—search on a disease or condition to get links to information. Not all information is available to the non-University of Washington student.

Name: **InteliHealth**

📧 URL: <http://www.intelihealth.com/>

Description: InteliHealth is a media company formed as a joint venture between Aetna U.S. Healthcare and the Johns Hopkins University Hospital, Harvard Medical School and University of Pennsylvania School of Dental Medicine. InteliHealth is a subsidiary of Aetna U.S. Healthcare and InteliHealth is funded by Aetna U.S. Healthcare. The information is drawn from reliable branded sources. All information and products on the site are looked at by a team of top medical experts before inclusion, to ensure reliability.

Name: **medem.com**

📧 URL: http://medem.com/MedLB/medlib_entry.cfm

Description: This set of resources are produced by some of the nation's leading medical societies, including the American Medical Association. Medem's Medical Library has a full range of patient education information.

Name: **MedWeb**

📧 URL: <http://www.MedWeb.Emory.Edu/MedWeb/default.htm>

Description: MedWeb is a catalog of health related web sites maintained by the Emory University Health Sciences Center Library to provide access to biomedical information to improve education, research and patient care. There is a search box, a "Browse by Subject" link, and a health topics list under Consumer Health.

Name: **National Health Information Center**

URL: <http://www.health.gov/nhic>

Description: NHIC puts health professionals and consumers who have health questions in touch with those organizations that are best able to provide answers. The site includes the Health Information Resource Database, which contains information on 1,500 organizations and government offices.

Name: The Columbia University College of Physicians and Surgeons Complete Home Medical Guide

URL: <http://cpmcnet.columbia.edu/texts/guide/>

Description: This resource is the online version of the Third Revised Edition, 1995, of this standard consumer health text. There are 34 chapters.

Name: Merck Manual - Home Edition

URL: <http://www.merckhomeedition.com/>

Description: Information for consumers written by nearly 200 leading medical experts. Searchable with illustrations, audio and video enhancements, and choice of a text or an interactive version. Continually updated with notices of updates on its "Changes and Corrections" page.

See the table of contents (text version) at:

http://www.merck.com/mrkshared/mmanual_home/contents.jsp (The interactive edition takes a faster Internet connection and may not work on all browsers.)

Name: Virtual Hospital - Common Problems in Adults

URL: <http://www.vh.org/CommonProblems/CommonProblems.html>

Description: From The Virtual Hospital at the University of Iowa. The Virtual Hospital is a digital health sciences library created in 1992 at the University of Iowa to help meet the information needs of health care providers and patients. The Virtual Hospital digital library contains hundreds of books and brochures for health care providers and patients and makes the Internet a useful tool for medical reference and health promotion.

Name: Allhealth.com

URL: <http://www.allhealth.com/>

Description: Allhealth.com is the health channel of ivillage.com, the Women's Network. It has comprehensive information.

Name: Health Care Information Resources

URL: <http://www-hsl.mcmaster.ca/tomflem/top.html>

Description: Health Care Information Resources makes information about health and disease accessible in the belief that the informed consumer is a more satisfied consumer of healthcare. The site is a series of lists compiled and maintained by the McMaster University Health Sciences Library.

Name: **HealthCentral.com**

URL: <http://HealthCentral.com/>

Description: This site is a network of information services providing consumers with highly personalized interactive tools, including custom newsletters, personalized health information pages and personalized risk assessments. HealthCentral is one of the few sites to actually feature a medical librarian, who answers individual e-mail from people around the world on how to find online health and medical information.

Name: **HealthLink**

URL: <http://healthlink.mcw.edu/>

Description: This site put up by the Medical College of Wisconsin has health information on many topic and includes news and features.

Name: **HealthTouch Online for Better Health**

URL: <http://www.healthtouch.com/>

Description: An extensive list of specialty and disease categorized single page patient education documents derived from professional and government organizations. In the Health Information Section, find up-to-date information on health, wellness, diseases, and illnesses. Other sections include: Drug Information, Pharmacy Search, Health Resource Directory and Product Information.

Name: **Med Help International**

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

Description: Use the Search engine to locate conditions. Patients can ask questions of doctors -- unlike some "ask the doctor" sites, this one meets high standards. HON Code approved.

Name: **Medical Matrix**

URL: <http://www.medmatrix.org/index.asp?>

Description: Medical Matrix's target audience is primarily United States physicians and health care workers who are on the front line in prescribing treatment for disease conditions. Even though the site is oriented toward professionals, it is useful for motivated consumers who take the time to familiarize themselves with medical terminology. Disease categories are arranged in menus. It has several major strengths: it ranks sites, it is peer reviewed, and listed entries are annotated. (Registration required.)

Name: **MedicineNet.com**

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

Description: MedicineNet.com seeks to provide relevant, easy-to-read, in-depth medical information for consumers. Their health and medical information is written, reviewed and/or edited by one or more board-certified physicians. Through their peer review-based Task Management System, they ensure that qualified professionals provide accurate, comprehensive and easy-to-understand information.

Name: **Medwebplus.com**

URL: <http://www.medwebplus.com/>

Description: MedWebPlus is designed as a catalog of biomedical resources on the World Wide Web. Like the sources it describes, MedWebPlus is intended for audiences ranging from students to practitioners to patients to the healthy lay public. For the most part, MedWebPlus excludes sites that are incomprehensible or that are blatant advertisements for services or publications.

Name: **Mylifepath.com**

URL: <http://www.mylifepath.com/>

Description: Mylifepath.com is a free online health and wellness service provided by Blue Shield of California. The site provides customized healthcare news and information, and a wide variety of alternative health and wellness services.

Name: **NetWellness**

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

Description: NetWellness is a Web-based consumer health information service developed by the University of Cincinnati Medical Center with many partners. The medical centers at Case Western Reserve University and The Ohio State University collaborate with the University of Cincinnati to provide the most current and accurate health information. Anyone with a connection to the World Wide Web can access NetWellness. However, some resources are commercially licensed for specific locations and may be used only from those locations. You can recognize such resources by the statement: "Available only at authorized locations." Clicking on "authorized locations" gives you a list of sites where you can gain access to the full suite of NetWellness resources.


Name: **ThriveOnline.com**

URL: <http://thriveonline.oxygen.com/>

Description: Users enter query terms and retrieve fact sheets and article summaries on

disease conditions, drugs, and surgical procedures. Sources include MDX Health Digest, Harvard Heart Letter, and Consumer Reports. From Time Warner.

Name: **Agency for Healthcare Research and Quality**

 URL: <http://www.ahrq.gov/>

Description: Consumer health section of site focuses on consumer protection and safety in healthcare. Topics include finding information and support after receiving a diagnosis, how to know that you're receiving quality healthcare, checking your medications, what to know before having surgery, and information on a variety of specific health conditions.

General Health Web Sites - for Health Professionals

Name: **Biosites**

URL: <http://www.library.ucsf.edu/biosites/>

Description: Biosites is a virtual catalog of selected Internet resources in the biomedical sciences. The sites evaluated here have been selected as part of a collaborative project by staff in the Resource Libraries within the Pacific Southwest Region of the National Network of Libraries of Medicine.

Name: **CliniWeb International**

URL: <http://www.ohsu.edu/clinweb/index.html>

Description: Sponsored by the Oregon Health Sciences University, the goal of CliniWeb is to provide quick and easy access to biomedical information on the World Wide Web (WWW). It is particularly focused on information for health care profession students and practitioners. The information has been organized using the Medical Subject Headings (MeSH) disease and anatomy classifications, with rapid access provided by both searching and browsing. There is some consumer content.

Name: **HealthWeb**

URL: <http://healthweb.org/>

Description: 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.

Name: **MedScape**

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

Description: 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.

Drug Information Resources

Name: **Drug InfoNet**

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

Description: 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.

Name: **Needy Meds**

URL: <http://www.needy meds.com/>

Description: 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 either the programs or the drugs themselves—this site is an information source only.

Name: **RxList - The Internet Drug Index**

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

Description: 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.

Name: **Food and Drug Administration (FDA)**

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

Description: The Food and Drug Administration oversees pharmaceuticals as well as medical devices and their approval. Searching the Center for Drug Evaluation and Research section will link to original approval letters as well as professional and consumer information on prescription and over-the-counter drugs. Although somewhat cumbersome to search, this site is a wealth of drug information for both professionals and consumers.

Name: **CenterWatch/Clinical Trials Listing Service**

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

Description: 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.

Name: **HerbMed**

URL: <http://www.herbmed.org/index.asp>

URL for the Herb List:

<http://www.herbmed.org/herblist.asp?varAll=All&varName=Scientific>

Description: Complementary Medicine: Produced by the Alternative Medicine Foundation, HerbMed provides evidence-based information on the use of herbs for health for both health professionals and the general public. More than 120 different herbs are currently represented in the database (searchable and listed alphabetically). Links are provided to authoritative medical references.

Name: **Merck - Medco**

URL: <http://www.merck-medco.com>

Description: Drug Information: Consumer-oriented drug information (click on "Find drug information" on the homepage, then search by drug name), well-organized, with dates of latest updates to the monographs noted. Also includes a toll-free number with extensions for recorded information about each specific brand name drug.

Kids and Parenting Health Web Sites - Kids

Name: **healthfinder kids**

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

Description: Developed by the U.S. Department of Health and Human Services, healthfinder kids lists health Web sites suitable for children in categories such as Cool and Uncool Stuff, Games, Safe Surfing, and Art Contest. It is an extensive and well-organized Web site resource list from a reputable source.

Name: **Jump Into A Healthy Life**

URL: <http://www.tqjr.advanced.org/5407/index.shtml>

Description: Written by a group of 11 and 12 year old jump ropers, this site explains the heart and circulatory system and includes health quizzes.

Name: **Kidshealth For Kids**

URL: <http://www.kidshealth.org/kid/index.html>

Description: This site has a series of pull-down menus dealing with a series of topics. Featured are sections on aches and pains, healthy recipes, and feelings.

Name: **Kidshealth For Teens**

URL: <http://www.kidshealth.org/teen/index.html>

Description: Teens can use this site to find information on eating disorders, healthy snacks, moods, feelings and a question and answer format dealing with sexuality. (A less graphic version than Go ASK ALICE.)

Name: **Mercy Bear's Big Adventures**

URL: <http://www.childrens-mercy.org/mercybear/index.htm>

Description: A teddy bear goes through several routine medical procedures, explaining them in easy to understand terms. This site is beautifully illustrated and excellent for explaining medical procedures to small children.

Name: **Virtual Children's Hospital for Kids**

URL: <http://www.vh.org/VCH/Patients/ForKids.html>

Description: General medical information and resources for kids and families. From The Virtual Hospital.


Kids and Parenting Health Web Sites - Parents

Name: **ABCs of Parenting**

URL: <http://www.abcparenting.com/>

Description: Comprehensive site linking to parenting sites.

Name: **American Academy of Pediatrics**

 URL: <http://www.aap.org/>

Description: The mission of the American Academy of Pediatrics is to attain optimal physical, mental, and social health for all infants, children, adolescents, and young adults. Information and advice on a wide variety of parenting and health topics are presented. A number of links within each topic go to ordering information for publications, so navigating to appropriate information can be a little tricky.

Name: **Medem Medical Library: Children's Health**

 URL: http://www.medem.com/MedLB/sub_detailb.cfm?parent_id=10&act=disp

Description: High-quality information and brochures categorized by medical condition or parenting concern. Topics include sleep issues, youth violence, infant care, and puberty, as well as many more. Content is from reputable organizations such as the American Academy of Pediatrics and American Medical Association.

Name: **KidsHealth.org**

URL: <http://www.kidshealth.org/>

Description: Created by the pediatric medical experts from children's health facilities nationwide, KidsHealth provides up-to-date information about growth, food and fitness, childhood infections, immunizations, lab tests, medical and surgical conditions, and the latest treatments.

Name: **Parents' Common Sense Encyclopedia**

URL: <http://www.sleepight.com/EncyMaster/index.html>

Description: The Common Sense Encyclopedia gives short, easily understood answers to common questions that come up in everyday pediatric practice - in the office, or on the phone with parents. The definitions and answers are not meant to be definitive, textbook style discussions - it is "news you can use." The explanations are simple, direct and useful.

Name: **Parentsplace.com**

URL: <http://www.parentsplace.com/>

Description: Parentsplace.com is the parenting channel of ivillage.com, the Women's Network. It has comprehensive information.

Name: **Virtual Hospital - Common Problems in Pediatrics**

URL: <http://www.vh.org/VCH/CommonProblems/CommonProblems.html>

Description: from The Virtual Hospital at the University of Iowa. The Virtual Hospital is a digital health sciences library created in 1992 at the University of Iowa to help meet the information needs of health care providers and patients. The Virtual Hospital digital library contains hundreds of books and brochures for health care providers and patients and makes the Internet a useful tool for medical reference and health promotion.

Kids and Parenting Health Web Sites - Specific Conditions

Cancer

Name: **CancerNet Kids' Home Page**

URL: <http://cancernet.nci.nih.gov/occdocs/KidsHome.html>

Description: This site has information on cancer treatment, information for kids with parents who have cancer and poetry about coping. (As of 6/8/06 was under revision and unavailable.)

Name: **CancerNet Childhood Cancers**

URL: <http://cancernet.nci.nih.gov/cancerinformation/cancertype/childhood/>

Description: Information on cancers that affect children, for parents or patients (much information is available in a health professionals' version as well).

Name: **Oncolink Kids' Corner**

URL: <http://oncolink.upenn.edu/resources/kids/>

Description: Resources for children and families dealing with cancer.

Chronic Illness

Name: **Band-Aides & Blackboards**

 URL: <http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/>

Description: Great site for kids and teens with chronic illness or medical conditions that interfere with having a normal childhood. Covers dealing with people's reactions (and teasing), how to survive yet another hospitalization, relaxation techniques, and provides opportunities for kids and teens to post stories, poems and artwork. Provides information on bodies and illnesses.


Dental Health

Name: **American Dental Association Kids' Home Page**

URL: <http://www.ada.org/consumer/kids/youth.html>

Description: This site offers information for both teens and younger children. There are games and coloring sheets at <http://www.ada.org/public/games/index.asp>.

Name: **DigiTeeth - the zany oral hygiene game**

 URL: <http://www.gamezero.com/gamezero/games/1998/teeth/>

Description: Practice using the skills that will keep your teeth healthy—such as brushing and flossing, eating healthy foods, and visiting a dentist regularly.

Diabetes


Name: **Children With Diabetes**

URL: <http://www.childrenwithdiabetes.com>

Description: Sponsored by a non-profit organization, this site is chock-full of information for kids, teens, and parents concerning every aspect of diabetes treatment and control.

Disabilities and Learning Disabilities

Name: **Internet Resources for Special Children**

 URL: <http://www.irsc.org/>

Description: Internet pathway to sites “for children with disabilities and those who care about them.”

Name: **National Dissemination Center for Children with Disabilities**

URL: <http://www.nichcy.org/publist.asp>

Description: Extensive listing of handouts on topics related to disabilities. Some are written with children or teens as the intended audience. Each is available in PDF or text only.

Name: **Cerebral Palsy: A Multimedia Tutorial for Children and Parents**

 URL:

<http://www.healthsystem.virginia.edu/internet/pediatrics/patients/Tutorials/CP/home.cfm>

Description: Warm and factual tutorial about cerebral palsy. Written in easy-to-understand language, appropriate for children as well as adults.

Name: **Just For Kids: A Special Page For Kids Who Stutter**

URL: <http://www.mankato.msus.edu/dept/comdis/kuster/kids/kids.html>

Description: Description: A wonderful section matches 'keypals' - children can interact with each other through e-mail and share their experiences. There is information on handling teasing as well as a listing of books and movies where stutterers are featured.

Name: **Kidzone**

URL: <http://www.lonline.org/kidzone/kidzone.html>

Description: Kidzone is produced by LD (learning disabilities) Online, and offers stories, artwork and information for young people with disabilities.

Name: **Kids Like Me With ADD!!**

URL: <http://www.add.org/content/kids1.htm>

Description: Explains ADD and offers information on coping, medications and recommends additional resources for parents and kids.

Name: **Attention Deficit Hyperactivity Disorder**

 URL:

<http://www.healthsystem.virginia.edu/internet/pediatrics/hcp/DevADHModule.cfm>

Description: Extensive tutorial on ADHD, from University of Virginia Children's Hospital. Topics range from coping with the disorder to diagnostic criteria to medication management.

Name: **Great Things People Have Done With Disabilities**

URL: <http://tjunior.advanced.org/5852/>

Description: Developed and maintained by an elementary school in Illinois, this site contains information for kids on blindness, autism, cerebral palsy, and deafness. There is also a section of shared experiences from the student and teacher prospective, a glossary and quizzes for kids to test their knowledge.

Name: **WOW Online** (Winners on Wheels)

 URL: <http://www.wowusa.com/>

Description: Sections for parents and sections for kids present information on living a life on wheels. Parents' section has support and information. Kids' section includes games and information on finding a pen pal. Focus is on connecting kids in wheelchairs.

Genetics

Name: **Learn About Genes and DNA**

URL: http://www.genecrc.org/site/ko/index_ko.htm

Description: Discusses genes and their importance in the human body. Discusses birth defects. Includes games and links to other sites.

HIV/AIDS

Name: **Kids Understanding Aids**

URL: <http://www.westnet.com/~rickd/AIDS/AIDS1.html>

Description: This is an AIDS handbook for middle school kids, written by their peers.

Prevention, transmission, symptoms and treatment are discussed, as well as the workings of the immune system.

Mental Health

Name: **American Academy of Child & Adolescent Psychiatry Facts for Families**

URL: http://www.aacap.org/info_families/index.htm

Description: This site has an extensive list of fact sheet on various mental health conditions and problems affecting children and teens.

Nutrition

Name: **My Pyramid for Kids**

URL: <http://www.mypyramid.gov/kids/index.html>

Description: Information, activities, and games to help educate kids about healthy eating.

Organ Transplants

Name: **Human Body - Blending in But Staying Special**

 URL: <http://tqjunior.thinkquest.org/5777/>

Description: A K-4 school in Indiana developed this site that helps children navigate the human body. This site explains organ donation, transplantation, and has graphics of body systems.

Safety and Health

Name: **Kidd Safety**

 URL: <http://www.cpsc.gov/kids/kidsafety/index.html>

Description: A kid-oriented site geared to prevent unreasonable risks of injuries to children that are associated with consumer products. Includes stories and games.

Name: **Cool the Burn**

URL: <http://www.cooltheburn.com>

Description: Sponsored by a hospital, this site contains helpful information on types of burns, how they heal, and scarring. A list of frequently asked questions is also included.

Name: FDA Kids Home Page

URL: <http://www.fda.gov/oc/opacom/kids/>

Description: A kid web page created by the FDA, this site offers sections on food safety. Other interesting features are drug definitions of the contents of the home medicine cabinet, as well as information on diseases that people get vaccinated against. "YORICK" the bionic skeleton explains the working of mechanical parts. A top-notch site.

FDA Health Information for Teens

<http://www.fda.gov/oc/opacom/kids/html/7teens.htm>

Name: CDC Tobacco Tips 4 Youth

URL: <http://www.cdc.gov/tobacco/tips4youth.htm>

Description: Kids can read the advice of teen idols about how to say no to smoking and learn how to keep peer pressure in perspective. Strong anti-smoking themes are presented as tip sheets, in artwork, and from a special Surgeon General report just for kids.

Name: FEMA For Kids

URL: <http://www.fema.gov/kids/>

Description: This excellent site offers kids disaster information including pet care, how to put together a home supply kit, and has educational games and coloring book.

Spinal Cord

Name: Neuroscience for Kids

URL: <http://faculty.washington.edu/chudler/neurok.html>

Description: For students and teachers who want to learn more about the spinal cord.

Seniors' Web Sites

See also Alzheimer's Disease on page 32.

Name: **Senior Health Center**

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

Description: Mayo Clinic's Senior Health Center provides information on aging and related health conditions, independent and active living, and health care (including home health) and end-of-life issues. There are topics both for seniors and for caregivers. Individual illnesses, such as Alzheimer's or Parkinson's can be searched for but are not listed in the Senior Health Center (a search on Alzheimer's, however, resulted in 50 pages of information, so the available information is extensive).

Name: **Family Caregiver Alliance**

URL: <http://www.caregiver.org/>

Description: Caregiver Information: Information, services and support for caregivers and families of victims of long-term, chronic and terminal conditions. Includes "Fact Sheets" in English, **Spanish** and **Chinese** on various conditions (e.g., dementia, Parkinson's Disease, and stroke) and issues (e.g., end-of-life decision making, assistive devices, and behavior management strategies for dementia patients). Site also hosts an online support group for caregivers at http://www.caregiver.org/online_sptgroup.html.

Name: **Administration on Aging ElderPage**

URL: <http://www.aoa.gov/elderpage.html>

Description: Government Information: Although not as well organized as some other sites, the ElderPage does have a number of very useful resources and links, including the ElderCare Locator, a thorough, practical and compassionate guide for caregivers. The ElderPage also includes AoA Fact Sheets and National Institute on Aging "Age Pages," with information for seniors ranging from arthritis to diabetes to foot care to sexuality.

Name: **Administration on Aging Elders and Families Page**

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

Description: Government Information: Elders and Families is designed to assist older persons and their caregivers quickly obtain information and resources on a variety of aging-related topics. The information will help you become more familiar with issues affecting older adults, and the services and opportunities available to assist them.

Name: FirstGov for Seniors Health Section

URL: <http://www.seniors.gov/health.html>

Description: Government Information: This site provides access to all government agencies that provide services for seniors (for example, Social Security, Medicare and Veterans Affairs). The idea is for seniors to be able to search for government information and programs that meet their needs without having to know the name of the agency responsible for that service. For instance, on the "General Health Resources" page, there are links to Medicare's "Participating Physician Directory" and "Prescription Drug Assistance Programs" information as well as FDA and other government (and some non-governmental organizations) consumer guides targeted toward seniors.

Name: Merck Manual of Geriatrics

URL: http://www.merck.com/pubs/mm_geriatrics/home.html

Description: Medical Texts: A free full-text geriatric care manual, this 3rd edition (Fall 2000) includes information ranging from health care funding and quality of life to injuries, diseases and care issues as they particularly effect seniors. Chapters on diseases typically cover symptoms and diagnostic tests, causes and treatment choices and complications.

Name: Health and Age

URL: <http://www.healthandage.com>

Description: Produced by the Novartis Foundation for Gerontology, this site provides information on a variety of topics related to the process of aging. In addition to basic information on a number of common conditions, health issues, and diseases, the site offers medical news updates, an online "Helpline" for individuals to submit specific health care questions, and a primer on aging suitable for use by the health care provider as well as the layperson. Sources for the information on the site include peer-reviewed medical journals, reviews of topical subjects by recognized experts, and personal experiences reported by patients, caregivers and friends.

Name: The AGS (American Geriatrics Society) Foundation for Health in Aging

URL: <http://www.healthinaging.org>

Description: This site offers information for the public as well as health care professionals regarding the health and care of older adults. Resources include online guides for caregiving at home and for pain management, Patient Education Forums, which focus on specific geriatric topics and provide answers to commonly asked questions, and access to the FHA Directory of Agencies and Organizations Addressing the Special Health Care Needs of Older Adults.

Name: MEDLINEplus - Seniors' Health Topics

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

Description: General Information: Produced by the National Library of Medicine (NLM), this website contains authoritative, quality-filtered health information from NLM, the National Institutes of Health, and other government, non-profit and health-related organizations. The site also includes preformulated MEDLINE searches (to keep abreast of the medical literature), a full-text drug information database, an illustrated medical encyclopedia, directory information, current health news and information about government-sponsored clinical trials.

Name: The American Geriatrics Society

URL: <http://www.americangeriatrics.org/>

Description: This site offers information for health care professionals regarding geriatric health and professional development, including information about the Society, conference and other event notices, a list of funding opportunities for individuals involved in geriatric research, and practice guidelines. Visitors to the site also can access the 2002 Edition of Geriatrics at Your Fingertips, a resource for evaluating and managing the diseases and disorders that most commonly affect older persons.

Women's Health Web Sites

Name: **Ask NOAH About: Women's Health**

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

Description: The New York Online Access to Health (NOAH) is a bilingual (English and **Spanish**) health information site. Sponsors include The City University of New York (CUNY), The New York Academy of Medicine, and The New York Public Library.

Contains basic health information for women about normal conditions, such as puberty, sexuality, pregnancy, birth control/contraception, and menopause. Also contains information about abnormal conditions, such as eating disorders, endometriosis, menstruation problems and concerns, osteoporosis, sexually transmitted diseases, and urinary tract infections.

Name: **Feminist.com Health and Sexuality Links**

📧 URL: http://www.feminist.com/resources/links/links_health.html

Description: A comprehensive list of links to pages concerning breast cancer/cancer, reproductive health, reproductive rights, sexuality, women & AIDS, and general women's health provided by feminist.com, a grassroots community. Benefactors include The Gloria Steinem Fund.

Name: **HHS U.S. Food and Drug Administration (FDA) Office of Women's Health (OWH)**

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

Description: The mission of the FDA's Office of Women's Health (OWH) is "to serve as a champion for women's health both within and outside the agency." It "funds research and education/outreach programs on pressing women's health issues," such as "breast and ovarian cancer, women and HIV, women and cardiovascular disease, osteoporosis, breast implant safety, the effects of estrogen, and women and autoimmune disease ... [and] ... continues to focus its scientific intramural research on gender effects and regulatory science." Provides links to regulatory guidance, [OWH] scientific projects, publications, and health topics.

Name: **HHS Health Resources and Services Administration (HRSA): Women's Health**

URL: <http://www.hrsa.gov/womenshealth/default.htm>

Details: The Health Resources and Services Administration (HRSA), an agency of the U.S. Department of Health & Human Services (HHS), provides links to women's health contacts; women's health resources; HRSA publications and communications, including fact sheets on women's health; and HHS women's health links. Information is provided about access to prenatal care, immunizations, physical exams, and other preventive

health care; community-based health services for women and girls; HIV/AIDS prevention and treatment services for women and children; cancer prevention services, nutrition and fitness, diabetes management, domestic violence screening and referral, mental health, and oral health programs; and health care and outreach services for women living in rural communities coordinated by HRSA Office of Women's Health (WHO) through HRSA programs.

Name: HHS Office on Women's Health/National Women's Health Information Center

URL: <http://4woman.gov>

Description: "The Office on Women's Health (OWH) in the Department of Health & Human Services (HHS) is the government's champion and focal point for women's health issues, and works to redress inequities in research, health care services, and education that have historically placed the health of women at risk." Contains links to National Centers of Excellence in Women's Health, National Community Centers of Excellence in Women's Health, minority women's health, girl and adolescent health, older women's health, reproductive health, violence against women, HIV/AIDS in women, breast health, environmental health, international health, and much more. The National Women's Health Information Center, a service of the Office on Women's Health in the Department of Health & Human Services, provides a gateway to the vast array of Federal and other women's health information resources.

Name: Internet Health Resources: For Consumers

URL: <http://www.ihr.com/>

Description: IHR develops, hosts, and promotes infertility Web sites for infertility organizations and provides links that are useful to consumer and professionals. This site includes information about all aspects of infertility, including, In vitro fertilization(IVF), gamete intrafallopian transfer (GIFT), tubal embryo transfer (TET), intracytoplasmic sperm injection (ICSI), egg donation, financial issues, subject matter experts, and sperm banks. Information about Internet newsgroups and mailing lists, research, journals, medications, infertility medical supplies, and adoption is also provided.

Name: National Women's Health Resource Center (NWHRC)

 URL: <http://www.healthywomen.org/>

Description: The National Women's Health Resource Center (NWHRC) is a non-profit, national clearinghouse for women's health information. NWHRC develops original health materials and content specifically for women, and provides links to related news, public education campaigns, conferences/events, and information about book titles. HONcode accredited.

Name: **NIH National Institute of Mental Health (NIMH) Women's Mental Health Consortium (WMHC)**

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

Description: The WMHC at the National Institute of Mental Health provides information on mental health occurrence, treatment, outcomes, and research as it related to women. Links to research, publications and reports; news and events, including upcoming seminars and conferences; conference summaries; and related federal sites are given.

Name: **NIH Office of Research on Women's Health**

URL: <http://www4.od.nih.gov/orwh/>

Description: Links are given to reports (e.g.: Agenda for Research on Women's Health for the 21st Century: Executive Summary); funding support for ongoing research, conference and workshops, special projects, etc.; various publications, including fact sheets and research agendas; videocasts of upcoming and past workshops, conferences, and events can be viewed.

Name: **Society for Women's Health Research**

URL: <http://www.womens-health.org/>

Description: Nonprofit advocacy group "promotes the inclusion of women in medical research studies and encourage the scientific examination of the basic biological and physiological differences between men and women, and how those differences affect both health and disease." Information about sex-based biology research, including links to the Institute of Medicine (IOM) of the National Academy of Sciences report in April 2001, "Exploring the Biological Contributions to Human Health: Does Sex Matter?" as well as information about understanding research [and its implications for women's health] are provided. Information about sex differences in several health conditions, such as autoimmune diseases, heart health, internal medicine, mental health, is provided as well as links to specific data summaries for particular conditions. Society activities, advocacy policy, and press releases can be accessed.

Name: **WebMD Healthy Women**

URL: http://my.webmd.com/living_better/her

Description: WebMD is an online information, research, educational services and communities for consumers and physicians. Links are given to current news, health conditions (select women's conditions), message boards, and health newsletter.

Name: **The North American Menopause Society**

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

Description: A scientific nonprofit organization devoted to promoting women's health during midlife and beyond through an understanding of menopause. Information is provided for health care consumers and professionals alike, such as, literature about perimenopause/menopause, educational materials, referral lists, participation in research studies, scientific studies, competency exams, etc. This organization has a multidisciplinary membership of 2,000 leaders in the field including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education.

Men's Health Web Sites

Name: **American Academy of Family Physicians - Men's Health**

URL: <http://www.aafp.org/patientinfo/health5.html>


Description: Information pamphlets on a range of health topics including prostate cancer screening, hypertension, diet, lowering cholesterol and lifestyle.

Name: **American Cancer Society Man to Man**

URL: <http://www.cancer.org/m2m/m2m.html>

Description: Prostate cancer education and support.

Name: **Ask NOAH About: Men's Health**

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

Description: New York Online Access to Health (NOAH). Bilingual health information site. Sponsors include the New York Academy of Medicine and the New York Public Library. Includes basic health information, and information on fertility, impotence, surgery, prostate, safer sex, stress and testicles. Includes a **Spanish** list of resources.

Name: **Memorial Sloan-Kettering Cancer Center: Prostate Cancer**

URL: <http://www.mskcc.org/document/WICPROST.htm>

Description: Overview of prostate cancer, answers to common questions, diagnosis and treatment information.

Name: **MEDLINE Plus - Men's Health Topics**

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

Description: Includes info on Prostate Diseases, Impotence, Testicular Cancer as well as PubMed searches on Men's Health Topics.

Name: **New York Times Men's Health**

URL: <http://www.nytimes.com/library/national/science/menshealth/resources.html>

Description: Resources for specific health issues such as aging, AIDS, alcohol, arthritis, back pain, cholesterol, colorectal cancer, coronary artery disease, depression, diet and exercise, headache, prostate, smoking, sexually transmitted diseases, stress, and stroke.

Name: **University of Pittsburgh Health Sciences Library Men's Health**

URL: <http://www.hsls.pitt.edu/intres/health/men.html>

Description: Guides to Internet sites for men's health.

Name: **Yale University Men's Health**

URL: <http://www.med.yale.edu/library/sir/select.php3?consumer>

Description: Extensive listing of resources including associations, organizations, fact and information, magazines and reference materials.

Name: **Infertility Resources Web Site**

URL: <http://www.ihr.com/>

Description: This Web site provides extensive information about infertility issues including IVF, GIFT, ICSI, infertility clinics, donor egg and surrogacy services (e.g., surrogate mothers), sperm banks, adoption, infertility books and journals, infertility newsgroups and support organizations, and drugs and medications.

Name: **MayoClinic.com – Men's Center**

URL: <http://www.mayoclinic.com/findinformation/healthylivingcenter/centers.cfm?objectid=0004FC18-621F-1B37-8D7E80C8D77A0000>

Description: Information on specific conditions and care, Lifestyle, and a section on Being Male. This section features information and interactive tools on health issues unique to men. What's "normal" for the male body, what can go wrong and what can be done about it.

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

URL: http://www.medem.com/MedLB/sub_detaillb.cfm?parent_id=55&act=disp

Description: Healthcare information from the nation's medical societies on Healthy Living, Reproductive and Sexual Function, Prostate Conditions and Other Men's Health Issues

Specific Health Problem Web Sites

General

Name: **Healthfinder - Health Library**

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

Developed by the U.S. Department of Health and Human Services, healthfinder® directs you to selected online publications, clearinghouses, databases, web sites, and support and self-help groups, as well as the government agencies and not-for-profit organizations that produce reliable information for the public. Includes information in **Spanish**.

Name: **MayoClinic.com - Diseases and Conditions A-Z** (Mayo Foundation for Medical Education and Research)

URL: <http://www.mayoclinic.com/findinformation/diseasesandconditions/index.cfm>

Description: "All material on the site is developed and/or reviewed by Mayo Clinic physicians and researchers... All material is grounded in scientific research...[,] dated...[and] continuously reviewed."

Name: **MEDLINEplus, Health Topics** (National Library of Medicine)

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

Description: A directory of authoritative and reliable sources on 500+ diseases and conditions. Includes links to overviews, clinical trials, health organizations, statistics, and news. There are also links to information on diagnosis, treatment, management, and rehabilitation. The site is updated daily. Includes Information in **Spanish**.

Name: **National Institutes of Health, Health Information** (U.S. Department of Health and Human Services)

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

Description: Provides information on specific diseases and conditions from the institutes that research them. Full-text publications include brochures, fact sheets, and handbooks. The site also provides information on research studies, clinical trials and drugs; a database of toll-free information numbers; and links to other trusted resources. Includes information in **Spanish**.

Name: **National Organization for Rare Disorders**

 URL: <http://www.rarediseases.org/>

Description: Provides an index and searchable database of diseases and disorders. Search results provide brief overviews of disorder and information about organizations that provide support, information and advocacy about the disorder. Full reports, with more extensive information, are available for purchase (\$7.50).

Alzheimer's Disease

Name: **Alzheimer's Association**

 URL: <http://www.alz.org/>

Description: The "I Have Alzheimer's" page links to information on living and coping with Alzheimer's disease. The site's "Resource Center" provides fact sheets and additional information on diagnosis and management, planning ahead, statistics, a glossary, resources for caregivers, and provides information or materials in **Chinese, Korean, Polish, Russian, Spanish** and **Vietnamese**.

Asthma and Allergies

Name: **Asthma and Allergy Foundation of America**

 URL: <http://www.aafa.org/>

Description: Tabs for Asthma and Allergies reveal resources specific to each, including extensive multimedia (online video) resources. "Ask the Allergist" feature allows you to send an email to an allergist. Lists a hotline for further information about asthma and allergies. Excellent glossary resources.

Name: **The American Lung Association**

 URL: <http://www.lungusa.org>

Description: Provides extensive information on diseases affecting the respiratory system. Impressive interactive portion of site (registration required) focuses on treatment options for asthma, hayfever, lung cancer, and chronic obstructive pulmonary disease (COPD). Strong anti-smoking component with resources for smoking cessation.


Name: **National Heart, Lung, and Blood Institute (NHLBI)**

URL: <http://www.nhlbi.nih.gov/index.htm>

Description: NHLBI site provides extensive information on diseases of the heart, blood vessels, lung, blood, and on sleep disorders. Links on it's "Health Information" page lead to a variety of resources on virtually all aspects of these conditions, some specifically for Latinos and women. Includes information in **Spanish**.

Cancer

Name: **National Cancer Institute**

 URL: <http://www.cancer.gov/>

Description: The National Cancer Institute maintains a clearinghouse for information related to cancer. Information is available on specific cancers, clinical trials,

research, cancer treatment, prevention and causes of cancer, screening and testing, and coping with cancer. Cancer types can be searched by name or located according to body system.

Name: **Oncolink: A University of Pennsylvania Cancer Center Resource**

URL: <http://www.oncolink.upenn.edu/>

Description: Oncolink provides information solely on the various forms of cancer. The site may be searched a number of ways and includes disease oriented menus, medical specialty oriented menus, cancer causes, screening and prevention, clinical trials, and global resources for cancer information.

Name: **The American Lung Association**

URL: <http://www.lungusa.org>

Description: Provides extensive information on diseases affecting the respiratory system. Impressive interactive portion of site (registration required) focuses on treatment options for asthma, hayfever, lung cancer, and chronic obstructive pulmonary disease (COPD). Strong anti-smoking component with resources for smoking cessation.

Dental Health

Name: **American Dental Association - The Public**

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

Description: Includes “Oral Health Topics A-Z” with frequently asked questions, illustrations, overviews, and information on prevention, cosmetic dentistry, and restorative procedures. The site also provides information specifically for children, teens, and seniors and a “Find a Dentist” directory.

Dermatology

Name: **American Academy of Dermatology - Public Resources**

URL: http://www.aad.org/patient_intro.html

Description: Includes a “Find a Dermatologist” directory, news, and sidebar links to special pages of extensive information on the most common skin conditions, such as acne (AcneNet), aging skin (AgingSkinNet). Download illustrated pamphlets on a variety of skin, hair, and nail diseases, conditions, and topics at:

<http://www.aad.org/pamphlets/index.html>. Includes information in **Spanish**.

Diabetes

Name: **Joslin Diabetes Center**

📧 URL: <http://www.joslin.org/>

Description: The Joslin Diabetes Center is an internationally recognized diabetes treatment, research and education institution affiliated with Harvard Medical School. This site provides news, discussion boards, an extensive online diabetes library of informational on all aspects of diabetes (Joslin's Library), free online classes, a "Beginner's Guide," and information in **Spanish**. Some cultural-specific information for Latinos, Asian-Americans, and African-Americans, primarily for providers.

Disabilities

Name: **The Family Village**

📧 URL: <http://www.waisman.wisc.edu/kennedy/index.htmlx>

Description: "Welcome to the Family Village! We are a global community that integrates information, resources, and communication opportunities on the Internet for persons with cognitive and other disabilities, for their families, and for those that provide them services and support. Our community includes informational resources on specific diagnoses, communication connections, adaptive products and technology, adaptive recreational activities, education, worship, health issues, disability-related media and literature, and more!"

Heart Disease

Name: **American Heart Association**

URL: <http://www.americanheart.org>

Description: The "Heart & Stroke Encyclopedia" in the sidebar links to an extensive alphabetical list of topics providing definitions, descriptions, treatment information, scientific statements, and very helpful links to related information on the site. The "Diseases and Conditions" and "Children: Heart Disease and Health" pages provide more in-depth information on selected topics. The site also includes a "Heart Profilers" decision tool, news, healthy lifestyle information, and charts of heart attack, stroke, and cardiac arrest warning signs.

Name: **National Heart, Lung, and Blood Institute (NHLBI)**

URL: <http://www.nhlbi.nih.gov/index.htm>

Description: NHLBI site provides extensive information on diseases of the heart, blood vessels, lung, blood, and on sleep disorders. Links on it's "Health Information" page lead to a variety of resources on virtually all aspects of these conditions, some specifically for Latinos and women. Includes information in **Spanish**.

HIV/AIDS

Name: **HIV InSite**

URL: <http://hivinsite.ucsf.edu/>

Description: HIV InSite is a project of the University of California, San Francisco AIDS Research Institute. Designed as a gateway to in depth information about particular aspects of HIV/AIDS, it provides numerous links to many authoritative sites. These include a Directory of Legal Resources for People with AIDS & HIV by the American Bar Association and an Online Guide to HIV Clinical Trials in the United States.

Name: **Centers for Disease Control, National Center for HIV, STD, and TB Prevention, Divisions of HIV/AIDS Prevention**

URL: <http://www.cdc.gov/hiv/dhap.htm>

Description: Well designed and easy to navigate, this site offers consumer information on the basic science of HIV/AIDS, prevention, counseling, testing, treatment, care-giving, and research. It provides brochures, fact sheets, and Frequently Asked Questions. It links to other resources, such as conferences, hotlines, and additional selected Web sites. Pages include revision/review dates. Includes information in **Spanish**.

Infectious Diseases

Name: **Centers for Disease Control and Prevention (CDC)**

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

Description: The CDC is an agency of the Department of Health and Human Services, dedicated to promoting health and quality of life by preventing and controlling disease, injury, and disability. Of special interest to the consumer are the resources about diseases, conditions and other special topics arranged under Health Information and Travelers Health, with health recommendations for travelers worldwide.

Name: **National Immunization Program** (Centers for Disease Control and Prevention)

URL: <http://www.cdc.gov/nip/>

Description: This site provides guides and recommendations on immunization for children, adults, and travelers. It also includes information on disease prevention, fact sheets, a glossary, information on benefits and risks of immunization, news, and downloadable publications (PDF) and educational resources. Includes information in **Spanish**.

Mental Health

Name: **Internet Mental Health**

URL: <http://www.mentalhealth.com/>

Description: Internet Mental Health is a free encyclopedia of mental health information.

Name: **National Institute of Mental Health - For the Public**

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

Description: This site provides information about the symptoms, diagnosis, and treatment of mental illnesses, including clinical trials, reports from the Surgeon General, and news. Many educational and informative publications are available in full-text, including brochures, information sheets, and fact sheets. The “Science Education” page contains links to Quick Time videos and other visual resources. Some information is available in **Spanish**.

Neurological Disorders

Name: **National Institute of Neurological Disorders and Stroke (NINDS) - Disorders**

URL: http://www.ninds.nih.gov/health_and_medical/disorder_index.htm

Description: This site contains an extensive alphabetical list disorders that link to detailed information for consumers. These pages include a description of the disorder, information on treatment, prognosis, current research, health organizations supporting the disorder, and a list of related publications and information. Links in the sidebar take the consumer to studies with patients, research literature, and press releases. Pages include revision/review dates. Information is also available in **Spanish**.

Orthopedic Disorders

Name: **Your Orthopaedic Connection** (American Academy of Orthopaedic Surgeons)

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

Description: Provides an extensive list of illustrated fact sheets and patient education booklets on various orthopaedic conditions, diseases, and injuries. Includes information on prevention, safety, sports, and wellness; a “Find an Orthopaedist” directory; and news. Pages provide review/revision dates. Includes information in **Spanish**.

Osteoporosis

Name: **National Institutes of Health: Osteoporosis and Related Bone Diseases-National Resource Center**

🔗 URL: <http://www.osteoporosis.gov/>

Description: This site contains an impressive variety of patient handouts, including a generous selection of handouts in **Spanish** and basic information in **Cambodian, Chinese, Korean, Lao, and Vietnamese**. Provides links to other top-quality sites. Site can be searched.

Name: **National Osteoporosis Foundation**

🔗 URL: <http://www.nof.org/>

Description: This site provides a wide range of patient information, from prevention and medication, to information specifically for men with osteoporosis and fashion tips for women with osteoporosis. Site can be searched.

Sleep Disorders

Name: **National Heart, Lung, and Blood Institute (NHLBI)**

URL: <http://www.nhlbi.nih.gov/index.htm>

Description: NHLBI site provides extensive information on diseases of the heart, blood vessels, lung, blood, and on sleep disorders. Links on its “Health Information” page lead to a variety of resources on virtually all aspects of these conditions, some specifically for Latinos and women. Includes information in **Spanish**.

Stroke

Name: **National Institute of Neurological Disorders and Stroke (NINDS) - Disorders**

URL: http://www.ninds.nih.gov/health_and_medical/disorder_index.htm

Description: This site contains an extensive alphabetical list disorders that link to detailed information for consumers. These pages include a description of the disorder, information on treatment, prognosis, current research, health organizations supporting the disorder, and a list of related publications and information. Links in the sidebar take the consumer to studies with patients, research literature, and press releases. Pages include revision/review dates. Information is also available in **Spanish**.

Name: **American Heart Association**

URL: <http://www.americanheart.org>

Description: The ‘Heart & Stroke Encyclopedia’ in the sidebar links to an extensive alphabetical list of topics providing definitions, descriptions, treatment information, scientific statements, and very helpful links to related information on the site. The ‘Diseases and Conditions’ and ‘Children: Heart Disease and Health’ pages provide more in-depth information on selected topics. The site also includes a ‘Heart Profilers’ decision tool, news, healthy lifestyle information, and charts of heart attack, stroke, and cardiac arrest warning signs.

Name: **National Stroke Association**

URL: <http://www.stroke.org/about.cfm>

Description: This ‘All About Stroke’ page provides excellent consumer/patient information and includes a ‘Top 8 Links’ sidebar. There is information for survivors and caregivers; information on prevention, prevention, and clinical trials; a glossary; and links to other stroke-related resources. Information is also provided in **French** and **Spanish**.

Other Useful Health Sites

Name: **CenterWatch Clinical Trials Listing Service**

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

Description: 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).

Name: **ClinicalTrials.gov**

 URL: <http://clinicaltrials.gov>

Description: 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. Regularly updated.

Name: **Comparison of Health Information Megasites**

 URL: <http://www.lib.umich.edu/megasite/>

Description: Twenty-five Internet sites considered authoritative sources of health information were evaluated using the following criteria: Administration and Quality Control, Content, and Design. Comparisons are made across all sites with specific focus on selection policies, update frequency, response time to e-mail requests, and features such as use of tables, frames, Java, and animated GIFs, navigation tools, and search engines. By librarians.

Name: **Innerbody - Human anatomy**

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

Description: An interactive site for the study of human anatomy.

Multilingual and Easy-to-Read Health Information

Health Information in Languages Other than English

Name: **24 Languages Project: Consumer Health Brochures in Multiple Languages**

🔗 URL: <http://medstat.med.utah.edu/24languages>

Description: This site includes health education brochures in **Arabic, Armenian, Cambodian, Chinese, Croatian, Farsi, French, German, Haitian Creole, Hmong, Japanese, Korean, Laotian, Portuguese, Romanian, Russian, Samoan, Serbo-Croatian, Somali, Spanish, Tagalog, Thai, Tongan,** and **Vietnamese**.

Name: **CancerIndex**

🔗 URL: <http://www.cancerindex.org/clinks13.htm>

Description: This site contains links to sources of cancer information in languages other than English, including **Dutch, Finnish, French, German, Greek, Italian, Japanese, Portuguese, Spanish,** and others.

Name: **CDC**

🔗 URL: <http://www.cdc.gov/spanish>

Description: The Centers for Disease Control and Prevention publish some materials, as well as provide links to materials, in languages other than English and Spanish. To access, go to the Spanish version of the website and select from among **Chinese, French, German, Tagalog, Vietnamese, Italian, Korean,** and **Russian**. Materials may also be accessed by going to <http://www.cdc.gov> and searching for the language (such as Tagalog).

Name: **CHID Online: The Combined Health Information Database**

🔗 URL: <http://chid.nih.gov>

Description: CHID is a bibliographic database produced by health-related federal government agencies. It lists health promotion and education materials on a variety of topics, and users can search by language (***list of languages is too extensive to cite***).

Name: **Consumer Action**

 URL: <http://www.consumer-action.org>

Description: Consumer Action publishes educational materials on health and other topics in English, **Chinese, Spanish**, and other languages (as of 6/14/06, English, Chinese and Spanish were only languages available).

Name: **EthnoMed**

 URL: <http://ethnomed.org>

Description: This site has an emphasis on providing information to healthcare professionals on ethnic groups in Seattle. Includes patient education resources (not all are available in all languages) in **Amharic, Cambodian (Khmer), Chinese, Korean, Oromiffa, Oromo, Russian, Somali, Spanish, Tagalog, Tigrean, Tigrigna, Tigrinya, Vietnamese**. Cultural groups include: Amharic, Arab, Cambodian, Chinese, Eritrean, Ethiopian, Hispanic, Lao, Mien, Oromo, Samoan, Somali, South Asian, Soviet Jewish, Tigrean, Ukranian, and Vietnamese.

Name: **Eurasia Health**

 URL: <http://www.eurasiahealth.org/index.jsp>

Description: This site includes a searchable Multilingual Library database, which includes health education materials in the languages of Central and Eastern Europe and the former Soviet Union. Languages include **Armenian, Azeri, Bosnian, Bulgarian, Croatian, Czech, Estonian, Georgian, Hungarian, Kazakh, Kyrgyz, Latvian, Lithuanian, Macedonian, Polish, Romanian, Russian, Serbian, Slovak, Slovenian, Turkmen, Ukranian**, and **Uzbek**

Name: **FDA: My Medicines**

 URL: <http://www.fda.gov/womens/taketimetocare/mymeds.html>

Description: FDA's My Medicines brochure is available on this site in **Cambodian, Chinese, Hmong, Japanese, Korean, Laotian, Polish, Samoan, Spanish, Tagalog, Thai**, and **Vietnamese**.

Name: **Healthy Roads Media**

 URL: <http://www.healthyroadsmedia.org>

Description: This site has free health information in print, online, video, and audio formats in **Spanish, Vietnamese, Arabic, Somali, Bosnian, Russian, Hmong**, and **Khmer**.

Name: **La Leche League: Materials in Languages other than English**

📧 URL: <http://www.lalecheleague.org/LLLLlang.html>

Description: This site provides breastfeeding information in **Chinese, Czech, Dutch, Flemish, French, German, Hebrew, Hungarian, Italian, Japanese, Luxembourgish, Portuguese, Serbian, Slovenian,** and **Spanish**.

Name: **Language Access Health Project**

📧 URL: <http://www.asiac.org/LAhp.htm>

Description: This site includes a collection of translated materials on HIV/AIDS in **Albanian, Arabic, Bengali, Bosnian, Cambodian, Chinese, Creole, Czech, Danish, Dutch, Ethiopian, Finnish, French, German, Greek, Hebrew, Hindi, Indonesion [sic], Italian, Korean, Laotian, Malay, Norwegian, Polish, Portuguese, Punjabi, Romanian, Somali, Spanish, Swedish, Tagalog, Thai, Turkish, Ukranian,** and **Vietnamese**.

Name: **National Library of Medicine - Consumer Health Information**

📧 URL: <http://nml.gov/outreach/consumer/multi.html#A12>

Description: NLM's consumer health information site includes links to materials and resources in **Cambodian/Khmer, Chinese, French, German, Hmong, Korean, Laotian, Russian, Somali, Spanish, Thai** and **Vietnamese**.

Name: **Reproductive Health Online**

📧 URL: <http://www.reproline.jhu.edu>

Description: This site includes family planning, maternal and neonatal health information in **Spanish, French, Portuguese,** and **Russian**.

Name: **SPIRAL (Selected Patient Information Resources in Asian Languages)**

📧 URL: <http://spiral.tufts.edu/>

Description: SPIRAL from Tufts University and South Cove Community Health Center provides health brochures for patients who speak Asian languages. The site includes brochures in **Chinese, Hmong, Khmer, Korean, Laotian, Thai,** and **Vietnamese**.

Name: **World Health Organization**

📧 URL: <http://www.who.int/en>

Description: WHO's website includes information in **French, Russian,** and **Spanish** on a variety of health topics.

Websites in Spanish

Name: **Agency for Healthcare Research and Quality – Información en Español**

 URL: <http://www.ahrq.gov/consumer/espanoix.htm>

Description: Consumer health section of site focuses on consumer protection and safety in healthcare. Topics include finding information and support after receiving a diagnosis, how to know that you're receiving quality healthcare, checking your medications, what to know before having surgery, and information on a variety of specific health conditions.

Name: **Centros para el Control y la Prevención de Enfermedades (CDC)**

 URL: <http://www.cdc.gov/spanish>


Description: The CDC is an agency of the Department of Health and Human Services, dedicated to promoting health and quality of life by preventing and controlling disease, injury, and disability. Of special interest to the consumer are the resources about diseases, conditions and other special topics arranged under Health Information and Travelers Health, with health recommendations for travelers worldwide.

Name: **Healthfinder**

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


Description: Developed by the U.S. Department of Health and Human Services, healthfinder directs you to selected online publications, clearinghouses, databases, web sites, and support and self-help groups, as well as the government agencies and not-for-profit organizations that produce reliable information for the public.

Name: **Institutos Nacionales de la Salud (NIH)**

 URL: <http://salud.nih.gov>

Description: Provides information on specific diseases and conditions from the institutes that research them. Full-text publications include brochures, fact sheets, and handbooks. The site also provides information on research studies, clinical trials and drugs; a database of toll-free information numbers; and links to other trusted resources.

Name: **Manual Merck de Información Médica (Merck Manual in Spanish)**

 URL: http://www.msd.es/publicaciones/mmerck_hogar/index.html

Description: The Online edition to "The Merck Manual," a standard quick-reference text in medical libraries.

Name: **MedlinePlus**

 URL: <http://medlineplus.gov/spanish>


Description: The National Library of Medicine's MEDLINEplus information pages are designed to direct you to resources containing information that will help you research your health questions. MEDLINEplus is for anyone with a medical question. Both health professionals and consumers can depend on it for accurate, current, medical information. This service provides access to extensive information about specific diseases and conditions and has links to consumer health information from the National Institutes of Health, clearinghouses, dictionaries, lists of hospitals and physicians, health information, and clinical trials.

Name: **National Cancer Institute**

 URL: <http://www.cancer.gov/espanol>

Description: The National Cancer Institute maintains a clearinghouse for information related to cancer. Information is available on specific cancers, clinical trials, research, cancer treatment, prevention and causes of cancer, screening and testing, and coping with cancer. Cancer types can be searched by name or located according to body system.

Name: **National Women's Health Information Center – Recursos en Español**

 URL: <http://www.4women.gov/spanish/>


Description: "The Office on Women's Health (OWH) in the Department of Health & Human Services (HHS) is the government's champion and focal point for women's health issues, and works to redress inequities in research, health care services, and education that have historically placed the health of women at risk." Contains links to National Centers of Excellence in Women's Health, National Community Centers of Excellence in Women's Health, minority women's health, girl and adolescent health, older women's health, reproductive health, violence against women, HIV/AIDS in women, breast health, environmental health, international health, and much more. The National Women's Health Information Center, a service of the Office on Women's Health in the Department of Health & Human Services, provides a gateway to the vast array of Federal and other women's health information resources.

Name: **NOAH (New York Online Access to Health)**

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

Description: NOAH: New York Online Access to Health is a unique collection of state, local and federal resources selected by editors with consumers in mind. Searchers may select from a list of Health Topics which are then narrowed to include definitions, care and treatment, and lists of information resources. Many bilingual (English-Spanish) resources.

Name: **Planned Parenthood Federation of America in Spanish**

 URL: <http://www.plannedparenthood.org/pp2/portal/espanol/>

Description: Provides information on sexual and reproductive health (for both men and women) as well as information appropriate for teens.

Easy-to-Read Information


Name: **MedlinePlus Easy-to-Read**

 URL: http://www.nlm.nih.gov/medlineplus/easytoread/all_easytoread.html

Description: Links to easy-to-read information in English, as well as some **Spanish** materials. This is an extensive list. Target reading level is not identified.

Native American Health Information

Name: **MedlinePlus: Native American Health**

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


Description: Provides links to culturally appropriate health information materials for Native Americans. Topics range from heart health and hypertension to diabetes to immunizations and breastfeeding. Information is also provided on Medicare, Indian Health Services facilities and statistics related to Native American health.

Name: **Health Information on the Internet—Consumer Health Information: American Indian Resources**

 URL: http://nmlm.gov/mcr/resources/community/docs/native_american_resources.rtf


Description: Printable resource guide to Native American health information.

Name: **Tribal Connections**

 URL: <http://www.tribalconnections.org/>

Description: Site provides a database for health related resources for Native Americans and Alaska Natives and news articles and features about health and wellness issues. An additional focus of the site is “to help raise awareness of Native American health issues in the general population and among Native Americans and Alaska Natives themselves by promoting Native American health writing.” Health issues covered include cancer, diabetes, environmental hazards, heart disease, injury prevention, mental health, and substance abuse, and there is also information on traditional healing techniques and tribal health resources. Information on education and training, and grants and funding is also posted on the site. From the National Network of Libraries of Medicine and the University of Washington.

Name: **American Indian Health**

 URL: <http://americanindianhealth.nlm.nih.gov/>

Description: Site is a portal to resources about Native American Health. In addition to general health sites, there are links to sites or information focusing on cancer, diabetes, elder health, heart disease, HIV/AIDS, lung diseases, mental health, substance abuse, suicide, and more. The site contains links to PubMed/MEDLINE searches, making it easy for a novice to access journal citations on certain topics. There is significant information on traditional healing methods. Other areas of the site focus on environmental health, healthcare access and quality for minorities, tribal information, and research and statistics. From the National Library of Medicine.

Name: **Arctic Health**

 URL: <http://www.arctichealth.org/>

Description: Links to information regarding health issues affecting those who live in the far north. Information on research and publications, and telehealth/telemedicine. Health topics include age, cancer, domestic violence, oral health, fetal alcohol syndrome, food safety, and tuberculosis. Extensive section on traditional healing. From the National Library of Medicine and University of Alaska Anchorage.