



SOME WEB SITES DEALING WITH ALLIED HEALTH



***About Herbs, Botanicals & Other Products** <http://www.mskcc.org/mskcc/html/11570.cfm>

Resource on herbs, botanicals, vitamins, and other dietary supplements that provides a clinical summary, scientific name, purported uses, constituents, mechanism of action, food sources, pharmacokinetics, warnings, adverse reactions, drug or lab interactions, extensive references, links to FDA talk papers/statements and the PubMed database, and some free full-text articles from publishers or organizations' web sites. From Memorial Sloan-Kettering Cancer Center.

Additives Found in American Cigarettes <http://www.iprc.indiana.edu/druginfo/additives.html>

1998 Indiana Prevention Resource Center (IPRC) at Indiana University document listing "599 ingredients [that] have been identified in tobacco industry documents as being added to tobacco in the manufacturing of cigarettes by the five major American cigarette manufacturing companies.

***Alternative Health News Online** <http://www.altmedicine.com>

Provides information about alternative health choices, divided into 12 major categories. "Health News Bulletin" gives brief synopses of news items and links to the news source reporting it. Search feature has links to five other health-related search engines.

***Alternative Medicine: Health Care Information Resources**

<http://wwwsl.mcmaster.ca./tomflem/altmed.html>

International in scope. Offers lengthy descriptions of a vast array of alternative health-related Web sites. Sections cover complementary and alternative medicine in general and then specific resources by therapy.

***Alternative Medicine Homepage** <http://www.pitt.edu/~cbw/altm.html>

Brief but thorough description of what Complementary and Alternative Medicine (CAM) is and how it is defined, plus eight major topic areas: AIDS and HIV, Databases, Internet Resources, Mailing Lists and Newsgroups, Government Resources, Pennsylvania Resources, Practitioners' Directories, and Related Resources. Each item in a topic area has a brief description.

*** American Academy of Pediatrics** <http://www.aap.org>

Contains information for both health professionals and lay users on child development, diseases and conditions, child safety, and parenting, from birth to age 21.

***American Association of Retired Persons** <http://www.aarp.org/health>

Provides information for seniors on a variety health topics. Also covers Medicare, Social Security, health insurance, and drug coverage. Has variable type size for the visually impaired and a Spanish-language version.

American Brain Tumor Association <http://hope.abta.org>

Offers "information about brain tumors, treatment options, clinical trials and living with a brain tumor." "Tumor Information" includes descriptions of parts of the brain, statistics on brain tumors, risk factors, diagnosis and treatment, information about seizures, questions to ask doctors, and much more. Searchable.

American Indian Health <http://americanindianhealth.nlm.nih.gov/>

Searchable and browsable National Library of Medicine site bringing together "health and medical resources pertinent to the American Indian population including policies, consumer health information, and research. Links are provided to an assortment of documents, Web sites, databases and other resources."

***American Self-Help Group Clearinghouse** <http://www.selfhelpgroups.org/>

"A keyword-searchable database of over 1,100 national, international, model and online self-help support groups [...] Also lists local self-help clearinghouses worldwide, research studies, information on starting face-to-face and online groups, and a registry for persons interested in starting national or international self-help groups."

American Stroke Association <http://www.strokeassociation.org/>

Searchable American Heart Association site provides information about diagnosis, treatment, and prevention of stroke. Encyclopedia includes entries on topics such as cholesterol, smoking, and blood pressure.

Anatomy Atlases <http://anatomyatlases.org>

A collection of atlases covering general anatomy, anatomy in cross-section, microscopic anatomy, anatomy of first aid, and human anatomic variation "intended primarily for use by Medical Students, Residents, Fellows, or Attending Physicians studying anatomy." Written by anatomy professors.

Arthritis Society <http://www.arthritis.ca>

Current, practical information about arthritis. Includes types of arthritis, pain management, exercise tips, programs and resources, research news, a database of questions and answers, and a dictionary.

***Ask NOAH (New York Online Access to Health)** <http://www.noah-health.org/>

Provides "access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased." Includes an "A to Z Index" and "Page of the Month." From a collaboration among several libraries in New York City, including the New York Public Library and the City University of New York (CUNY) Office of Library Services.

Auditory Disabilities: Deaf Culture <http://www.webaim.org/articles/auditory/culture.php>

Background about the strong sense of community (known as "deaf culture") among those "for whom sign language is their primary language" and how this sense of community differs from that of deaf people who have been "raised in the oral tradition, meaning that they were taught to speak vocally, and to 'read the lips' of others." Part of a larger web site on auditory disabilities.

Avian influenza: Frequently Asked Questions http://www.avma.org/public_health/influenza/avian_faq.asp

FAQs addressing topics related to avian influenza (bird flu), "a viral disease that most commonly affects birds." Focuses on concerns such as whether cats and dogs can be infected with the virus and how the disease is transmitted to humans. Includes links to related websites. From the American Veterinary Medical Association (AVMA).

BioethicsWeb <http://bioethicsweb.ac.uk/>

"Gateway to evaluated, quality Internet resources relating to biomedical ethics, including ethical, social, legal and public policy questions arising from advances in medicine and biology, issues relating to the conduct of biomedical research and approaches to bioethics." Features lists of annotated links. Searchable or browsable by category.

BMI -- Body Mass Index <http://www.cdc.gov/nccdphp/dnpa/bmi/>

BMI "is a number that shows body weight adjusted for height. ... For adults aged 20 years or older, BMI falls into one of these categories: underweight, normal, overweight, or obese." Provides a BMI calculator, the BMI

mathematical formula, and information about BMI as a diagnostic tool and about healthy BMI for adults, children, and teens. From the Centers for Disease Control and Prevention (CDC).

Bone Health and Osteoporosis: A Surgeon General's Report

<http://www.surgeongeneral.gov/library/bonehealth/>

October 2004 report from the U.S. Surgeon General stating that by 2020 half of all Americans over the age of 50 will be at risk for fractures if they do nothing to prevent bone loss. Includes full text of report, press releases, fact sheets, pamphlet for the public, and executive summary.

Bovine Spongiform Encephalopathy (BSE), "Mad Cow Disease"

<http://agr.wa.gov/FoodAnimal/AnimalFeed/BSE.htm>

Information and resources on bovine spongiform encephalopathy (BSE), or "mad cow disease," from the Washington State Department of Agriculture (WSDA). Discusses protection of livestock, pets, and the food supply.

British Homeopathic Library <http://www.hom-inform.org/>

British Homeopathic Library, Glasgow, database featuring "literature references to homoeopathy, with key terms and some abstracts." Also provides thesaurus of the European Committee for Homeopathy (ECH) and links to related sites.

BSE (Bovine Spongiform Encephalopathy, or Mad Cow Disease) <http://www.cdc.gov/ncidod/dvrd/bse/>

Contains information on control measures and reported cases, as well as news and articles. Includes links to information on related diseases.

Bulimia Nervosa Resource Guide <http://www.bulimiaguide.org>

Resources about bulimia nervosa, "an eating disorder in which a person engages in binge eating ... followed by some type of behavior to prevent weight gain from the food." Includes material about maximizing health insurance benefits, mental health parity laws, finding a treatment center, and signs of the disorder.

Cancer Facts: Questions and Answers About Cigar Smoking and Cancer

http://cis.nci.nih.gov/fact/3_65.htm

National Cancer Institute (NCI) discussion of health risks associated with cigar smoking, effects of smoke inhalation on disease risk, differences between cigars and cigarettes, hazards of secondhand smoke, cigars and nicotine addiction, and trends in cigar smoking.

***Centers for Disease Control and Prevention (CDC)** www.cdc.gov

Provides public health and safety information, including fact sheets, statistics, information and CDC journal articles on diseases and chronic conditions, and statistics from the National Center for Health Statistics. Full text of several CDC publications, including "Morbidity and Mortality Weekly Report" and "Emerging Infectious Diseases," also available. Also provides data on vaccinations, outbreaks, and safe food and water in other countries and links to local health departments. Also available in Spanish.

Celebrating 50 Years of Transplantation <http://www.kidney.org/recips/athletics/50yrs/>

Articles, photos, and other materials commemorating the 50th anniversary (December 2004) of the first organ transplant. Features profiles of transplant pioneers, tributes, a timeline, a slide show, and related resources. From the National Kidney Foundation.

Celiac Sprue Association <http://www.csaceliacs.org>

Features information about symptoms and treatment, a collection of articles, a list of local chapters, and information about a gluten-free diet. Also includes information for children and dozens of gluten-free recipes. Some information also available in Spanish. Searchable.

Center for Drug Evaluation and Research <http://www.fda.gov/cder/index.html>

Provides information on prescription and non-prescription drugs, including any that are newly approved. Includes safety, side effects, clinical trial information, and public health alerts.

***ClinicalTrials.gov** <http://www.clinicaltrials.gov/>

Offers access to about 12,000 studies, including both observational and interventional trials, in the US and other countries. Provides explanation of clinical trials in general, including vocabulary involved, phases, and patient rights; and information (e.g., inclusion criteria, purposes, and contact information) about specific clinical trials. Searchable by condition, treatment, phase, location, sponsors, status, ID number, and combinations of the above. Also provides links to other health resources and agencies.

Complementary and Alternative Medicine Index (CAM) <http://www.umm.edu/altmed/>

Collection of material about different types of CAM, such as acupuncture, biofeedback, herbal medicine, hypnotherapy, massage, and yoga. Includes discussions of conditions (by organ and symptoms), and drug, herb, and supplement interactions and uses. From the University of Maryland Medical Center (UMMC).

Condoms: History, Testing, Effectiveness & Availability <http://www.avert.org/condoms.htm>

A timeline of the development of condoms from ancient Egyptian use of "a linen sheath for protection against disease" through the 1800s, when "condom manufacturing was revolutionised by the discovery of rubber vulcanisation by Goodyear (founder of the tire company) and Hancock," and the present day. Also includes a link to information about the female condom.

***Dietitians of Canada** www.dietitians.ca/index.html

Interactive tools permit analyzing of users' food choices and lifestyles by reporting nutrients (energy, protein, fat, carbohydrate, fiber) and vitamins that have been consumed and comparing them with the recommended daily intake. Personalized Meal Planner is designed to help users determine the kinds and amounts of food to eat; it gives feedback on the calories, fat, and fiber received from the foods selected. Physical Activity Quiz provides feedback on activity levels with tips for active living. Also has list of FAQs as well as facts sheets on a variety of topics. "Live Well, Eat Well" provides interactive games and quizzes on nutrition, available in either French or English.

Directory of America's Hospitals http://www.usnews.com/usnews/health/hospitals/hosp_home.htm

American Hospital Association and U.S. News and World Report online directory of hospitals in the U.S. Includes information on the types of treatment available, specialized services, contact information, a glossary and related feature articles. Searchable; browsable alphabetically and by location.

Drugs@FDA <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

Database listing most brand name and generic drug products approved by the Food and Drug Administration since 1939, including prescription and over-the-counter human drugs currently approved for sale in the U.S., as well as discontinued drugs. Browsible, or searchable by drug name, active ingredient, company, FDA action date, and more.

***DrWeil.com** <http://www.drweil.com>

Physician and author offers information on health conditions and therapies, home health remedies, and nutrition and vitamin tips.

Electronic Orange Book: Approved Drug Products With Therapeutic Equivalence Evaluations

<http://www.fda.gov/cder/ob/>

Provides consumer information about federally approved generic equivalents of drugs (including over-the-counter). Searchable by active ingredient, proprietary name, applicant holder, application number, and patent. Includes an FAQ. From the FDA Center for Drug Evaluation and Research.

Eminent Domain: Taking Property for Public Use <http://realestate.findlaw.com/homeownership/home-land-use-zoning/home-land-use>

Explanation of the law that allows the government to take private land and turn it to public use. Includes the story of the law, "Takings" Clause of the Fifth Amendment to the U.S. Constitution, just compensation, and a link to a list of land use and zoning lawyers in the U.S. and its territories.

EndocrineWeb.com: Endocrine Disorders & Endocrine Surgery <http://www.endocrineweb.com/>

A collection of essays about the endocrine system (which includes hormone-secreting glands such as the thyroid, parathyroid, adrenal glands, and pancreas), diseases of the endocrine system, surgical procedures and other treatment options, and related topics. Includes basic materials on osteoporosis and diabetes (some sections under construction).

Familydoctor.org <http://familydoctor.org>

Drug information, including over-the-counter (OTC) medicines; a dictionary, a body mass index (BMI) calculator; "Conditions A to Z," searchable by condition or symptoms; "find a doctor;" web site reviews; and much more. From the American Academy of Family Physicians (AAFP).

FirstGov for Consumers: Health <http://www.consumer.gov/health.htm>

Collection of links to federal health resources, including information on aging, choosing quality health care and health insurance, diseases, drugs, health risks, prevention, medical procedures, nutrition, product recalls, referral services, smoking and tobacco, travel health, women's health, and more. From the Federal Trade Commission (FTC).

Genetic Disorders & Birth Defects Information Center <http://geneinfo.medlib.iupui.edu>

Provides links to information about genetic diseases and birth defects, including the basics of genetics, including ethics; forensic use; and career possibilities. Features information about adult genetic risks, resources for genetic testing and counseling, and pages for parents, students, teachers, and health professionals. Searchable.

GirlHealth <http://www.girlhealth.org/>

Provides links, information, interviews and personal stories addressing mental and physical health issues important to teenage girls. Topics covered include college and career choices, relationships, immigration, drugs, physical abuse, pregnancy, healthy diets, self-esteem, depression, and stress.

***GirlsHealth.gov** <http://www.4girls.org>

Provides material for girls covering topics such as body image, fitness, and living with a disability. From the National Women's Health Information Center.

***Go Ask Alice** <http://www.goaskalice.columbia.edu>

Information about sexuality, relationships, and drugs as well as general health topics, aimed at teens. From the School of Public Health at Columbia University.

Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General

<http://www.surgeongeneral.gov/library/secondhandsmoke/>

This scientific report "concludes that there is no risk-free level of exposure to secondhand smoke. Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25 to 30 percent and lung cancer by 20 to 30 percent." Includes the full report, a summary, press releases, and links to related fact sheets and sites. From the U.S. Department of Health and Human Services.

Health Consequences of Smoking: A Report of the Surgeon General

<http://www.surgeongeneral.gov/library/smokingconsequences/>

Full text of the May 2004 report from U.S. Surgeon General Richard H. Carmona on smoking and health, which reveals "for the first time that smoking causes diseases in nearly every organ of the body." Includes links to related government resources on smoking.

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

Allows users to search a database of health information from government agencies, Web sites, online publications, and select nonprofit organizations.

***HealthWeb** <http://www.healthweb.org/>

Organizes access to "evaluated non-commercial, health-related, Internet-accessible resources," including currently available and "new resources developed in collaboration with other organizations."

***HealthWorld Online** <http://www.healthy.net>

Lists conventional and alternative therapies for common health conditions side by side for easy comparison. Much of the content for the site comes from book excerpts, articles, and other Web sites. Additional resources include provider directories, expert columns, and news centers.

Heart Truth <http://www.nhlbi.nih.gov/health/hearttruth/>

Provides information about risk factors for "the #1 killer of American women," links to suggestions for lowering risk, recipes, stories from women with heart disease, and more. Some material in Spanish. From the National Heart, Lung, and Blood Institute (NHLBI).

Heimlich Maneuver <http://www.heimlichinstitute.org/maneuver.html>

Fact sheets on this technique, which "has long been used to save the lives of choking and drowning victims worldwide." Features specific Heimlich maneuver instructions for choking, drowning, and asthma, and stories of people whose lives have been saved by the procedure.

Herbal Safety <http://www.herbalsafety.utep.edu>

Features fact sheets on herbs and medicinal plants outlining where each herb is found, what it is used for, how it is used, and any safety concerns and possible drug interaction issues. Also includes publications, presentations, and educational materials on herbs. Searchable. Also available in Spanish.

***HerbMed** <http://www.herbmed.org>

Covers herbs and their uses; can be browsed by scientific or common name. Information about each herb may contain its efficacy, how it is prepared, herb activity, and warnings or contraindications.

HIV InSite <http://hivinsite.ucsf.edu/>

"Comprehensive, up-to-date information on HIV/AIDS treatment, prevention, and policy from the University of California San Francisco School of Medicine."

Hospital Compare <http://www.hospitalcompare.hhs.gov>

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* Descriptions adapted from issues of [Booklist](#), [College & Research Libraries News](#), [Library Journal](#), or [Reference & User Services Quarterly](#).

"Provides ... information on how well the hospitals in your area care for all their adult patients with certain medical conditions." Specific United States hospitals are compared with national averages in their treatment of the three medical conditions of heart attack, heart failure, and pneumonia. Hospitals are searchable by name or by location. From the U.S. Department of Health and Human Services.

How MRI Works <http://www.howstuffworks.com/mri.htm>

Provides a basic explanation of magnetic resonance imaging (MRI), with information about magnetic intensity, magnets, atoms, radio frequency (RF), visualization, and related topics. Also covers advantages and disadvantages of MRI.

IFPMA Clinical Trials Portal <http://www.ifpma.org/clinicaltrials.html>

Allows users to search for details of ongoing clinical trials and results of completed trials. "Establishes links to IFPMA member company websites as well as other commercial and government-sponsored websites containing information on clinical trials provided by pharmaceutical companies." Includes search tips, a FAQ, a glossary, and press releases. From the International Federation of Pharmaceutical Manufacturers and Associations (IFPMA).

In Depth: Bird Flu http://news.bbc.co.uk/1/hi/in_depth/world/2005/bird_flu/

News stories and background information about avian influenza (bird flu), including the H5N1 strain that is causing concern in 2005. Discusses impacted countries, pandemic flu in the past (such as "the Spanish flu virus that swept the world in 1918-19"), actions to fight the virus, and related information. Provides photos, charts, and video and audio clips. From the British Broadcasting Corporation (BBC).

*** Informedhealthonline** <http://www.informedhealthonline.org>

A German nonprofit explains evidence-based medicine and helps users understand published research studies.

Inside Cancer: Multimedia Guide to Cancer Biology <http://www.insidecancer.org>

An interactive introduction to cancer biology containing four sections: hallmarks of cancer, causes and prevention, diagnosis and treatment, and pathways to cancer (cancer cells). Includes brief audio and video clips of scientists studying cancer, a world map showing cancer distribution, and a glossary.

Inside the Brain: An Interactive Tour <http://www.alz.org/brain/>

"Explains how the brain works and how Alzheimer's affects it." Rolling a mouse over colored text highlights the affected areas of the brain. Includes related links. From the Alzheimer's Association.

Insulin Resistance and Pre-Diabetes <http://diabetes.niddk.nih.gov/dm/pubs/insulinresistance/>

National Institutes of Health answers questions about insulin resistance, "a silent condition that increases the chances of developing diabetes and heart disease." Discusses symptoms, testing, reversal of the condition, and the connection between insulin resistance, pre-diabetes, and type 2 diabetes.

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

Provides information on complementary and alternative therapies, which conditions benefit from their use, and how the therapies work are available in the "Healthy Lifestyle" section. Also provides tips on how to find a doctor/practitioner, an "ask the expert" column, and links to federal agencies and some private organizations.

***Internet Health Library** <http://www.internethealthlibrary.com/>

United Kingdom site about different therapies, how they work, their use in treatments, and how they can help a variety of ailments and conditions. Searching by health problem leads to information about causes, symptoms, diagnosis, additional information, and conventional treatments. Also features a "Homeopathic Library," health news, and links to organizations.

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Internet Stroke Center <http://www.strokecenter.org/>

Information includes illustrations, a glossary of neurological terms, treatment, and symptoms. Also includes links to related organizations, clinical trials, and treatment centers. Some information also available in Spanish.

***Kidshealth** <http://www.kidshealth.org/>

Provides "doctor-approved health information about children from before birth through adolescence [...] has separate areas for kids, teens, and parents — each with its own design, age-appropriate content, and tone."

Contains "in-depth features, articles, animations, games, and resources." In English and Spanish.

***M. D. Anderson Cancer Center: Complementary/Integrative Medicine**

<http://www.mdanderson.org/departments/cimer/>

Provides evidence-based reviews of various complementary and integrative therapies along with a glossary, drug interaction advisory, and list of selected links and additional resources.

***MayoClinic.com** www.mayoclinic.com

Consumer-oriented online health resource providing "access to the experience and knowledge of the more than two thousand physicians and scientists of the Mayo Clinic." Permits searching for information through the entire site or limited to specific sections like "Diseases and Conditions" or "Drugs." Includes nutrition information and a Symptom Checker.

MedlinePlus <http://www.nlm.nih.gov/medlineplus/>

From the National Library of Medicine. Covers diseases and conditions, current health news, prescription and nonprescription drug information, directories of health-care providers and organizations, a medical dictionary, and videos and tutorials on surgical procedures. Also provides lists of hospitals and physicians, an illustrated medical encyclopedia (http://www.nlm.nih.gov/medlineplus/ency_clopedia.html), health information from the media, and links to clinical trials. Updated daily. Also available in Spanish

MedlinePlus: Evaluating Internet Health Information: A Tutorial From the National Library of

Medicine (<http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>) is a 16 minute tutorial that teaches you how to evaluate the health information that you find on the Web by walking consumers through the process of determining who is behind a website (such as a physician or a drug company), separating noncommercial and commercial content (such as advertising), checking to make sure the site is current, and more.

Menopause and Menopause Treatments <http://www.4woman.gov/faq/menopaus.htm>

Fact sheet about menopause, "the time in a woman's life when her period stops." Topics discussed include symptoms of menopause, the connection between menopause and bone loss, hormone therapy and other treatments, ideas for specific symptoms of menopause, and premature menopause. From the National Women's Health Information Center, U.S. Department of Health and Human Services.

***Merck Manual Home Edition** www.merckhomeedition.com

Contains the full-text online version of the Merck Manual Home Edition (MMHE) specifically written for the layperson by nearly 200 leading medical experts. Contains photos, animations, videos, pronunciations, and illustrations along with a comprehensive search engine to locate specific terms. Provides a detailed table of contents covering topics ranging from medical fundamentals to accidents and injuries. Updated frequently.

myPHR: Personal Health Record <http://www.myphr.com>

Provides consumer information about health records, covering the Health Insurance Portability and Accountability Act (HIPAA), health care record privacy rights, obtaining health records, and instructions for creating a personal health record. From the American Health Information Management Association (AHIMA).

National Allergy Bureau (NAB) <http://www.aaaai.org/nab/>

Provides counts for pollen and spores produced by trees, weeds, grasses, and molds for about 75 cities in the United States as well as a FAQ, pollen and mold photo gallery, glossary of air quality terms, lists of common plant and mold allergens, seasonal allergen maps, and more.

National Ataxia Foundation <http://www.ataxia.org/>

Provides a list of support groups, discussion boards, information on legislation relating to ataxia, and links to clinical trials and related material on "a symptom of an inability to coordinate muscular movements which can be associated with infections, injuries, other diseases, or degenerative changes in the central nervous system." . Free publications about ataxia may also be ordered.

National Breast Cancer Awareness Month: About Breast Cancer <http://www.nbcam.org/aboutBC.cfm>

Fact sheets about breast cancer in general (including risk factors), early detection of the disease using mammograms, and treatments such as surgery, radiation, chemotherapy, and hormonal therapy.

***National Center for Complementary and Alternative Medicine (NCCAM)** <http://nccam.nih.gov/>

Provides information on what CAM is and evidence-based treatment information by CAM therapy or by ailment. Also covers recent and upcoming research, training opportunities, information on clinical trials, and news and events.

National Council Against Health Fraud (NCAHF) <http://www.ncahf.org/>

Features occasional papers, position papers and task force reports, testimony given before Congress, and consumer information statements on specific treatments and therapies. Most of the articles on the site are researched and written by physicians, nurses, and other health care professionals. Also provides access to a speakers bureau, an electronic newsletter, links to similar sites, and breaking news.

***National Institute on Aging** <http://www.nia.nih.gov/>

Contains information about clinical trials, research programs, research conducted by NIA, conference and workshop notes, scientific resources and databases related to aging and animals, grant applications, research and funding support, and current news articles about aging and disease. Free publications in English or Spanish on a wide range of topics can be obtained either through mail request or direct downloading, as can public service advertisements that consumers can use free of charge. Also has subject and state resource directories (for relevant organizations and their web sites), a resource directory for older people, an in-depth site map, a simple search box with the option for advanced searching, and related sites.

National Institutes of Health: Health Information <http://health.nih.gov/>

Primary access point to consumer health information from the National Institutes of Health (NIH). Permits choice of a specific health topic, browse categories, or search all topics to access information about specific diseases. Links are provided to databases with information about health hotlines, clinical trials, and related topics.

National Pain Foundation <http://www.painconnection.org>

Includes treatment information, support groups, and directories of practitioners using both traditional and complementary therapies. All material is peer-reviewed. Allows registration and creation of a personal pain inventory and journal.

***New York Online Access to Health (NOAH)** <http://www.noah-health.org>

“Provides access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased.” Includes alternative therapies and lesbian/gay/bisexual/transgender concerns.

A joint bilingual (English-Spanish) project of the City University of New York, the New York Academy of Medicine, and the New York Public Library.

***NIH Senior Health** <http://nihseniorhealth.gov>

Covers health problems that seniors face, fitness, how to take medicines correctly, and Medicare. Type size and contrast are adjustable and audio is available. From the National Institute on Aging.

NINDS Huntington's Disease Information Page

<http://www.ninds.nih.gov/disorders/huntington/huntington.htm>

Fact sheet on a disease which "results from genetically programmed degeneration of brain cells, called neurons, in certain areas of the brain. This degeneration causes uncontrolled movements, loss of intellectual faculties, and emotional disturbance." Includes links to related publications and organizations. From the National Institute of Neurological Disorders and Stroke (NINDS) of the National Institutes of Health (NIH).

***Office of Dietary Supplements** <http://ods.od.nih.gov/>

Provides information on such areas as dietary supplement use and safety and nutrient recommendations and links to additional database resources.

Open Heart <http://www.cosi.org/onlineExhibits/openHeart/>

"Through hands-on activities, you'll learn how the heart works, how the heart gets into trouble, what can be done to rescue it, and what you can do to keep your heart healthy." Topics covered include anatomy, diseases and diagnostic tools, hospital procedures and careers, and disease prevention. Activities let you assemble the heart, do mock diagnosis and treatment, or observe a virtual surgery. Includes a glossary.

Oral Health Information for the Public <http://www.perio.org/consumer/>

Consumer publications about periodontal (gum) disease, "a chronic bacterial infection that affects the gums and bone supporting the teeth." Discusses types of gum disease (such as gingivitis and periodontitis), causes, prevention, and treatment. Includes fact sheets for women, children, seniors, and smokers. From the American Academy of Periodontology.

***Our Bodies Ourselves** <http://www.ourbodiesourselves.org>

A companion to the book that offers current news, links to relevant Web sites, psychosocial support, political concerns, and personal comments. From the Boston Women's Health Book Collective.

PSNet: Patient Safety Network <http://psnet.ahrq.gov/>

Web site for "patient safety news, literature, tools, and resources." Features journal articles, a glossary, information about recent books and reports, and more. Searchable, or browse the detailed subject index for specific safety topics, clinical areas, target audiences, and setting of care. From the Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services.

***PubMed** <http://pubmed.gov>

National Library of Medicine database of more than 16 million citations, indexing academic, peer-reviewed medical journals from all over the world. Also contains citations from consumer-health magazines. Some full-text articles are available free.

***Quackwatch: Your Guide to Health Fraud, Quackery, and Intelligent Decisions**

<http://www.quackwatch.com>

Created to battle health fraud and promote consumer health awareness provides links to articles and information on suspicious treatments, diagnoses, and therapies as well as individuals, companies, and publishers who support them. Articles are written by medical, scientific, or legal specialists, and many include lists of

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references. Another section includes information about questionable advertisements and non-recommended sources of health advice. Also includes information on where to report health fraud and how to be an intelligent health consumer.

Questions and Answers About Rosacea <http://www.niams.nih.gov/hi/topics/rosacea/rosacea.htm>

Answers basic questions about the chronic skin (and sometimes eye) disease, summarizes current research, and provides links to further sources of information. From the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

RadiologyInfo: The Radiology Information Resource for Patients <http://www.radiologyinfo.org>

Answers questions related to radiologic diagnostic procedures and therapies. Browsable by procedure, body part, or patient group (age, sex). Includes a glossary, video animations, safety information, and radiology career information. Searchable. From the Radiological Society of North America.

***revolutionhealth** <http://www.revolutionhealth.com/>

Conditions and treatments, healthy living (including food and nutrition, fitness, and weight management), doctors and hospitals, "health news headlines," and more are covered. Also provides short videos and blogs on a variety of topics.

***Richard and Hinda Rosenthal Center for Complementary and Alternative Medicine**

<http://www.rosenthal.hs.columbia.edu>

Provides information on alternative and complementary medicine, including specific therapies, a directory of databases, information on training and education, and a list of general CAM resources.

smokefree.gov <http://smokefree.gov>

This is "intended to help you or someone you care about quit smoking. Provides access to a step-by-step cessation guide; local, state, and NCI's national telephone quitlines; and publications which can be downloaded, printed, or ordered." From the National Cancer Institute (NCI), Centers for Disease Control and Prevention Office on Smoking and Health, and the American Cancer Society.

Society of Interventional Radiology: Patients and Public

<http://www.sirweb.org/patPub/patientsAndPublic.shtml>

Information about the work of interventional radiologists, "doctors who use X-rays and other imaging techniques to 'see' inside the body while they guide narrow tubes (catheters) and other very small instruments through the blood vessels and other pathways of the body to the site of a problem." Provides an overview of interventional radiology procedures, describes conditions and treatments, and includes a database of doctors.

Soft Drinks and Health <http://cspinet.org/sodapop>

Information from the Center for Science in the Public Interest (CSPI) linking increased consumption of soft drinks by children to obesity. Also includes discussions of osteoporosis, tooth decay, heart disease, and other possible health outcomes from excessive soft drink consumption. Features the report "Liquid Candy: How Soft Drinks are Harming Americans' Health."

Soft Drinks and Obesity <http://www.nsd.org/softdrinks/CSDHealth/Nutrition/Nutritionindex.html>

Provides press releases and research findings that suggest that soft drink consumption is not linked to child obesity. From the National Soft Drink Association, the trade association for America's nonalcoholic beverage industry.

TauMed <http://www.taumed.com>

“A virtual health community where you can share information on a variety of topics,” including asking health questions and sharing experiences. Enables users to create medical libraries of clips from the Web.

***theStatus.com** <http://thestatus.com/>

Partners with hospitals to provide a check-in service for users to check on the condition of patients “with the purpose of maintaining communication between family and friends.” Other such sites include **CarePages** (<http://www.carepages.com/>) and **CaringBridge** (<http://caringbridge.org/>).

UC Davis School of Veterinary Medicine: Disease Information <http://cahfs.ucdavis.edu/show.php?id=700>

A collection of “information factsheets and brochures [that] relate to diseases of concern to ... cattle, equine, poultry, small ruminants and swine.” Includes information on anthrax, foot-and-mouth disease, bovine tuberculosis, West Nile virus, and other diseases.

***UNAIDS** <http://www.unaids.org/en>

Contains daily feature stories about how countries are uniting to stop the spread of HIV/AIDS. Offers links to news highlights, recent events, executive speeches, media information, the UNAIDS newsletter, businesses, workers, society, donors, media, persons living with HIV, policy makers, researchers, U.N. organizations, women, and young people. These links provide information on global responses and efforts to combat AIDS. “Issues” includes links to specific issues related to combating the AIDS epidemic, listed under broad headings, including introductory statement, photo, and link to the UNAIDS policy that guides the issue. “HIV Data” contains the UNAIDS and World Health Organization’s (WHO) collection of information on the estimation of HIV prevalence and projections, including the current “Report on the Global AIDS Epidemic.” “Policies” provides a compilation of documents related to HIV issues. “Publications” contains a list of UNAIDS publications available for downloading in English, Spanish, French, and Russian. Has a keyword search box, with results (UNAIDS Web pages, press releases, and publications) that can be displaying by date, relevance, and language. A joint effort of ten United Nations (UN) organizations.

U.S. Food and Drug Administration: Breast Implants <http://www.fda.gov/cdrh/breastimplants/>

Material for consumers related to both approved breast implants and investigational (under study for safety and effectiveness) breast implants. Includes a FAQ, background on platinum in silicone breast implants, silicone gel implant approvals, photos of complications, and related material.

Virtual Hospital: A Digital Library of Health Information <http://www.vh.org/>

Includes textbooks, pamphlets, and images at both the professional and lay levels. Permits searching of either the adult or children’s hospital content or browsing by topic to find information about anatomy and physiology and conditions and diseases. All materials are peer-reviewed.

***WebMD** <http://my.webmd.com/>

Collects, organizes, and presents credible, reliable health-related information available over the Web. Searching and browsing its “Health A-Z” section returns basic background information about alternative and complementary medicine, different therapies, and information on their use and effectiveness. Users can also read news items, ask an expert a question, chat, or post to message boards. Includes videos.

***WholeHealthMD.com** <http://www.wholehealthmd.com/>

Endeavors to provide high-quality, credible information on integrative medicine and general health for consumers. In the “Healing Center,” users can search by ailment or condition and find causes, dietary advice, self-care techniques and lifestyle tips, conventional treatments, alternative therapies, and additional resources. “Resource Library” provides explanations of alternative and complementary therapies and information on prescription and over-the-counter drugs. Also available are opportunities to e-mail questions to experts, links to health news, and a vitamin and supplement section.

Except where indicated, descriptions adapted from the [Librarians’ Index to the Internet](http://www.lii.org), www.lii.org.

* Descriptions adapted from issues of [Booklist](#), [College & Research Libraries News](#), [Library Journal](#), or [Reference & User Services Quarterly](#).

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***Womenshealth.gov** <http://www.4woman.gov/>

Provides health information and serves as a referral center. Covers women's health issues, health organizations, and statistics. Includes information for professionals and consumers encompassing both government and private sector-approved resources. From the National Women's Health Information Center. Available in Spanish.

For books, see the **SOME OF THE RESEARCH TOOLS ON ALLIED HEALTH AT THE MESA COLLEGE LIBRARY** **handout.**

IF YOU NEED HELP, ASK A LIBRARIAN.