



CONSUMER HEALTH WEB SITES

Version 5.0

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On behalf of

CONSUMER HEALTH LIBRARY PANEL

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INTRODUCTION

There have been many efforts made to evaluate web sites and you may ask, "Why compile another list?" There are a number of reasons to do this---

First, we felt it was most helpful if the list was arranged by subject and that for each subject a single best site (or maybe two) was chosen. This eliminates unnecessary searching from site to site for accurate information.

Second, we investigated sites that VA librarians had specifically recommended. They have stood the test of reliability by our colleagues and they are focused on the unique needs of our veteran patients.

Third, we applied a number of criteria to the review and evaluation process for each site to try to guarantee the best sites possible were selected for inclusion in the list. These criteria are:

- names of the individuals responsible for the content are listed with their credentials as well as any sponsoring agencies,
- links included on the page are all to other reliable sites
- contact information is included
- information is balanced and based on reliable data
- the site domain is an indication of reliability (i.e. .gov, .edu, .org)
- the appearance of the site is attractive and easy to use; layout, font size and use of color add to the site's readability
- information on the site is easy find and the site is easy to navigate
- if there is any advertising it is kept to a minimum and is clearly separate from the information on the site; there are not 'pop-up' web sites
- the date when the site was last update is clearly indicated
- all links are current and 'live'
- there are no financial costs or charges for accessing the site
- no special software is required to view the site
- higher level features are kept to a minimum such as java, frames, animation,
or used only when necessary
- a clearly identified Privacy Statement is included on the site
- the purpose of the site is stated
- the site is fully 'web accessible'
- there is a searching capability or a site map
- help features are available

Fourth, each site was meticulously reviewed and annotated so the user knows in advance what the features of each site have to offer.

This document is only as good as its last review. To maintain its usefulness, the Consumer Health Library Panel will review the document annually and make changes as needed. Similarly, continuing assessment of new sites to consider adding will be done to assure that each subject area remains current and meaningful.

General Health Web Sites

MedlinePlus

<http://medlineplus.gov>

National Library of Medicine web site provides quality consumer health information. It includes:

- **Health Topics:** over 740 topics in an A-Z arrangement, on conditions, diseases, and wellness.
- **Drug Information:** Information on thousands of prescription and over-the-counter medications, using two drug resources: MedMaster, and the USP DI Advice for the Patient.
- **Medical Encyclopedia:** The Adam Health Illustrated Encyclopedia includes over 4,000 articles about diseases, tests, symptoms, injuries and surgeries. Includes an extensive library of medical photographs and illustrations.
- **Interactive tutorials:** over 165 health slideshows with sound and pictures.
- **Videos of surgical procedures**
- **Information specific to Senior Health**
- **Merriam-Webster Medical Dictionary**
- **News:** health news from the past 30 days. You can sign up for regular e-mail notification of new information weekly or as it is posted.
- **ClinicalTrials.gov:** provides information about clinical research studies.
- **Go Local Services**
- **Directories,** including directories for general doctors and dentists, specialists, other health care providers, general hospitals and clinics, specialized hospitals and clinics, and other health care facilities and services.
- **Other resources,** including a collection of organizations providing health information, consumer health libraries, government health sites from other nations, link to MEDLINE.
- **Spanish** version is also available at this site.
- **Easy-to-read handouts** are available at this site.

My HealtheVet

www.myhealth.va.gov

My HealtheVet, launched in November 2003, is a VHA web site created for veterans, their families, and VA employees. It provides one-stop shopping for VA benefits, healthcare information, online prescription refill ordering, special programs, online tutorial, health maintenance logs and other services. There is a registration process with in-person authentication involved to gain full access to all the features and to protect veterans' privacy. Once logged in, veterans can access many features. Enhancements planned for release during 2007 include viewing appointments and a blended prescription screen after you enter information about your non-VA medications. Future enhancements still in development are the viewing of co-pay balances and reviewing VA health records.

Information at the site *without registering* includes:

- **The Research Health** section where you can get health information, research a topic, and simply learn more about your health. You can read about common conditions and VA health programs and get answers to your health questions from three vast medical resources. My HealtheVet makes it easy to stay informed by bringing a wealth of information right to your fingertips.

- **My HealtheVet Community** provides all kinds of information about the veteran community. There are links to news and events, information on volunteering and VA benefits, and a special veteran tribute.

Information at the site *after registering* includes:

- **Ordering VA prescriptions** electronically
- **The Personal Health Journal** provides the following features for managing and tracking personal health information:
 - ✓ **Personal Information**
 - ✓ **Wallet ID Card**
 - ✓ **Military Health**
 - ✓ **Medications, over-the-counter drugs, herbals and supplements**
 - ✓ **Allergies**
 - ✓ **Tests**
 - ✓ **Medical Events**
 - ✓ **Immunizations**
 - ✓ **Health eLogs**—provide the ability to track a number of health aspects such as blood pressure, blood sugar, cholesterol, body weight, heart rate, pain, and diet.

Healthfinder

www.healthfinder.gov

Healthfinder is a free guide to reliable health information, developed by the U.S. Department of Health and Human Services. The site provides an easy-to-use, searchable index of carefully reviewed health information from over 1,500 government agencies, nonprofit organizations, and universities. The site includes:

- **Diseases, conditions and injuries**
- **Consumer Guide:** Information about doctors, dentists, nursing homes, Medicare, health fraud, long-term care, etc.
- **Online Checkups** in an A-Z arrangement.
- **Organizations:** Carefully selected health information web sites from government agencies, clearinghouses, nonprofits, and universities.
- **Health News**
- **Spanish** language version is available.

InteliHealth

www.intelihealth.com

Web site created by Aetna in partnership with Harvard Medical School and the University of Pennsylvania School of Dental Medicine. The site does include limited advertisements but they are clearly labeled. Highlights of the site:

- About 50 broad topics listed under diseases and conditions, but also an A-Z listing of hundreds of topics for diseases, conditions, and procedures.
- **Healthy Lifestyle** section includes information on complementary and alternative medicine, fitness, nutrition, weight management and workplace health.
- **“Look It Up”**, a medical dictionary, and a listing of health resources and associations, Physician locator, and a Drug resource center.
- **Dental Section**--in addition to general dental health information this section includes: Parent's Guide, Dental News, Ask the dentist, Just for Kids, and interactive tools and videos.

- Health commentary section written by Harvard Medical School experts on various topics.
- Ask the Expert. Community chats provide an avenue to ask experts questions on various topics and share opinions with others. Transcripts of past chat events are posted.
- Interactive tools--this site has a wide variety of illustrations and tools such as a BMI calculator, recipes and nutrition information, a breast self-examination video and self-assessment quizzes.
- Today's News section.
- There is an option to sign up for weekly e-mails on health or dental topics or for access to message boards. Message boards are also available on such topics as caregiving support, women's health, and mind and body.

Mayo Clinic

www.mayohealth.org

The Mayo Clinic created this web site. There is some advertising but it is minimal and strictly regulated by the Mayo Clinic. Information at this site includes:

- **Disease and Conditions:** A-Z listing plus major disease centers.
- **Treatment Decision Guides** for various conditions (including colorectal cancer, cancer screening, early-stage prostate cancer, herniated disks, etc.)
- **Healthy Living Centers** (including food and nutrition, men's health, women's health, healthy aging).
- **Drug information supplied by Micromedex.**
- **Health tools**
- **Other features, including**
 - ✓ **First Aid Guide**
 - ✓ **Symptom Checker**
 - ✓ **Recipes**
 - ✓ **Slide shows and videos**

Note: Registration is not required but is an option if one wants to create a personal page and use the interactive features.

NetWellness

www.netwellness.org

NetWellness is a project of Ohio universities that is dedicated to providing the highest quality health information and education services created and evaluated by faculty of their partner universities. Click on any of 100 health topics to find in-depth information on hundreds of diseases and wellness issues. Health professionals are also available to respond to specific questions.

- Over 47,000 pages of health information.
- Straight from the faculty of three leading universities.
- **Ask an Expert:** 486 world-class experts answer your health questions.
- Unbiased, private.
- **Site searching is available through:**
 - ✓ General search box
 - ✓ Health topics
 - ✓ Health Centers
 - ✓ Reference library that includes: Adam, Clinical trials.gov, Merck, MedlinePlus and a "translation" section that includes numerous patient

information topics in languages of major ethnic groups. English prints first followed by the second language

The site is updated daily. There is a link to a newsletter and featured topics are rotated on the main page. The site is very easy to use and includes generous help screens as well as short evaluations on each page for feedback.

NOAH: New York Online Access to Health

www.noah-health.org/index.html

NOAH was established in 1994 by four New York City library organizations to provide a reliable consumer health web site with information in both English and **Spanish**. Librarians and health professionals in New York and beyond find, select, and organize full-text consumer health information that is current relevant, accurate and unbiased. The site is easy to navigate, very comprehensive and includes an option to change the font size of the page for easier readability under the "Advanced" search feature. The site includes the following:

- **Health topics**--a listing of content in NOAH by body area or disease.
- **Index A-Z**—scan a list of all conditions and health issues.
- **Videos** on general health, women's health, men's health, and healthy aging topics.
- **Page of the month**
- **Word search**

Aging

NIH Senior Health

<http://www.nihseniorhealth.gov>

This site was developed by the National Institute on Aging and the National Library of Medicine to provide easily accessible aging-related health information available to the health care consumer. Each health topic includes general background information, open captioned videos, quizzes and frequently asked questions. The site's senior-friendly features include large print, short, easy-to-read segments of information and simple navigation. A "talking" function reads the text aloud and special buttons to enlarge the text or turn on high contrast make text more readable. Topics included at this site are:

- **Alzheimer's Disease**
- **Arthritis**
- **Balance Problems**
- **Breast Cancer**
- **Caring for Someone with Alzheimer's**
- **Cataracts**
- **Colorectal Cancer**
- **COPD**
- **Depression**
- **Diabetes**
- **Diabetic Retinopathy**
- **Exercise for Older Adults**
- **Falls and Older Adults**
- **Glaucoma**
- **Hearing Loss**

- **Heart Attack**
- **High Blood Pressure**
- **Low Vision**
- **Lung Cancer**
- **Macular Degeneration**
- **Osteoporosis**
- **Paget's Disease of Bone**
- **Problems with Smell**
- **Problems with Taste**
- **Prostate Cancer**
- **Shingles**
- **Sleep and Aging**
- **Stroke**
- **Taking Medicines**

AIDS

AIDSinfo

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

AIDSinfo, a service of the U.S. Department of Health and Human Services, offers information on prevention, treatment and research. Information at this site includes:

- **Health Topics**
- **Clinical Trials**
- **Vaccines**
- **Live Help**
- **Translation Tool:** English to Spanish and Spanish to English
- **Glossary of HIV/AIDS related terms**

HIV InSite

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

This site was developed in 1997 by the University of California San Francisco (UCSF), and is produced in collaboration with the San Francisco Veterans Affairs Medical Center. Information at this site includes:

- **HIV InSite Knowledge Base**, a complete textbook with extensive references
- **Patient Fact Sheets**, including topics on opportunistic infections and malignancies, symptoms, and side effects; diagnostic tests. Hot links are provided that link to the sponsoring agency. Descriptions of the sponsoring agencies are also provided, and include such information as type of organization, type of information available, language availability, and reading level.
- **New and Noteworthy** section included on home page as well as at other locations. Information provided here is from such sources as Reuters Medical News and the Associated Press.
- **Streaming media**

The Body

<http://www.thebody.com>

The Body is the web site of Body Health Resources Corporation and is sponsored by several pharmaceutical companies, including Abbott, Hoffman-La Roche, Bristol-Myers Squibb, and others. Its mission is provide information on HIV/AIDS and its treatment, improve the patients' quality of life, help lower barriers between patients and clinicians, and foster community through human connection. Information at this site includes:

- **HIV/AIDS information in more than 550 topic areas**, including:
 - ✓ **AIDS basics and prevention**
 - ✓ **Treatment**
 - ✓ **Quality of life issues**
 - ✓ **AIDS hotlines**
- **Sign-Up for weekly e-mail updates**
- **Ask the Experts forums**
- **Bulletin boards**
- **Information in Spanish**
- **Slides**
- **Search Box**

Alzheimer's Disease

Alzheimer's Association

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

The Alzheimer's Association was founded in 1980, by family caregivers and is the largest national voluntary health organization dedicated to advancing Alzheimer's research and helping those affected by the disease. Information at this site includes:

- **Basic Information about Alzheimer's** includes causes and risk factors, warning signs, diagnosis, treatment options, statistics, and myths.
- **Local Chapters**, providing an easy search to the chapter located nearest you.
- **Clinical Trials**
- **Message Boards**, including separate boards for people with Alzheimer's, family caregivers and friends, physicians and health care workers, and researchers.
- **Creative Works**, including artwork, poetry and stories.
- **Information in Spanish** as well as English.
- **Text size may be increased for easier reading.**

Alzheimer's Disease Education and Referral Center (ADEAR)

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

ADEAR is a service of the National Institute on Aging, one of the National Institutes of Health. Information at this site includes:

- **Full-text publications**, including caregiver guide, home safety, medications, depression
- **Some information in Spanish**
- **Information on state Alzheimer's Disease Referral Centers**
- **Search the "AD Library," ADEAR's collection of nearly 8,500 materials related to Alzheimer's**
- **Search Box**

Arthritis

Arthritis Foundation

<http://www.arthritis.org>

The Arthritis Foundation was founded in 1948 by a group of scientists and physicians as the Arthritis and Rheumatism Foundation. Information at this site includes:

- **Arthritis Today.** selective articles from the latest issue as well as selective articles from past issues.
- **Conditions and Treatments**--online brochures and articles about arthritis.
- **Resources**--articles about living with arthritis and answers to frequently asked questions.
- **Events and Programs**--links to local offices by zip code, message boards, and RA Connect--an online community for people who have rheumatoid arthritis.
- **Research**
- **Events and Programs**
- **Spanish language version** also available at site.
- **Search Box**

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

<http://www.niams.nih.gov/hi/index.htm>

NIAMS is one of the institutes of the National Institute of Health. Its mission is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases, the training of basic and clinical scientists to carry out the research, and the dissemination of information on the research progress.

Consumer health information at this site includes:

- **Health Topics**--includes an A-Z listing, other related topics, and information packets available from the NIAMS clearinghouse.
- **Patient Research Registries**
- **Site is also available in a Spanish Language version.**
- **Studies with Patients**--information about clinical trials.
- **Search Box**

Cancer

American Cancer Society

<http://www.cancer.org>

The American Cancer Society is a nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem. To date, it has invested more than \$3 billion in cancer research. The web site includes information for professionals as well as consumers. Patient health information includes the following:

- **Basic information, prevention and early detection.**
- **Treatment topics and resources** (preparing, coping, and after effects).
- **Statistics and Research Information**
- **Guide to Quitting Smoking**
- **Clinical Trials**
- **Interactive Treatment Decision Tools**

- **Stories of Hope**
- **Locals Resources and Advocates**, including legislation contacts, Relay for Life, Great American Smoke Out, Making Strides against Breast Cancer, and financial management and legal matters.
- **ACS Press Room**
- **International Program**
- **Cancer Survivors Network**, including personal web pages, message boards, chat rooms, expression gallery and a resource library.
- **Glossary of Cancer Terms**
- **Videos and Internet Broadcast**
- **My Planner**
- **Local Community Information and Volunteer Opportunities**
- **Gift Shop and Book Store**
- **Spanish Language materials**

National Cancer Institute

<http://www.cancer.gov>

The National Cancer Institute (NCI) is a component of the National Institutes of Health (NIH), one of eight agencies that compose the Public Health Service in the Department of Health and Human Services. The NCI, established under the National Cancer Act of 1937, is the federal government's principal agency for cancer research and training. Information at the site includes:

- **Types of cancers** (listed by common cancers, body location/system, alphabetically and cancers unique to women and children)
- **Treatment**
- **Prevention, Genetics, and Causes** (assessment tools, tutorials, and media resources)
- **Screening and testing**
- **Coping**
- **Smoking and Cancer**
- **Cancer Library**
- **NCI Publications**
- **Terminology Resources** (Dictionary of cancer-related terms and NCI Drug Dictionary)
- **PDQ (Physician Data Query)**
- **Support Information and Resources**
- **Clinical trials**
- **Statistics, Research and Funding**
- **Recent News Releases**
- **Live Help Service** (online help to answer questions about cancer, navigating the website and smoking cessation assistance)
- **Complementary & Alternative Medicines**
- **Link to NIH Senior Health** (with speech activation and text enlargement)
- **Information in Spanish**

Oncolink

<http://www.oncolink.com>

Oncolink is the web site of the Abramson Cancer Center of the University of Pennsylvania and was founded in 1994 to help cancer patients, families, health care

workers and the general public get accurate cancer-related information. It has several corporate sponsors, including Lilly Oncology, Amgen, AstraZeneca, Genentech, and Sanofi Aventis. Information at this site includes:

- **Types of Cancer**
- **Treatment information** (including complementary and cutting edge technologies)
- **Coping**
- **Clinical Trials Matching Service**
- **Ask the Experts** section, where questions can be sent online to one of their medical experts. If selected, the question will be posted at the site.
- **Cancer News**
- **Cancer Resources** (includes: PET Imaging Center, financial assistance, global resources, and link to NCI)
- **Search Box**
- **Onco Tip of the Day**
- **OncoLink Art Gallery:** a collection of artistic works by individuals whose lives have been touched by cancer.
- **OncoLink Library** includes book and video reviews, summaries of cancer related journal articles, poetry and links to peer reviewed journals.
- **OncoLink University:** Cancer teaching guides for students and a core oncology collection for medical students.
- **OncoLife:** An interactive care plan for cancer survivors.
- **Nurses' Notes:** Resources for nurses, including new therapies, disease information, drug information and patient handouts.
- **OncoLink Rx** (for patients)
- **Interactive Decision Making Tools**
- **Patient/Family Center**
- **Monthly Electronic Newsletter**
- **Abramson Cancer Center**
- **Information in Spanish**

Complementary and Alternative Medicine

National Center for Complementary & Alternative Medicine. National Institutes of Health.

<http://nccam.nih.gov/health>

The National Center for Complementary and Alternative Medicine (NCCAM) is one of 27 institutes and centers that make up the National Institutes of Health (NIH) and is dedicated to exploring complementary and alternative healing practices in the context of rigorous science. There is a professional section as well as patient health education materials. The consumer health materials include:

- **Understanding Complementary and Alternative Medicine (CAM)**
- **Understanding Dietary Supplements and Herbs**
- **Most Popular Topics including Diseases & Conditions**
- **Treatments and Therapies**

The NCCAM Clearinghouse responds to inquiries in English and **Spanish** with live help.

Death and Dying

Caring Connections

<http://www.caringinfo.org>

Caring Connections, supported by a grant from the Robert Wood Johnson Foundation, is a program of the National Hospice and Palliative Care Organization that provides free resources and information to help people make decisions about end-of-life care. Information at this site includes:

- **Advance Care Planning** (state-specific advance directives are available here).
- **Caregiving**
- **Pain information** page includes information on how to talk to your doctor about pain, living with side effects, a pain checklist, and pain treatment goals
- **Grief & Loss**
- **Resources** page that includes links to other organizations
- **Financial Planning**
- **Hospice**
- **Some brochures in Spanish and French**

Hospice Foundation of America

<http://www.hospicefoundation.org>

The Hospice Foundation of America is a nonprofit organization whose mission is to assist those who cope either personally or professionally with terminal illness, death, and the process of grief. The web site includes information for professionals as well as consumers. Information included at this site:

- **Locating a Hospice**
- **Ask an Expert**
- **End-of-life information page**
- **Caregivers Corner** includes:
 - ✓ Links to other related sites
 - ✓ Tools, i.e. caregiver self-assessments, holiday survival guide
 - ✓ Selected readings
- **What is Hospice?** A page providing detailed information on the topic, including a request form for ordering the brochure, "Choosing Hospice."
- **Grief & loss**
- **Message boards**
- **Share Your Story section**
- **Electronic newsletter**, published monthly.
- **Information on the annual satellite teleconference.**
- **Information on HFA publications**

Dermatology

American Academy of Dermatology

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

The American Academy of Dermatology is the largest dermatology association, with a membership of over 13,700 dermatologists. Although a large portion of this site is

devoted to the professional, there is a “public resources” section that includes the following:

- **Patient Education pamphlets:** over 50 pamphlets provided, with several in Spanish.
- **E-newsletter sign-up.**
- **Press releases:** the current year’s releases are listed chronologically; previous years are listed by broad topics such as skin cancer and sun safety, acne, general skin care.
- **Dermatologist profile:** includes office hours, credentials, and insurance information.
- **Members of the public and dermatology professionals** can customize their content based on topics such as common dermatologic conditions, cosmetic surgery, and melanoma.
- **Other resources** links to support groups and patient advocate sites.

Diabetes

American Diabetes Association

<http://www.diabetes.org>

The American Diabetes Association, a nonprofit health organization, was founded in 1940 to provide diabetes research, information and advocacy. Information at this site includes:

- **In Diabetes Today** section, providing several recent articles on topics concerning diabetes.
- **Diabetes Forecast:** full text of selective articles from current and past issues.
- **Electronic newsletter** sign-up for seven different titles.
- **Topics covered include:**
 - ✓ **All About Diabetes** (includes “ADA Live,” a series of live question and answer sessions.)
 - ✓ **Nutrition & Recipes** (including **Recipe of the Day**).
 - ✓ **Weight Loss & Exercise**
 - ✓ **Diabetes Prevention**
 - ✓ **Diabetes Research** (including Clinical Trials)
 - ✓ **Community Programs** and Local Events (includes **Special Populations** section for Latinos, African Americans, Native Americans, and Asian Americans & Pacific Islanders)
- **Tip of the Day**
- **Diabetes Dictionary** (to find this feature, you must enter “Dictionary” in the search box.)
- **Mirrored Spanish site** located at <http://www.diabetes.org/espanol>

Joslin Diabetes Center

<http://www.joslin.org>

Established in 1898 and affiliated with Harvard Medical School, Joslin Diabetes Center is internationally recognized for its work in the treatment and research in diabetes. Consumer health information is located under the heading of **Learn About Diabetes**. Information at this site includes:

- **Joslin's Library: Managing Your Diabetes** includes a consolidated listing of all the material available.
- **Beginner's Guide** section, including a general overview, questions to ask your doctor, all about blood sugars, monitoring basics, oral medications, nutrition and exercise information. Some of this material is available in Spanish.
- **Online Classes** (These classes take an average of 15 minutes to complete. Topics include *What is Diabetes?*, *Managing Blood Glucose*, *Effective Monitoring*, *Diabetes Pills*, *Assessing Your Diabetes Actions*, *Assessing Your Diabetes Beliefs*, *Assessing Your Diabetes Knowledge*, *An Overview of Diabetes*, and *Treating Type 2 Diabetes with Oral Medications*. Some of them are in multimedia format and include video.)

National Institute of Diabetes and Digestive and Kidney Diseases

See under topic, **Kidney**

Diet and Nutrition

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

The Food and Nutrition Information Center (FNIC) is a leader in on-line global nutrition information. Established in 1971, the FNIC is located at the National Agricultural Library and is part of the U.S. Dept. of Agriculture. The FNIC web site contains over 2000 links to current and reliable nutrition information. Information at the site includes:

- **Topics A-Z:** an alphabetical index of topics covered on this web site. Topics are linked to other reputable sites, including Mayo Clinic, MedlinePlus, and the American Heart Association.
- **FNIC Resource Lists** include subject-specific bibliographies, books, audiovisuals, articles, and web resources. It also includes links to sources for free and low cost nutrition materials. A section for Native Americans is also available.
- **Database:** quick links to online databases such as ARICOLA, ERIC, and PubMed.
- **Dietary Guidance:** access to assessment tools, guidelines, and Dietary Reference Intakes (DRIs) tables and charts. There are also links to specialized and general nutritional programs and resources such as 'More Matters,' food pyramids, fraud centers, and interactive resources for kids and adults.
- **Diet and Disease:** resources targeted to address health diseases, food allergies and digestive disorders.
- **Food Composition:** online searchable databases on food nutrients, food consumption survey data and resource links to information on macronutrients, phytonutrients, vitamins and minerals.
- **Weight and Obesity:** links to popular weight control and obesity programs and resources to include: "Healthy People 2010," Weight-Control Information Network (WIN), and "Shape Up America". Also provides prevention and treatment guidelines, diet evaluation tools, and interactive resources such as BMI

- calculators, portion quizzes and behavior modification guides and tips. A section on non-dieting approaches to weight loss is also included.
- **Food Safety:** information on food preparation, handling, processing, food inspection and emergency preparedness. Also included are links to resources on Avian Influenza.
 - **Food Labeling:** interactive learning programs and free subscription to the FDA's electronic newsletters.
 - **Dietary Supplements:** an overview of alternative medicines, ergogenic aids, herbals, vitamins and minerals.
 - **Nutrition Assistance Programs:** information of specialized food assistance programs, including the Food Stamp Program, WIC, and the School Breakfast Program. It also provides a community toolkit, grant information and education modules for organizations aimed at fighting hunger.
 - **Consumer Corner:** includes information on cooking, food storage, culinary terms, food facts, shopping and meal planning. Links are available to nutrition calculators, planners, quizzes, and games for adults and kids.

National Center for Chronic Disease Prevention and Health Promotion. Nutrition and Physical Activity Program

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

CDC's Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. Information at this site includes:

- **Nutrition Topics**, such as Healthy Weight, Fruit & Veggies Matter, breastfeeding and food safety.
- **Physical Activity** suggests ways to start and exercise or strength training program. This section also includes statistical data and links to state activity and legislative databases.
- **Overweight & Obesity** defines terminology and examines contributing factors to obesity. It also includes national data trends as well as health and economical consequences linked to obesity.
- **Publications** and resources for consumers and health professionals.
- **Kids Section:** programs targeted to youth.

Disability

MossRehab ResourceNet

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

MossRehab, located in Philadelphia, is a 147-bed facility and offers comprehensive care to people with a broad range of conditions, including stroke, brain injury, spinal cord dysfunction, amputation, orthopedic and musculoskeletal disabilities, and other forms of disability. It is nationally recognized for its comprehensive rehabilitation programs. The site provides access to an automatic translator, Babel Fish, which translates 19 language pairs. Consumer health information available at this site includes:

- **Disability fact sheets** on such topics as traumatic brain injury, spina bifida, joint replacement, amputation, aphasia, and driving with a disability.
- **Accessible travel:** information and resources for the disabled traveler.
- **General resources**, on such topics as assistive technology/devices, daily living aids, exercise and specialized disability resources.

- **Americans with Disabilities Act information.**
- **Newsgroups, listservs**
- **In the News section**
- **Search tools**—search the ResourceNet, the web, or medical topics.

National Center on Physical Activity and Disability (NCPAD)

<http://www.ncpad.org/index.php>

NCPAD is an information center concerned with physical activity and disability. Their goal is to provide options and information to help individuals pursue an activity they think they would enjoy. Information at this site includes:

- **Disability/Condition:** practical information for pursuing a physically active lifestyle while dealing with a disability.
- **Physical Activities**--information about technologies, specific conditions, and disability.
- **Research** on conditions, disabilities, and exercise.
- **Presentations**
- **Health Promotion Nutrition Information**
- **Your Writes**—articles written by people with disabilities, family members, and caregivers.
- **Videos** available for viewing online.
- **References**—lists of print resources.
- **Organizations**—search by state or country.
- **Newsletter**—current and back issues.
- **Forums**
- **Suppliers**—search for companies selling fitness equipment by state and country.
- **Photo Gallery**—photos of disabled people engaged in exercise and sports.
- **Search box**

Drug Information

U.S. Food and Drug Administration. Consumer Drug Information

<http://www.fda.gov/cder/drug/DrugSafety/DrugIndex.htm>

Drug information from the FDA includes:

- **Patient Information Sheets** (with and without FDA Safety Alerts)
- **Consumer Information Sheets** (for drugs approved since 1998. These will all be eventually converted to Patient Information Sheets)
- **Drug Information Pages** (may include a Patient or Consumer Information Sheet, Healthcare Professional Sheet, approval information, FDA press releases, questions and answers about a drug, and other related information)

Ear, Nose and Throat

American Academy of Audiology: Consumer Resources

<http://www.audiology.org/aboutaudiology/consumered>

The Academy is the largest professional organization by and for audiologists, with over 10,000 members. The **Consumer Education** subsection at this site provides quick links to the following:

- **Finding an Audiologist**
- **What is an Audiologist**
- **Hearing Aid FAQs**
- **Newborn Hearing Screening**
- **Consumer Guides** provide health sheets to a variety of issues affecting hearing and hearing health including coping strategies, tinnitus, hearing test, communication techniques and tips for travelers. A few guides are available in **Spanish**.

American Academy of Otolaryngology-Head and Neck Surgery

<http://www.entnet.org/index2.cfm>

The American Academy of Otolaryngology represents more than 12,000 otolaryngologists and is the world's largest organization representing these specialists. Although targeted to the health professional, consumer resources on this site include:

- **Patient Health Info** contains more than 100 detailed patient information sheets on such topics as ear care, throat and mouth disorders, cancer, sinusitis and allergies. Some of the information is in **Spanish**.
- **Find an Otolaryngologist**
- **Virtual Museum**
- **Press Room** includes recent press releases and other media information.
- **Kids E.N.T.**
- **Search Box**

American Speech-Language-Hearing Association

www.asha.org/public

The American Speech-Language-Hearing Association (ASHA) is the professional, scientific, and credentialing organization for more than 127,000 communication sciences and disorders (CSD) professionals in the world: audiologists, speech language pathologists, and speech, language, and hearing scientists. Its mission is to promote the interests of and provide the highest quality services for professionals in audiology, speech-language pathology, and speech and hearing science, and to advocate for people with communication disabilities. A few of the health sheets are **available in Spanish**. The Public Health subsection links to information on:

- **Hearing and Balance** includes topics on hearing loss, hearing screening and assessment, resources, and self-help groups.
- **Speech, Language, and Swallowing** includes information on development and disorders, and a list of organizations that sponsor self-help groups.
- **Health Insurance** discusses the three types of traditional health plans available to consumers. A separate link is also available to help employers, insurers, and labor unions add speech, language and hearing benefits to insurance policies.
- **Advocacy and Outreach** includes information and internet links to self-help and special interest groups, includes links to summer camps for children and adults.
- **Find a Professional** provides a searchable online directory of qualified ASHA providers.

Gastrointestinal

American College of Gastroenterology

<http://www.acg.gi.org/patients>

The American College of Gastroenterology was founded in 1932 to advance the scientific study and medical practice of diseases of the gastrointestinal tract. The College promotes the highest standards in medical education and is guided by its commitment to meeting the individual and collective needs of clinical GI practitioners. Some of the web site features include:

- **Patient Information**--a list of GI topics with links to information on this site and related sites.
- **Patient Brochures**—GI Health Quick Sheets
- **Find a GI-physician** locator searchable by last name, state, city or zip code.
- **Patient links**--links to other related web sites.
- **Spanish language materials** available at site.

American Gastroenterological Association

<http://www.gastro.org/index.cfm>

The American Gastroenterological Association (AGA) was founded in 1897 and its members are comprised of gastroenterology physicians from throughout the world. The Patient Center can be entered from the home page. Information in the Patient Center includes:

- **What is a Gastroenterologist**
- **Your Digestive System**—care quiz to determine overall digestive health risks
- **Digestive Conditions**
- **Procedures**
- **Web Resources**—links to other sites
- **Find a GI**—locator service.

National Institute of Diabetes & Digestive & Kidney Diseases Digestive Diseases Information Clearinghouse

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

A branch of the National Institutes of Health, the NIDDK web site contains a **Health Information** section for consumer health information and includes the following:

- **A-Z list of topics and titles.**
- **Easy-to-read Publications** on some topics.
- **Information in Spanish**--translations of selected NDDIC publications.
- **Statistics**
- **Clinical Trials and Guidelines**--studies recruiting patients and full-text clinical practice guidelines
- **Resources**—links to other useful information.

Head Injury

Brain Injury Association

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

The Brain Injury Association of America was founded in 1980 with the mission of improving the quality of life of those who have sustained brain injuries. Today it encompasses a national network of more than 40 chartered state affiliates across the

country. The Association acts as a clearinghouse of community service information and resources, facilitating prevention awareness, hosting educational programs, encouraging research, and participating in legislative advocacy. Information at this site includes:

- **State and Local contact information**
- **Full-text publications, including fact sheets and brochures.**
- **A Catalog of educational resources available for purchase**
- **A Guide to Selecting and Monitoring Brain Injury Rehabilitation Services**
- **Links to other Internet sites**
- **Information in Spanish**

Heart

American Heart Association

<http://www.americanheart.org>

The mission of the American Heart Association is to reduce disability and death from cardiovascular disease and stroke. The web site contains a large amount of information of interest to the consumer, including:

- **Health and Stroke Encyclopedia**, in an A-Z arrangement.
- **Healthy Lifestyle section**, including information on exercise and fitness, healthy eating, , various health tools, cholesterol, heart disease, and managing your lifestyle.
- **Diseases and Conditions** section—includes congestive heart failure, high blood pressure, cholesterol, and arrhythmias.
- **Warning Signs**, including information on heart attack, stroke and cardiac arrest warning signs.
- **CPR and ECC**--class information.
- **Publications and Resources**
- **Advocacy and fund raising**
- **News section**
- **Local information**
- **Spanish version**
- **Search Box**

HeartCenterOnline

<http://www.heartcentersonline.com>

HeartCenterOnline focuses exclusively on each condition to provide the most depth and breadth of physician-edited information and health tools. This has enabled them to develop the most useful tools available to help people monitor their health and manage their conditions, develop a comprehensive, easy-to-understand encyclopedia of original, physician-reviewed health information, and organize content into easily accessible "health centers, " providing interactive resources, peer-support communities, illustrations and animations, current news and feature articles on a wide range of health topics.

There is a member login required for some services. Information at this site includes:

- **Conditions and Diseases**
- **Procedures and Tests**
- **Drugs and Medications**
- **Free newsletter**
- **Tools and resources** including quizzes, ask the experts, physician finder and others

- **Prevention and Wellness**, searchable by lifestyle, risk factors, and nutrition.
- **Animation and Illustration Library** with interactive videos.

Hepatitis

CDC. Division of Viral Hepatitis

<http://www.cdc.gov/ncidod/diseases/hepatitis/>

The Centers for Disease Control web site includes consumer health information on Hepatitis A, B, C, D and E. Information for each disease includes:

- **Fact Sheet**
- **Frequently Asked Questions**
- **Links**
- **Information in Spanish**
- **Educational Materials**

VA National Hepatitis C Program

<http://www.hepatitis.va.gov/vahep?page=pt-home>

Sponsored by the VA's National Hepatitis C Program, this web site is designed to be an informational and educational resource on viral hepatitis for health care providers, veterans, and the general public. The **Patient's Home page** provides basic information on viral hepatitis for patients, their families, and the general public. Included here is:

- **Basics Hepatitis A, B, C**
- **FAQs**
- **Understanding the Liver**
- **Getting Tested**
- **Just Diagnosed**
- **Treatment Decisions**
- **Living with Hepatitis C**
- **Community & Support**
- **Tips & Tools**
- **Resources**
- **Link to My HealtheVet**

Homelessness

Department of Veterans Affairs Homeless Veterans

<http://www1.va.gov/homeless/>

This site provides an overview of services available to homeless veterans through the VA offering outreach to homeless veterans, clinical referrals, long-term shelter options, employment assistance and permanent housing options.. Information at this site includes:

- **VA's Homeless Providers Grant and Per Diem Program**
- **Housing Information and Loan Guarantee Program for Homeless Veterans Multifamily Housing**

- **Homeless Veterans Dental Program**
- **VA Assistance to Stand Downs**
- **Veterans Industries**
- **CHALENG**
- **Domiciliary Care for Homeless Veterans**
- **Spanish version**

Homes and Communities (U.S. Dept. of Housing and Urban Development)

<http://www.hud.gov/homeless/index.cfm>

This site, part of the web site of the U.S. Dept. of Housing and Urban Development (HUD), provides information on what help is available to the homeless through their agency as well as assistance available through other sources. Includes information on:

- **Local homeless assistance**
- **Housing Counseling**
- **Information for homeless veterans (HUDVet)**
- **Links to information on food stamps, food bank locator, help from the VA**
- **Providing help to the homeless**
- **Information available by state**
- **Information on buying homes**
- **Volunteer and homeless assistance provider links**
- **Information available in Spanish**

National Coalition for Homeless Veterans

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

The National Coalition for Homeless Veterans (NCHV) was founded in 1990 by a group of community-based homeless veteran service providers. Its mission is to end homelessness among veterans by shaping public policy, promoting collaboration, and building the capacity of service providers. Information at this site includes:

- **Listing of Veterans Service Organizations**
- **Toll-free number** to obtain information on the nearest location of a VA medical facility
- **Housing for the homeless**
- **Employment services**
- **Legal assistance**
- **Temporary financial assistance**
- **Statistical information on homeless veterans**
- **Grant Opportunities**
- **Discussion on public policies and legislation** affecting homeless veterans

Kidney

American Association of Kidney Patients

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

The American Association of Kidney Patients was founded over 30 years ago to serve the needs, interests and welfare of all kidney patients and their families. It has

more than 8,000 members, including patients, family members, renal professionals and institutional members. Information at this site includes:

- **AAKP Kidney Beginnings: The Magazine**, featuring articles on healthy living for people with chronic kidney disease.
- **AAKP Patient Plan** provides information on treatment options, diet, and more.
- **Electronic newsletter** contains information on new programs and research
- **Nutrition Counter**, specifying the amount of sodium, potassium, protein, phosphorus and calories in food.
- **Spanish language section.**

National Institute of Diabetes & Digestive & Kidney Diseases

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

A branch of the National Institutes of Health, the NIDDK web site contains a **Health Information** section for consumer health information and includes the following:

- **Learn About Diseases and Conditions:** provides basic information, statistics, links to professional and voluntary organizations, **Spanish** translations, easy-to-read publications, for:
 - ✓ **Diabetes**
 - ✓ **Digestive Diseases**
 - ✓ **Weight Control**
 - ✓ **Endocrine and Metabolic Diseases**
 - ✓ **Hematologic Diseases**
 - ✓ **Nutrition**

National Kidney Foundation

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

The National Kidney Foundation is a voluntary health organization that seeks to prevent kidney and urinary tract diseases, improve the health of people affected by these diseases, and increase the availability of organs for transplantation. Information at this site includes:

- **A-Z listing of topics**, also searchable by broad categories such as treatment, rehabilitation, and nutrition. The size of the text can also be enlarged..
- **Living Well on Dialysis Cookbook**
- **E-Kidney**, an online newsletter
- **Kidney Learning Systems** provides comprehensive education about the continuum of chronic kidney disease.
- **GFR Calculator** teaches about the glomerular filtration rate (GFR) test and interpreting lab values
- **Message Boards and Chat Groups**
- **News releases** for the past year
- **Spanish language materials**

Laboratory Tests

Lab Tests Online

<http://www.labtestsonline.org/lab/index.html>

Lab Tests Online is a public resource on clinical lab testing from Laboratory Professionals who do the testing. The site is peer reviewed, non-commercial and patient-centered and includes:

- **Information on approximately 150 tests**, including basic information about the test, more detailed information, common questions, an opportunity to ask a question, and other related links at the site.
- **Information on approximately 70 diseases and conditions**, with links to related tests as well as other web links.
- **Screening tests** recommended for various age groups.
- **Understanding your tests** section.
- **In the news** section.

Mental Health

Mental Health America

<http://www.nmha.org>

Mental Health America (formerly known as the National Mental Health Association) is the country's leading nonprofit organization dedicated to helping ALL people live mentally healthier lives. It was established in 1909 by former psychiatric patient Clifford W. Beers as a result of the poor treatment he received in his stays in public and private institutions. NMHA is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. There are more than 340 affiliates nationwide. NMHA is dedicated to promoting mental health, improving and preventing mental illness disorders through advocacy, education, research and service. Information at this site includes:

- **Mental Health Information Fact Sheets** on such topics as general anxiety disorders, PTSD, depression in later life, bipolar disorder, seasonal affective disorder, schizophrenia, coping with loss, substance abuse, codependency, controlling you anger, guidelines for seeking help.
- **MHA Affiliate directory**: a state-by-state listing of local affiliates.
- **Confidential Depression Screening Test**
- **E-Mail Newsletter Sign-Up**
- **Mental Health Resource List** with links to other sites.
- **Search Box**

Mental Help Net

<http://mentalhelp.net/>

Mental Help Net was launched in 1995 to provide mental health information to professionals as well as laypeople. Information at this site includes:

- **Information on almost 100 mental health topics**, including abuse, family and relationship issues, PTSD, anger and emotions.
- **Psychological Self-Help book**, providing information on understanding the problem and the solution and applying self-help methods

- **Self-Help Sourcebook Online**, providing a database of over 800 national self-help support groups, searchable by topic.
- **Weblogs and podcasts** on a variety of mental health topics.

Neurology

National Institute of Neurological Disorders and Stroke

http://www.ninds.nih.gov/disorders/disorder_index.htm

Established in 1950 by the U.S. Congress, the National Institute of Neurological Disorders and Stroke (NINDS), a division of the National Institutes of Health, is the nation's leading supporter of biomedical research on disorders of the brain and nervous system. Its mission is to reduce the burden of neurological disease through basic and clinical research on the normal and diseased nervous system in an effort to better understand the diagnosis, treatment, and prevention of neurological disorders.

Information at this site includes:

- **Disorder Index**: an A-Z arrangement of information about neurological disorders.
- **Patient Resources, Foundations, and Support Organizations**—A to Z and subject/topic lists.
- **Information available in Spanish**
- **Search Box**

National Multiple Sclerosis Society

www.nationalmssociety.org.

The National Multiple Sclerosis Society and its network of nationwide chapters promote research, educate, advocate, and organize a wide range of programs for individuals with multiple sclerosis. It has invested nearly \$350 million in research since it was founded in 1946. Information at this site includes:

- **About MS**--up-to-date information.
- **Living with MS**
- **Treatments**
- **Research**--information about current research and clinical trials.
- **Headlines**--latest news on treatments and related legislation.
- **Find Your Chapter**—locate chapters by state or zip code.
- **Special Events**—upcoming fundraisers.
- **Message Boards**
- **Chat Rooms**
- **Webcasts/Podcasts**
- **Information available in Spanish**

National Parkinson Foundation

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

The National Parkinson Foundation was established in 1957 with a mission of finding the cause and cure of Parkinson's Disease. The foundation supports researchers, physicians, occupational, physical and speech therapists and psychological counseling.

It also provides educational and medical information for Parkinson patients, their families, neurologists and general medical practitioners. Information at the web site includes:

- **About Parkinson Disease**—a primer about Parkinson's disease, treatment options, living with Parkinson's.
- **Search Box**
- **Community**—Discussion Center, forums, personal stories.
- **Find Resources**--locate local chapters, outreach centers, physicians, centers of excellence, and support groups.

PTSD

National Center for PTSD

www.ncptsd.va.gov

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

The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission is to advance the clinical care and social welfare of veterans through research, education, and training in the science, diagnosis and treatment of PTSD and stress-related disorders. Information at this site includes:

- **PTSD Information** Center contains in-depth information and resources on PTSD and traumatic stress to include topics on: types of trauma, treatment, diagnosis and assessment, as well as related problems and issues specific to family, children and women.
- **Published Materials**
- **Assessment Instruments**
- **Web Resources** include links to PTSD organizations, military related programs, veteran service organizations, disaster relief sites, and research related materials.
- **Press Room**
- **Special Information** sections for: veterans and their families, mental health care providers, general health care providers, and research that includes handouts, manuals, videos, guides, bibliographies and training programs (PTSD 101).
- **PILOTS Database:** an electronic index to literature on PTSD and other mental health consequences resulting from exposure to traumatic events.
- **Search Engine**

Rare Diseases

Office of Rare Diseases

<http://rarediseases.info.nih.gov>

The Office of Rare Diseases (ORD) was established in 1993 within the Office of the National Institutes of Health (NIH). A rare disease, also called an orphan disease, is a disease or condition affecting fewer than 200,000 persons in the United States. This web site contains information on more than 6,000 rare diseases, including:

- **Rare Diseases Information** contains links to definitions, causes, treatments, and publications about rare diseases.
- **Rare Diseases Terms**, a list of names of more than 6,000 rare diseases.
- **Genetic and Rare Diseases Information Center**, including telephone numbers and contact information for Spanish speakers.
- **Research and Clinical Trials**
- **Patient support groups**
- **Patient travel and lodging information:** direct links to many charitable or special fare flights to research and treatment sites.
- **Publications from scientific and medical journals.**
- **Genetic information, counseling and services.**

This site is targeted to the professional and the sophisticated consumer.

Respiratory

American Lung Association

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

The American Lung Association was established in 1904 to fight tuberculosis and is the oldest voluntary health organization in the United States. Today, its mission is to prevent all forms of lung disease and to promote lung health, with special emphasis on asthma, tobacco control and environmental health. Information at this site includes:

- **Asthma section**, including fact sheet, asthma medicines, peak flow meters and chart, information in **Spanish**.
- **Tobacco Control section**, including fact sheet, smoking cessation resources fact sheet, quit smoking action plan, nicotine replacement therapy, newsletter sign-up.
- **Air Quality** section, including press releases, fact sheets, special reports, indoor and outdoor air quality.
- **A-Z Listing of Lung Diseases**
- **Online tutorial of the respiratory system and how it works**
- **Statistical Information**
- **Information in Spanish**
- **Search Box**

Substance Abuse

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

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

NIAAA is one of 19 institutes that comprise the National Institutes of Health (NIH). Its mission is to support and conduct biomedical research on the causes, consequences, treatment and prevention of alcoholism and alcohol-related problems. **Material for both the patient/consumer and the health care professional are intermixed.** Information at this site includes:

- **Frequently asked questions**
- **Easy-to-read publications and brochures** in English and **Spanish**, on general topics such as *How to cut down on drinking, Aging and alcohol abuse.*

- **Graphic Gallery**--graphics that have been used in NIAAA's publications and presentations in PDF format.
- **News releases and advisories**
- **Links to clinical trial sites**
- **Links to other alcohol-related sites**
- **Clinician's Guide Animated Slide Show (PowerPoint)**

National Clearinghouse for Alcohol and Drug Information

<http://ncadi.samhsa.gov>

The National Clearinghouse for Alcohol and Drug Information (NCADI) is the information service of the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP). NCADI is the world's largest resource of current information and materials on substance abuse. SAMHSA is staffed by English and Spanish-speaking specialists. They are available 24 hours a day, 7 days a week at 1-800-729-6686. Items may be viewed online or ordered online for either free or at a nominal cost. Information at this site includes:

- **Drug Fact Sheets**
- **Publications targeted to specific audiences**, such as the elderly, American Indians, women, and children of substance abusers, and veterans..
- **Resource section provides links to other Internet sites** including those dealing with treatment centers and self-help groups.
- **Issues menu** includes information on such topics as treatment, drug testing, violence, and prevention.
- **Multimedia section** includes e-books, web chats, and talking books.
- **Videos**, for viewing online preview available prior to or information on purchasing.

Surgery

While there is not a single all-encompassing site devoted to surgical procedures that meets the criteria established for this document, the following sites have sections devoted to surgery. Depending of the site, information is provided on procedures, pre- and post-care, and general information.

MedlinePlus

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

Interactive Tutorials contains a section entitled *Surgery and Treatment Procedures* that provides multimedia presentations on a number of surgical procedures and related pre and post op care.

NOAH: New York Online Access to Health -- Surgery

<http://www.noah-health.org/en/procedures/surgery/>

Part of the NOAH site. The *Surgery* section contains the following sections:

- What is Surgery?
- Care and Treatment

- Complications and Concerns – with a section entitled “Surgery and Seniors”
- Information Resources

Ohio State University Medical Center

http://medicalcenter.osu.edu/patientcare/patient_education

*Choose *Surgery* from Health Topics

A one-to-three page clearly written black and white handout is provided here and includes some illustrations. Material is copyrighted by the Ohio State University Medical Center. Topics covered are:

- General Documents
- Orthopedics
- Transplant
- Vascular

Urology

Urology Health.Org

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

This patient education site is reviewed by experts in partnership with the American Urological Association Foundation. Information at the site includes:

- **Adult conditions**
- **Find a Urologist**
- **Information in Spanish**

National Kidney and Urologic Diseases Information Clearinghouse

<http://kidney.niddk.nih.gov/>

Information at this site includes:

- **Urologic Diseases Topics**
- **Easy-to-Read Publications**
- **Spanish-Language publications** (very limited at this time)
- **Statistics**
- **Order Forms** (single copies of most titles are free of charge.)
- **Search Box**

VA Sites

These VA Sites are all available on from the VA-Internet site. The sites contain information of interest of VA programs for veterans:

Agent Orange

<http://www1.va.gov/agentorange/>

Blind Rehabilitation Program

<http://www1.va.gov/blindrehab/>

Center for Women Veterans

<http://www1.va.gov/womenvet/>

Faith Based and Community Initiatives

<http://www1.va.gov/opa/fbci/>

Federal Benefits for Veterans and Dependents (2005 ed.)

<http://www1.va.gov/opa/vadocs/Fedben.pdf>

Geriatrics and Extended Care

<http://www1.va.gov/geriatricsshg/>

Gulf War Illnesses

<http://www1.va.gov/gulfwar/>

National Center for Post Traumatic Stress Disorder (PTSD)

<http://www.ncptsd.va.gov/>

Public Health Strategic Health Care Group

<http://vhaaidsinfo.cio.med.va.gov/default.htm>

- HIV/AIDS
- Flu
- Smoking and Tobacco

VA Diabetes Program

<http://www1.va.gov/diabetes>

VA National Hepatitis C Program

<http://www.hepatitis.va.gov/>

VA Kidney Diseases Program

<http://www1.va.gov/kidney/>

- Dialysis Centers

VA National Transplant Program

<http://www1.va.gov/transplant/>

VA Oncology Program

<http://www1.va.gov/cancer/index.cfm>

Vet Center Readjustment Counseling Service

<http://www.va.gov/rcs/>

War Related Illness and Injury Study Center

Women's Health

FORCE: Facing Our Risk of Cancer Empowered, Inc.

<http://www.facingourrisk.org>

FORCE is a nonprofit organization for women at risk for breast or ovarian cancer. Its advisory board consists of physicians (in the fields of gynecologic oncology, plastic surgery, radiology, breast surgery), social workers, genetic counselors, and psychotherapists. Site includes:

- **Information** on a variety of topics including evaluating risk, researching family history, insurance issues, finding good health care, breast self-exam, diagnostic tests, breast reconstruction, and support groups.
- **Chat Room**
- **Message Board**
- **Helpline Information**
- **Support Groups**

National Women's Health Information Center

<http://www.4woman.org/>

This site is a service of the Office on Women's Health in the Department of Health and Human Services (DHHS) and provides a variety of women's health-related information in English and Spanish from federal agencies, and private sector resources. Includes:

- **Today's Health News**
- **FAQs about women's health**
- **Health Organizations**
- **Health Tools (checklists, calculators, dictionaries)**
- **Statistics**
- **Publications & Resources**
- **Link to Girlshealth.gov, a site designed to promote healthy positive behaviors in girls between the ages of 10 and 16.**
- **Health Topics including:**
 - ✓ **Body image**
 - ✓ **Breast cancer**
 - ✓ **Fitness & nutrition**
 - ✓ **Heart health & stroke**
 - ✓ **Menopause and hormone therapy**
 - ✓ **Older women's health**

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The following bibliography contains two types of references:

1. Other lists of web sites that are well respected in the health field. These were used as sources of sites to review.
2. References that offer helpful hints on how to evaluate the usefulness and reliability of health related web sites.

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