

## **DataFest 2009: Reliable Health Information Websites**

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### **General Health Information:**

American Academy of Family Physician. [www.familydoctor.org](http://www.familydoctor.org) *Covers more than 250 health topics for patients.*

American Medical Association. <http://www.ama-assn.org/> *Resources rich site. Click on consumer health information.*

Centers for Disease Control and Prevention. [www.cdc.gov/](http://www.cdc.gov/) *News, traveler's health, infectious or contagious diseases, immunizations, etc.*

FDA (Food & Drug Administration). [www.fda.gov/](http://www.fda.gov/) *Specific consumer topics from U.S. Food & Drug Administration. Health information also available in Spanish.*

Healthfinder. [www.healthfinder.gov](http://www.healthfinder.gov) *Healthfinder is a gateway consumer health information site from the U.S. government.*

Mayo Clinic Health Oasis. [www.mayo.edu](http://www.mayo.edu) *General health information for the consumer.*

Medlineplus from the National Library of Medicine. [www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/) *Information on hundreds of diseases, conditions and wellness issues.*

NOAH (New York Online Access to Health). [www.noah-health.org](http://www.noah-health.org) *Consumer oriented health site. Available in English and Spanish.*

### **Alzheimer's Disease:**

Alzheimer's Association. [www.alz.org](http://www.alz.org) *Comprehensive information on all aspects of Alzheimer's disease, including caregiving and helpful glossary of terms.*

Alzheimer's disease Education & Referral center. <http://www.nia.nih.gov/Alzheimers/> *Another comprehensive site.*

### **Arthritis Information:**

Arthritis foundation. [www.arthritis.org/](http://www.arthritis.org/) *Resources for patients and health professionals.*

Arthritis Society. <http://www.arthritis.ca/home.html> *From Canada, a useful site for patients with arthritis.*

### **Cancer Information:**

Cancer Information Services from the National Cancer Institute. <http://cancer.gov/cancerinformation> *In-depth information for patients and health professionals on all forms of cancer, their treatments, clinical trials, and support information.*

American Cancer Society. [www.cancer.org](http://www.cancer.org) *Information on most cancers*

Oncolink. <http://oncolink.upenn.edu/> *Cancer information from the University of Pennsylvania's Cancer Center.*

National Coalition for Cancer Survivorship: <http://www.canceradvocacy.org/> *See the CanSearch feature: an On-line Guide to Cancer Resources.*

### **Caregiving**

National Family Caregivers' Association. <http://www.nfcares.org/> *Support and advocacy information for family care providers.*

American Association of Retired Persons- Caregiving. <http://www.aarp.org/life/caregiving/> *Good fact sheets on many important caregiving issues; nice links to other sites.*

### **Children's Health:**

Kids Health for Parents. <http://www.kidshealth.org/parent/> *Website sponsored by the Nemours Foundation, a nonprofit organization devoted to children's health.*

Maternal and Child Health Bureau: <http://mchb.hrsa.gov/> *Covers health topic A-Z*

### **Complementary Therapies**

The Alternative Medicine homepage. <http://www.pitt.edu/~cbw/altm.html> *Comprehensive web guide to complementary medicine by the University of Pittsburgh.*

### **Diabetes Information:**

American Diabetes Association. [www.diabetes.org/](http://www.diabetes.org/) *Internationally recognized online research and patient information.*

American Dietetic Association. [www.eatright.org/](http://www.eatright.org/) *Nutrition information sources, including a daily tip and feature article.*

Meals for You. [www.mealsforyou.com/](http://www.mealsforyou.com/) *Includes dietary exchange tables, recipes galore, meal\* plans, and much more.*

### **Drug Information:**

MedlinePlus Drug Information <http://www.nlm.nih.gov/medlineplus/druginformation.html>  
*National Library of Medicine's guide to more than 9,000 prescription and over-the-counter drugs from the United States Pharmacopeia.*

Ask Noah About Pharmacy-Drugs and Medications <http://www.noah-health.org/en/pharmacy/>  
*New York Online Access to Health's comprehensive information on all aspects of over-the-counter and prescription medicines.*

### **Heart disease/Stroke Information:**

American Heart Association. <http://www.americanheart.org/presenter.jhtml?identifier=1200000>  
*Includes Heart and Stroke A-Z Guide, complete information.*

National Stroke Association. [www.stroke.org](http://www.stroke.org) *Prevention, treatment, rehab and survivorship issues.*

### **HIV/AIDS Information:**

Center for AIDS Prevention Studies. <http://www.caps.ucsf.edu/> *Center for AIDS Prevention Studies' comprehensive HIV/AIDS prevention website. Includes fact sheets in English and Spanish, links to other AIDS information sites (including hotlines), publications, and research information.*

HIV In Site. <http://hivinsite.ucsf.edu/> *Comprehensive, up-to-date information on HIV/AIDS treatment, prevention and policy.*

### **Men's Health:**

Men's Health and Wellness.  
<http://www.nlm.nih.gov/medlineplus/menshealthgeneral.html> *National Library of Medicine's self-care site for men.*

### **Mental Health**

National Institute of Mental Health <http://www.nimh.nih.gov/> *Comprehensive mental health information.*

National Mental Health Association. [www.nmha.org/](http://www.nmha.org/) *Click on information Center for basic information.*

Mental Health Infosource. <http://www.mhsource.com> *Comprehensive Mental health information site.*

American Academy of Child and Adolescent Psychiatry. <http://www.aacap.org/> *Visit Facts for Families for a wealth of information on child and teen mental health issues.*

### **Nutrition Information:**

Meals for you. [www.mealsforyou.com](http://www.mealsforyou.com) *Includes dietary exchange tables, recipes galore, meal plans, and much more.*

Tufts University Nutrition Navigator. <http://navigator.tufts.edu/> *A rating guide and links to nutrition websites for consumers and health professionals from Tufts University.*

### **Sleeping Disorder Information:**

American Academy of Sleep Medicine. <http://www.aasmnet.org/> *Information on sleep disorders. Links to diagnostic sleep disorders centers and labs.*

American Sleep Apnea Association. [www.sleepapnea.org/](http://www.sleepapnea.org/) *Website devoted to sleep apnea. Helpful links to other sites.*

Restless Legs Syndrome Foundation. [www.rls.org/](http://www.rls.org/) *Comprehensive website on RLS. Includes support group information, helpful links and a chat room.*

### **Search Engines:**

[www.hotbot.com](http://www.hotbot.com). You can limit your research by date and language.

[www.dogpile.com](http://www.dogpile.com). Comprehensive. Dogpile searches other search engines for you and returns the results.

[www.google.com](http://www.google.com). Straightforward searching. You can search by subject or category.

### **Spanish Language Information:**

Cancer Information Service. <http://www.cancer.gov/espanol> *National Cancer Institute's comprehensive cancer information for patients and health professionals on cancer types and treatment in Spanish.*

Healthfinder. <http://www.healthfinder.gov/espanol/> *Presents 200 health information resources in Spanish.*

FDA (Food & Drug Administration). [www.fda.gov/](http://www.fda.gov/) *Specific consumer topics from U.S. Food & Drug Administration. Health information also available in Spanish.*

NOAH (New York Online Access to Health). <http://www.noah-health.org/> Consumer-oriented health site available in Spanish and English.

### **Support Groups:**

Planetree Health Resources Center Support Group Database  
<http://www.planetreesanjose.org/supportgroups.html> Searchable database for support groups and organizations you link to for information on hundreds of conditions.

### **Surgery:**

American College of Surgeons. <http://www.facs.org/index.html> The public information section has information on common surgeries.

Your Surgery. <http://www.yoursurgery.com/index.cfm#> Growing database with explanations of common surgical procedures.

### **Teen Websites:**

Teens Health at: <http://kidshealth.org/teen/index.html> Search database with sections on body basic, Mind matters, Teen Sports, STD's, food and Fitness and more. Sponsored by the Nemours foundation, a nonprofit organization devoted to youth health.

Oregon Health Science University Center for Women's Health Young Women's Health Page at: <http://www.ohsu.edu/library/teenhealth/> A website by teen women for teen women, this site covers physical health, mental health, sexuality, book reviews and links to crisis agencies.

### **Women's Health:**

National women's Health Information Center. <http://www.4women.gov/> Comprehensive women's health site from the National Institute of Health.

National Women's Health Resources Center. <http://www.healthywomen.org> Comprehensive women's health information, news and healthy living tips.

Arnot's Health Care for Women. <http://www.aomc.org/index.asp> Check out the Reference Articles-a library of information on women's health issues. Also quizzes, news, and links.