

## 2013 CAPHIS Top 100 List Health Websites You Can Trust

### GENERAL HEALTH

#### **Aetna Intellihealth**

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

Aetna IntelliHealth, a subsidiary of Aetna, partners with Harvard Medical School and Columbia University College of Dental Medicine to provide health information on this website. The site is content rich on disease and treatment information and includes additional features such as interactive health tools, ask the expert, dental health, and drug resource center. It's important to note that Aetna IntelliHealth's editorial policy states that it maintains absolute editorial independence from Aetna.

#### **Centers for Disease Control and Prevention**

<http://www.cdc.gov>

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

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

<http://my.clevelandclinic.org/health/default.aspx>

Produced by the Cleveland Clinic to benefit patients, the general public, and healthcare professionals, this site offers nearly 5,000 articles, videos, podcasts and tools for managing your health. A Health Information Search Specialist can answer questions via a live chat service Monday through Friday, 10:00 am to 1:30 pm EST (except holidays).

#### **Familydoctor.org**

<http://familydoctor.org/familydoctor/en.html>

The content on FamilyDoctor.org is intended for all individuals who are seeking reliable health information and is written at a 6th to 8th grade reading level. Content specifically for children and teens is also available on the site. All information has been written and reviewed by physicians and patient education professionals at the American Academy of Family Physicians. Conditions and diseases can be searched by name, symptom, or age most commonly affected.

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

<http://hardinmd.lib.uiowa.edu/>

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

#### **healthfinder**

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

Managed by the U.S. Department of Health and Human Services, healthfinder.gov provides reliable information culled from approximately 1,400 health-related organizations. Features of note include tools for

finding health services and support, National Health Observances toolkits, and information about what is covered under health care reform.

### **Mayo Clinic**

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

MayoClinic.com offers a wealth of easy-to-understand health and medical information. In addition to comprehensive disease and condition guides the site includes descriptions of drugs, supplements, tests, and procedures; healthy living guides; a symptom checker; and expert blogs.

### **MedlinePlus**

<http://www.medlineplus.gov>

The National Library of Medicine, a part of the National Institutes of Health, created and maintains MedlinePlus to assist consumers in locating authoritative health information. The first place to go when seeking information MedlinePlus pages offer carefully selected links to web resources with health information on more than 900 topics. The A.D.A.M. medical encyclopedia includes images, videos, and over 4,000 brief articles. Drug and supplement information, a medical dictionary, patient education interactive tutorials, and links to health information in multiple languages are also provided.

### **NetWellness**

<http://www.netwellness.org>

NetWellness, a nonprofit consumer health website, provides more than 55,000 pages of high quality information created and evaluated by medical and health professional faculty at the University of Cincinnati, Case Western Reserve University and the Ohio State University. Its “Ask An Expert” feature is a question and answer service provided by numerous health care professionals of the three universities.

## **WOMEN’S HEALTH**

### **HealthyWomen**

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

HealthyWomen (formerly the National Women’s Health Resource Center) is a nonprofit, national clearinghouse for women’s health information. It develops original health materials and content for women and provides links to related news. Features: Ask the Expert column, womenTALK blogs, discussion groups, free newsletters, videos and podcasts, facebook, Twitter, and apps.

### **Mayo Clinic: Women’s Health**

<http://www.mayoclinic.com/health/womens-health/MY00379>

Mayo Clinic is “a nonprofit worldwide leader in medical care, research, and education.” The Mayo website has three educational topics focused on women – Women’s Health, Breast Health, and Women’s Life Stages. Basic and in-depth information can be found for each topic including multimedia subject content. Links are provided from these topics to Mayo Expert Answers, resources, and news. Additionally information about women’s health can be found via the general Mayo site via Search, Diseases and Conditions, Symptoms, Drugs and Supplements, Tests and Procedures, and Healthy Lifestyle resources.

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

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

The National Institutes of Health's MedlinePlus is a free health information resource for the public produced by the National Library of Medicine, the world's largest medical library. It provides access to information in easily understood language on more than 900 diseases, conditions, and wellness topics from trusted sources such as the National Institutes of Health, the Food and Drug Administration, and the Centers for Disease Control and Prevention. Content includes basic as well as more in-depth coverage of topics, a medical encyclopedia, directories, handouts, statistics, laws and policies, and links to related government organizations. Research overviews and news, including free email subscription to Women's Health updates, are available along with a link to clinical trials in women's health that are or will be recruiting. Chinese, Korean, and Spanish versions available.

### **National Institutes of Health: Women's Health**

<http://health.nih.gov/category/WomensHealth>

National Institutes of Health (NIH) is "the nation's medical research agency." Its Women's Health webpage provides links to articles, guides, factsheets, and other resources on women's health as well as related topics, by various institutes within the agency. A search can be done within the Women's Health category as well as of all NIH health topics. NIH Health Topics A-Z browsing feature is also available.

### **National Institutes of Health, NIH Office of Research on Women's Health: Women's Health Resources— Women's Health Resources from NIH.**

<http://www.womenshealthresources.nlm.nih.gov/about.html>

Women's Health Resources is a service of the National Library of Medicine and the National Institutes of Health's NIH Office of Research on Women's Health (ORWH) that provides information on women's health based on sex-based biomedical research. The diseases, disorders, and conditions that affect women are not just related to reproductive health but to all body systems. This is essential work as men and women may have different signs and symptoms, and also may have different reactions to medications and treatments. Health Topics and the A-Z list link to women's health information (both reproductive *and non-reproductive*) from NIH institutes, centers, and other NIH sources, including PubMed, MedlinePlus, NIH VideoCastings, and ClinicalTrials.gov. Information from these same NIH sources is provided for NIH's women's health priorities for research -- life span, health disparities/differences and diversity, sex/gender determinants, and interdisciplinary research. On facebook and Twitter.

### **Our Bodies, Ourselves**

[www.ourbodiesourselves.org/](http://www.ourbodiesourselves.org/)

Our Bodies Ourselves (OBOS) (aka Boston Women's Health Book Collective) has been providing information on women's reproductive and sexual health plus issues that affect access and care since their first publication of the revolutionary *Our Bodies, Ourselves* in 1971. The website contains information about women's health topics, including excerpts from the latest edition of *Our Bodies, Ourselves*, OBOS programs, publications, and news. You can also keep up with OBOS through free newsletter, blog, RSS feed, facebook, Twitter, and YouTube.

### **Society for Women's Health Research**

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

The Society for Women's Health Research (SWHR) was founded in 1990 by a group of physicians, medical researchers, and health advocates. SWHR aims to bring attention to the myriad of diseases and conditions

that affect women uniquely. Find links to information about various health topics informed by sex-based biology, research news related to women, clinical trials and how to join them, milestones in the inclusion of women in research, public education campaigns advocacy efforts and opportunities, grants and awards (including the SWHR Medtronic Prize), and Society news, videos, and events (e.g., roundtables, conferences, moderated discussions, and other meetings). Find on facebook and Twitter.

### **U.S. Department of Health and Human Services, Office on Women's Health: [womenshealth.gov](http://womenshealth.gov)**

<http://womenshealth.gov/>

Womenshealth.gov is a project of the U.S. Department of Health and Human Services' Office on Women's Health. Its mission is "to provide leadership to promote health equity for women and girls through sex/gender-specific approaches" through national health policy, programs, education, and dissemination of health information for both professionals and the public. Information on health topics (including girl's health and minority women's health), publications, news (headlines, highlights, spotlight), and health data can be found at [womenshealth.gov](http://womenshealth.gov). Offers email updates, RSS feed, facebook, Twitter, and YouTube.

### **U.S. Food and Drug Administration: For Consumers – For Women**

<http://www.fda.gov/ForConsumers/byAudience/ForWomen/default.htm>

As many medications may affect women differently than men, the U.S. Food and Drug Administration's (FDA) website For Women is an important source of information and advocacy. The FDA Office of Women's Health (OWH) ensures that drug research includes women in the trials as per federal regulation, compiles and analyzes data, creates fact sheets, and performs outreach activities. This website provides information on several women's health topics, medication safety tips for women, free publications, and news (news releases, hot topics, spotlight, and OWH news). It also delivers news via email updates, Twitter, and Women's Health videos on FDA YouTube channel. Links to the FDA's general Consumer topic page where consumer resources useful to women is disseminated – e.g., FDA's MedWatch Safety Alerts Adverse Reporting Program (important as women have more adverse drug reactions than men), Drugs@FDA drug information database, For Consumers: Drugs searchable updates tool, Recalls & Alerts, clinical drug trials in which women can participate.

## **MEN'S HEALTH**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **PARENTING & KIDS**

### **aboutkidshealth.com – from The Hospital for Sick Children**

<http://www.aboutkidshealth.ca/>

Providing evidence-based information for parents and children about health issues, how the body works (including animated video and quizzes), life stages, and education. The site provides all information in English, French and simplified Chinese, and much of the information is available in many other languages also.

### **American Academy of Pediatrics**

<http://www.healthychildren.org>

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

### **American Academy of Child & Adolescent Psychiatry – Resources for Families**

<http://www.aacap.org> (click on Families & Youth)

Between 7 and 12 million American youth suffer from mental, behavioral, or developmental disorders at any given time. Links take users to information on helping children cope with disasters, deal with pop culture, treat attention deficit hyperactivity disorder (ADHD), and understand psychiatric medications. A glossary of symptoms and mental illnesses, and information about finding psychiatrists and appropriate clinical trials are also included.

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

<http://www.drgreene.com>

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

### **KidsHealth.org**

<http://www.kidshealth.org>

The Nemours Foundation's Center for Children's Health provides current information about diseases and conditions, nutrition and fitness, developmental issues, and preventive health care. Information is available in English and Spanish, and is available as an audio version also. They offer information written specifically for parents, children, and teens.

### **National Child Traumatic Stress Network (NCTSN)**

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

Established by Congress in 2000, the NCTSN provides information on every type of childhood trauma from neglect to natural disasters to physical abuse. They offer resources for parents, teachers and policy makers.

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

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

The NICHD, a division of the National Institutes of Health, conducts research on the health of children and their families. The website presents information based on that research. It covers a wide range of topics. There are links to consumer-level information on more than 100 health topics as well as valuable information about participation in clinical research and NICHD public health campaigns.

### **St. Jude Children's Research Hospital**

<http://www.stjude.org/caregiverresources>

Since 1962 St. Jude Children's Research Hospital has been a pioneer into researching and treating catastrophic childhood diseases. Its web site provides information and resources for parents and other caregivers on many catastrophic diseases, protocols for treatment, how to get referrals, and links to additional information on some topics.

### **Teen Health**

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

This MedlinePlus page was created for teens and parents. There are links to information on nutrition, emotions, body image, alcohol, drugs, sexuality, and other topics of interest to teens.

## **SENIOR HEALTH**

### **Administration on Aging**

<http://aoa.gov/AoARoot/Index.aspx>

Website is designed to assist older people and their caregivers to quickly obtain information on aging-related topics and government-sponsored programs. There is excellent information on elder rights, promoting a healthy lifestyle, finding state and local elder-care programs, national and state benefits and services for seniors, long-term care insurance, and caregiver support programs.

### **AgingCare: an Online Community for Caregivers**

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

Online community created for caregivers of elderly parents. Includes information on the most common health problems, financial and legal matters, making choices between different housing options, and more. One can sign up for their newsletter and participate in forums and blogs on caregiving topics.

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

<http://www.healthinaging.org>

The American Geriatrics Society Foundation created this website to provide consumers and caregivers with up-to-date information on health and aging. Overseen by a team of experts on caring for older adults, HealthinAging.org content is based on resources that the American Geriatrics Society has developed for its professional members.

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

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

This Centers for Disease Control's website has statistics and research information including the latest State of Aging and Health and State of Mental Health and Aging in America reports, information on the Healthy Brain Initiative and advance care planning and chronic disease management, and links to other articles, reports, and organizations.

### **The Family Caregiver Alliance**

<http://www.caregiver.org>

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

### **Geriatric Mental Health Foundation**

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

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

### **Healthy Aging**

<http://www.mayoclinic.com/health/healthy-aging/MY00374>

Reviewed by Mayo Clinic staff this site has very readable articles on aging, conditions that often affect older adults, and healthy living. Articles are authoritative, short and, cover topics such as sex and intimacy and anti-aging therapies that often aren't found on other sites.

### **Medicare.gov**

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

The official U.S. government website provides a wealth of information on Medicare health plans, drug coverage, and costs. It also offers tools to find whether a test, item, or service is covered and for finding doctors, providers, hospitals, plans, and suppliers. Online forms are provided for applying to the program, replacing a Medicare card, or changing an address.

### **MedlinePlus Seniors' Health**

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

Created by the National Library of Medicine (NLM), this website comprises links to reliable health information throughout the web. It provides access to the latest news, overviews of senior health issues, research, statistics, aging organizations, clinical trials, and more. Links also guide you to pre-formatted article searches on PubMed.

### **National Institute on Aging**

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

NIA leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life and is the primary Federal agency supporting and conducting Alzheimer's disease research. Information and tips on healthy aging is included. Resources are available in both English and Spanish. Copies also are

provided in PDF format where applicable. Print versions are available for online ordering. Health and aging organization database lists more than 350 national organizations that provide help to older people.

### **NIH Senior Health**

<http://nihseniorhealth.gov/>

This website for older adults makes aging-related health information easily accessible for those seeking reliable, easy to understand online health information. Well-illustrated and readable, it includes many short videos and links out to other sites for additional information. It also allows increases in contrast as well as size of type for easier viewing.

## **SPECIFIC HEALTH PROBLEMS**

### **Alzheimer's Association**

<http://www.alz.org>

Information for those diagnosed with Alzheimer's, caregivers, and health professionals make this the comprehensive resource on Alzheimer's disease. Fact sheets, information on diagnosis and management, planning ahead, a glossary and information in multiple languages are included. Message boards provide support and additional information sharing.

### **American Academy of Dermatology**

<http://www.aad.org/for-the-public/>

On this site, "Dermatology A-Z" gives extensive information on the most common skin and nail conditions from acne to warts. Also included are sections on health and beauty, about dermatology and one "For Kids;" a video series; and a find a dermatologist search tool.

### **American Cancer Society**

<http://www.cancer.gov>

Provides basic information about cancer and what causes it, as well as in-depth information about specific types of cancer, their risk factors, early detection, diagnosis, and treatment options. Includes a search tool for finding a local chapter by zip code or city and state. The site links to several online communities.

Comprehensive information provided in Spanish; limited information provided in Chinese, Korean, and Vietnamese. A telephone help line, live online chat service and email help are also available.

### **American Dental Association-Mouth Healthy**

<http://www.mouthhealthy.org/en/>

Mouth Healthy is the American Dental Association's consumer website. Arranged by life stage, sections include healthy habits, top concerns, nutrition and fact or fiction information. Includes list ADA Seal of Acceptance products, A-Z dental health topics, top 10 dental symptom slideshow, and a section "For Kids" with activities and games to help kids learn the importance of good oral health care. procedures, even games and animations for children and classroom resources for teachers. Also provides find a dentist search tool and a section in Spanish.

### **American Diabetes Association**

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

Extensive interactive tools add value and interest to this lively website. Diabetes assessment tools, recipes, weight-loss and exercise advice, latest diabetes research and a professional section add additional



information. Information about ADA books, a message board, an email newsletter and information in Spanish are also included.

### **American Heart Association**

<http://www.heart.org/HEARTORG/>

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

### **American Lung Association**

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

This is an excellent site with information on lung diseases, tobacco control, and air quality. Attractive and easy to use, it has special sections on lung cancer, asthma, COPD, influenza, how the lungs function and a lung disease finder tool. There is a search by zip code for local chapter information, sign-up for a free email newsletter, information in Spanish and a section on current research.

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

<http://www.aafa.org>

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

### **National Cancer Institute**

<http://www.cancer.gov>

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

### **National Digestive Diseases Information Clearinghouse**

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

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

### **National Eye Institute Health Information**

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

A diagram of the eye, a glossary of vision-related terms, fact sheets and videos on eye diseases and disorders make this site especially useful. A database of eye health organizations, tips on finding an eye care professional and on financial aid for eye care, as well as information in Spanish, add to this site's value.

### **National Heart, Lung, Blood Institute**

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

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

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

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

An alphabetical index in English and Spanish for fact sheets on specific conditions and disorders is available. Some fact sheets in Chinese are provided. Publication and revision dates are included to ensure up to date information. Links to clinical trials and journal articles are also available.

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

<http://www.nimh.nih.gov/health/topics/index.shtml>

This site provides information about the causes, signs and symptoms, treatment and resources available for mental illnesses. Booklets, easy-to-read brochures, and fact sheets are provided in English and Spanish. The latest news on mental illness, help in locating services, a link to clinical trials and pre-formatted Medline searches for the latest information add to the usefulness of this site.

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

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

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

### **National Stroke Association**

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

This site provides excellent information on the symptoms of stroke, risk factors, prevention, and recovery. Information for stroke survivors, caregivers and families, and healthcare professionals is provided. Includes informational fact sheets, brochures, and full text of the consumer publication, *Stroke Smart*. Materials available in Spanish.

### **OrthoInfo**

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

The consumer site of the American Academy of Orthopaedic Surgeons, OrthoInfo's information is presented by body site and by category. Injury prevention, osteoarthritis, sports and exercise, joint replacement, and tumors are covered thoroughly. Materials in Spanish and a directory of orthopaedic specialists by name, city, zip code and country are also provided.

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

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

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. This website provides information about substance abuse and mental health prevention, treatment, recovery, and several treatment finding tools.

## **DRUG INFORMATION RESOURCES**

### **AIDSinfo Drug Database**

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

AIDSinfo, a service of the U.S. Department of Health and Human Services, offers access to the latest, federally approved HIV/AIDS medical practice guidelines, HIV treatment and prevention clinical trials, and other research information for health care providers, researchers, people affected by HIV/AIDS, and the general public. Its drug database provides up-to-date information on FDA-approved and investigational HIV/AIDS-related drugs for health care providers and patients.

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

<http://www.centerwatch.com/clinical-trials/listings/>

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

### **DailyMed-Current Medical Information**

<http://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?id=2115>

DailyMed provides reliable information about marketed drugs. It offers the FDA-approved labels (package inserts) as well as the chemical formulas, composition, and physical description of the drug.

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

<http://www.fda.gov>

The FDA oversees the regulation of pharmaceutical and food products as well as medical devices. The site has both professional and consumer information on topics such as specific drugs, taking medications safely, buying generic drugs, and saving money on prescriptions. It also includes a guide to buying drugs safely online, information about recalls and product safety, and post-market drug safety information.

### **Longwood Herbal Task Force**

<http://www.longwoodherbal.org>

LHTF was organized by faculty, staff, and students from Children's Hospital, the Massachusetts College of Pharmacy and Health Sciences, and the Dana Farber Cancer Institute to learn more and teach other clinicians about herbs and dietary supplements. LHTF provides information about herbal medicine, herbs, dietary supplements, and vitamins for both consumers and professionals. It also includes information about interactions and toxicity.

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

<http://www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products>

This resource provides a searchable index to evidence-based information about herbs, botanicals, supplements, and other medicines. The information is at both professional and consumer level.

### **NLM Drug Portal**

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

The NLM Drug Portal offers a comprehensive database of prescription and non-prescription drugs, including vitamins and supplements. Users may search by generic or brand name and obtain information from the NLM databases, the FDA, the DEA, and other government sources.

### **Needy Meds**

<http://www.needymeds.org>

This is a clearinghouse for information about the various assistance programs available from pharmaceutical manufacturers for patients who cannot afford medications. It also has information about government assistance programs and coupons.

### **PDRHealth**

<http://www.pdrhealth.com/home/home.aspx>

This site for consumers from the PDR includes information about prescription and nonprescription drugs, herbal medicines, and supplements. It also has information about diseases and conditions, surgery, treatment options, and clinical trials.

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

<http://www.rxlist.com>

This site has information about prescription and non-prescription drugs, herbs, and supplements, searchable by generic and brand name. It also has a useful pill identifier tool, information and slide shows about diseases and health topics, and a medical dictionary.

## **COMPLEMENTARY & ALTERNATIVE MEDICINE (CAM)**

### **American Chiropractic Association**

<http://www.acatoday.org/patients/index.cfm>

The American Chiropractic Association provides information about chiropractic and chiropractic education, a directory of practitioners, and health and wellness tips.

### **Longwood Herbal Task Force (LHTF)**

<http://www.longwoodherbal.org>

LHTF was organized by faculty, staff, and students from Children's Hospital, the Massachusetts College of Pharmacy and Health Sciences, and the Dana Farber Cancer Institute to learn more and teach other clinicians about herbs and dietary supplements. LHTF provides information about herbal medicine, herbs, dietary supplements, and vitamins for both consumers and professionals. It also includes information about interactions and toxicity.

### **Mayo Clinic**

<http://www.mayoclinic.com/health/alternative-medicine/SA00078>

This site offers basic information about various alternative therapies and tips for evaluating them and making informed decisions.

### **MedlinePlus**

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

This MedlinePlus page has information on alternative therapies, including videos about acupuncture and information about herbs and supplements in the Drug Information section.

### **Memorial Sloan-Kettering Cancer Center Integrative Medicine**

<http://www.mskcc.org/cancer-care/integrative-medicine>

Memorial Sloan-Kettering Cancer center provides information for patients interested in adding alternative therapies to their treatment regimens. The site includes information for pediatric and senior patients.

### **National Cancer Institute**

<http://cancer.gov/cancertopics/cam>

The National Cancer Institute offers information about complementary and alternative therapies. Their website offers decision-making tools and information about clinical trials of CAM cancer treatments.

### **National Center for Complementary and Alternative Medicine (NCCAM)**

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

The National Institutes of Health established NCCAM to study the safety and efficacy of complementary and alternative therapies. The website provides evidence-based information about these therapies, advice about choosing practitioners, and information about herbs and supplements.

## **OTHER USEFUL SITES**

### **AMA Doctor Finder**

<https://extapps.ama-assn.org/doctorfinder/recaptcha.jsp>

DoctorFinder provides you with basic professional information on most licensed physicians in the United States. This includes more than 814,000 medical doctors (MDs) and osteopaths (DOs). AMA member physicians are offered an expanded listing that contains additional information such as office hours, accepted insurance providers, educational history and other information.

### **CenterWatch**

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

CenterWatch provides information on active clinical trials for both professionals and patients. It is searchable by disease categories and geographic area. All of the trials listed are open (enrolling new patients).

### **ClinicalTrials.gov**

<http://clinicaltrials.gov>

ClinicalTrials.gov is a registry and results database of publicly and privately supported clinical studies of human participants conducted around the world. It provides easy access to information about the location of clinical trials, their design and purpose, criteria for participation and additional disease and treatment information.

### **eMedicine Health**

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

This site provides consumer health information. There is also information on medical emergencies, injuries, minor medical conditions and basic first aid. The site contains more than 900 health and medical articles written by physicians for the general public.

### **Genetics Home Reference**

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

This site provides consumer-friendly information about the effects of genetic variations on human health. Information about genetic disorders and related genes and chromosomes, in addition to concepts and tools to increase understanding are included.

### **Household Products Database**

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

Learn more about what's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room. Information about these products, their potential health effects, and safety and handling is included.

### **Quackwatch**

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

Quackwatch was formed by Dr. Stephen Barrett to expose health-related "frauds, myths, fads and fallacies." Website includes well-researched and authoritative information on a wide range of practices deemed questionable or obvious "quackery."

## **FOR HEALTH PROFESSIONALS**

### **BioMed Central**

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

BioMed Central is an STM (science, technology and medicine) publisher of 257 peer-reviewed open access journals. The portfolio of journals spans all areas of biology, biomedicine and medicine and includes broad interest alongside specialist journals. All original research articles published by BioMed Central are made freely accessible online immediately upon publication.

### **Drug Information for Health Professionals**

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

The NLM Drug Information Portal gives users a gateway to selected drug information from the U.S. National Library of Medicine and other government agencies. Provides links to Medicare prescription plans, information on buying medicines online, clinical trials, specialized PubMed searches, prescription drug abuse, drug advertising and labeling.

### **PubMed**

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

PubMed offers free, online access to the National Institute of Medicine's MEDLINE databases. The site provides access to citations and abstracts from biomedical literature and additional life science journals. Links are provided when full text versions of the articles are available via PubMed Central (described below) or other websites.

### **PubMed Central (PMC)**

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

PubMed is a digital archive of free full-text biomedical and life sciences journal literature, including clinical medicine and public health.

### **National Guideline Clearinghouse**

<http://www.guideline.gov>

The National Guideline Clearinghouse (NGC), an initiative of the Agency for Healthcare Research and Quality

(AHRQ), U.S. Department of Health and Human Services, is a public resource of evidence-based clinical practice guidelines. Guidelines can be searched by topic including disease/condition, treatment/intervention, and health services administration, and by organization providing the guideline. An additional feature is Guideline Syntheses which are systematic comparisons of selected guidelines that address similar topic areas. Key elements of each synthesis include a discussion of areas of agreement and difference, the major recommendations and the corresponding strength of evidence and recommendation rating schemes, and a comparison of guideline methodologies.

### **MedScape**

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

Medscape from WebMD offers health care professionals integrated medical information and educational tools. After free registration and subject selection, Medscape compiles a specialty site that fits your registration profile. Original, professional medical content, including review articles, journal commentary, expert columns, patient education articles, and book reviews are displayed.

### **Public Library of Science**

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

The Public Library of Science (PLOS) is a nonprofit organization with a mission of transforming scientific and medical research communication. Every article PLoS publishes, whether submitted to or created by PLoS, is published under an open access license that allows unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Health Insurance has become an absolute necessity in these difficult times. The Covid-19 pandemic has made people realize that people should not only focus on their health but also invest [â€¦ Read More](#) [»](#). [Share](#). [tweet](#). [Sleep Problems: How to Improve Without Medication in 8 Easy Ways](#).  
Having good health is one of the most important factors to consider in life. With proper mentality and physique, people will be able to fully enjoy activities, endure hardships, and [â€¦ Read More](#) [»](#). Measures of general health status provide information on the health of a population. Throughout the decade, Healthy People 2020 will assess the general health status of the U.S. population by monitoring: Life expectancy (with international comparison). Healthy life expectancy. Years of potential life lost (YPLL) (with international comparison). Physically and mentally unhealthy days. Self-assessed health status.  
Life expectancy is one of the most commonly used measures for international health comparison. Being healthy means understanding how your body works and what it needs to stay healthy. Learn the definition of some general health terms.  
Basal Body Temperature. Basal body temperature is your temperature at rest when you wake up in the morning.