

## Health Information on the Web – Websites you can Trust Fairview Library Services\*\*

**MedlinePlus** (available in Spanish)

<http://medlineplus.gov/>

Developed by the world's largest medical library, the National Library of Medicine, this gateway to health information resources is the first place to go with any consumer health question. MedlinePlus includes hundreds of health topics, a medical dictionary, encyclopedia, drug information, surgical videos, and interactive tutorials.

**Centers for Disease Control and Prevention** (available in Spanish)

<http://www.cdc.gov>

The CDC focus is with preventing and controlling disease, injury and disability. Its "Diseases and Conditions" section covers major chronic and infectious diseases including AIDS, bird flu, common childhood diseases like measles, as well as more exotic diseases such as Ebola. Birth defects, traveler's health, emergency preparedness, vaccine and immunization information, and workplace safety and health are all covered.

**FamilyDoctor** (available in Spanish)

<http://familydoctor.org/>

Providing "health information for the whole family," this site is from the American Academy of Family Physicians (AAFP), a national medical organization representing more than 93,700 family physicians, family practice residents and medical students. All of the information on this site has been written and reviewed by physicians and patient education professionals at the AAFP.

**Healthfinder**® (available in Spanish)

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

This consumer health information website's goal is "to improve consumer access to selected health information from government agencies, their many partner organizations, and other reliable sources that serve the public interest." Menu lists on its home page provide links to online journals, medical dictionaries, minority health, and prevention and self-care.

**National Center for Complementary and Alternative Medicine** (available in Spanish)

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

One of the 27 institutes and centers of the National Institute of Health (NIH), the NCCAM site includes information about treatments and therapies for Complementary and Alternative Medicine. Learn how to be an informed consumer of CAM and stay informed on the latest news alerts.

**Senior Health** (available in Spanish)

<http://nihseniorhealth.gov/>

NIH SeniorHealth makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information. A unique feature is that the website has a spoken language feature and also allows increases in contrast as well as size of type for easier viewing.

**National Women's Health Information Center** (available in Spanish)

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

The National Women's Health Information Center (NWHIC) provides reliable and current information resources on women's health. The site also includes girlshealth.gov.

**KidsHealth** (available in Spanish)

<http://kidshealth.org/>

KidsHealth provides information about health, behavior, and development from before birth through the teen years. It is really three sites in one: with sections for [parents](#), for [kids](#), and for [teens](#).

**Cancer.gov** (available in Spanish)

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

The National Cancer Institute (NCI) is the Federal Government's principal agency for cancer research and training. Their website provides health information on the causes, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

**American Heart Association (AHA)** (available in Spanish)

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

This is the official website of the American Heart Association, with links to the American Stroke Association (<http://strokeassociation.org>), a division of the AHA. The "Heart and Stroke A-Z Guide" provides a broad spectrum of information, including warning signs for heart disease and stroke, an easy-to-use reference guide, family health information, risk awareness for patients, and scientific/professional information.

**American Diabetes Association** (available in Spanish)

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

The leading nonprofit health organization dedicated to diabetes, their mission is "to prevent and cure diabetes and to improve the lives of all people affected by diabetes." The site contains basic information about diabetes, such as healthy living choices, insulin reactions, exercise, and diet.

**National Library of Medicine Databases and Electronic Resources**

<http://www.nlm.nih.gov/databases/>

Find links to web resources and databases, including Tox Town, Genetics Home Reference, drug and supplement information, DIRLINE, as well as the Household Products Database.

**ClinicalTrials.gov**

<http://clinicaltrials.gov/>

ClinicalTrials.gov is a registry of federally and privately supported clinical trials conducted in the United States and around the world. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health care professionals.

**MLA User's Guide to Finding and Evaluating Health Information on the Web**

<http://www.mlanet.org/resources/userguide.html>

The Medical Library Association's consumer resource provides guidelines on finding the highest quality health information on the Web as well as examples of the best health Websites. Included in this guide are general starting points as well as specific sites for cancer, diabetes, and heart disease.

<http://www.mlanet.org/resources/userguide.html>

\*\*The resources referenced here are intended to provide general information for you. Some resources will contain information that is the opinion of the author and not necessarily that of your physician. Please consult your physician or other healthcare professional for individual information on your specific condition.