

Help for Finding the Information You Need

As you become more aware of the way information is marketed, you can better and more quickly filter fact from fiction. Here are some credible resources that can help you track down the information you need:

Centers for Disease Control & Prevention (www.cdc.gov), an agency of the Department of Health and Human Services, is dedicated to promoting “health and quality of life by preventing and controlling disease, injury, and disability.” Of special interest to the consumer are the resources about diseases, conditions, and other special topics arranged under “Health Topics A-Z,” and “Travelers’ Health,” with health recommendations for travelers worldwide. There are also sections on health topics in the news and health hoaxes. Information is also available in Spanish.¹

Familydoctor (<http://familydoctor.org/>) is operated by 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 AAFP.

Healthfinder (<http://healthfinder.gov/>) is a federal website for consumers, developed by the U.S. Department of Health and Human Services together with other federal agencies for finding the best government and nonprofit health and human services information on the Internet.

JAMA: Journal of the American Medical Association (<http://jama.ama-assn.org/>) provides abstracts and some full-text articles from this reputable journal. (Note: For full text, a subscription to the journal may be required; however, JAMA should be available in most medical libraries).

KidsHealth (www.kidshealth.org/) provides doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation’s Center for Children’s Health Media, KidsHealth provides families with accurate,

up-to-date, and jargon-free health information they can use.¹

Mayo Clinic (www.mayoclinic.com) is an extension of the Mayo Clinic’s commitment to provide health education to patients and the general public. Editors of the site include more than 2,000 physicians, scientists, writers, and educators at the Mayo Clinic, a nonprofit institution with more than 100 years of history in patient care, medical research, and education. The website has added interactive tools to assist consumers in managing their health. This site supersedes the previous site, Mayo Clinic Health Oasis.¹

Medem (www.medem.com/index.cfm) is a project of the leading medical societies in the United States. Some of the founding societies include the American Medical Association, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists. The site was developed to provide “a trusted online source for credible, comprehensive, and clinical healthcare information, and secure, confidential communications.”¹

MedlinePlus (<http://medlineplus.gov/>) brings together authoritative information from the National Library of Medicine (NLM), the National Institutes of Health (NIH), and other government agencies and health-related organizations. Preformulated MEDLINE searches are included in MedlinePlus and give easy access to medical journal articles. MedlinePlus also has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and the latest health news.²

National Institutes of Health (www.nih.gov/), a part of the U.S. Department of Health and Human Services, is the primary federal agency for conducting and supporting medical research. Helping to lead the way toward important medical discoveries that improve people’s health and save lives, NIH scientists investigate ways to prevent disease as well as the causes, treatments, and even cures for common and rare diseases.

NOAH: New York Online Access to Health (www.noah-health.org/) is a unique collection of state, local, and federal health resources for consumers. NOAH's mission is "to provide high-quality, full-text information for consumers that is accurate, timely, relevant, and unbiased." Information is arranged in alphabetical "Health Topics," which are then narrowed to include definitions, care and treatment, and lists of information resources. Information is available in both English and Spanish, and the majority of items are provided in full text.¹

PubMed (www.pubmed.gov) provides access to citations from biomedical literature. It is NIH's searchable database of published scientific and medical literature.²

For reputable sites related to specific conditions (cancer, diabetes, heart disease, and genetic and rare diseases), see the following lists compiled by the Medical Library Association¹ and the National Human Genome Research Institute,² respectively:

Cancer

American Cancer Society (<http://cancer.org>)

Association of Cancer Online Resources (www.acor.org)

Cancer Care, Inc. (www.cancercare.org)

CancerNet-National Cancer Institute (http://cancer.gov/cancer_information)

Families of Children with Cancer (www.fcco.org/resources.html)

Intercultural Cancer Council (<http://iccnetwork.org>)

Oncolink (<http://oncolink.upenn.edu>)

Women's Cancer Network (www.wcn.org/)

Diabetes

American Diabetes Association (www.diabetes.org)

Ask NOAH about Diabetes (www.noah-health.org/en/endocrine/diabetes/)

Diabetes 123 (www.diabetes123.com)

Children with Diabetes (www.childrenwithdiabetes.com)

The Diabetes Monitor (<http://www.diabetesmonitor.com>)

Joslin Diabetes Center (www.joslin.harvard.edu)

Juvenile Diabetes Research Foundation International (www.jdf.org)

National Institute of Diabetes & Digestive & Kidney Diseases (www.niddk.nih.gov)

Heart Disease

American Heart Association (AHA) (www.americanheart.org)

Congenital Heart Information Network (<http://tchin.org>).

Heart Information Network (<http://heartinfo.org>).

March of Dimes Birth Defects (<http://modimes.org>).

Mayo Clinic Heart Center (www.mayoclinic.com/health/heart-disease/HB99999)

National Center for Chronic Disease Prevention and Health Promotion (www.cdc.gov/nccdphp).

National Center for Health Statistics (NCHS) (www.cdc.gov/nchs).

National Heart, Lung and Blood Institute (NHLBI) (www.nhlbi.nih.gov).

NOAH: New York Online Access to Health – Heart and Blood (www.noah-health.org/en/blood/index.html).

Genetic & Rare Diseases

The National Human Genome Research Institute (NHGRI) (www.genome.gov)

Office of Rare Diseases (ORD) (<http://rarediseases.info.nih.gov>)

The Genetics Home Reference (<http://ghr.nlm.nih.gov>)

The Genetic Alliance (www.geneticalliance.org)

The National Organization for Rare Disorders (NORD) (www.rarediseases.org)

ORPHANET (English Version) (www.orpha.net)

Sources

1. Medical Library Association (2006). A user's guide to finding and evaluating health information on the web. Retrieved February 20, 2007. From www.mlanet.org/resources/userguide.html.
2. National Human Genome Research Institute (2007). Finding reliable health information online. Retrieved February 23, 2007. From www.genome.gov/11008303.