

2015 CAPHIS Top 100 List Health Websites You Can Trust Updated September 2015

The purpose of the CAPHIS Top 100 List is to provide CAPHIS members and other librarians with a resource to use in their daily practice and teaching. Secondly, it is our contribution to the Medical Library Association so that the headquarters staff can refer individuals to a list of quality health web sites. Our goal is to have a limited number of resources that meet the quality criteria for currency, credibility, content, audience, etc., as described on our website. These lists of resources expand upon the MLA Top Ten List.

No direct recommendation or sponsorship by CAPHIS or MLA of these listed web resources is implied. 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 healthcare provider for individual information on your specific condition.

The Medical Library Association and CAPHIS endorse the Criteria for Assessing the Quality of Health Information on the Internet of the Health Summit Working Group. These sites have been reviewed using the HSWG guidelines and other criteria such as outlined in this [collection of guidelines](#). These criteria include: credibility, sponsorship/authorship, content, audience, currency, disclosure, purpose, links, design, interactivity, and caveats. Health sciences librarians are uniquely qualified, through our training and experience, to evaluate the quality of health-related Web sites. We hope you use evaluative criteria on all health web sites you use. Sites are reviewed by the CAPHIS Top 100 Committee.

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COMPLEMENTARY & ALTERNATIVE MEDICINE

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.

MedlinePlus

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

This MedlinePlus page has information on alternative therapies, including videos about yoga, tai chi, and qi gong and information about herbs and supplements.

National Cancer Institute

<http://www.cancer.gov/about-cancer/treatment/cam>

The National Cancer Institute offers information about complementary and alternative therapies. The website provides links to evidence-based information and clinical trials of CAM treatments.

National Center for Complementary and Integrative Health (NCCIH)

<https://nccih.nih.gov>

The National Institutes of Health established NCCIH 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.

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/drug-information/>

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.

Consumer Reports Best Buy Drugs

<http://www.consumerreports.org/cro/health/prescription-drugs/best-buy-drugs/index.htm>

This free site features reviews of medications for various conditions and focuses on recommending those that are the most effective, safe, and inexpensive. It is searchable by drug and by medical condition, and includes comparisons of generic and brand name drugs.

DailyMed

<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) Drugs Page

<http://www.fda.gov/Drugs/default.htm>

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.

LactMed

<http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

This resource gives information on levels of medications and chemicals that nursing mothers may encounter, including levels in breast milk and infant blood. Levels of harm are outlined and alternate medications are suggested.

Medicine Safety: A Toolkit for Families

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

This excellent resource encompasses safe use, storage, and disposal of drugs; questions for your doctor and pharmacist; drug interactions and side effects; plus drugs of special concern for seniors and links to other resources. Medicine Safety is produced by the Center for Improving Medication Management (CIMM) and the National Council on Patient Information and Education (NCPIE).

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>

Needy Meds is an information clearinghouse of 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 publishers of *Physicians' Desk Reference* 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.

Pillbox

<http://pillbox.nlm.nih.gov/pillimage/search.php>

An easy to use pill identification tool, each record offers links to the drug label on DailyMed, and to the NLM Drug Portal's complete list of further links about that drug.

RxList-The Internet Drug Index

<http://www.rxlist.com>

This site has information about prescription and non-prescription drugs, herbs, and supplements, and is 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.

FOR HEALTH PROFESSIONALS

BioMed Central

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

BioMed Central is an STM (science, technology, and medicine) publisher of 291 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 access to the National Institute of Medicine's MEDLINE databases. The site comprises more than 25 million citations from biomedical literature, additional life science journals, and online books. 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/pmc/>

PubMed Central is a free full-text archive of biomedical and life sciences journal literature at the U.S. National Institutes of Health's National Library of Medicine.

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. 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.

GENERAL HEALTH

Centers for Disease Control and Prevention

<http://www.cdc.gov>

The CDC, a part of the U.S. Department of Health and Human Services, aims to prevent and control disease, injury, and disability. Its website ably reflects this mission. One of the best government websites on the Internet, its coverage is broad. The "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 -- all are covered on this comprehensive site. Rich in information and colorfully illustrated, it also provides information in Spanish. Special features are regularly updated, and health news articles are added daily.

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 3:00 pm EST (except holidays). Visit the online learning center to improve your knowledge of specific diseases, conditions, and treatments. A symptom checker and links to free guides and newsletters are included on the site.

Familydoctor.org

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

The content on FamilyDoctor.org is intended for individuals who are seeking reliable health information written at a 6th-8th grade reading level. Children, teens, and seniors can explore sections specifically for them. 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. The site provides easy access to many helpful health tools, such as a symptom

checker, dictionary, BMI calculator, and an immunization schedule. Drug information and health management advice are also included.

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 health care reform. Use the “en Español” link to find a mirror site in Spanish.

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, and patient education interactive tutorials are also provided. The Español button allows searching the site in Spanish, and the Multiple Languages section allows searching in over 40 other languages.

Merck Manual Home Edition for Patients and Caregivers

<http://www.merckmanuals.com/home/index.html>

Based on the widely used textbook of medicine, the online edition of the Merck Manual is written in everyday language and contains photographs, audio and video material. Other helpful features include first aid information, common medical tests, a drug names table, and links to other reliable resources and information.

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. The “Reference Library” section provides links to other carefully selected health sites, and the “Research” section provides access to information about the latest medical research.

MEN’S HEALTH

Healthy Men

<http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/index.html>

Healthy Men, from the Agency on Health Research and Quality, encourages men 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.

MayoClinic.com-Men's Health Center

<http://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/HLV-20049438>

The Mayo Clinic offers general health information for men including preventive care. Provides "Expert Answers" from Mayo Clinic specialists on men's health.

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 cancer, reproductive health, and low testosterone. The site is available in Spanish and offers links to related health topics and PubMed searches on men's health information.

Urology Care Foundation (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.

OTHER USEFUL HEALTH SITES

Academy of Nutrition and Dietetics--Eatright.org

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

The Academy of Nutrition and Dietetics is the best source of accurate, credible and timely food and nutrition information for the public. The website includes information on nutrition throughout the lifecycle, advice for achieving and maintaining a healthy weight, information on prevention and management of diseases, and a searchable database of registered dietitian nutritionists.

American Medical Association (AMA) Doctor Finder

<https://apps.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 and osteopaths. 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 medical condition, therapeutic area, and location. 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.

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.

National Alliance on Mental Illness (NAMI)

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

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness. Its website provides excellent information on mental health conditions, treatment, and support. Information for caregivers and families is provided. Includes toll-free helpline, fact sheets, videos, and a local chapter finder. Information is also available in Spanish.

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."

PARENTING & KIDS

aboutkidshealth.com – from The Hospital for Sick Children

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

Provides 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>

This comprehensive site from the American Academy of Pediatrics for parenting kids from prenatal until adulthood covers diseases, staying healthy, mental and social concerns, school problems, and safety. Parents of prospective and new teen drivers will appreciate the site's Teen Driving Agreement.

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.

Centers for Disease Control and Prevention (CDC) – Websites for Kids and Teens

<http://www.cdc.gov/family/kidsites/index.htm>

This Family Health section of the CDC website provides a list of federal government health sites intended especially for this age group.

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/Pages/index.aspx>

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. 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 in 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.

SuperKids Nutrition

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

SuperKids Nutrition was founded by a registered dietician to promote good nutrition; it offers health information for parents, kids and health educators through a blog, activities and links to even more online resources. For parents, there are tips and toolkits to promote healthy living in the family. For kids, an animated SuperKids Crew teaches about nutrition, and there are fun activities to print and complete.

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 adolescents.

SENIOR HEALTH

The AGS Foundation for Health in Aging

<http://www.healthinaging.org>

Health In Aging provides up-to-date information on healthcare and aging for older adults, caregivers, and providers. The site provides information and tip sheets on common health topics and resources to help find and communicate with geriatrics healthcare providers. Information is easy to understand and available in English only. The site was created by the American Geriatrics Society's Health in Aging Foundation and is overseen by elder care experts.

Benefits Checkup

<https://www.benefitscheckup.org/>

Benefits Checkup is a service aimed at helping older adults find state, federal, and private benefits programs to help pay for prescriptions, healthcare, food, and other services. Older adults can answer a series of questions and receive information and applications for programs for which they may be eligible. The site also contains links to forms and resources for local and national programs. Information is in English, although many forms are available in multiple languages. The site is a service of National Council on Aging, a non-profit and advocacy organization for older adults.

Centers for Disease Control's Healthy Aging

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

The site provides statistics and research information from the CDC's activities aimed at improving the health and quality of life of older adults. Resources include information about the Healthy Brain Initiative, advance care planning and chronic disease management, and links to publications and resources for both consumers and health professionals. The information is available in English.

Eldercare Locator

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

Eldercare Locator, service of the U. S. Administration on Aging, connects older adults and caregivers to services for seniors. The online search function provides lists of trusted local resources, organizations, and services. There are also factsheets and links to online information about medicine and health, advanced care planning, and other issues. A hotline and online chat connects to Eldercare information specialists who can answer detailed questions. Online information is available in English; information in other languages is available by phone.

The Family Caregiver Alliance

<http://www.caregiver.org>

Family Caregiver Alliance (FCA) provides information, services, and support for caregivers and families of persons with chronic, disabling health conditions. The website offers fact sheets on conditions such as dementia, Parkinson disease, and stroke as well as statistics, public policy information, and reports. It includes caregiver advice and tips and hosts online discussion groups. Information is available in English, Spanish, Chinese, Korean, and Vietnamese. The FCA is a nonprofit, community-based organization.

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. Information is available in English and in Spanish.

MedlinePlus Seniors' Health

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

The Seniors' Health section of MedlinePlus contains links to reliable health information throughout the web including 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. Information is easy to understand and available in English and Spanish. Information comes from the National Library of Medicine.

National Institute on Aging

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

National Institute on Aging (NIA) leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. The website includes information and tips on health and aging, with a large section on Alzheimer's disease, as well as information clinical trials and the latest research. Information is available in both English and Spanish. Free print version of fact sheets and brochures are available for ordering. The NIA is a part of the National Institutes of Health.

National Resource Center on LGBT Aging

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

The National Resource Center on LGBT Aging is aimed at providing resources to help improve the services and support available for lesbian, gay, bisexual and transgender (LGBT) older adults. The website provides a wealth of articles about topics ranging from general health and aging concerns to the particular legal and social issues facing LGBT seniors. A directory for state-based resources and information about training for caregivers and healthcare providers is also available. Information is available in English and Spanish. The site is a project of SAGE, the nation's oldest and largest nonprofit focused on LGBT seniors.

NIH Senior Health

<http://nihseniorhealth.gov/>

This National Institutes of Health 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, tutorials, and links out to other sites for additional information. It also allows increases in contrast as well as size of type for easier viewing. Information is available in English only.

SPECIFIC HEALTH

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, link to research center, 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.org/>

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 Bengali, Chinese, Hindi, Korean, Urdu, 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, dental concerns, and a symptom checker. Links to MouthHealthKids.org, a website for kids and educators with videos, games, and activities to help kids learn the importance of good oral health care. . 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 provide additional information. Also includes information about ADA books, a message board, an email newsletter, and information in Spanish.

American Heart Association

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

Extensive information on heart disease and stroke, children's health, healthy lifestyle, care giving, 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. 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 finding cures.

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, and 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 Alliance on Mental Illness (NAMI)

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

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness. Its website provides excellent information on mental health conditions, treatment, and support. Information for caregivers and families is provided. Includes toll-free helpline, fact sheets, videos, and a local chapter finder. Information is also available 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), 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 (NDDIC)

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

The NDDIC is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Its website 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. Information in Spanish is included.

National Eye Institute Health Information (NEI)

<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 (NHLBI)

<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 related tests and procedures. Health assessment tools, educational tutorials and videos provide useful additional information. Selected publications in Spanish are also available.

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

http://www.niams.nih.gov/Health_Info/default.asp

The NIAMS site offers an alphabetical index in English and Spanish for fact sheets on specific conditions and disorders. Selected fact sheets in Chinese, Korean, and Vietnamese 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)

<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, and a link to clinical trials 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. Disorders A-Z provides an alphabetic list of hundreds of neurological conditions, their treatments, prognosis, clinical research and contact information for organizations concerned with the condition. 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, decision guides, and *StrokeSmart E-news*. 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 illness prevention, treatment, recovery, and several treatment finding tools.

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>

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 links to reliable health information throughout the web including the latest news, overviews of women's health issues, research, statistics, organizations, clinical trials, and more. Links also guide you to pre-formatted article searches on PubMed. Information comes from the National Library of Medicine.

National Institutes of Health: Women's Health

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

National Institutes of Health (NIH) conducts and supports medical research. 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.

Women's Health Resources—Women's Health Research from NIH

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

Women's Health Resources web portal is a service of the National Library of Medicine and the NIH's Office of Research on Women's Health (ORWH) that presents topics pertaining to women's health collected by the ORWH. 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. On Facebook and Twitter.

Our Bodies, Ourselves

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

Our Bodies Ourselves (OBOS) (formerly the 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, and Society news and events. On Facebook and Twitter.

U.S. Department of Health and Human Services, Office on Women's Health: womenshealth.gov

<http://womenshealth.gov/>

Womenshealth.gov is a website managed by the U.S. Department of Health and Human Services' Office on Women's Health. It includes an A-Z list of health topics, e-publications, and news (blog, highlights, spotlight). 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>

This website provides information on women's health topics and women's health programs, medication safety tips for women, and free publications. It also delivers news via email updates, Twitter, and Women's Health videos on FDA YouTube channel.