

RESOURCES FOR BEING A PARTNER IN YOUR HEALTH CARE

Health Information

MedlinePlus.gov: National Library of Medicine site with information and interactive tutorials about medical conditions and their diagnosis and treatments, health topics, prescription drugs and dietary supplements and a medical encyclopedia and dictionary.

WebMD.com: Information about medical conditions and their diagnosis and treatment, health news, and online communities.

Intelihealth.com: Harvard Medical School and Aetna site. Information about diseases and conditions, healthy lifestyle, health for specific populations plus a medical dictionary, drug resource center and interactive tools.

MayoClinic.com and **ClevelandClinic.com:** Fairly in-depth but readable information from physicians about disease symptoms, causes, risk factors, tests, treatment and prevention.

FamilyDoctor.org: Simple to read information about specific diseases, women's common diseases and health conditions and men's common diseases and conditions from the American Academy of Family Physicians.

HealthFinder.gov: Information from government agencies about diseases and referral to references, publications, organizations and resources for learning more about health conditions.

Drugs.com: Information about prescription drugs, over the counter medicines and natural products including drugs by condition, drug side effects and interactions, FDA drug alerts and a pill identifier with pictures of various medicines.

Websites of various disease oriented organizations such as American Diabetes Association and American Cancer Society. Information about a specific health condition, resources and usually online communities and discussion boards. Be cautious, online discussions can be helpful but they can be misleading also.

Other Tools for Managing Your Health

NIA.NIH.gov: Links to NIH Senior Health focused on health and wellness information for older adults and Talking with Your Doctor, a guide for preparing for and managing appointments.

ClinicalTrials.gov: Listing of federal and non-federal research studies and who may participate by condition and location. This can be a confusing site to navigate and contains both active and terminated clinical trials.