

Health Answers Online

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Why Search Online?

- Convenient
- Cost effective
- Private
- Support
- Empowerment



**“Information is your
best medicine”**

Michael E. DeBakey, M.D.

Safe Searching Tips

- Who IS that masked webmaster?
- When was site updated?
- Look for the HONcode
<http://www.hon.ch>
- NLM Guide to Finding Health Info
www.nlm.nih.gov/services/guide.html

Accuracy on the Web

Recent research shows that health web sites may not always provide accurate information:

Breast cancer	63%
Depression	44%
Obesity	37%
Childhood asthma	33%

Source: U.S. News and World Report

Central Rappahannock Regional Library

[www.answerpoint.org/
healthanswers.asp](http://www.answerpoint.org/healthanswers.asp)

Mary Washington Hospital

[www.medicorp.org/
MaryWashingtonHospital.asp](http://www.medicorp.org/MaryWashingtonHospital.asp)

MEDLINE*plus*

www.medlineplus.gov

- Health Topics
- Drugs
- Dictionaries
- Medical encyclopedia
- Directories
- Organizations
- Publications/News
- Databases
- Libraries
- FAQs and online tour

General Resources

- HealthFinder: www.healthfinder.gov
- Mayo Clinic Health: www.MayoClinic.com
- NOAH: www.noah-health.org
- Health A to Z: www.healthatoz.com
- HealthAnswers:
www.answerpoint.org/healthanswers.asp
 - EBSCO Health Source Plus
 - InfoTrac Health Reference Center

Community Resources

- Mary Washington Hospital:
www.medicorp.org/MaryWashingtonHospital.asp
- Rappahannock Health District:
www.vdh.state.va.us/LHD/rappahan/rappahan.htm
- SeniorNavigator.com: Virginia's Resource for Health and Aging: www.seniornavigator.com

Doctors/Hospitals

- ABMS Who's Certified: www.abms.org/newsearch.asp
- AMA Doctor Finder: www.ama-assn.org/aps/amahq.htm
- Hospital Select: www.hospitalselect.com
- Quackwatch: www.quackwatch.com

Drugs

- RxList: www.Rxlist.com
 - FDA: www.fda.gov
 - HealthAnswers:
www.answerpoint.org/healthanswers.asp
- USP DI Volume II, Advice for the Patient



Mental Health

- National Institute of Mental Health:
www.nimh.nih.gov
- National Mental Health Association:
www.nmha.org
- National Alliance for the Mentally Ill:
www.nami.org
- Mental Health Net:
<http://mentalhelp.net>

Alternative Medicine

- Alternative Medicine/Unconventional Therapy:
<http://mel.lib.mi.us/health/health-alternative.html>
- HerbMed: www.herbmed.org
- National Center for Complementary and Alternative Medicine:
<http://nccam.nih.gov>

Exercise and Nutrition

- Dr. Koop Health and Wellness: www.drkoop.com/wellness
- Nutrition Navigator: www.navigator.tufts.edu
- thriveonline: www.thriveonline.com

Other Good Stuff

- Medicare: www.medicare.gov
- National Guideline Clearinghouse: www.guidelines.gov
- CDC: www.cdc.gov
- Self-help Groups: www.selfhelpgroups.org
- ClinicalTrials.gov: www.clinicaltrials.gov
- At www.answerpoint.org:
Associations Unlimited

It's Not All On The Web...

- Interlibrary Loan at
Central Rappahannock Regional Library
- Professional Journals at
Mary Washington Hospital Medical
Library