

Free Health Resources Online

General Health

- MedlinePlus - <http://www.nlm.nih.gov/medlineplus/>

MedlinePlus 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 including journal articles, extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and the latest health news.

- Gale Health and Wellness Resource Center (Including Alternative Health)* - http://infotrac.galegroup.com/itweb/westmd_wcl?db=HWRC

Use this Resource Center to find magazines, journals, newspapers, definitions, directories, and information on: Fitness, Pregnancy, Medicine, Nutrition, Diseases, Public Health, Occupational Health and Safety, Alcohol and Drug abuse, Prescription Drugs, Herbal remedies, and alternative or complementary treatments, etc.

- Magill's Medical Guide/Salem Health* - <http://www.health.salempress.com/>

The Guide covers diseases, disorders, treatments, procedures, specialties, anatomy, biology, and issues in an A-Z format, with sidebars addressing recent developments in medicine and concise information boxes for all diseases and disorders.

- Women's Health - <http://www.womenshealth.gov/>

Women's Health is run by the U.S. Government's Office on Women's Health and covers A-Z topics on many gender-specific health topics like depression during or after pregnancy, hysterectomies, birth control, sexual assault, yeast infections, weight loss, and much more. It offers much general information written in simple language, often accompanied by pictures to aid in understanding.

- Mayo Clinic - <http://www.mayoclinic.org/>

The Mayo Clinic website offers a Patient Care and Health Information section that discusses diseases and conditions, symptoms, tests and procedures, and drugs and supplements. It includes photos, graphics and other multimedia resources that make it easy to find the information you need in a format you like.

Nutrition

- Choose My Plate - <http://www.choosemyplate.gov/>

Choose My Plate is the new Food Pyramid in the world of nutrition, put out by the FDA. Learn about the new standards for what constitutes good nutrition, watch videos, read articles on nutritious eating on a budget, use their calorie and exercise trackers, and much more.

- Food and Nutrition Information Center - <http://fnic.nal.usda.gov/>

The National Agriculture Library put out this resource guide on all things nutrition. It includes Dietary Guidelines, webinars, information on weight and obesity, food labeling, diet and disease, and more. Topics can be searched or browsed A-Z, and documents can even be borrowed from the physical library. A very helpful resource.

- Nutrition.gov - <http://www.nutrition.gov/>

Nutrition.gov provides easy access to vetted food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

Finding A Doctor

- Reference USA Healthcare Database - <http://www.referenceusa.com/>

When looking for information on 675,000 doctors and 180,000 dentists, turn to ReferenceUSA's Healthcare Database. It's the only medical database that contains 100% phone-verified information. Information supplied includes: physician and dentist name, geography, age, gender, state of license, medical school attended, and more.

- Physician Directory at WebMD - <http://doctor.webmd.com/>

WebMD's Physician Directory allows you to search for doctors in your area by name, specialty, or condition. It also allows you to browse doctors by specialty and narrow it to your geographic location. Information provided includes: physician name, location, age, office locations, years experience, gender, languages spoken, accepted insurances, and info on office hours and appointments.

Healthcare

- Affordable Care Act - <http://www.healthcare.gov/>

The federal government's one-stop-shop for all things related to the Affordable Care Act. Find out what your coverage options are, what rebates you might be eligible for, what special programs may be appropriate for you, what your local healthcare marketplace is, information about small businesses and the ACA, and much more. Everything you need to know about the Affordable Care Act can be found on this site.

- Maryland Healthcare Marketplace - <http://marylandhealthconnection.gov/>

Maryland Health Connection is the marketplace for individuals, families and small businesses to compare and enroll in health insurance and determine eligibility for Medicaid and other assistance programs, federal tax credits and cost-sharing reductions. Open Enrollment through Maryland Health Connection begins November 15, 2014 for 2015 insurance coverage for individuals and families. Direct Enrollment in the Small Business Health Options Program (SHOP) opened to small businesses in April 2014.

Local Healthcare Organizations

- Washington County Health Department - <http://www.washhealth.org/>

Washington County Health Department (WCHD) is part of the Maryland Department of Health and Mental Hygiene (DHMH), as well as an agency of Washington County government. Services include: adult services (immunizations, dental care, family planning, etc.), children's health services (medical assistance, WIC, etc.), women's health (pregnancy scanning, cancer screening, etc.), communicable disease services (HIV testing and counseling, STD clinic, etc.), environmental health services (air quality, food protection, etc.), wellness and health promotion (nutrition counseling, smoking cessation, etc.), and behavioral health services (substance abuse and mental health support).

- Meritus Health - <http://www.meritushealth.com/>

The website of the primary medical organization in Washington County, and the local hospital. Meritus provides the bulk of healthcare in the county, and their website allows you to browse their various in-patient and out-patient services, locations and offices, events and classes, online payment options for medical bills, insurance information, urgent care, and an online Health Library.

- Directory of Health Organizations - <http://dirline.nlm.nih.gov/>

An enormous searchable database of health organizations that can be searched by specific name or by condition. Also includes a directory of hotlines for support on a very broad range of health-related problems. Includes professional organizations, support groups, medical facilities, and more.

Professional Articles and Clinical Trials

- PubMed/MEDLINE - <http://www.ncbi.nlm.nih.gov/pubmed/>

PubMed comprises more than 23 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

- Clinical Trials - <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. You can search the database or browse by either subject or geographical location. It offers a helpful guide on how to read and understand clinical studies as well.

Complementary and Alternative Medicine

- National Center for Complementary and Alternative Medicine - <http://nccam.nih.gov/>

NCCAM is a website run by the National Institutes of Health that focuses on complementary and alternative medicine. It offers research-based information on procedures, supplements, herbs and other alternative therapies; defines terms; offers information to help you safely make decisions regarding alternative options; gives consumer tips; and helps you find CAM practitioners.

- CAM on PubMed - <http://nccam.nih.gov/research/camonpubmed?nav=gsa>

PubMed comprises more than 23 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites. CAM on PubMed limits your searches only to articles dealing with Complementary and Alternative Medicine.

- Office of Dietary Supplements - <http://ods.od.nih.gov/>

Reliable information about the use, effectiveness, safety, and quality of dietary supplements. Includes fact sheets for health professionals and consumers, answers to common questions, and tips to help you choose and use dietary supplements.

- About Herbs - <http://www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products>

This information resource provides evidence-based information about herbs, botanicals, supplements, and more. This site provides objective information for oncologists and healthcare professionals, including a clinical summary for each agent and details about constituents, adverse effects, interactions,

and potential benefits or problems. Evaluations of alternative or unproved cancer therapies, as well as products for sexual dysfunction are included.

Consumer Protection

- MedWatch - <http://www.fda.gov/Safety/MedWatch/>

MedWatch is the FDA's website for reporting serious medical problems with products on the market. It has a search feature for finding any reported problem with a product, a section on recalled products, and a list of current drug shortages, with more.

- QuackWatch - <http://www.quackwatch.com/>

Quackwatch is an international network of people who are concerned about health-related frauds, myths, fads, fallacies, and misconduct. Its primary focus is on quackery-related information that is difficult or impossible to get elsewhere. The website's activities include: Investigating questionable claims, answering inquiries about products and services, advising quackery victims, debunking pseudoscientific claims, reporting illegal marketing, and assisting or generating consumer-protection lawsuits.

Disease-Related Sites

- Centers for Disease Control and Prevention - <http://www.cdc.gov/>

The CDC website offers a wealth of information on topics such as diseases and conditions, healthy living, traveler's health, emergency preparedness, and more. They follow and report outbreaks of infectious diseases, offer tips for prevention, and offer data and statistics on all topics dealing with disease.

- Addiction - <http://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction>

The National Institute of Health put together this resource that covers all manner of drug and substance abuse issues, offering easy-to-understand searchable articles and publications. It also provides information on the conditions and diseases that may frequently result from drug or substance abuse and addiction. Statistics, resources, and news items on each subject are included.

- American Diabetes Association - <http://www.diabetes.org/>

The ADA is a group comprised of individuals committed to supporting those suffering from diabetes and its effects. The ADA website offers information on how to find out if you are at risk for diabetes, the basics of diabetes and its effects, tips on how to live with the condition, how to maintain good health and fitness, community support and advocacy, and ways to research the condition.

- American Heart Association - <http://www.heart.org/HEARTORG/>

The mission of the AHA is to build healthier lives, free of cardiovascular diseases and stroke. Their website offers information on all manner of heart diseases and conditions, tips on how to improve your heart health, a research library to access scientific information on heart disease, support for caregivers of those with heart disease, and much more.

- American Stroke Association - <http://www.strokeassociation.org/STROKEORG/>

The mission of the ASA is to build healthier lives, free of cardiovascular diseases and stroke. Their website offers information on types of stroke, effects of stroke, diagnosis and treatment, tips on how to improve your health and prevent stroke, support for caregivers of those who have suffered a stroke, and much more.

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

Cancer.gov is run by the National Cancer Institute and is a one-stop shop for all your questions about cancer. It covers types of cancers; has searchable information on clinical trials; allows you to browse current cancer research; discusses treatment options, prevention, screening and testing, and coping with cancer. A very full and reputable resource.

- Cancer - <http://www.cancer.org/>

The website run by the American Cancer Society helps you learn about cancer, with basic information, information on causes, research, and how to cope with cancer. There is a very strong support feature to this site, with support groups, inspirational stories, treatment options, a directory of local support groups, and tips on how to stay healthy and prevent cancer.

- Depression - <http://www.mayoclinic.org/diseases-conditions/depression/basics/definition/con-20032977>

This Mayo Clinic website offers a very comprehensive look at depression and offers reliable information on a variety of topics surrounding the condition. Find definitions, symptoms, causes, risk factors, complications, appointment prep tips, information on tests and diagnosis, information on treatments and drugs, suggestions for lifestyle and home remedies, alternative medicine options, coping and support, and prevention.

- National Eye Institute - <http://www.nei.nih.gov/>

The National Eye Institute website offers a wealth of information about all things related to our eyes and vision. Health topics are searchable and browsable and include eye health information, clinical studies, research, statistics and data, photos and images, info sheets, and an A-Z collection of articles on eye diseases and disorders.

- Obesity - <http://www.nlm.nih.gov/medlineplus/obesity.html>

MedlinePlus' page is full of helpful information about obesity. Read the basics on diagnosis and symptoms, treatments, prevention and screening, specific conditions related to obesity; look at health check tools, videos and multimedia, searchable databases of research and clinical trials; and take advantage of their dictionaries, glossaries, and directories of organizations that deal with obesity.

- Sexually Transmitted Diseases - <http://www.cdc.gov/std/>

The CDC's website on sexually transmitted diseases is filled with information on any communicable disease association with sexual activity. It has an A-Z index of conditions with fact sheets on each that discuss signs, symptoms, how it is transmitted, treatment, prevention, and more. The website also offers basic prevention tips, breaking news on the subject, and guides on how to cope with an STD.

- Smoking Cessation - <http://smokefree.gov/>

Smokefree.gov is intended to help you or someone you care about quit smoking. Different people need different resources as they try to quit smoking cigarettes. The information and professional assistance available on this website can help to support both your immediate and long-term needs as you become, and remain, a non-smoker. It offers sections dealing with how to quit, why you should quit, tips for surviving the quitting process, and even resources for how to help your mood as you work through the process. It also provides phone numbers for hotlines you can call if you need support right away.

Resources for Seniors

- NIH Senior Health - <http://nihseniorhealth.gov/>

Good information is the best medicine for older adults. **NIHSeniorHealth** can help seniors find answers to their medical questions from the comfort of their own homes thanks to this new and innovative online resource and the Internet. This site is designed with seniors in mind. It has larger font sizes, clear language, simple navigation, and covers a broad variety of health topics that are searchable or browsable A-Z. There is a multimedia section that offers helpful videos as well. Along with general health information, there are also specialized topics such as safe driving for seniors, how to talk to your doctor, and falls as an older adult. There is also an entire section on conditions primarily specific to seniors.

- MedlinePlus Senior Health - <http://www.nlm.nih.gov/medlineplus/seniorshealth.html>

This sub-section of MedlinePlus offers senior-specific health information with all the great features of the MedlinePlus website as a whole. MedlinePlus Senior Health 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 including journal articles, extensive

information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and the latest health news.

- Alternative Remedies for Seniors - <http://www.healthinaging.org/aging-and-health-a-to-z/topic:alternative-remedies/>

HealthinAging.org is a great resource for: Information on common diseases and disorders that affect older adults, Specific considerations for the older adult with multiple health conditions, Resources tailored to specific topics can help you learn more about your condition. The site offers Ask the Expert – our healthcare professionals answer common questions on each topic, What to Ask – a series that will provide you with practical questions and tips that will help you direct your conversations with your healthcare professional, and Tip Sheets – easy to understand tips on managing your health. A well-rounded resource.

- Medication Safety Tips - <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm399834.htm>

The FDA's website on Medication Safety offers tips for older adults trying to manage their prescription and non-prescription medication, and how to make sure medications are taken properly and safely.

- Nutrition for Seniors - <http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

This sub-section of MedlinePlus offers senior-specific health information with all the great features of the MedlinePlus website as a whole. Nutrition for Seniors 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 including journal articles, extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and the latest health news.

- Help Finding Benefits - <https://www.benefitscheckup.org/>

It's hard to keep track of everything you might be eligible for, but this website can help. It will help you determine your eligibility for things like prescription help, food programs, medicare, Medicaid, and nutrition programs. If you need help with your medication or food costs, this is the place to look.

- Eldercare Locator - <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

The Eldercare Locator is a public service of the U.S. Administration on Aging. Its goal is to connect seniors or family of seniors with the appropriate services for older adults in your area. It offers a search by zip code and a search that allows you to narrow by topic, such as Adult Day Programs, In-Home Services, Legal Assistance, Long-Term Care, and more.

*Items with an asterisk may require you to log in with your library card.