

E-Medicine: Credible Web sites for patients

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The internet has become an integral source of information for Americans of all ages. Patients may try to diagnose illnesses based on information available on the internet or look for additional information when a new diagnosis is made. Sometimes it's a place where patients connect with other patients.

While the internet can be a great source of information, it also can be a source of modern-day quackery. Below is an updated list of informational Web sites that can be used by patients to find credible medical information.

<p>Centers for Disease Control and Prevention: www.cdc.gov</p> <ul style="list-style-type: none"> health news and features on a variety of subjects from a public health perspective, including the latest epidemics, health information for traveling abroad and common non-infectious diseases 	<p>Healthfinder (U.S. Department of Health and Human Services): www.healthfinder.gov</p> <ul style="list-style-type: none"> health information generated by federal agencies, including the Food and Drug Administration (food recalls, new drug approvals) and the Federal Trade Commission (health scams, consumer complaints) Spanish version available 	<p>National Comprehensive Cancer Network: www.nccn.org</p> <ul style="list-style-type: none"> treatment guidelines and recognition of cancers patient-friendly translations of guidelines
<p>CentraCare Health System / Health Day: www.centracare.com</p> <ul style="list-style-type: none"> consumer health news discussions on specific health topics information about healthy living extensive library of patient education articles 	<p>Health News Review: healthnewsreview.org</p> <ul style="list-style-type: none"> verify the accuracy of health news releases and sort out facts from hype or smoke and mirrors. 	<p>National Institutes of Health: www.nih.gov</p> <ul style="list-style-type: none"> publications, fact sheets and links to all the institutes of health — cancer, heart, lung, blood, aging, etc. list of current clinical trials for a large variety of conditions
<p>Drugs.Com: www.drugs.com</p> <ul style="list-style-type: none"> news on medications and drug recalls an interactive pill identification option 	<p>Medline Plus (National Library of Medicine): www.nlm.nih.gov/medlineplus</p> <ul style="list-style-type: none"> contains consumer health information on popular topics drug information medical dictionaries and encyclopedias doctor directories links to health and medical organizations, international health sites and publications MEDLINE (database of references to journal articles) current health news 	<p>The National Library of Medicine: www.nlm.nih.gov</p> <ul style="list-style-type: none"> the world's largest medical library Web site. Every significant program of the library is represented from medical history to biotechnology
<p>Family Doctor (American Academy of Family Physicians): www.familydoctor.org</p> <ul style="list-style-type: none"> general medical information advice about staying healthy links to various health tools 	<p>National Center for Complementary and Alternative Medicine (National Institutes of Health): nccam.nih.gov</p> <ul style="list-style-type: none"> information for consumers, including fact sheets (acupuncture, St. John's wort, etc.) links to free medical databases 	<p>WebMD Health: www.webmd.com</p> <ul style="list-style-type: none"> consumer-friendly articles on a variety of health topics general medical information, health and wellness and health news

Health information accessed through Web sites is not intended to be a substitute for professional medical advice, diagnosis or treatment.