

# *Finding and Using Consumer Health and Medical Resources on the Web*



## Canadian Resources:



### **Health Care Information Resources**

<http://www.hsl.mcmaster.ca/tomflem/top.html>

Provides an annotated series of lists on a range of health subjects, including complementary and alternative medicine that is compiled and maintained by Tom Flemming, McMaster University Health Sciences Library. Canadian sites are flagged.



### **Virtual Reference Library (Health and Medicine Section)**

[http://vrl.torontopubliclibrary.ca/?startingCatNo=381&topParentName=Health+and+Medicine&\\_nfpb=true&click=subjDir](http://vrl.torontopubliclibrary.ca/?startingCatNo=381&topParentName=Health+and+Medicine&_nfpb=true&click=subjDir)

Provides links and annotations to 1,000+ health-related sites, including complementary and alternative medicine that are maintained by staff of the Toronto Public Library's Consumer Health Information Service. Canadian sites are flagged. Sites can be searched by keyword or broad topic area.

## International Resources:

### **HealthWeb**

<http://healthweb.org/>

Easy-to-use a-z index of broad range of health topics, with links to related web sources including electronic journals, associations, and discussion groups.

### **Internet Public Library - Health and Medical Sciences**

<http://www.ipl.org/div/subject/browse/hea00.00.00/>

Part of the comprehensive Internet Public Library, this site provides alphabetical subject sub-headings, followed by an alphabetical list of popular health websites, with brief descriptions.

### **Librarians' Index to the Internet - Health and Medicine**

<http://lii.org/search/file/health>

A-Z index of health subjects including sites related to social issues such as death and dying, patient advocacy, medicare etc. Included in the list is a link to periodicals offering free full-text medical articles.

## Canadian Resources: National



### **Canadian Health Network / Réseau canadien de la santé**

<http://www.canadian-health-network.ca/>

The Canadian Health Network (CHN) is a bilingual, non-profit, Web-based consumer health site that provides access to over 17,000 high quality resources. CHN is a network of health information providers that includes the Public Health Agency of Canada, Health Canada and national and provincial/territorial non-profit organizations, as well as universities, hospitals, libraries and community organizations. Full-text resources focusing on health promotion and personal well-being are arranged in twenty-seven group and topic areas. Bilingual.



### **medbroadcast.com**

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

Provides consumer-oriented medical information on a broad range of topics, such as medical conditions, drugs, support group links, and health videos. The disease and drug information is provided by MediResource and has been reviewed by Canadian doctors and pharmacists.



### **Canada Health Portal**

[http://chp-pcs.gc.ca/CHP/index\\_e.jsp](http://chp-pcs.gc.ca/CHP/index_e.jsp)

The Canada Health Portal (CHP) provides an authoritative and integrated view of health information. Situated on the Government of Canada site, CHP includes information on conditions and diseases, addictions, occupational health, health lifestyles; interactive tools to help maintain a healthy lifestyle; health resources specific to groups such as youth, seniors, men, women, and children; health advisories and warnings; daily press releases on health issues from across the country; links to all provincial/territorial Ministries of Health; and easy to understand fact sheets on a variety of topics.

## Ontario:



### **HealthyOntario.com / SantéOntario.com**

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

Consumer health site that contains information on a variety of health conditions, drug information, news, feature articles, health assessment tools, a listing of healthcare services available in Ontario, and links to other Ontario health and wellness Web sites. The disease and drug information is provided by MediResource and has been reviewed by Canadian doctors and pharmacists. Bilingual.



### **Ministry of Health and Long-Term Care**

<http://www.health.gov.on.ca>

Provides news and features on major provincial health initiatives and issues (SARS, West Nile virus), listings of community resources (hospitals, nursing homes, community care centres) and links to many health organizations and services (OHIP, Telehealth Ontario, HealthyOntario.com). Bilingual.

## International Resources:

### **MayoClinic.com**

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

Offers a wealth of easy-to-understand information on health and medical topics reviewed for accuracy by Mayo Clinic experts. Updated daily.

### **\*\*\*MEDLINEplus**

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

The premium consumer health information site. Maintained by the U.S. National Library of Medicine, this site provides access to medical information about specific diseases and conditions. It includes links to consumer health information from the National Institute of Health, clearinghouses, dictionaries, lists of hospitals and physicians, clinical trials, easy-to-read, health information, large formats for low vision users, and interactive health tutorials. English and Spanish.

## **Drug Information Sources:**



### **Health Canada Advisories & Warnings**

<http://www.hc-sc.gc.ca/english/protection/warnings.html>

Links to warnings and advisories on foods, drugs, medical devices, natural health products, and consumer products that may pose a health risk to Canadians.

### **Telehealth Ontario**

[http://www.health.gov.on.ca/english/public/program/telehealth/telehealth\\_mn.html](http://www.health.gov.on.ca/english/public/program/telehealth/telehealth_mn.html)

Although this is a telephone service (1-866-797-0000) dealing with general health questions, Telehealth nurses are able to answer most drug questions. Those they cannot answer are forwarded to a Telehealth pharmacist.

### **SafeMedication.com**

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

Features a database maintained by the American Society of Health-System Pharmacists with information on over 700 medicines, facts about medication safety, and how to administer drops and ointments.

### **Referral:**

#### **211Toronto.ca**

<http://www.211toronto.ca/splash.jsp>

The companion website to the 211 phone line for community services information. Searchable by keyword, organization or program name, and subject. The "featured searches" option for health provides links to hospitals, long-term care facilities, mental health services, services for people with physical disabilities, and more. Bilingual.

## Complementary and Alternative Medicine Resources (CAM)



### **Canadian Health Network**

<http://www.canadian-health-network.ca/>

Provides full-text CAM resources in French and English and links to key Canadian and international CAM organizations, such as the Natural Health Products Directorate and the National Center for Complementary and Alternative Medicine

### **HerbMed**

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

Provides evidence-based information for health professionals and the general public on 75 herbs with links to references in MEDLINE. Information about each herb is organized into six categories: evidence for efficacy, warnings, methods of preparation, formulas/blends, evidence of activity, and "other." Enhanced versions with access to up to 128 herbs are available by subscription.



### **Virtual Reference Library**

<http://vrl.torontopubliclibrary.ca/>

Provides an annotated list of CAM resources selected by librarians at the Consumer Health Information Service, Toronto Reference Library. Select "Health and Medicine," alphabetic listing "cancer and cystic fibrosis" and then select "complementary & alternative medicine."

Multilingual Resources:



### **Virtual Reference Library**

<http://vrl.torontopubliclibrary.ca>

Provides annotated links to resources in a variety of languages selected by librarians at the Consumer Health Information Service, Toronto Reference Library. There are two ways to access resources in other languages:

1. For a listing of all sites that include material in other languages
  - o Go to the subject guide to the Internet and select health and medicine
  - o Select Resources in Languages Other Than English
  - o Select Translation and Multilingual Sites
2. For a listing of sites arranged by a specific language
  - o Select Resources in Languages Other Than English
  - o Select Language

### **Multilingual Glossary of Technical and Popular Medical Terms in Nine European Languages (there are currently only eight languages)**

<http://allserv.rug.ac.be/~rvdstich/eugloss/welcome.html>

Includes medical terms in Danish, Dutch, English, French, German, Italian, Portuguese, or Spanish. Click on the multilingual icon to see a term in all eight languages.



Aurora Public Library