

## How to Find Health Information, a Selective List of Websites

Why search websites for health information? Websites tend to have current information as long as they are updated regularly. When searching be aware that there are sites that can give fraudulent or biased information. Here is an example:

<http://www.alexchiu.com/eternallife/index.html>

What to look for:

1. The author or website owner is legitimate and has the needed credentials.
2. Make sure it is current information especially when dealing with health or news items.
3. Is there a political or commercial agenda? If you are looking for prescription drug information, is it a pharmaceutical company that is pushing their product and therefore biased.
4. Does the author provide valid references that lead to further information? Does the author lead you to dead links for websites?

A List of Reliable Websites:

**Mayo Clinic** [www.mayoclinic.com](http://www.mayoclinic.com)

Here you will find health topics and associated symptoms, diagnosis, prognosis, and treatment.

**MedlinePlus** <https://medlineplus.gov/>

It covers health topics, prescriptions, and over the counter medicine. There are videos on various health topics.

**Merck Manual Consumer Version**

<https://www.merckmanuals.com/home>

Covers symptoms, medical topics and drug information. **Centers**

**for Medicare and Medicaid Services** <https://www.cms.gov/>

Your guide for the different parts of Medicare, when to apply, and what is covered.

**Memorial Sloan Kettering Cancer Center** <https://www.mskcc.org/>

A leader in cancer care and research located in Manhattan. **Mental**

**Health Association of the Southern Tier (MHASt)**

<http://www.yourmha.com/index.html>

Here you find educational programs for adults and children. MHASt is a leading advocate for mental health in the southern tier. **American Diabetes Association** <http://www.diabetes.org/>

Topics include living with diabetes, food, and fitness. It includes tasty recipe ideas.

**WIC, Broome County Health Dept.**

<http://www.wicstrong.com/agency/broome-county-wic/>

WIC services affiliated with the Broome County Health Department help new mothers and children up to age five stay healthy. Through the program, adults can obtain compensation for nutritious foods including vegetables, fruits, and protein sources. There is a list of approved foods.

Dial 211 for First Call for Help. You can either call, 211 or go to their website:

<https://www.nyconnects.ny.gov/services/211-first-call-for-help-sofabroop12102>

211 refers you to various programs in New York, e.g. social services, licenses, education and more.

**Office for Aging** <http://www.gobroomecounty.com/senior/services>

Office for Aging offers various services such as home services, transportation, financial advice, caregiver services and meals on wheels. They have a list of folks who live in your area who will shovel your snow.

## Databases

Databases have magazines and newspapers. In order to find them, go the [vestalpubliclibrary.org](http://vestalpubliclibrary.org). Then, Four County Resources, choose Research Center, then click inside the box. They are organized by topic. For example:

These databases cover health and prescription drugs.

- **\*Consumer Health Complete** (new to the Research Center) Consumer oriented health information designed to support the health needs of our patrons. Information covers all areas of

health and wellness, including mainstream, holistic, and integrated treatments. Provided by 4CLS.

- ***Health Reference Center Academic*** --A medical database with journal articles, reference books, pamphlets, and online videos covering medicine, health, and nursing topics.
- ***Merck Manuals*** --Merck Manuals are one of the world's most widely used medical information resources. The Manuals have committed to making the best current medical information accessible by up to 3 billion health care professionals and patients on every continent by 2020.

As always feel free to ask a librarian for assistance at the Information Desk.

June 26, 2019