

Health & Wellness

Reliable Web Resources

Netwellness

<http://netwellness.org>

A service of the University of Cincinnati, The Ohio State University, and Case Western Reserve University, NetWellness was the first web site to offer "Ask an Expert." This feature allows the user to submit a question which is then answered by an expert from one of the three universities. Also check out the excellent Reference Library which includes the Merck publications and OSU Patient Information materials.

MedlinePlus

www.medlineplus.gov

MedlinePlus is a service of the U.S. National Library of Medicine and the National Institutes of Health. An all-around site, it includes information on over 900 health topics, drug and supplement information, a medical dictionary and encyclopedia, and more. A tab allows viewing a Spanish language version.

Centers for Disease Control & Prevention

www.cdc.gov

The Centers for Disease Control and Prevention site has the latest news on public health topics, as well as traveler's health, data, and statistics, emergency preparedness, environmental health, and workplace health.

National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/>

The National Institute for Complementary and Alternative Medicine, a part of the National Institutes of Health, deserves special mention for its research-based information on complementary and alternative healing. It includes publications, alerts and advisories, and popular alternative health topics.

National Institutes of Health

www.nih.gov

The National Institutes of Health site contains links to its 27 institutes including Cancer, Mental Health, Arthritis, Allergy and Aging, all of which offer toll-free health hotlines, the latest news in medical research, grant opportunities, and clinical trials.

PubMed

www.ncbi.nlm.nih.gov/pubmed/

PubMed is another service of the U.S. National Library of Medicine and the National Institutes of Health. It is a free, searchable resource for the latest in medical research with links to some full-text articles and online books. The PubMed Central link leads to two million archived articles.

Science.gov

www.science.gov/

Science.gov is a gateway to over 200 million pages of authoritative selected science information provided by U.S. government agencies, including research and development results. A new feature helps you search for images.

Womens Health

U.S. Department of Health and Human Services

www.womenshealth.gov

Womenshealth.gov from the U.S. Department of Health and Human Services is the federal government source for in-depth women's health information. The Office on Women's Health also offers girlshealth.gov.

Ohio government agencies

www.ohio.gov/agencies/

This webpage provides contact information for the Ohio Departments of Aging, Alcohol and Drug Addiction Services, Health, & Insurance, the Medical Board, Nursing Board, and other agencies and licensing boards.

State Library of Ohio

www.library.ohio.gov

The State Library of Ohio's catalog search helps cardholders find and request library materials relating to health and wellness. Ohio residents can sign up for a library card at www.library.ohio.gov/PCS/GetACard or call (614) 644-7061 for further information.

State employees can use additional online research tools, provided by the State Library through OhioLINK, from work or home. A few with health-related coverage are:

Alt Health Watch (alternative medicine) • *Digital Video Collection* • *eBook Collection* • *Health Source Nursing Academic Edition* • *MediLatina* • *MEDLINE Full-Text* • *SPORTDiscus (sports medicine)*.

Ohio Web Library

www.ohioweblibrary.org

The Ohio Web Library is a collection of thousands of online publications & resources and is exclusively for Ohioans. There is more information on the other side of this overview sheet.

ipl2

www.ip2.org/

The Librarians' Internet Index combined with the Internet Public Library and lists the most up-to-date librarian-endorsed sources of information on a variety of topics, including health and science.

Medical Library Association

<http://caphis.mlanet.org/consumer/index.html>

Top 100 List: Health Websites You Can Trust, from the MLA's Consumer and Patient Health Information Section, contains links to excellent sites on all areas of health and wellness.

American Academy of Pediatrics

www.aap.org

This website has a wealth of information including the latest news on children and youth to age 21 by health topic. Their Parenting Corner is now featured at healthychildren.org and offers information by ages and stages.

American Diabetes Association

www.diabetes.org/

Organizations such as the American Diabetes Association contain some of the best information for those diagnosed with common disorders, including research news, recipes, and tips on living with your disease.

World Health Organization

<http://www.who.int/topics/en/>

This site includes a global perspective on disease and health status of its 194 member nations. Search by country, health topic, or search for data and statistics, programs and projects.