

Health websites to rely on

Canadian Cochrane Centre

<http://www.ccc.cochrane.org>

- An independent network of researchers, professionals, patients, caregivers, and other people interested in health
- Systematic reviews of a variety of health topics

PubMed

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

- Collection of over 24 million medical and health-related studies from the US National Library of Medicine, life science journals, and online books
- Many articles are subscription-only, but most colleges and universities have subscriptions for students
- You can search by topic, type of study, publication date, and free full-text availability

NHS Choices

<http://www.nhs.uk/Pages/HomePage.aspx>

- From the UK's National Health Service
- Information on diseases, treatments, and healthy living
- Symptom checker feature
- Hosts online communities for questions, support, and advice
- Each month's "online clinic" answers questions on a particular health topic
- "Behind the Headlines" guides readers through the science behind health news

Patients Like Me

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

- Online, disease-specific communities for members to share stories and advice, discuss symptoms and treatment options, and ask questions
- Free to join
- Sells anonymous health data to companies and nonprofits developing health care products to help them understand the real-world experience of disease and treatment

The College of Family Physicians of Canada

<http://www.cfpc.ca/>

- The voice of family medicine in Canada
- Information on various health topics such as symptoms, diseases, treatments, and medication
- Library services include subject guides that direct you to additional resources

Medline Plus

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

- From the US National Library of Medicine
- Information on various health topics and medications
- Includes videos on topics such as surgery and anatomy, as well as interactive tutorials
- Games, quizzes, and calculators (for BMI, breast cancer risk, etc.)

Health websites to rely on

McGill University Health Centre

<http://www.muhc.ca>

- Academic health centre and network of medical facilities affiliated with McGill University
- The Research Institute of the MUHC is the largest medical and science research facility in Canada
- Links to reliable resources for patients
- Includes podcasts, videos, and community discussions

Public Health Agency of Canada

www.publichealth.gc.ca

- A government organization
- Information on diseases, healthy living, travel health, and emergency preparedness
- Contains a wealth of data on different health conditions and topics such as occupational health and global health
- What's New tab highlights recent studies and advances in public health

Heart and Stroke Foundation of Canada

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

- Information on heart-related medical conditions, such as high blood pressure and stroke
- Tips on healthy living, such as stress management and weight management
- Information for caregivers
- Information for educators to use in the classroom

Canadian Cancer Society

<http://www.cancer.ca/>

- A national, community-based organization
- Information on different types of cancer
- Information on clinical trials
- Statistics for different types of cancer, Canada overall, different populations, etc.
- Information on treatment, prevention, and coping with cancer

Health on the Net Foundation (HONcode)

<http://www.hon.ch/home1.html>

- Promotes an “ethical standard” for quality health care information
- Websites can apply to be HONcode certified, and will display an HONcode badge if they are approved
- HONcode isn't in consistent use across the internet or in Canada, but if you see it on a site, you can count on that site to have reliable information

Healthy Canadians

<http://www.healthycanadians.gc.ca/>

- A government resource
- Information on diseases and conditions
- Information on drugs and other treatments
- Healthy living tips, including nutrition and exercise
- Information on recalls and safety alerts
- Information about Canada's health care system