

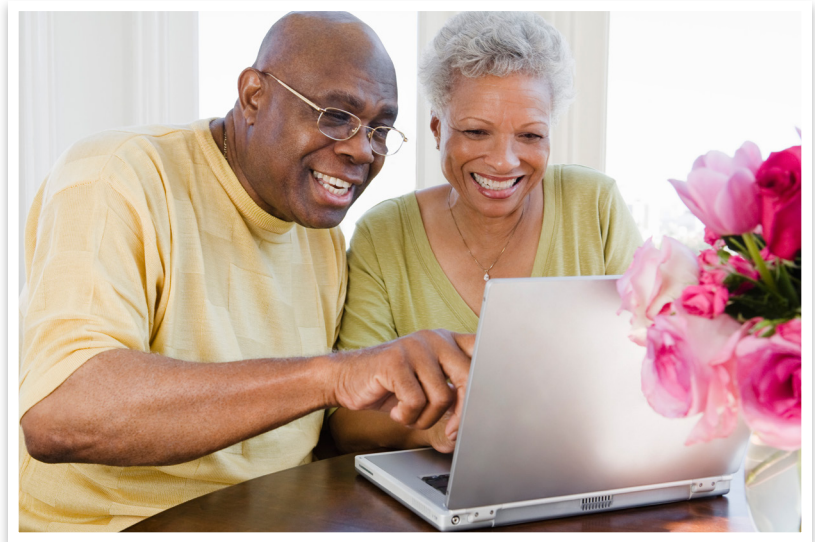
Health Information Web Sites



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

The Internet is a source for health information. Here are some guidelines you can use to evaluate the information you find:

- **Authority** - Who is providing the information? What are their qualifications? Look for a “About us” or “About this site” section.
- **Bias** - Is the information factual or someone’s opinion? Is the web site trying to sell something?
- **Currency** - Is the information up to date? Look for a “This site was last updated” date.
- **Content** - Is the information logical? Is it complete? If you are more confused after you’ve read it than when you started, be suspicious!



The Internet is one tool you can use to become a well-informed health care consumer. Internet information should help you better understand your health. It should not be used for self-diagnosis. **Always discuss any information you find with your doctor or health care professional.**

Web Sites

Here are some good web sites that are trustworthy and up to date.

General Health Information:

- **Health Finder**, <https://healthfinder.gov>
The US Department of Health and Human Services has an easy to use site for health information. It is in English and Spanish.
- **MedlinePlus**, <https://medlineplus.gov>
The U.S. National Library of Medicine provides this portal of carefully selected health information web sites. It is in English and Spanish.
- **Ohio State Library for Health Information**,
<https://patienteducation.osumc.edu/Pages/James-Patient-Resource-Center.aspx>
Our consumer health librarian has selected the best and most trustworthy health information web sites.

Alternative Medicine:

- **National Center for Complementary and Alternative Medicine**, <https://nccih.nih.gov>

At this federal government web site, you can learn about unconventional health care practices and products, their safety, and the science behind them.

Cancer:

- **Cancer.gov**, <https://www.cancer.gov>
This is the National Cancer Institute web site. In addition to written information, you can use it to talk with a cancer information specialist.

Genetics:

- **Genetics Home Reference**, <https://ghr.nlm.nih.gov>
Genetic conditions and the effect of genes on our health are presented in easy to understand language.

Kids and Teens:

- **Kids Health**, <http://kidshealth.org>
Experts write directly for parents, children and teenagers. The articles are respectful and easy to understand.
- **American Academy of Pediatrics**, <https://www.healthychildren.org>
Experts write for parents about care and development of youth from babies to children and teenagers.
- **Girls Health**, <https://www.girlshealth.gov>
From the Department of Health and Human Services, a site that focuses on a girl's development.

Men's Health:

- **American Academy of Family Physicians – Men's Health**, <https://familydoctor.org>

Information on topics of interest to men, such as prostate health, reproductive health, and fatherhood. The web site is in English and Spanish.

Mental Health:

- **National Institute of Mental Health**, <https://www.nimh.nih.gov>
This government web site has health topics to help you learn about mental health conditions and issues.

Women's Health:

- **National Women's Health Information Center**, <https://www.womenshealth.gov>
This federal government web site covers women's health topics and issues. It is available in English and Spanish.

Health Insurance:

- **Healthcare.gov**, <https://www.healthcare.gov>
At this federal government web site, you can learn about health care reform and your health insurance options. Information is for individuals, families, and small businesses.
- **Health Insurance Marketplace**, <https://www.hhs.gov/healthcare>
At this federal government web site, you can learn about purchasing health insurance. State by state information and regular updates are posted.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.