

Medical Sites on the Internet

Reuters Health: go to <http://www.reuters.com> and click on "medical news" at the bottom of the page

MyCare: <http://www.mycareohp.com> This site is provided by One Health Plan (recently renamed Great West Healthcare) for its members. It has short news items plus a whole lot of interactive tools for fitness, nutrition, women's/men's/seniors' health, an exercise log, virtual coaches, etc.

MyDocOnline: <http://www.mydoconline.com> This site is available to patients whose doctors subscribe to the service. It allows you to communicate with your doctor (schedule appointments, get prescription refills, etc.) as your healthcare provider allows; plus you have access to Reuters' Health newswire and lots of tools from healthgate.com. Plus there are tips and calculators and all sorts of other neat tools.

WebMD: <http://www.webmd.com> Good basic consumer-oriented site with lots of information on diseases, conditions, standards of health care, etc.

The Lancet: <http://www.lancet.com> Access to tables of contents, abstracts, and a few full-length articles from this bastion of medical research publication.

Nature: <http://www.nature.com> Access to subscribers of any of the Nature family of publications, you can get contents and abstracts from journals related to obesity research, hypertension research, etc.

Medline: <http://www.medline.com> The granddaddy of all online medical databases. You should be able to get titles, and sometimes abstracts, of refereed research in the medical field.

Science Magazine/American Academy for the Advancement of Science: <http://www.sciencemag.org> Available to subscribers of Science magazine, you can get abstracts for a number of other AAAS publications, including ones on various medical specialties such as aging.

Nutrition Analysis Tools (MyNATS): <http://nat.crgq.com/mynat/index.html> An online tool that allows you to analyze food intake to calories, grams protein/carb/fat/sat-fat/mono-fat/poly-fat/cholesterol/etc., %RDA of vitamins A, B1, B2, B3, C, and a handful of minerals. You can add up to 60 foods not in their database to your "personal food list".

United States Department of Agriculture Food and Nutrition Service: <http://www.fns.usda.gov/fns/> Links to nutritional information and USDA programs

United States Department of Agriculture Center for Nutrition Policy and Promotion:
<http://www.usda.gov/cnpp/> Links to all sorts of nutritional information and guidelines,
courtesy of Uncle Sam.

Five-a-Day (US Government): <http://www.5aday.gov/> Information about the 5-to-9-a-day program from the National Cancer Institute

Five-a-Day (Dole) <http://www.dole5aday.com/index.jsp> Aimed mostly at elementary school children and their teachers, this includes some very adult tools on nutritional information of fruits and veggies, plus basic info on color-coding nutrient groups by the color of the fruit or veggie, and suggestions on how to get "Five a Day" into your diet.

The Fruit Pages: <http://www.thefruitpages.com/> Everything you wanted to know about fruit: where it comes from, nutritional analysis, etc.

More US Government sites:

National Institutes of Health: <http://www.nih.gov>

National Lung, Heart, and Blood Institute: <http://www.nhlbi.nih.gov>

National Institute of Diabetes, Digestive, and Kidney Diseases:
<http://www.niddk.nih.gov>

Pharmacies and pharmacy chains, some of which I actually patronize, and most of which have information on diseases and drugs and stuff:

Eckerd: <http://www.eckerd.com>

CVS: <http://www.cvs.com>

Rite-Aid: <http://www.drugstore.com>

Hocks Vandalia (mail-order pharmacy, specializing in diabetes supplies):
<http://www.hocks.com>

RX North (drugs from Canada): <http://www.rxnorth.com>

And some stuff of more personal interest:

American Diabetes Association: <http://www.diabetes.org>

Therasense (makers of the Freestyle line of blood glucose monitors which I use):
<http://www.therasense.com>

Lifescan (makers of the One Touch line of blood glucose monitors):

<http://www.lifescan.com>

Accu-Chek (another brand of blood glucose monitor which I sometimes use):

<http://www.accu-chek.com>

I actually have just gotten a whole bunch of new medical sites, courtesy of attending the ADA Diabetes Expo on the 15th. Many of them are more of interest to doctors and/or diabetics than to the general public, though. One of my projects is to turn my after-action report into a mini Web site that I can direct people to...