The information for this selected group of web sites was taken from the Medical Library Association's list of the "Top Health Websites" (www.mlanet.org)...

**National Cancer Institute** (www.cancer.gov/) Offers information on types of cancer, treatment options, clinical trials, genetics, causes, risk factors and prevention, testing, and coping and support resources.

**Centers for Disease Control and Prevention** (www.cdc.gov/) Information on the health of infants, children, teens, men, women and older adults, travel, environmental and occupational health, food-borne illness, injuries, and more. Special attention to public health concerns, particularly infectious diseases.

**FamilyDoctor** (https://familydoctor.org/) Sponsored by the American Academy of Family Physicians, this site offers information on diseases and conditions, prevention and wellness, pregnancy and newborns, and healthy living guides.

**Healthfinder** (www.healthfinder.gov) Provides online access to information on more than 1,600 health topics, prepared by government agencies and reliable organizations. Covers countless disorders, health services and programs, plus information on Medicare, Medicaid, private insurance and much more.

**HIV InSite** (http://hivinsite.ucsf.edu) Contains comprehensive, up-to-date information on HIV/AIDS treatment, prevention and policy from the University of California San Francisco School of Medicine.

**KidsHealth** (http://kidshealth.org/) Provides doctor-approved health information about children from before birth through adolescence. Age-appropriate content in each of its four sections...Kids, Teens, Educators, and Parents. Created by The Nemours Children's Health System.
Mayo Clinic (https://www.mayohealth.org/) Presents information on many health topics in easy-to-understand language. User-friendly site with lots of advice on recognizing and dealing with health problems. Special features such as an extensive medication guide, a first aid guide, and a healthy-lifestyle planner.

MEDLINEplus (https://medlineplus.gov/) Brings together authoritative information from many well-respected agencies and organizations in Spanish and English. Easy access to more than 900 topics on illnesses, conditions, symptoms and wellness. Extensive information on prescription drugs, herbs and supplements as well as interactive patient tutorials and the latest health news.


Web sites with links to local health information….
Sanford Health—Health and Wellness (http://sanfordhealth.staywellsolutionsonline.com)
St. Alexius Medical Center (https://www.chistalexiushealth.org/)

The Bismarck Public Library has current consumer health materials in the Reference Area and in the general collection. Please ask the librarian to show you where these materials are shelved.

Several of our free online magazine databases are devoted to consumer health issues…

Alt Health Watch: Focuses on the many perspectives of complementary, holistic, and integrated approaches to health care and wellness.

Consumer Health Complete: Designed for the everyday consumer. Provides convenient access to easily understandable health and medical information. Users can search and browse within medical encyclopedias, popular reference books, and magazine articles.

Health Source: Consumer Edition: Provides information on many health topics including medical sciences, nutrition, childcare, sports medicine, and general health.

Disclaimer: Material contained in these databases and websites is intended for informational purposes only and does not replace advice from your nurse, doctor or pharmacist! These professionals are the best people to answer questions about your personal health.