

# INFORMATION RESOURCES FOR PATIENTS

Your team of health care providers should always be your first source for information about your health, but you may sometimes need additional information. Following is a list of resources for patients and their families that you may find helpful.

**MEDLINEplus (English):** <https://medlineplus.gov/>

**MEDLINEplus (Spanish):** <https://medlineplus.gov/esp>

Other languages: <https://www.nlm.nih.gov/medlineplus/languages/languages.html>

Reliable information on diseases, drugs, herbs and supplements, as well as definitions of medical terms and videos produced or recommended by the National Library of Medicine. A mobile version is available.

**American Diabetes Association (English):** <https://www.diabetes.org>

**American Diabetes Association (Spanish):** <https://www.diabetes.org/espanol>

Resources to aid in the prevention, detection, and management of diabetes.

**American Dietetic Association:** <https://www.eatright.org>

Food and nutrition information for weight loss, disease prevention and management, and healthy living.

**American Heart Association:** <https://www.americanheart.org>

Information on prevention, diagnosis, and treatment of heart conditions.

**Familydoctor.org (English):** <https://www.familydoctor.org>

**Familydoctor.org (Spanish):** <https://familydoctor.org/familydoctor/es.html>

Information on healthy living and various medical conditions by the American Academy of Family Physicians. The Smart Patient Guide section explains health insurance plans and how to manage your health care.

**Healthfinder (English):** <https://www.healthfinder.gov>

**Healthfinder (Spanish):** <https://health.gov/espanol/myhealthfinder>

Basic patient health information with links to more in-depth coverage by U.S. government agencies and other organizations serving the public interest.

**HIV InSite:** <https://hivinsite.ucsf.edu/>

Comprehensive HIV/AIDS information and links by the Center for HIV Information at the University of California San Francisco.

**Kidshealth:** <https://www.kidshealth.org>

Doctor-approved health information about children from before birth through adolescence. The site contains separate areas with age-appropriate content and tone for kids, teens, and parents. Each section has a Spanish language version.

**Lab Tests:** <https://labtestsonline.org/index.html>

Explanations of the lab tests used in routine care and in the diagnosis and treatment of various conditions and diseases. Multiple languages are available.

**Mayo Clinic:** <https://www.mayoclinic.com/>

Detailed information on diseases and conditions, drugs and supplements, treatment decisions, and healthy living by the Mayo Clinic, a not-for-profit group medical practice.

**Men's Health:** <https://www.cdc.gov/men/>

Links to statistics, tips, and men's health topics by the Centers for Disease Control and Prevention.

**Merck Manuals:** <https://www.merck.com/consumer/>

**Merck Manual Home Edition (Spanish):** <https://www.msd.es/>

Explanations of disorders, who is likely to get them, their symptoms, how they are diagnosed, how they might be prevented, and how they can be treated.

**National Cancer Institute (English):** <https://www.cancer.gov/>

**National Cancer Institute (Spanish):** <https://www.cancer.gov/espanol>

Government web site that provides information on all types of cancer, cancer treatments, and current clinical trials.

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

Provides information on complementary and alternative medicine to the public and conducts and supports research and training. NCCAM is a division of the National Institutes of Health.

**WomensHealth.gov (English):** <https://www.womenshealth.gov>

**WomensHealth.gov (Spanish):** <https://espanol.womenshealth.gov/>

Information on women's health, including news, articles, and numerous links to health-related resources.

**PubMed:** <https://www.pubmed.gov>

Database of medical journal articles. Some articles are available for free; others must be bought by you or accessed through a subscribing library. Database compiled by the U.S. National Institutes of Health.

**Your local public library:** Reference librarians can help you research health topics online and find books and other resources written especially for patients and their families.

If you would like more information about locating health information, you may contact the

UT Southwestern Library at **214-648-2001**. When you are on campus, you may visit the Library for computer access to online resources and health research.