



## Patient-Friendly IM Resources

### ENGLISH-LANGUAGE SITES

#### General

##### **Aetna IntelliHealth**

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

Partnered with Harvard Medical School, this site provides disease and treatment overviews which include evidence-based information on integrative approaches to common health conditions. Also includes a Complementary and Alternative Medicine section with links to NCCAM and CAM on PubMed database.

##### **Bastyr Center for Natural Health, Bastyr University**

<http://bastyrcenter.org/content/category/3/130/186/>

Offers a natural therapies approach to Health Conditions A-to-Z.

##### **Complementary and Alternative Medicine, MedlinePlus**

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

Consumer health links from the National Library of Medicine. A good jumping off point.

##### **Center for Health and Healing**

<http://www.healthandhealingny.org/>

Overview, research and resources on 30 integrative approaches and traditional medicines and a Health A to Z section annotating high quality integrative research on 88 health conditions. Special sections explore in depth the integrative approach to chronic pain, depression, heart disease, diabetes and irritable bowel syndrome.

##### **Informed Health Online**

<http://www.informedhealthonline.org/>

Produced by the Institute for Quality and Efficiency in Health Care, an independent, non-government, non-profit foundation that supports evidence-based decision making in the German health care services. The site provides information and resource tools to keep up-to-date with reliable, evidence-based information, including a Health

A-to-Z section. Information is based on Cochrane reviews and other high quality research on the effects of health care interventions.

##### **Complementary and Alternative Medicine: Evaluate Claims of Treatment Success**

<http://www.mayoclinic.com/health/alternative-medicine/SA00078>

The Mayo Clinic provides guidelines for helping patients assess whether a particular treatment approach is worth exploring.

##### **National Center for Complementary and Alternative Medicine (NCCAM), NIH**

<http://nccam.nih.gov/>

This extensive web site contains information on integrative approaches, consensus reports, and clinical trials. Select Health Topics A to Z for reports on integrative approaches to certain diseases and research to date. A useful introduction to the field.

##### **Taking Charge of Your Health, Center for Health and Spirituality, University of Minnesota**

<http://takingcharge.csh.umn.edu/>

An innovative, high quality web site for consumers on the integrative approach to health, getting the most from the current healthcare system, and creating a healthy lifestyle. Covers healing practices from acupuncture to yoga.

##### **The New Medicine**

<http://thenewmedicine.org/>

This consumer-friendly site focuses on prevention strategies and engaging people in their health care. My Health Interests covers the integrative approaches to health conditions that have been shown to be beneficial. My Health Planner developed by the University of Minnesota helps patients create and track their own plan for more balanced health and well-being.

##### **University of Maryland Medical Center**

<http://www.umm.edu/altmed/>

An authoritative and informative introduction to the most common integrative approaches, from acupuncture to yoga. Also presents evidence-based information on a wide variety

of health conditions covering causes, risk factors, preventive care, and all effective treatment options including drugs, surgeries/procedures, and appropriate integrative approaches including acupuncture, nutrition, dietary and herbal supplements, homeopathy and more. Offers a database on the most commonly used herbs and dietary supplements as well as information on herb and supplement interactions with medications.

## Botanical/Dietary Supplements

### ConsumerLab

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

Provides independent test results on product quality of common brands of vitamins, minerals, herbs and dietary supplements. Also has referenced information on health conditions, supplements, functional foods, drug interactions and homeopathy. There is a \$29.95 per year subscription fee for full access.

### MedlinePlus Herbs and Supplements

[http://www.nlm.nih.gov/medlineplus/druginfo/herb\\_All.html](http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html)

High quality herbal monographs prepared by the Natural Standard Research Collaboration with use rated by scientific evidence, dosing information, interactions, and more.

### NaturalHerbsGuide

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

NaturalHerbsGuide provides evidence-based information focused on helping consumers learn more about herbal medicines.

## Cancer

### Office of Cancer Complementary and Alternative Medicine, National Cancer Institute

<http://www.cancer.gov/cam/>

An overview of integrative approaches to cancer including research and clinical trials.

## Environmental Medicine

### Environmental Working Group

<http://www.ewg.org/>

This nonprofit environmental research organization covers consumer products, cell phone radiation, a chemical index including routes of exposure, health/toxicities, drinking

water quality, and much more. EWG specializes in providing useful resources to consumers (like Skin Deep, a safety guide to cosmetics and personal care products and the Shoppers' Guide to Pesticides in Produce) while simultaneously advocating for national policy change.

## Homeopathy

### ConsumerLab

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

Provides independent test results on product quality of common brands of vitamins, minerals, herbs and dietary supplements. Also has referenced information on health conditions, supplements, functional foods, drug interactions and homeopathy. There is a \$29.95 per year subscription fee for full access.

## Mind-Body Medicine

### Health Journeys

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

Developed by a pioneer in the field of imagery and health, the site provides research information, a collection of high quality resources on wellness, health disorders and chronic illness, practice tips, and a discussion forum.

### HelpGuide

[http://www.helpguide.org/mental/stress\\_relief\\_meditation\\_yoga\\_relaxation.htm](http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm)

This non-profit organization covers stress relief strategies including the relaxation response, deep breathing, progressive muscle relaxation, meditation, guided imagery, yoga, tai chi and massage therapy. Provides useful information on how to start a practice.

## Nutrition

### Harvard School of Public Health: The Nutrition Source

<http://www.hsph.harvard.edu/nutritionsource/>

Timely information on diet and nutrition including what you should eat, healthy drinks, nutrition in the news, healthy recipes, and more.

### World's Healthiest Foods (George Mateljan Foundation)

<http://www.whfoods.org/>

This non-profit foundation publicizes scientific information about the benefits of healthy eating. Under Healing with Foods, the dietary approach to thirteen common health conditions are discussed. The Essential Nutrients section provides detailed information on forty nutrients from alpha-carotene to zinc. Healthy Foods discusses the health benefits of 130 foods including their nutritional profile, how to store them and more. A very user friendly, consumer-oriented and informative site.

### Senior Health

#### NIH Senior Health: Complementary and Alternative Medicine

<http://nihseniorhealth.gov/>

Describes NIH-funded research on integrative approaches to diseases that affect older adults including heart disease, cancer, arthritis, and Alzheimer's disease.

### Tai Chi and Qigong

#### Tai Chi and Qigong for Health Information Center

<http://www.americantaichi.net/>

Originally funded by the National Library of Medicine, this site geared to consumers includes research-based articles on the health benefits of tai chi and qigong including arthritis, diabetes, fall prevention, fitness, mental health, pain, and other health topics. Includes a class locator by state.

## SPANISH-LANGUAGE SITES

### General

#### Agency for Healthcare Research and Quality (AHRQ) en Espanol

<http://www.ahrq.gov/consumer/espanoix.htm>

Links to AHRQ publications on prevention and wellness and the latest health news in Spanish.

#### The American Academy of Family Physicians

[Familydoctor.org](http://familydoctor.org)

Pamphlets in Spanish. Covers health conditions, prevention and wellness, seniors, teens, kids, and health tools such as symptom checkers and BMI calculator.

### Go4Life

<http://go4life.niapublications.org/resources/spanish#espanol>

An NIH research-based interactive website providing information and motivation for exercise geared to helping older people start exercising and keep going. Many Go4Life materials are available in Spanish.

### Healthfinder en Español

<http://www.healthfinder.gov/espanol/>

A general health information website with over 100 health topics.

### Healthy Roads Media

[www.healthyroadsmedia.org](http://www.healthyroadsmedia.org)

English and Spanish audio, multimedia, video, ipod video on approximately 25 health topics

### MedlinePlus en Español

<http://medlineplus.gov/spanish/>

From the National Library of Medicine, offers over 650 health topics, drug information, current health news, interactive tutorials with audio, and a medical encyclopedia. You can toggle between the English and Spanish versions and still be on the same topic.

### National Network of Libraries of Medicine (NNLM): Consumer Health Materials in Spanish

<http://nnlm.gov/outreach/consumer/chspanish.html>

Links to Spanish language websites from various agencies, organizations, and associations in the United States. The descriptions of each site are in English.

### National Center for Complementary and Alternative Medicine (NCCAM)

<http://nccam.nih.gov/health/espanol/>

Consumer information on diets, herbs, integrative therapeutic approaches, finding a practitioner, clinical studies, and more.

### New Approaches to Chronic Disease

<http://www.healingchronicdisease.org/>

Developed by the Department of Integrative Medicine at Beth Israel Medical Center, these multimedia online modules (text, audio and Flash) present integrative approaches to heart disease, diabetes and chronic pain in English and Spanish. Also covers resources, research, self care, and more.

## NOAH

<http://www.noah-health.org/es/alternative/index.html>

Links to information on integrative approaches including acupuncture, aromatherapy, Ayurveda, homeopathy, herbal medicine and chiropractic.

## Salud Y Sociedad

<http://www.salud.bioetica.org/terapialter.htm>

Basic information on Ayurveda, Chinese Medicine, Japanese Medicine, homeopathy, herbal medicine, chiropractic, and reflexology.

## Arthritis

### Arthritis Foundation: Terapias Alternativas y Complementarias

<http://www.arthritis.org/espanol/terapias-alternativas-complementarias.php>

Discusses various approaches to arthritis including acupuncture, massage, meditation, relaxation, and aromatherapy.

## Botanical/Dietary Supplements

### MedlinePlus

[http://www.nlm.nih.gov/medlineplus/spanish/druginfo/herb\\_All.html](http://www.nlm.nih.gov/medlineplus/spanish/druginfo/herb_All.html)

High quality herbal and supplement information from various sources including NCCAM, Natural Medicines Comprehensive Database and the ODS.

## Cancer

### National Cancer Institute: Spanish Resources

<http://www.cancer.gov/espanol/>

The NCI publishes a Spanish version of their website. This site provides information about cancer treatments for adults and children, as well as the latest cancer news, background, types of cancer, clinical trials.

## Cardiovascular Health

### Sociedad Española de Cardiología

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

Discusses exercises, nutrition, heart disease prevention and more.

## Diabetes

### American Diabetes Association: La Diabetes y Los Latinos Informacion en Espanol

<http://www.diabetes.org/espanol/>

Describes the major types of diabetes and presents information in Spanish about diabetes risk factors, diagnosis, management, nutrition/recipes, and exercise.

### Learning About Diabetes

<http://www.learningaboutdiabetes.org/>.

This non-profit organization provides easy-to-read, low literacy, and very low literacy health education programs in English and Spanish. Very basic, illustrated downloadable booklets on diabetes, exercise, foot care, understanding blood sugar, plant-based foods, herbs, stress and more.

## Environmental Health

### U.S. Environmental Protection Agency—en Español

<http://www.epa.gov/espanol/>

Environmental health information available in PDF format or HTML on a variety of topics such as asthma, radon, mold, tobacco, and more.

## HIV+

### The Well Project

[http://www.thewellproject.org/es\\_US/Living\\_Well/](http://www.thewellproject.org/es_US/Living_Well/)

Developed by a not for profit corporation, this site is conceived, developed, and administered by HIV+ women and those who are affected by this disease. Its focus on living well with the disease covers complementary therapies, exercise, stress management, nutrition, vitamins, supplements are more. In English and Spanish.

## Palliative Care

### Cuidados Paliativos: El alivio que necesita cuando tiene síntomas de una enfermedad grave

[http://www.ninr.nih.gov/NR/rdonlyres/DFFC6189-A6FD-4EA1-947E-1BD70A7BA87A/0/NINRPalliativeBroch\\_Span\\_Tagged.pdf](http://www.ninr.nih.gov/NR/rdonlyres/DFFC6189-A6FD-4EA1-947E-1BD70A7BA87A/0/NINRPalliativeBroch_Span_Tagged.pdf)

The National Institute of Nursing Research' 16-page brochure on palliative care, "Palliative Care: The Relief You Need When You're Experiencing the Symptoms of Serious Illness," increases awareness of the focus and benefits of palliative care treatment. In English and Spanish.

## Pediatrics

### Kids' Health—by the Nemours Foundation

<http://kidshealth.org/parent/>

Extensive articles in English and Spanish—also available as audio.

### La Leche League International—en Español

<http://www.llli.org/LangEspanol.html>

The Leche League is an international non-profit organization dedicated to promoting breast feeding. They offer support, information, and education about breast feeding.

## Psychological Health

### American Psychological Association (APA) Help Center/El Centro de Apoyo de la APA

<http://www.apa.org/centrodeapoyo/index.aspx>

Gives text information in Spanish about work and school, family and relationships, health and emotional wellness, and talking to a psychologist.

### National Alliance for the Mentally Ill (NAMI)/La Alianza Nacional de Enfermedades Mentales

[http://www.nami.org/template.cfm?section=NAMI\\_en\\_espa%F1ol](http://www.nami.org/template.cfm?section=NAMI_en_espa%F1ol)

Presents Spanish-language fact sheets, newsletters, electronic discussion groups, and educational programs about emotional, behavioral, and mental health challenges. NAMI is a national support and advocacy organization. Telephone: (800) 950-6264 (English or Spanish). Helpful information—straightforward site.

## Respiratory Health

### Asthma Moms

<http://www.asthmamoms.com/movies/video.htm>

Two online videos in English and Spanish: 1) Health at Home: Controlling Asthma and 2) Making a Difference: Asthma Management in Schools.

<http://www.asthmamoms.com/espanol.htm>

Links to Spanish sites on asthma.

### The Asthma Wizard

<http://www.nationaljewish.org/healthinfo/pediatric/asthma/asthma-wizard/index.aspx>

Asthma wizard in English and Spanish—a 20 chapter book for children.

## Nutrition

### Hispanic Health, National Hispanic Medical Association

[www.hispanichealth.info/node/180](http://www.hispanichealth.info/node/180)

Healthy recipes on a budget for Hispanics. Food Stamp Nutrition Connection—Healthy Recipes on a Budget (37 recipes)

### MiPirámide

<http://www.fns.usda.gov/tnforms/TIPS.pdf>

Spanish-language version of mypyramid.gov, an online guide to making healthful food choices.

### Nutrition.gov en Español

[http://www.nutrition.gov/nal\\_display/index.php?info\\_center=11&tax\\_level=1&tax\\_subject=504](http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1&tax_subject=504)

Links to Spanish-language food and nutrition information from federal agencies. Topics include smart nutrition, weight management, nutrition and health, shopping/cooking/meal planning, and federal nutrition-assistance programs.