



## Top 20 Internet Websites



### General

#### 1. [www.healthcare.gov/](http://www.healthcare.gov/)

A federal government website managed by the U.S. Centers for Medicare & Medicaid Services. Information on the Affordable Care Act.

#### 2. [www.cdc.gov/](http://www.cdc.gov/)

The Centers for Disease Control and Prevention is a federal agency under the Department of Health and Human Services. Its main goal is to protect public health and safety through the control and prevention of disease, injury, and disability. Offers public health information on infectious diseases, travelers' advisories, research funding, and much more.

#### 3. [www.health.gov](http://www.health.gov)

Run by the Office of Disease Prevention and Health Promotion (ODPHP). A prevention and wellness resource for consumers and their families — with evidence-based health information that's actionable and easy to use. A site to use for dietary and physical activity guidelines and health education.

#### 4. [www.healthfinder.gov](http://www.healthfinder.gov)

A Federal Government website managed by the U.S. Department of Health and Human Services and sponsored by the National Health Information Center. A gateway to consumer health and human services information from the U.S. government. Links to selected online publications, clearinghouses, databases, Web sites, and support and self-help groups, as well as the government agencies and non-profit organizations that produce reliable health information for the public.

#### 5. [www.familydoctor.org](http://www.familydoctor.org)

This site is operated by the American Academy of Family Physicians (AAFP), a national medical organization representing more than 120,900 family physicians, family practice residents, and medical students. All of the information on this site has been written and reviewed by physicians and patient education professionals at the AAFP.

#### 6. [www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)

Medline Plus is the National Institutes of Health's website for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. Medline Plus offers reliable, up-to-date health information, anytime, anywhere, for free.

#### 7. <https://clinicaltrials.gov/>

Physicians and patients may search several databases for facts about both public and privately supported clinical studies.

### Specialized

#### 8. [www.cancer.gov](http://www.cancer.gov)

Cancer information from the National Cancer Institute (NCI) that is reviewed regularly by oncology experts and is based on the latest research. Search PDQ, NCI's comprehensive cancer database, which includes summaries on cancer treatment, screening, prevention and ongoing clinical trials.

#### 9. [kidshealth.org/](http://kidshealth.org/)

Sponsored by the DuPont Hospital for Children, Kidshealth is divided into three sections: kids, parents, and professionals. The kids' section is devoted to the child patient and includes feelings and changes, food and fitness, kids only closet, my health, and my body. The parents' section covers behavioral and development, childhood infections, community center, healthy kids, nutrition and fitness, and safety.

#### 10. [www.girlshealth.gov/](http://www.girlshealth.gov/)

Health and wellness information for girls from the National Institutes of Health.

#### 11. [www.womenshealth.gov](http://www.womenshealth.gov)

Health and wellness information for women from the National Institutes of Health.

#### 12. [nihseniorhealth.gov](http://nihseniorhealth.gov)

Health and wellness information for older adults from the National Institutes of Health.

#### 13. [www.mentalhealth.gov/](http://www.mentalhealth.gov/)

Provides one-stop access to U.S. government mental health and mental health problems information. This site explains the basics of mental health, myths and facts, treatment options,

disorders, symptoms, and how to get mental health help.

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

A division of the National Institutes of Health, National Center for Complementary and Alternative Medicine (NCCAM) conducts research and disseminates information on complementary and alternative medicine to practitioners and the public.

#### 15. <http://www.mskcc.org/mskcc/html/11570.cfm>

This site is maintained by the Integrative Medicine Service Staff at Memorial Sloan-Kettering Cancer Center. This searchable database provides information on each agent, including its adverse effects, interactions, and possible benefits or problems. Evaluations of alternative cancer therapies are also available.

### Local

#### 16. [www.state.nj.us/health/](http://www.state.nj.us/health/)

State of New Jersey Department of Health. It oversees all aspects of public health services.

#### 17. [www.njdoctorlist.com/](http://www.njdoctorlist.com/)

A site with New Jersey Medical Doctor, Podiatrist and Optometrist Profiles.

#### 18. [www.healthynj.org/](http://www.healthynj.org/)

A product of the University Libraries at the University of Medicine and Dentistry of New Jersey and cosponsored by the New Jersey Library Association. Here you will find general information and Internet resources about a number of diseases and health conditions, general health and wellness, and New Jersey specific health information.

#### 19. <http://essexcountynj.org/department-of-health-and-rehabilitation/>

A site for Essex County Department of Health and Rehabilitation lists important contact information.

#### 20. <http://www.westorange.org/index.aspx?nid=84>

West Orange Health and Welfare site provides access to important links to health related information for West Orange residents.