



City of Albuquerque Health Tips

A list of recommended websites that have trustworthy health information

This document is part of a series of information resources provided by Aligning Forces For Quality (AF4Q) to help you get good quality health care. For more resources, visit the employee benefits section of the [City's website](#).

How can you know which websites to trust?



If you are looking for health information on the internet, **be very careful about which websites you use.**

- Some websites have reliable, accurate health information for consumers that is backed up by solid medical research. You can trust the information you get from these websites and it can be very helpful.
- But other websites have health information that is *not* trustworthy. Since the internet is not regulated, no one checks to see whether the health information on a website is reliable or not.

To help you find trustworthy health information on websites, this document offers a list of recommended websites. The websites on this list are sponsored by selected government agencies, non-profit organizations, and leading medical centers.



The websites listed in this document are good ones to use for health information, but there are many other websites that also have reliable and accurate health information. **To help learn what to look for in a website**, visit the employee benefits section of the [City's website](#) for this document:

- "Finding health information on the internet: A checklist to help you judge which websites to trust."

Websites on health and health care information

- **The Federal Drug Administration’s Be Smart about Prescription Drug Advertising: A Guide for Consumers**
(<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/PrescriptionDrugAdvertising/default.htm>)
This website is run by the federal government’s Federal Drug Administration, which approves and regulates medical products. This particular website is designed to educate consumers about how to view health care advertising.
- **Centers for Disease Control and Prevention** (www.cdc.gov)
This website is run by the federal government’s Centers for Disease Control and Prevention (often known as “the CDC”). It has an enormous amount of health care information and practical health advice.
- **Health Finder** (www.healthfinder.gov)
Health Finder is run by the Office of Disease Prevention and Health Promotion of the U.S. Department of Health and Human Services. It is an on-line health library that looks at treatments for hundreds of different health conditions.
- **Medline Plus** (www.medlineplus.gov)
Medline Plus is a comprehensive source of health information designed to help answer consumer health questions. It brings together up-to-date information from several government agencies devoted to health care and health research.
- **National Institute on Aging** (www.nia.nih.gov/HealthInformation/Publications)
This website offers numerous informative publications and consumer guides. Although the information on this website is oriented toward older adults, it discusses health problems that often start at much earlier ages.
- **Next Steps After Your Diagnosis: Finding Information and Support**
(www.ahrq.gov/consumer/diaginfo.htm)
This guide provides general advice as well as tips and resources to help you learn more about a specific health problem or condition. It was written by the federal Agency for Healthcare Research and Quality.
- **Taking Time: Support for People with Cancer**
(www.cancer.gov/cancertopics/takingtime/)
Written for people with cancer and their families, this booklet discusses feelings and concerns about the condition. The website is sponsored by the National Cancer Institute.

Websites and tools for staying healthy

- **Stay Healthy at Any Age, Your Checklist for Health** (www.ahrq.gov/clinic/ppipix.htm) or by calling 1-800-358-9295.
The U.S. Preventive Services Task Force uses evidence from research to set guidelines for screening tests, preventive medicine, and healthy lifestyle behaviors. These guidelines tell what you can do to help stay healthy.

- **Portion Distortion Quiz (hp2010.nhlbi.nih.net/portion/)**
This quiz is on the website of the federal government’s National Heart, Lung, and Blood Institute. It shows how portion sizes of some common foods have grown larger over the years.

Websites summarizing medical research studies

- **Effective Health Care Program (www.effectivehealthcare.ahrq.gov)**
This website is sponsored by the federal Agency for Healthcare Research and Quality. The Effective Health Care Program produces summaries for patients that tell about effective treatments for selected health conditions. These summaries are based on expert reviews of medical research.
- **Cochrane Collaboration (<http://apps1.jhsph.edu/cochrane/ebhc.htm>)**
The Cochrane Collaboration is an international not-for-profit organization that reviews medical research studies about health care treatments. This website has easy-to-understand summaries of the findings of its reviews, which are available in the “Cochrane Library.”
- **National Guideline Clearinghouse (www.guideline.gov/)**
This government website has technical medical information written for doctors and other health care professionals, and also has links to resources that are written for patients. To find this information, click on “Resources” and then click on “Patient Resources Links.”

Websites on choosing a doctor

- **American Medical Association’s Doctor Finder (www.ama-assn.org)**
This website can help you find information about licensed doctors in the United States. Click on *DoctorFinder* under Featured Resources.
- **Administrators in Medicine’s DocFinder (www.docboard.org/)**
This website can help you find information from state government licensing boards on the licensing background and disciplinary information of doctors and other health care providers.

Websites on communicating with your doctor

- **Questions Are the Answer (www.ahrq.gov/questionsaretheanswer)**
This website has tips on how and why to ask questions of your doctor or other health care provider. It includes a checklist of questions to ask in different situations. You can customize and print your own list of questions to take with you to a medical visit. This website is run by the federal Agency for Healthcare Research and Quality.

Websites on understanding health care quality

- **Glossary of Health Care Terms**
(www.effectivehealthcare.ahrq.gov/index.cfm/glossary-of-terms)
This web-based glossary defined important health care terms used by health care professionals, such as adverse effect or diagnostic test.
- **Guide to Health Care Quality: How to Know It When You See It**
(www.ahrq.gov/consumer/guidetoq/index.html#Contents)
This booklet by the federal Agency for Healthcare Research and Quality has information and resources to help people get quality health care.
- **Your Guide to Choosing Quality Health Care** (www.ahrq.gov/consumer/qntool.htm)
This guide was developed by the federal Agency for Healthcare Research and Quality to help people make health care decisions using information about quality. The guide is based on research about the information people want and need when choosing health plans, doctors, treatments, hospitals, and long-term care.
- **Quality Tools** (www.innovations.ahrq.gov/qualitytools)
Quality Tools is sponsored by the federal Agency for Healthcare Research and Quality. The resources include tools addressing specific diseases and health conditions, recommendations for choosing health care services, resources for better communication with health care providers, and tools for staying healthy and getting safe care.

Websites on comparing health care quality

- These government websites can be used to compare the quality of care within a state, county, city, or zip code. The purpose of these websites is to help people use information about quality to make good decisions about their health care.
 - For hospital care: www.hospitalcompare.hhs.gov
 - For nursing home care: www.medicare.gov/NHCompare
 - For home health care www.medicare.gov/HHCompare
 - For kidney dialysis facilities: www.medicare.gov/dialysis
- **National Committee for Quality Assurance's Report Cards**
(www.ncqa.org/tabid/60/Default.aspx)
The National Committee for Quality Assurance provides quality report cards that include comparisons of health plans, doctors, and more.
- **TalkingQuality's Report Card Compendium**
(www.talkingquality.gov/content/reportcard/search.aspx)
The government has produced a national directory of quality reports called the Report Card Compendium. You can search this database which has more than 200 reports of comparative information on the quality of health plans, hospitals, medical groups, individual physicians, nursing homes, and other providers of health care.

Websites on getting safe care

- **The Joint Commission (www.jointcommission.org/PatientSafety/SpeakUp)**
This website of the Joint Commission includes a series of patient safety brochures. Topics include how to prevent mistakes in surgery, in medical tests, and in medications.
- **Having surgery? What you need to know (www.ahrq.gov/consumer/surgery/surgery.htm)**
This guide is for people who are having non-emergency surgery. The purpose is to help people be better informed about issues they should consider and questions they should ask before surgery.
- **American College of Surgeons (www.facs.org/public_info/ppserv.html)**
This website offers patient information on topics that include choosing a surgeon, getting a second opinion, questions to ask when you are having surgery, and information about a number of operations. It includes a brochure that tells how doctors and patients can help make sure that the correct operation is performed on the correct part of the patient's body.
- **Your Medicine: Play it Safe (www.ahrq.gov/consumer/safemeds/safemeds.htm)**
This guide provides information on how to take medicines safely. It answers questions about getting and taking medicines and has forms to help people keep track of their medicines.
- **Educate before you medicate (www.talkaboutrx.org)**
This website provides tips on how to prevent medication mistakes and is run by the National Council on Patient Information and Education.
- **Being MedWise helps us use medications safely (www.bemedwise.org)**
This website provides tips on how to prevent medication mistakes and is run by the National Council on Patient Information and Education.

Websites on health and health care (non-government websites)

- **AARP (www.aarp.org/health or www.aarp.org/health/drugs-supplements/)**
This website has health information from AARP experts and other sources and provides information about medical conditions, tests, and treatments. One section of this website is about prescription drugs and includes tips on using medications wisely.
- **Boston Children's Hospital (www.childrenshospital.org)**
This website has information about how to treat medical conditions that are common in children. It covers how to talk to children about their illness, gives health tips from experts, and tells what children might expect when they go to the hospital.
- **Mayo Clinic (www.mayoclinic.com)**
This website by the Mayo Clinic offers an easy way to look up a disease or health condition and then find out how the disease is treated and what to expect. This website has other health information including a planner for healthy living.

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- **Medical Library Association’s A User’s Guide to Finding and Evaluating Health Information on the Web (<http://www.mlanet.org/resources/userguide.html>)**
This guide helps people figure out whether a website has reliable information or not. It also has the librarians’ “top ten” list of health information websites for consumers.
 - **University of Pittsburgh Medical Center (www.upmc.com/HealthAtoZ/Pages/home.aspx)**
This website gives reader-friendly information on many health topics, medical conditions, and medications and includes dozens of brochures to download and print.