

# Reliable Health Information Web Sites

## **What are some reliable health information Web sites?**

[www.nih.gov](http://www.nih.gov) — National Institutes of Health (funded by our tax dollars)

[www.cdc.gov](http://www.cdc.gov) — Centers for Disease Control and Prevention (funded by our tax dollars)

[www.mayoclinic.com](http://www.mayoclinic.com) — the renowned Mayo Clinic

[www.medlineplus.gov](http://www.medlineplus.gov) — part of the National Library of Medicine, a division of the National Institutes of Health (funded by our tax dollars)

[www.quackwatch.com](http://www.quackwatch.com) — As of 8/26/01, this Web site had links to 182 valuable health related sites. From the home page, scroll down toward the bottom to the heading “Links to Other Web Sites”, then click on the blue highlighted heading “Other Valuable Sites”

## **What are some reliable Web sites for information on drugs?**

[www.fda.gov](http://www.fda.gov) — Food and Drug Administration

[www.mayoclinic.com](http://www.mayoclinic.com) — Mayo Clinic. From the home page, look on the left to the heading “Find Information”, then scroll down and click on the blue highlighted caption “Drug Information”

## **Are there any clinical studies taking place about my condition?**

[www.clinicaltrials.gov](http://www.clinicaltrials.gov) — Clinical Trials, part of the National Institutes of Health (funded by our tax dollars)

## **Have any articles been written in medical journals about my condition?**

[www.nlm.nih.gov](http://www.nlm.nih.gov) — Medline, provided by the National Library of Medicine (part of the National Institutes of Health and funded by our tax dollars)

## **How can I find out about the effectiveness and validity of nutrition and health-related products?**

[www.ncahf.org](http://www.ncahf.org) — The National Council Against Health Fraud focuses on health misinformation, fraud and quackery by promoting adequate labeling and warranties, proof of safety and effectiveness and accountability for those who violate the law regarding health-related products.

[www.quackwatch.com](http://www.quackwatch.com) — Quackwatch, operated by a retired psychiatrist, is a non-profit organization that combats health-related frauds, myths and fads. It includes a worldwide network of expert advisors.

[www.nutriwatch.org](http://www.nutriwatch.org) — NutriWatch, operated by a retired psychiatrist and professor of food science, analyzes health claims made by nutrition-related products.

[www.mlmwatch.org](http://www.mlmwatch.org) — MLM Watch, a project of Quackwatch, analyzes the health claims made by multi-level marketing products.

[www.chirobase.org](http://www.chirobase.org) — Chirobase, another joint project of Quackwatch, helps people seek appropriate chiropractic care and identify unscientific practices used by some chiropractors.