

# Wonderful Web Sites for Wellness

Provided to you by **Ask the Librarian!** A service of the Aurora Libraries

**www.AuroraHealthCare.org** Aurora Health Care's Web site of health information. Explore the Web site for information on diseases, conditions, injuries, surgical procedures, health headlines, anatomy, health calculators and more. You may also enter a search term in the site search box on the home page.

**www.4woman.gov** The federal government's National Women's Health Information Center, a project of the Office on Women's Health in the U.S. Department of Health and Human Services, includes information on special health topics, statistics, daily news on women's health and a calendar of women's health events.

**www.cdc.gov** Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services, offers a comprehensive Web site which includes an A-Z listing of diseases and health topics and a "Health Matters for Women" newsletter.

**www.facs.org/patienteducation** Patient education materials are provided by the American College of Surgeons. The site includes information on frequently performed surgical procedures.

**www.goaskalice.columbia.edu** *Go Ask Alice!* is a health question and answer Internet service produced at Columbia University and supported by a team of health educators and health care providers. Users are able to ask questions online anonymously and search a database of previously asked questions to assist in decision-making about physical, sexual, emotional and spiritual health.

**www.health.nih.gov** Comprehensive federal government site incorporating information on clinical trials, drugs, toll-free information numbers, free fact sheets, brochures, handbooks and weekly newsletters.

**www.healthywomen.org** A national clearinghouse for women's health information, this site provides access to health information and resources and encourages women to embrace healthy lifestyles to promote wellness and prevent disease.

**www.labtestsonline.org** The American Association for Clinical Chemistry patient-centered resource on clinical lab testing from the lab professionals who do the testing. Information is available on over 250 lab tests.

**www.mayoclinic.com** Very user-friendly site with information on health and medical topics. Also includes first-aid guide, medication guide and healthy lifestyle planner. Extensive site provided by the world-renown Mayo Clinic.

**www.medlineplus.gov** A service of the U.S. National Library of Medicine and the National Institutes of Health, Medline Plus is a comprehensive Web site offering information on health topics, prescription and over-the-counter medicines, directories, health tutorials, current news and clinical trials.

**www.noah-health.org** Sponsored by New York Online Access to Health, a consortium of New York area public and medical school libraries, this site provides useful information in both English and Spanish on myriad topics. Includes extensive section on women's health.

**www.oncolink.com** University of Pennsylvania site founded by cancer specialists. Provides easy-to-navigate information to better understand cancer-related issues. Includes information on specific types of cancer, treatments and research.

---

*Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.*