

RESOURCES IN SCIENCE, MEDICINE AND HEALTH

- **Flu Myths and Realities**

<http://www.flu.gov/myths/index.html>

A lot of people, including health professionals, are reluctant to get vaccinated for seasonal flu and/or H1N1 because of widely circulated rumors. Here's what the Centers for Disease Control has to say about those charges.

- **Flu.gov**

<http://flu.gov/>

The US government's official site for the most current flu information - prevention, vaccines, guidance for schools, current outbreaks, etc. Also see Flu Wiki

<<http://www.fluwiki.info/>>

- **Interactive - Health Care Reform and You**

<http://www.americanprogress.org/issues/2009/09/healthcarecalc.html>

The pro-reform Center for American Progress offers an interactive to help you understand how the current legislation will affect your health care coverage and your taxes. There's also an interactive calculator for small businesses and a video on how the health insurances exchanges would work. Here is the text of the President's address to the Joint Session of Congress:

http://www.whitehouse.gov/the_press_office/Remarks-by-the-President-to-a-Joint-Session-of-Congress-on-Health-Care/

- **SkinCareGuide.com - a Medical Guide to Skin Care Written by Internationally Recognized Dermatologists**

<http://skincareguide.com/>

A place to learn about basic skin care, skin conditions and diseases, and cosmetic skin treatments.

- **Social Psychology Eye**

<http://socialpsychologyeye.wordpress.com/>

If you're interested in research on human behavior, explained in terms ordinary people can understand, you might enjoy this blog.

- **Encyclopedia of Mental Disorders**

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

Provides "comprehensive medical articles on [150] mental disorders and conditions," each detailing "the definition, purpose, precautions, description, and

external resources that can be used to obtain additional information about every condition." Search or browse alphabetically

- **State Legislation on Comprehensive Health Care Coverage**

<http://www.loc.gov/law/help/statehealthplans/index.php>

Hawaii, Maine, Massachusetts, and Vermont have already led the nation with health care coverage for all their citizens. Find out how they did it here

- **Dead by Mistake**

<http://www.chron.com/deadbymistake/>

The Institute of Medicine has estimated that nearly 100,000 Americans die each year from preventable medical errors. This series from Hearst newspapers provides background on the problem, case studies, common errors, and information on federal and state regulation of hospital errors

- **Autism Blog**

<http://autism.about.com/b/>

A blog from Lisa Jo Rudy, About.com's expert guide to autism resources. Follow the link to her page on autism's signs, symptoms, treatments, resources, and support networks.

- **Heart Information Center - Texas Heart Institute**

<http://www.texasheartinstitute.org/HIC/his.cfm>

This site provides overviews of heart surgery, cardiovascular anatomy, diagnostic tests, medicine, and more than 100 heart conditions. It also includes a glossary and a self-test for your own heart health

- **Medpedia**

<http://medpedia.com/>

"In association with Harvard Medical School, Stanford School of Medicine, Berkeley School of Public Health, University of Michigan Medical School and other leading global health organizations, Medpedia is "a long-term, worldwide project to evolve a new model for sharing and advancing knowledge about health, medicine and the body among medical professionals and the general public." People may suggest changes, but the content of the articles is overseen by a committee of medical professionals.

- **Kaiser Health News**

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

More accurately, this is health policy news, covered by the top organization in the country for creating and gathering objective information and statistics on health issues. You can browse specifically for news on health reform, Medicare, Medicaid, health costs, aging, health I.T., quality, etc

- **Injury Prevention - Children's Hospital of Pittsburgh**

<http://www.chp.edu/CHP/besafe>

Offers a downloadable Home Safety Handbook, and advice on potential hazards in your home and yard, preventing falls, fire safety, etc. With Halloween approaching, check out the safety pointers for little trick-or-treaters.

- **EatingWell**

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

If you want to improve your family's nutrition, this is a pretty good place to start, with its healthy recipes, tips on healthy foods and cooking, and nutrition and health. It also provides food news, a menu planner, blogs, and videos. Among the topics addressed here are healthy AND tasty school lunches, cooking for two, recipes under \$3, delicious low-cal dinners, game-day recipes, healthy makeovers of favorite splurge foods, etc.

- **HIV - AIDS and MALARIA BIBLIOGRAPHY 2009:** [HIV AIDS 2009 Bibliography AUG 18 2009rev.pdf](#)
- [MEDICAL AND NURSING RESEARCH SITES ALL FREE JULY 21 2009rev.pdf](#) (thoroughly updated July 21, 2009) (Originally presented to the Medical Faculties in Alexandria, Egypt, Tanta, Egypt and Mansoura, Egypt, all at the Alexandria IRC, Alexandria, Egypt in February 2008, by IRO Stephen Perry, now updated in July 2009 with many new sources, including new Medical and Health Search Engines, and the best Medical / Health Blogs for 2009!)
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