Community Health Library

Library staff are available in Bayview's Community Health Library. Patients, visitors, families and community members are welcome to use the library's services. The library is located on the 1st floor of the BMO building, next to Rehabilitation. All services are free of charge. These services include:

- Internet access
- Consumer health books and newsletters
- Novels and popular magazines
- Printer/Fax
- Assistance from a medical librarian with locating reliable health information

The library's hours are **9am - 4pm, Monday - Friday**.

To contact the Community Health Library, please call **410-550-0681** or visit our website:
www.hopkinsmedicine.org/jhbmc/library

Reliable Health Information on the Internet

A Reference Guide

Community Health Library
Johns Hopkins Bayview Medical Center
www.hopkinsmedicine.org/jhbmc/library
Fall 2013

The library staff at Johns Hopkins Bayview provides this booklet to you to assist you in finding reliable Internet information. Library staff are also available to assist you with locating information Monday – Friday from 9am -4pm. Contact us: email Christine Caufield-Noll at ccaufie1@jhmi.edu or **410-550-0681**.

Table of Contents

> **Remember:** The information found on the websites in this brochure does not take the place of your physician. Discuss any information you may find or concerns you may have with your healthcare provider.

> **All websites in this brochure are freely available.**
> *** website also available in other languages**
> **Availability through social media indicated with description**

Mobile Health Apps

MedlinePlus
http://m.medlineplus.gov/
Mobile version of MedlinePlus.

MyFamily
http://lyfechannel.com/healthfinder_app/
App for creating personal health alerts, undertand the benefits of the Affordable Care Act, track checkups and vaccinations. Available for iPad/Phone and Android.

Fooducate
http://www.fooducate.com/
App tracks diet, calorie quality, and exercise. Scan product barcode, search for products, or browse categories. Available for iPad/Phone and Android.

MyFitnessPal
http://www.myfitnesspal.com/
App tracks food intake and exercise. Syncs with online site. Available for iPad/Phone, Android, Blackberry, Windows.

MyChart
Access your Hopkins health information using MyChart
Android: https://play.google.com/store/apps/details?id=epic.mychart.android
iPhone/iPad: https://itunes.apple.com/us/app/mychart/id382952264?mt=8

iTriage
www.itriagehealth.com
With the new symptom app learn possible causes of symptoms, know when and where to go for care. Available for iPad/Phone and Android.

App Store   Google play

Research (cont'd)

## Research results in the News: A Users Guide

The next time you learn about a new medical finding, here are some questions to ask:

1. **Was this a study in the laboratory, in animals, or in people?** Results of research in people are more likely to apply to you.
2. **Does the study include enough people like you?** Were the people in the study of a similar age, sex, education level, income group, and ethnic background as you? Did they have the same health concerns and lifestyle?
3. **Was it a randomized controlled clinical trial involving thousands of people?** These trials give scientists the most useful information about whether a treatment or a lifestyle change is effective. But they are the most costly to do, and scientists hope to find more efficient, less expensive ways to study this in the future.
4. **Where was the research done?** Scientists at a medical school or large hospital, for example, often lead complex experiments or have more experience with the topic. Many large clinical trials involve several institutions or clinics, but the results may be reported by one coordinating group.
5. **Are the reported results in line with previous studies?** Sometimes a study will report something very different from what scientists expected to find. Any result needs to be repeated elsewhere several times before it might be considered truly valid.
6. **What does it mean when the results of a study are described as statistically significant?** Statistically significant means the finding is not likely to be due to chance. It does not always mean, however, that the finding is important for your health decisions.
7. **Are the results presented in an easy-to-understand way?** Absolute risk, relative risk, or some other easy-to-understand number should be used.
8. **If a new treatment was tested, were there side effects?** Sometimes the side effects are almost as serious as the disease. Or, the drug might worsen a different health problem.
9. **Who paid for the research? Do they stand to gain financially from positive or negative results?** Sometimes the Federal Government or a nonprofit foundation helps fund research costs. They looked at the plans for the project and decided it was worthy of support, but they will not make money as a result. If a drug is being tested, the study might be partly or fully paid for by the company that is developing the drug.
10. **Where did you see or hear the results? Is the newspaper, magazine, website, or radio or television station a reliable source of medical news?** Some media outlets have special science reporters on staff. They are trained to interpret medical findings. Talk to your doctor to help you judge how accurate the reports are and what they could mean for your health.

MedlinePlus Magazine Spring 2012

Read This Before You Search

A Google search for **heart attack** produces over **387,000,000** results! How do you know which of these sites has **reliable** information?
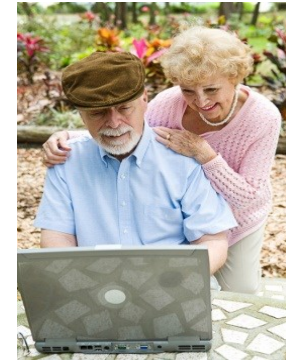
Keep these points in mind when you search the Web:

Accuracy

Does the site provide references to scientific literature? (New England Journal of Medicine, Journal of the American Medical Association…)

The information must be based in the medical research. Check multiple sources for the same information – are the results consistent?

Authority

Is the information from a credible source?

Web sites that are .org, .gov or .edu are considered reliable. Be certain information is written by health professionals, such as physicians, (MDs or PhDs), nurses, (RNs), or other licensed professionals, (Dietitians Social Workers, etc)

Bias

Who pays for the site? If a company has financial interest in the site, they may also have influence over the content.

Currency

When was the information last updated? Medical research is ongoing. **Be certain the information is current—no older than 3 years.**

A good way to locate specific information on a large government site: Go to the Advanced Search page in Google, type in a keyword. In the "Search Within a Site or Domain" field, type .gov or the actual organization if you know it, such as nia.nih.gov. This is a great way to locate specific information.

Signs of a Scam

How can you tell if websites are hawking a hot new product, old-fashioned snake oil, or something in between? These signs can help you determine whether a website or an ad is on the up-and-up.

- No one treatment works for everybody. All conditions are different. Two people with the same diagnosis may need different treatments. Be skeptical of any website with ads for products that claim to treat any condition.

- "Natural" doesn't necessarily mean safe or effective.

- Bogus marketers often use trickery and vague language to take advantage of people. Testimonials on websites with ads for products that claim to cure or treat conditions can seem honest and heart-felt, but they can be completely false. In fact, they may not disclose that actors or models have been paid to endorse the product. Even when testimonials come from people who have taken the product, **personal stories are not reliable as evidence of effectiveness**.

- Lots of technical jargon may sound impressive, but by itself, doesn't prove effectiveness. Big words from a medical dictionary are no substitute for plain-language facts from your doctor.

- A money-back guarantee doesn't prove that a product works. Even if the money-back guarantee is legitimate, it isn't a reliable substitute for scientific evidence that a treatment is safe or effective.

Clinical Trials & Research

CenterWatch
www.centerwatch.com
Information on the clinical research process and includes definitions of clinical research terms. Database of clinical trials and drug clinical trials.

ClinicalTrials.gov
clinicaltrials.gov
ClinicalTrials.gov is a database of federally and privately supported clinical trials. Contains information on a trial's purpose, participation, locations, and contact information.

Clinical Trials at Bayview
www.hopkinsmedicine.org/jhbmc/clinical_trials
Clinical trials offered at the Johns Hopkins Bayview Medical Center, approved and monitored for safety by an Institutional Review Board.

PubMed
www.ncbi.nlm.nih.gov/pubmed
Pubmed contains more than 21 million references to the clinical medical literature written by physicians and other health professionals.

This database can be very confusing to search. For assistance check out the links below.

Hospitals with Consumer Health Libraries
www.nlm.nih.gov/medlineplus/libraries.html
Consumer health libraries across the country.

Physician and Hospital Information

DocFinder

www.docboard.org/docfinder.

Listing of links to the licensing board website of many states, including Maryland.

Hospital Compare*

www.hospitalcompare.hhs.gov

Information about the quality of care in hospitals in your area. Available via RSS, YouTube, Twitter.

Insurance Information

Healthcare.gov*

healthcare.gov

Learn how the health care law affects you at Healthcare.gov. The official site of the Health Insurance Marketplace. Find health insurance choices.
Available via Facebook, Twitter, YouTube, and RSS.

Veterans Affairs – Health Care Benefits and Services

www.va.gov/health

Information about veterans' health benefits, including eligibility criteria, health programs, and finding a VA facility. Available via Facebook, Twitter, Blog, YouTube.

Benefits.gov*

www.benefits.gov/

Answer questions to find out which government benefits you may be eligible to receive. Available via Facebook, Twitter, YouTube.

MedlinePlus.gov

MedlinePlus.gov is the premier consumer health website of the National Library of Medicine. It is freely available 24 hours a day, 7 days a week and should be your first destination for health information on the Internet.

MedlinePlus information is
- Easy-to-use
- Reliable
- Current
- Accurate
- Written by health professionals
- Comprehensive
- Multilingual
- Free of advertisements

MedlinePlus features
- Health topics pages
- Drug and supplement information
- Medical dictionary and encyclopedia
- Directories
- Interactive health tutorials
- Health news
- And much more!

MyChart

Access your Hopkins health information using MyChart

Web: https://mychart.hopkinsmedicine.org/MyChart/

Android: https://play.google.com/store/apps/details?id=epic.mychart.android

iPhone/iPad: https://itunes.apple.com/us/app/mychart/id382952264?mt=8

Staying Well
(eating, exercise, immunizations)

Nutrition

Food & Nutrition Information Center Consumer Corner

fnic.nal.usda.gov/consumers
Information on food and nutrition topics from trustworthy and up-to-date government and non-government sources.

Recipe Finder*

recipefinder.nal.usda.gov/
Database of healthy recipes. Each recipe reviewed by a Registered Dietitian and analyzed for nutrient content. Create an online healthy cookbook using this site.

ChooseMyPlate.gov

www.choosemyplate.gov
Information about weight loss, nutrition and exercise. Available via Facebook, Twitter, RSS, YouTube.

Heart Healthy Diet

https://www.goredforwomen.org/home/live-healthy/
http://goredcorazon.org/enes/heart-healthy-family.html **Espanola**
This site provides helpful tips for buying healthy foods at the market, heart healthy cooking tips, and eating in restaurants.

Tooth health

Know Your Teeth*

www.knowyourteeth.com/

Information provided by the Academy of General Dentistry. Included is a dental glossary, video on the life of a tooth, and a variety of dental health information. Available via RSS.
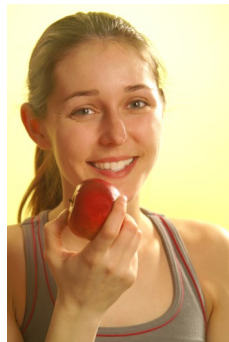
Mental Health

National Institute of Mental Health

www.nimh.nih.gov/index.shtml

Information on specific mental health topics. Available via Facebook, Twitter, RSS, YouTube.

Prescription Information
(including financial assistance)

Drug Digest
www.drugdigest.org
Information about medications, including pill images, side effects, drug comparisons and interactions.

National Association of Boards of Pharmacy
www.nabp.net/consumers
Site provides evaluation tips and recommends pharmacies that have been accredited by the Verified Internet Pharmacy Practice Sites (VIPPS). Includes 60 minute video on mail order medications.

Needy Meds*
www.needymeds.org
Information about low or no cost medication assistance programs. Available via iPhone app, Facebook, Twitter, YouTube, Blog.

Partnership for Prescription Assistance*
www.pparx.org
Information about selecting the best drug assistance program based on financial need. Available via YouTube, Twitter, Facebook, Flicker.

Senior Prescription Drug Assistance Program*
www.pparx.org
Information about selecting the best drug assistance program based on financial need. Available via YouTube, Twitter, Facebook, Flicker.

Advance Care Planning

Making healthcare plans for the future is an important step toward making sure you get the medical care you want, even when doctors and family members are making the decisions for you.

Caring Connections*

www.caringinfo.org

Provides information and support for planning ahead and being a health care agent. Links to downloadable Advance Directives for all states. Available via Facebook.

National Institute on Aging*

http://www.nia.nih.gov/health/publication/advance-care-planning

Site explains all aspects of advance care planning, explaining the difference between hospice and palliative care, how to get started on planning, making your wishes known, differences between living will, durable power of attorney, and provides an advance directives wallet card.

Personal & Family History

A personal health record (PHR), is a record to collect, track and share past and current information about your health.

My Personal Health Record

www.myphr.com
Information and resources for developing your own personal health history. Available via Twitter.

Staying Well (cont'd)

Vaccines

Vaccines.gov

www.vaccines.gov

Vaccine information for all ages.

Fitness

Healthfinder*

healthfinder.gov (health topics - nutrition & physical activity)
Website gives tips on types of exercises, how much is needed, heart rate, and provides links to exercise for children and older adults. Available via Facebook, Twitter, RSS.

Walking/Biking Trails in USA

www.traillink.com

Guide to trails for hiking, walking, biking, and more, including photos, reviews, trail maps, driving directions and more from TrailLink. Mobile App coming soon. Available via Facebook, Twitter.

Weight Control

Healthy Weight*

cdc.gov (use alphabetical list, select H, scroll to Healthy Weight)
Website provides information on eating plans, self monitoring, and keeping weight off. Available via Facebook, Twitter, RSS, YouTube, Pinterest, and Mobile App.

Safety

Food Safety

www.foodsafety.gov
Information about food safety, consumer advice, news and safety alerts. Includes recipes. Available via Facebook, Twitter, RSS, Pinterest.

National Safety Council*

www.nsc.org/pages/home.aspx

Information on a variety of safety topics: home, work, school, on the road, CPR training, emergency preparedness, and drug overdoses. Available via Facebook, Twitter, YouTube.

Family Health

Men & Women's Health

Centers for Disease Control Travelers' Health

www.cdc.gov/travel/

Information for travelers about how to stay healthy while away from home. Available via Facebook and Twitter.

Men's Health*

http://www.womenshealth.gov/mens-health/

Information about men's health issues. Available via Facebook and Twitter.

National Women's Health Information Center (NWHIC)*

www.womenshealth.gov/

Information about women's health, with additional sections about girls' health and men's health. Available via Facebook and Twitter.

Kids

BAM!!! Body & Mind for Kids

www.bam.gov

Information about making healthy lifestyle choices specifically geared to kids ages 9-13.

Safe Kids Worldwide*

www.safekids.org

Tips on child safety from newborn through teens. Some tips include: carbon monoxide, car seats, choking and falls. Available via Facebook and Twitter.

Kids Health*

www.kidshealth.org/kid

Information for parents, games and homework help for young children and teens.

Family Health (cont'd)

Parents

Centers for Disease Control and Prevention Parent Information

www.cdc.gov/parents

Information covering everything from safety at home and the community to immunization schedules and developmental milestones. Available via Facebook and Twitter.

Caregiving and Older Adult

Family Caregiver Alliance*

www.caregiver.org

Information about coping with caregiving responsibilities. Available via Facebook, Twitter, YouTube.

Maryland Access Point*

www.marylandaccesspoint.info/

Assess, learn and search for long-term support information and services throughout Maryland.

Share the Care

www.sharethecare.org

A program that helps an individual or a group to establish a caregiving network for someone who needs assistance. Available via Facebook and Twitter.

Elder 411

www.elder411.net

iPhone app for any family caregiver of an elderly relative.

Eldercare Locator

www.eldercare.gov

Information about senior services from the U.S. Administration on Aging. Available via Facebook and Twitter.

National Clearinghouse for Long-Term Care Information

www.longtermcare.gov

Information about planning long-term care arrangements.