

Greetings OHLA Members!

This is the first of another email series from OHLA, “Keeping Up to Date with Consumer Health Information”. Every 4 months we will be sending out a selection of consumer health resources surrounding different themes. Each resource has been carefully chosen and annotated for your quick reference as to its quality, contents and noteworthiness. This series will also be featured in the members’ toolbox area of the website.

We also invite you to share some of your own favorites. Simply drop me a line at waddickj@ontarioshores.ca or else fill out this [Quick Survey](#) to provide feedback on resources or make suggestions.

So here is our first installment. We will endeavor to continue bringing high quality health information resources to your attention. Hope you enjoy!

Comprehensive Health Information Resources

Familydoctor.org

<https://familydoctor.org/>

A comprehensive resource from the American Academy of Family Physicians. Features an A-Z listing of diseases and conditions, with doctor-approved information about symptoms, causes, treatment and prevention. There is also a prevention and wellness section covering various topics such as travel, weight loss and diet plans, sex and sexuality, and sports safety. Unique to this site is the ‘Your Health Resources’ with advice about working with your doctor, procedures & devices, immunization schedules and other topics that come up in medicine. Also explore the Symptom Checker.

Government of Canada, Health

<https://www.canada.ca/en/services/health.html>

An all-encompassing site with health and health service information for Canadians. See content covering such things as food and nutrition, vaccines and immunization, product safety, healthy living, diseases and conditions, drug and health products, and Indigenous health. This site also offers many ways to stay connected with health information. Sign up to receive notifications on many different topics including food recalls/allergy alert, consumer product safety news, and more. Have information delivered to your social media account, mobile device, or email <https://www.canada.ca/en/services/health/stay-connected.html>.

MedlinePlus

<https://medlineplus.gov/>

Health information as curated by the U.S. National Library of Medicine. MedlinePlus offers information on diseases, health conditions, and wellness topics. It also features drug and

supplement information, as well as information on various medical tests. In addition you will have access to videos, various health check tools, and health recipes.

MyHealth.Alberta.ca

<https://myhealth.alberta.ca/health/Pages/default.aspx>

Another Canadian example of a comprehensive consumer health information resource. This is a health portal to put Albertans in touch with their personal health record, along with other resources and services specific to that province. But this site also has a plethora of health information and is a useful resource for everyone. Here you will find Health A-Z, a collection of information pages on many different health topics from aging to zika virus, a Symptom Checker interactive tool, as well as Healthy Living information, Medications information, and as well as content on Tests & Treatments findable by a search or browse feature. Of particular interest to health librarians is the expansive collection of Patient Care Handouts.

Patient

<https://patient.info/>

Out of the U.K. this stylish site has a wealth of information, tools, calculators and health videos. Find health information according to different demographical groups and body systems. Also find drug and general treatment information for various disease conditions. And like many of the other comprehensive health sites, this one also features a Symptom Checker tool. Of particular interest to health librarians is the Information for medical professionals: A-Z. Find hundreds of these monographs on medical conditions under the 'Professional' tab.

UpToDate for Patients

<https://www.uptodate.com/home/uptodate-subscription-options-patients>

This is a great resource for information professionals. The UpToDate premium version is a popular and well-trusted resource amongst physicians. Here we have the free patient content that can be used to provide clients information on various medical conditions and treatment options. Simply click on the link and use the 'Search Patient Content' search box to access this content.

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