

# Fact or Fraud! A Critical Evaluation Of Popular Health Trends on the Web



## Selected Quality Filtered Websites for Health Information

1. *American Cancer Society* 2005 [Accessed 2005 May 6]. <<http://www.cancer.org/docroot/home/index.asp>>  
**Site description:** The American Cancer Society is the nationwide community- based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. The site has specific information for patients, family and friends, as well as materials for the health care professional.
2. Mayo Clinic staff. *Menopause* 2005 [Accessed 2005 May 6]. <<http://www.mayoclinic.com/invoke.cfm?id=DS00119>>  
**Site description:** This Web page provides an overview of menopause, as well as links to signs and symptoms, causes, risk factors, treatment and self-care.
3. *National Cancer Institute*. [website] 2005 [Accessed 2005 May 6]. <<http://www.nci.nih.gov/>>  
**Site description:** Provides links to common cancer types, cancer topics, clinical trials, a dictionary of cancer-related terms, NCI publications and more. Information is available in Spanish.
4. National Institutes of Health. *National Center for Complementary and Alternative Medicine*. [Website] 2005 [Accessed 2005 May 6]. <<http://nccam.nih.gov/>>  
**Site description:** NCCAM is dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training complementary and alternative medicine (CAM) researchers, and disseminating authoritative information to the public and professionals. NCCAM has four primary areas of focus: 1) Research, 2) Research training and career development, 3) Outreach and 4) Integration.
5. National Institutes of Health. *Office of Dietary Supplements*. [website] 2005 [Accessed 2005 May 6]. <<http://dietary-supplements.info.nih.gov/>>  
**Site description:** The mission of ODS is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, stimulating and supporting research, disseminating research results, and educating the public to foster an enhanced quality of life and health for the U.S. population. Although vitamin and mineral supplements have been available for decades, their health effects have been the subject of detailed scientific research only within the last 15-20 years.
6. National Institutes of Health, Department of Health and Human Services. *Office of AIDS Research* 2005 [Accessed 2005 May 6]. <<http://www.nih.gov/od/oar/>>  
**Site description:** The OAR promotes collaborative research activities in both domestic and international settings. Utilizing the expertise of non-government scientists and AIDS community representatives, the OAR has conducted the first comprehensive evaluation of the NIH AIDS research program to determine whether it is appropriately designed and coordinated to answer the critical scientific questions which will lead to better treatments, prevention, and a cure for AIDS.
7. National Library of Medicine. *MedlinePlus* 2005 [Accessed 2005 May 6]. <<http://medlineplus.gov/>>  
**Site description:** The best place to start for quality filtered consumer health information; written for the lay public; in English or Spanish. MedlinePlus is designed to help the consumer find appropriate, authoritative health information. The interactive tutorials provide an excellent overview of a health topic; these are written and spoken.
8. North American Menopause Society. *North American Menopause Society* 2005 [Accessed 2005 May 6]. <<http://www.menopause.org/>>  
**Site description:** The North American Menopause Society (NAMS) is North America's leading nonprofit organization dedicated to promoting women's health during midlife and beyond through an understanding of menopause. Its multidisciplinary membership allows NAMS to be uniquely qualified to provide information that is both accurate and unbiased.
9. U.S. Department of Health and Human Services, Office on Women's Health. *National Women's Health Information Center*. [Website] 2005 [Accessed 2005 May 6]. <<http://www.4woman.gov/>>