

Web Sitings

Scoliosis Primer

Users seeking information on scoliosis can go to <http://www.scoliosisdoc.com> for useful information on this skeletal disease, which is reported to affect 4.5% of the U.S. population. Clicking on the scoliosis page provides information about scoliosis, such as a definition of scoliosis, why scoliosis occurs, and the impact of scoliosis. Some of the listed effects of scoliosis include reduced life expectancy, stunted height growth, headaches, shortness of breath, digestive problems, and decreased self-esteem.

Toward the bottom of the scoliosis page, a published research section leads to a list of journal articles with more information about scoliosis. The blog has entries that are organized into categories on the right-hand side of the blog page, including health news, press releases, recipes and nutrition, and success stories.

Caregiver Tips for Dementia

<http://www.assuredassistedliving.com> is a great tool for people with physical and memory impairments as well as for their caregivers. Scrolling to the bottom and clicking on resources brings users to a page with links to organizations and articles with information about various issues related to disorders of the brain and aging, such as activities at home, behaviors, bathing, communication, dressing, eating, holidays, and late-stage personal care.

Located next to the “Resources” tab is the “Caregiver Tips” tab, which is so comprehensive, it could almost be its own website. This page covers a wide variety of topics, including activities, adult day centers, bathing, behaviors, caregiver stress, a 15-page PDF on “End-of-Life Decisions,” a 19-page



“Respite Care Guide,” holidays, hallucinations, and late-stage care.

The respite guide describes services that caregivers can take advantage of if they want rest or relief or in an emergency where they are not available to care for their loved one for a period of time. The guide suggests using respite services in a non-emergency first before an emergency arises, so patients with care needs can get used to the environment. The FAQ tab brings up common questions pertaining to brain function limitations and lists questions users should ask the staff and themselves when placing a loved one for long-term care: “Is the staff happy and involved with the residents?”; “Does the facility have pets?”; “How is the living environment?”; and “Are there any unpleasant odors?”

MS Explained

The tagline for this multimedia website is “Find Joy in Your Reality,” a great general message even if you

don’t have multiple sclerosis (MS). The home page, <http://www.multiplesclerosis-relief.com>, features blog entries pertaining to MS. On the right-hand portion of the home page are the categories in which the blog entries are organized, so if users seek a post about nutrition, they can click on the entry under “Post Categories” for “Nutrition.” Other topics include celebrities, education, finding joy, research, symptoms, and treatment.

Users who click on the MS page that appears at the top of the home page will find a page with basic information on the types of MS, complete with a video that illustrates the effects of MS on the brain and the myelin sheath. The types of MS listed are benign, relapsing-remitting, secondary-progressive, progressive-relapsing, and primary-progressive. Users who would like to share their story can click on the page “Share Your Story.” Users who click on the “Welcome” tab will land on a page with another video that explains what happens when a patient develops MS. ●