

Web Sitings

Healthy Women Online

<http://community.healthywomen.org> employs this tagline: “Where the wit and wisdom of everyday women and the knowledge of health experts come together.” This website is intended to encourage dialogue on health and beauty, nutrition and exercise, pregnancy and parenting, and work and family life. Bloggers are experts on health and include a doctor, a dietitian, a beauty expert, and a psychologist. The blogs cover a variety of health topics that are intended to provide women valuable insight about many health concerns.

The discussion section allows users to ask questions about daily life, and other users will weigh in. Groups on the website include “Moms to Be: Expecting and the Unexpected,” “Commit to Get Fit,” and “Healthy Herbivores.”

Users can scroll to the bottom of the page for access to other links under healthywomen.org resources, providing information about topics such as healthy living, pregnancy, midlife, and health center. Clicking on “Health Center” provides several links related to women’s health, including “Military Veterans’ Health and Wellness,” which features articles about women returning from war, posttraumatic stress disorder, and resources for veterans.

Details on Restless Legs Syndrome

The website for the Restless Legs Syndrome Foundation, <http://www.rls.org>, is designed to help increase awareness about restless legs syndrome (RLS), a condition that affects the lives of millions of individuals. Toward the bottom of the home page is a public service announcement that visi-

tors are encouraged to use to spread the word about RLS. Hovering over “About RLS” pulls up links, such as “Faces of RLS,” “Frequently Asked Questions,” and “What is RLS?”

Clicking on “Faces of RLS” leads to a page where people tell their stories about living with this condition. Hovering over “Connect With Others” provides a discussion board for its members and an opportunity to have a discussion via Facebook. Hovering over “Medical & Scientific Info” provides access to recent studies about RLS, publications, and links to other websites that may be helpful in seeking out more information about this condition. Website visitors have an opportunity to join the online community or donate to the Restless Legs Syndrome Foundation. Visitors may also search for a support group or even start one.

Cancer Primer

The website <http://www.newhope.com/medicalcenter.com/> has information about many different cancers. On the

right-hand column, the link to “Cancer Facts” leads to generic cancer facts, such as cancer is the second leading cause of death in the U.S. behind heart disease; cancer needs simple sugars to survive and multiply; and cancer lowers the immune system.

Beneath the link for cancer facts are links with information about many different types of cancer, including bladder cancer, breast cancer, cervical cancer, lung cancer, and lymphomas. Visitors who click on the link with information about breast cancer will learn useful information such as the different types of breast cancer, its symptoms, and a glossary.

Visitors who click on the lung cancer link will learn that there are 2 types of lung cancer: non-small-cell lung cancer and small-cell lung cancer. The most frequent symptoms listed on this page include cough, coughing up blood, difficulty breathing, wheezing, pneumonia, bone pain, and hoarseness. Risk factors listed include cigarette smoking, alcoholism, radiation exposure, air pollution, and a diet low in fruits and vegetables. ●