



WEBSitings

Brief profiles of useful websites and online resources

Smoking Cessation Resource

The Department of Health and Human Services recently launched a website <http://betobaccofree.hhs.gov>, to provide information to people who want to quit smoking. The “News” page leads to articles discussing tobacco and its harmful effects. Many of the news releases focus on youth and smoking. Federal, state, and local laws about tobacco can be found on the “Laws/Policies” page. “Research” leads to a page with reports, data, and clinical trials about tobacco. “Infogallery” has informational, illustrated posters.

“Health Effects” provides information on nicotine addiction; secondhand smoke; and smoking before, during, and after pregnancy. Visitors can learn how secondhand smoke, the combination of smoke from the burning end of a cigarette and smoke exhaled by smokers, contains more than 7,000 chemicals, hundreds of which are toxic. About 3,000 deaths each year are due to lung cancer, and an estimated additional 46,000 deaths are from heart disease, both due to secondhand smoke exposure. “Quit Now” leads to a page of helpful links, phone numbers, and apps to assist a visitor who wants to quit smoking.

General Health Information

This health website provides information on a variety of subjects. At the top of the home page for <http://www.sharecare.com> are health questions that rotate. When a question is in the middle of the 3 visible rotating questions, the answer appears beneath the question. Toward the bottom of the home page, visitors will find health information about general topics, such as healthy hol-



idays, cold and flu, weight loss, and fitness. A more exhaustive list appears when a visitor clicks on “show more topics” under the general topics, including attention deficit hyperactivity disorder, allergies, anxiety, caregiving, chronic pain, sleep disorders, and stress. “Healthy Eating” provides site visitors with simple suggestions for a healthy diet. “Cooking Tips” provides information about how to cook simple, healthy meals. “Cold & Flu” leads to a Q&A section, facts, and a quiz. Visitors can also take advantage of health quizzes at the “Quizzes” page. “Weight Loss” provides information about how to lose weight safely. Health care professionals and other experts weigh in on how to be fit. Also near the bottom of the home page, visitors can access the “RealAge®” test, which determines your body’s health age, based on your medical condition(s) and lifestyle choices. For example, a person who is more social and exercises may have a younger “health age” than someone who is isolated and sedentary.

Cooking for Arthritis

<http://arthritiscooking.com>, an online resource for those living with arthritis, is dedicated to helping visitors learn about foods that make arthritis pain worse and the foods that are recommended for people with arthritis. Visitors are advised to avoid eating foods that contain tomatoes, whey, milk, milk fat, cheese, butter, cream, or foods that begin with the word “lact.” Arthritis-friendly foods include soy milk and almond milk. The available recipes are for bread, dinner, healthful foods, and desserts. The recipes on the site substitute those foods that are not recommended with arthritis-friendly foods. For example, the recipes do not contain dairy. Those recipes, which normally call for milk, might call for almond milk. Pamela S. Love, the site creator, lives with rheumatoid arthritis. Her goal was to give people access to information on the types of food that might help reduce the pain associated with arthritis. ●