



# WEBSitings

Brief profiles of useful websites and online resources



<http://womenshealth.gov/publications/health-professionals/index.html>

## Helping Women Stay Healthy

Healthcare professionals can help female patients take better care of themselves with trustworthy health information and resources at Womenshealth.gov (<http://womenshealth.gov/publications/health-professionals/index.html>), a federal clearinghouse with free, plain-language information on more than 800 topics—from body image to violence against women—including special web sections on featured topics of importance to women.

Visitors will find 100-plus, easy-to-read fact sheets to download and print; checklists; and health tools, including materials and resources for minority women, women with disabilities, men, and Spanish speakers. Many of the print publications can be viewed online or ordered for free.

English- and Spanish-speaking specialists refer patients to health information from appropriate and trustworthy sources. Other links connect to awareness-raising activities and programs on a variety of health topics, such as the National Lupus Awareness Campaign; National Women and

Girls HIV/AIDS Awareness Day; and Text4Baby, a free mobile information service for pregnant women and new mothers.

## Coping With MS

Multiple sclerosis (MS) is an unpredictable disease, capable of many guises, making it difficult to diagnose. Having MS can be alarming, confusing, and challenging. But the National MS Society supports “high-quality clinical care” with a comprehensive range of helpful tools and resources for both health care professionals and their patients with MS (<http://www.nationalmssociety.org/ms-clinical-care-network/clinical-resources-and-tools/tools-to-support-your-practice/index.aspx>).

For instance, visitors will find links to practice guidelines; “dynamic and engaging” clinical tools on topics such as patients’ self-injection anxiety; and the latest research and upcoming clinical trials. The site also offers links to the *McDonald Criteria for the Diagnosis of MS*, as well as a “landmark paper” on the complex process of differential diagnosis. Another click takes visitors to a

substantial list of the measures used in clinical studies of MS, such as the Bladder Control Scale, Health Status Questionnaire, and Modified Fatigue Impact Scale. Each measure includes the actual forms needed to use the measure.

Practical tips help guide patients through the day-to-day adjustments of living with MS, including information on applying for disability benefits, with sample letters and worksheets.

The site also links to a free iPhone or Android application on MS diagnosis and management, described as “a concise compilation of current-easy-to-reference, evidence-based information.”

## E-Books for Patients With Cancer

Some of the National Cancer Institute’s most popular patient education publications are available as e-books at <http://www.cancer.gov/cancertopics/cancerlibrary/ebooks>. Topics include managing side effects from chemotherapy and radiation; pain control; and living well before, during, and after cancer treatment. *Facing Forward: Life After Cancer Treatment*, for instance, covers posttreatment issues such as follow-up medical care, physical and emotional changes, changes in social relationships, and workplace issues. *Eating Hints: Before, During, and After Cancer Treatment* offers nutritional information and recipes. *Understanding Breast Changes: A Health Guide for Women* discusses steps to take after an abnormal mammogram result and includes a list of questions for talking with the doctor. Other guides address specific types of cancer: breast, cervical, lung, prostate, and thyroid.

Visitors can read the documents online or add the booklets to an e-book device, smartphone, or tablet for reference or to share easily with others. ●