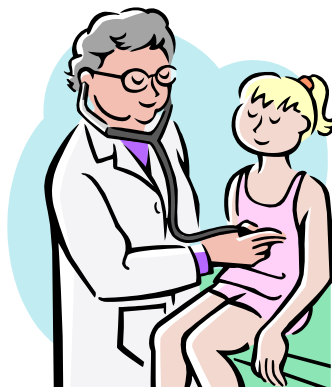




Manly Warringah Division of General Practice

Guide to useful Medical Internet Sites



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Introduction:

This list of Medical Internet sites has been compiled to assist medical practitioners in their day to day duties. Each site is categorised as **Patient** or **Clinical** (or both) focused to assist in determining who the information is useful for.



Sites are also marked with the HONcode  logo if they have achieved the HONcode certification. The HONcode is a code of ethics that guides site managers in setting up a minimum set of mechanisms to provide quality, objective and transparent medical information tailored to the needs of the audience.

Some of the content in this document is related to the Manly Warringah Division area and as such may only be useful to those in this area. If you wish to customize this document for use in your area please contact admin@mwdgp.com.au to request the document in a format that can be edited. If you use this document as a basis for your own publication please acknowledge the source.

Disclaimer:

The websites linked to in this document are not under the control of Manly Warringah Division of General Practice Ltd, and Manly Warringah Division of General Practice Ltd does not endorse and is not responsible for any material on, or linked to from these websites.

Feedback:


If you have feedback regarding this document please send it to admin@mwdgp.com.au.

Medical Internet Sites

General Patient Information


Health on the Net Foundation: Patient
Clinical
www.hon.ch
An important web-site with tool-bar to be able to provide appropriate certification about a site's reliability.

Better Health Channel: Patient
Clinical
www.betterhealth.vic.gov.au
Useful information and A-Z factsheets.

Quack Watch:  Patient
Clinical
www.quackwatch.org
Your guide to quackery information and medicine.

Healthy Skepticism: Patient
Clinical
www.healthyskepticism.org
Has large data base on issues relating to inappropriate or misleading advertising of medical products or services.


General Practice Notebook: Patient
Clinical
www.gpnotebook.co.uk
A reliable, concise online encyclopedia.


Mayo Clinic:  Patient
Clinical
www.mayoClinic.com
Concise patient orientated overview of many disease states


Health Insite:  Patient
Clinical
www.healthinsite.gov.au
Sponsored by the Australian Government, this site incorporates an A-Z of medical topics and appropriate and reliable links.


myDr:  Patient
Clinical
www.mydr.com.au
Very comprehensive site of useful resources and animated clips.


UpToDate Inc.: Patient
Clinical
www.uptodate.com/patients
Useful, concise fact sheets on numerous medical topics.


Patient UK:  Patient
Clinical
www.patient.co.uk
Excellent patient information leaflets


Medic8:  Patient
Clinical
www.medic8.com
Comprehensive patient information database

Medscape:  Patient
Clinical
www.medscape.com
Huge data base of up-to-date information on all branches of medicine for health professionals


Lab Tests on-Line:  Patient
Clinical
www.labtestsonline.org.au
Very useful resource for patients enabling them better understanding of laboratory tests.

Drugs.com:  Patient
Clinical
www.drugs.com
Concise patient orientated data base on medications, interactions, pill identifiers, side-effects.

National Prescribing Service:  Patient
Clinical
www.nps.org.au
Good Fact Sheets on Medications importable to Best Practice and Medical Director.

NSW Clinical Information Access Service (CIAP):  Patient
Clinical
www.clininfo.health.nsw.gov.au
Provides clinical resources based on evidence based medicine on many aspects of medical care. Available to all doctors, nurses and allied health professionals working within NSW Public health system. A lot of this is available without registration but some needs registration access.

National Library of Medicine: Patient
Clinical
www.nlm.nih.gov
Huge data base of disease states on Medline Plus link.

Aetna Intellihealth:  Patient
Clinical
www.intelihealth.com
Comprehensive A-Z medical condition guide reviewed by Harvard Medical School

National Guidelines Clearing House: Patient
Clinical
www.guideline.gov
Large data base of Guidelines

Medical Internet Sites


National Library of Guidelines (UK): Patient
Clinical
www.library.nhs.uk/guidelinesFinder/
Has a link to non-UK organisations

National Institute for Health and Clinical Excellence: Patient
Clinical
www.nice.org.uk
UK NHS site which allows for Google style searching for evidence on treatments of a very comprehensive range of medical topics.

National Health Medical Research Council: Patient
Clinical
www.nhmrc.gov.au
Large data base of clinical guidelines.

Health Translation Online Directory: Patient
Clinical
www.healthtranslations.vic.gov.au
Numerous medical topics and fact sheets in various languages.

Google Translate: Patient
Clinical
translate.google.com.au
Copy and paste documents into appropriate box and automatic translations appear in many languages.
Useful for typing out instructions for patients.


Cleveland Clinic:  Patient
Clinical
my.clevelandclinic.org
A wealth of patient information in A-Z format.

WebMD:  Patient
Clinical
www.webmd.com

It's My Health: Patient
Clinical
www.ItsMyHealth.com.au
Comprehensive information for patients managing their medicines and symptoms.

Science Based Medicine: Patient
Clinical
www.sciencebasedmedicine.org
An excellent site that explores some of the issues of alternative medicines.


Aboriginal and Torres Straight Islanders

Australian Indigenous HealthInfoNet:  Patient
Clinical
www.healthinfonet.ecu.edu.au
It is a comprehensive resource - a 'one-stop info-shop' on all facets of indigenous health for professionals


Adolescent Health

NSW Centre for Advancement of Adolescent Health: Patient
Clinical
www.caah.chw.edu.au

Allergy

Australian Society of Clinical Immunology and Allergy:  Patient
Clinical
www.allergy.org.au
Very useful fact sheets and information on all manifestations and treatment of allergic conditions.

Cancer


Cancer Council of Australia:  Patient
Clinical
www.cancer.org.au

Cancer Council of NSW: Patient
Clinical
www.cancercouncil.com.au

Cancer Treatments Online-eviQ (Cancer Institute of NSW): Patient
Clinical
www.eviq.org.au
This is a great local web site on cancer care. Free registration.

Medical Internet Sites

Peter MacCallum Cancer Centre: Patient
Clinical
www.petermac.org
Excellent cancer information and links to other reliable cancer information websites

Virtual Cancer Centre:  Patient
Clinical
www.virtualcancercentre.com
Excellent data on cancers , drugs
It is part of www.virtualmedicalcentre.com giving excellent overview of many diseases, 3D animations .
Ignore the ads.

Australian Screening Mammography Decision Aid Trial: Patient
Clinical
www.mammogram.med.usyd.edu.au
Useful in deciding whether you need to start having mammograms.

Cancer Screening Decision: Patient
Clinical
www.Cancerscreeningdecision.org
A useful site in making a decision on FOBT.

Prostate Cancer: Patient
Clinical
www.prosdex.com
A useful site on deciding on PSA testing.

Department of Health and Ageing Cancer Screening Information: Patient
Clinical
www.cancerscreening.gov.au
Information on programs available for cancer screening.

National Cancer Institute: Patient
Clinical
www.cancer.gov
Very comprehensive guide to various cancers A-Z

Leukaemia Foundation: Patient
Clinical
www.leukaemia.org.au/web/index.php
Excellent resource material for carers, patients and health professionals on a variety of leukaemias and myeloproliferative disorders.

Lymphoma Australia: Patient
Clinical
www.lymphoma.org.au
Excellent resource material for patients and carers of lymphoma patients

Cardiovascular Disease

National Heart Foundation: Patient
Clinical
www.heartfoundation.com.au
Also allows for direct advice via telephone – 1300 36 27 87

National Stroke Foundation: Patient
Clinical
www.strokefoundation.com.au

Cardiac Society of Australia and New Zealand: Patient
Clinical
www.csanz.edu.au

Heart Rhythm Society: Patient
Clinical
www.hrsonline.org
Excellent patient and professional educational resources

Healthinsite: Patient
Clinical
www.healthinsite.gov.au/topics/Arrhythmia
Well resourced links to various arrhythmias

National Cholesterol Education Program: Patient
Clinical
www.ncepa.com.au
Excellent patient resource with 'Heart-to-Heart' booklet

Arrhythmia Alliance : The Heart Rhythm Charity: Patient
Clinical
www.arrhythmiaalliance.org.uk
Excellent site with useful links and information

Heartpodcast.org: Patient
Clinical
www.heartpodcast.org

Youtube :- video on pacemakers Patient
Clinical
www.youtube.com/watch?v=UdaTqPSO3Rs
good video on pacemakers

Youtube :- video on coronary artery stenting Patient
Clinical
www.youtube.com/watch#!v=4Qf8XC1QlJk&feature=channe
|
good video on coronary artery stenting

Medical Internet Sites

Youtube: – video on cardiac catheterisation Patient
Clinical
www.youtube.com/watch?v=f1mdGDu4LK8&feature=channel
good video on cardiac catheterisation

Your Heart Forecast: Patient
Clinical
www.heartfoundation.org.nz/Your_Heart_Forecast.html
This is a tool for GP's to explain to patients their heart risk. It is absolutely brilliant and should be a daily working tool for all of us!!

Complementary Medicine

Australasian Integrative Medicine Association: Patient
Clinical
www.aima.net.au

US National Library of Medicine and National Institute of Health Medline Plus: Patient
Clinical
www.nlm.nih.gov/medlineplus/druginformation.html
Good comprehensive information.


National Health Service –UK: Patient
Clinical
www.library.nhs.uk/cam
Also good comprehensive information on a variety of topics.

Blackmores Medical: Patient
Clinical
www.blackmoresmedical.com.au
Excellent drug interaction guide. Free registration

HealthExpertises.com: Patient
Clinical
www.healthexpertises.com

Dental


American Dental Association: Patient
Clinical
www.ada.org
Has a useful A-Z resource base Oral Health Topics site

WebMD:  Patient
Clinical
www.webmd.com/oral-health/default.htm
Useful resource material

Dermatology

Australasian College of Dermatologists: Patient
Clinical
www.dermcoll.asn.au

Eczema Association of Australasia: Patient
Clinical
www.eczema.org.au

New Zealand Dermatological Society:  Patient
Clinical
www.dermnetnz.org
Excellent and comprehensive site on skin diseases

All about Acne: Patient
Clinical
www.acne.org.au
Good patient orientated guide

National Psoriasis Foundation: Patient
Clinical
www.psoriasis.org
Excellent patient resource material

Occupational Dermatology Research & Education Centre: Patient
Clinical
www.occderm.asn.au
Useful site on common occupational dermatoses and their management

Drugs and Alcohol

Australian Drug Foundation: Patient
Clinical
www.adf.org.au

Alcoholics Anonymous: Patient
Clinical
www.aa.org.au


Medical Internet Sites

Quit Campaign: Patient
www.quit.org.au Clinical
www.quitnow.info.au (with Online QuitCoach)


National Drug and Alcohol Research Centre: Patient
www.ndarc.med.unsw.edu.au/ Clinical


The Right Mix: Patient
www.therightmix.gov.au Clinical
This is a great site from Dept. of Veterans' Affairs for assessment of alcohol consumption and strategies to reduce.

Drink Wise: Patient
www.drinkwise.org.au Clinical
Outlines excellent strategies especially for parents.

Australian Drug Information Network:  Patient
www.adin.com.au Clinical
Has an excellent, comprehensive quality database for Health Professionals on all aspects of Drug and Alcohol abuse.


Ear, nose and throat

Otolaryngology Houston:  Patient
www.ghorayeb.com Clinical
A well ordered comprehensive site on all aspects of ear, nose and throat


ENT Information:  Patient
ent-information.com Clinical
Excellent information for patients on a variety of ENT conditions.

Endocrinology


Diabetes Australia: Patient
www.diabetesaustralia.com.au Clinical

Mendosa: Living with Diabetes:  Patient
www.mendosa.com/diabetes.htm Clinical
Comprehensive patient information data base and links on all aspects of diabetes

Australian Thyroid Foundation: Patient
www.thyroidfoundation.com.au Clinical

Andrology Australia:  Patient
www.andrologyaustralia.org Clinical
Excellent A-Z guide on common male issues and reproductive health

Thyroid Australia: Patient
www.thyroid.org.au Clinical


Thyroid Disease:  Patient
www.thyroidmanager.org Clinical
Useful and very concise data on all aspects of thyroid disorders

Australian Paediatric Endocrinology Group: Patient
www.apeg.org.au Clinical
Provides excellent resource material and links in various facets relating to paediatric endocrinological conditions

National Institute of Diabetes and Digestive and Kidney Diseases:  Patient
www2.niddk.nih.gov Clinical
Excellent resource base for both Gastro-intestinal and urological/ renal diseases

WHO Fracture Risk Assessment Tool: Patient
www.shef.ac.uk/FRAX/ Clinical
A very useful online tool for predicting fracture risk.

Diabetes Kids and Teens: Patient
www.diabeteskidsandteens.com.au Clinical
Good resource material for patients and health professionals on Type 1 diabetes.

Diabetes Counselling online:  Patient
www.diabetescounselling.com.au Clinical
Excellent resources on diabetes management .Also option for online counselling.

Medical Internet Sites

Gastrointestinal

Gastroenterological Society of Australia: Patient
Clinical
www.gesa.org.au

Australia Crohn's and Colitis Association: Patient
Clinical
www.acca.net.au


Irritable Bowel Information and Support Association of Australia: Patient
Clinical
www.ibis-australia.org

The Coeliac Society of Australia: Patient
Clinical
www.coeliac.org.au

The Wales Day Centre: Patient
Clinical
www.wales.com.au
Excellent data base of common gastro-intestinal issues for patients.

National Institute of Diabetes and Digestive and Kidney Diseases:  Patient
Clinical
www2.niddk.nih.gov
Excellent resource base for both Gastro-intestinal and urological/ renal diseases

Genetics

GeneTests:  Patient
Clinical
www.genetests.org
Excellent review and resource of common genetic conditions and links to international labs

Centre for Genetics Education NSW: Patient
Clinical
www.genetics.com.au
Comprehensive Fact Sheet data base and excellent link for professionals and patients

Human Genetics Society of Australasia: Patient
Clinical
www.hgsa.com.au

Association of Genetic Support of Australasia: Patient
Clinical
www.agsa-geneticsupport.org.au

Murdoch Children's Research Institute: Patient
Clinical
www.mcri.edu.au/Downloads/PrenatalTestingDecisionAid.pdf
This is an excellent guide on pre-natal testing and common scenarios.

Geriatrics

Guardianship Tribunal: Patient
Clinical
www.gt.nsw.gov.au
Very useful information and downloadable forms

Council on the Ageing NSW (COTA): Patient
Clinical
www.cotansw.com.au
Useful resources for the elderly.

Advance Care Planning :My wishes program: Patient
Clinical
www.mywishes.org.au
An excellent site on Advance Care Planning with simple, easy to read downloadable documents.

Advance Care Planning in 2010: Patient
Clinical
www.youracp.com
An excellent site on Advance Care Planning with good Youtube video on completing an Advance Care Directive. Advance Care Directive is available for download from www.nrgpn.org.au/index.php?element=Advance+Care+Directive+Jerome+Mellor

Respecting Patient Choices Patient
Clinical
www.respectingpatientchoices.org.au
Advance Care Directive forms and information.

Planning What I Want Patient
Clinical
www.planningwhatiwant.com.au
Advance Care Directive forms and information.

Medical Internet Sites

The Advance Care Directive Association Inc. Patient
Clinical
www.advancecaredirectives.org.au
Advance Care Directive information and publication.

Coordinated Veterans' Care Program: Patient
Clinical
www.cvcprogram.net.au
This is a most valuable, comprehensive resource for assisting elderly patients with chronic diseases. It has a wide ranging list of links.

Aged Care Guide: Patient
Clinical
www.agedcareguide.com.au
It is a useful working tool for both professionals and the public on numerous aspects of Aged Care Services, Aged Care Facilities region by region. The publication is a useful adjunct to the website. The publication does cost.

Haematology

Australian Red Cross Blood Service: Patient
Clinical
www.transfusion.com.au

Immune System

Immunosuppression Screen: Patient
Clinical
immunosuppressionscreen.net.au
A good online tool for health professionals allowing them to assess patients risks when embarking a variety of therapies.

Immunisation

Immunise Australia Program: Patient
Clinical
www.immunise.health.gov.au
Includes Myths and Realities Book and link to Australian Immunisation Handbook and covers schedules and A-Z disease link

National Centre for Immunisation Research and Surveillance: Patient
Clinical
www.ncirs.usyd.edu.au

Immunisation Catch Up Calculator: Patient
Clinical
www.health.sa.gov.au/immunisationcalculator/
Useful resource to calculate which immunisations are due.

Do Vaccines Cause That? Patient
Clinical
www.dovaccinescausethat.com/pdfs/DVCT_sample.pdf
A guide to safety concerns for vaccines

My Vaccination: Patient
Clinical
www.myvaccination.com.au
This has a very helpful patient friendly guide on vaccination needs.

National Centre for Immunisation Research and Surveillance : Patient
Clinical
www.chainofprotection.org
An excellent educational resource for parents on the importance of immunization. Excellent videos, Fact Sheets and Links.

Infectious Diseases

U.S. Center for Disease Control: Patient
Clinical
www.cdc.gov
Excellent data base of diseases A-Z

Infectious Diseases Society of America: Patient
Clinical
www.idsociety.org/Content.aspx?id=9088
Large data base of Guidelines by disease state/categories.

Northern Territory Government: Patient
Clinical
www.health.nt.gov.au/Publications/Centre_for_Disease_Control_Publications/index.aspx
Great database of fact sheets on numerous diseases & conditions

Medical Internet Sites

Lifestyle / Behavioural

U.S National Institute of Ageing: Patient
Clinical
www.nia.nih.gov
Good data base of age related topics/ resources

Navigating self-management: Patient
Clinical
[som.flinders.edu.au/FUSA/CCTU/pdf/Navigating_self_m
anagement%20March%202008.pdf](http://som.flinders.edu.au/FUSA/CCTU/pdf/Navigating_self_management%20March%202008.pdf)
Useful guide to improving and implementing Self Management strategies in General Practice.

Medico-Legal

Law Society of NSW: Patient
Clinical
www.lawsociety.com.au
Some useful sections. Downloadable book on Older people and The Law.


ElderLaw Patient
Clinical
www.elderlaw.com.au
Excellent resource on common issues facing the elderly and their families/ carers

Men's Health

Men's Health Australia: Patient
Clinical
www.menshealthaustralia.net
Good information, guidelines and very comprehensive list of useful links.

Mental Health

Anxiety Online: Patient
Clinical
www.anxietyonline.org.au
"eTherapy" based program either self-help (free) or therapy assisted program(at low cost) ; an initiative of Swinburne University of Technology and funded by Dept Health and Ageing

Black Dog Institute: Patient
Clinical

www.blackdoginstitute.org.au
Very comprehensive site for public and health professionals on diagnostic tools and Fact sheets on depression ,bipolar disorder and mood disorder

Beyond Blue-the National Depression initiative: Patient
Clinical
www.beyondblue.org.au
Also excellent information on depression, anxiety and bipolar disorder for patients and health professionals

GP Psych Support: Patient
Clinical
www.psychsupport.com.au
Australian Government / RACGP operated site to support GP's needing advice on difficult situations

Centre for Clinical Interventions: Patient
Clinical
www.cci.health.wa.gov.au
This excellent W. A. site offers information and training modules for a variety of mental disorders

Royal Australian and New Zealand College of Psychiatry: Patient
Clinical
[www.ranzcp.org/resources/clinical-practice-
guidelines.html](http://www.ranzcp.org/resources/clinical-practice-guidelines.html)
Excellent resource of guidelines

Kids Helpline: Patient
Clinical
www.kidshelp.com.au
Good support for young people on common conditions. Provides telephone counseling.

Reach Out: Patient
Clinical
www.reachout.com.au
Good support material on a wide range of issues

Headspace: Patient
Clinical
www.headspace.org.au
Site contains information about Headspace centres and other mental health issues affecting young people

BluePages: Patient
Clinical
www.bluepages.anu.edu.au
Compiled by Australian National University Centre for Mental Health research. Contains information about depression and also a range of on-line resources and programs for treatment of depression, anxiety as well as a review of on-line help programs.

Medical Internet Sites

Schizophrenia Fellowship

NSW:

www.sfnsw.org.au

Good resource material particularly for consumers.

Patient

Clinical

Gambling Help:

www.gamblinghelp.nsw.gov.au

A good site for support of both patients and health professionals

Patient

Clinical

Psychological Self Help:

www.psychologicalselfhelp.org

Very useful book on assisting behavioural changes.

Patient

Clinical

CRUFADclinic:

crufadclinic.org

On-line courses in Depression, Social Phobia, Generalised Anxiety Disorder, Mixed Anxiety and Depression

Patient

Clinical

GP Care:

www.gpcare.org

It has several great tools for assessing psychological states.

Patient

Clinical

Eating Disorders:

www.feast-ed.org

Families Empowered and Supporting Treatment of Eating Disorders : great resource for families of sufferers of an Eating Disorders



Patient

Clinical

Activate Mind and Body:

www.activatemindandbody.com.au

Excellent resource for people with mental illness to improve their physical and oral health.

Patient

Clinical

Australian Centre for

Posttraumatic Mental Health:

www.acpmh.unimelb.edu.au

Excellent resource base for professionals and patients of this condition.

Patient

Clinical

Beacon:

www.beacon.anu.edu.au

Useful site for both professionals and patients.

Patient

Clinical

Men's Line:

www.mensline.org.au

A very good resource on many aspects of men's health.

Patient

Clinical

Suicide Call Back Service:

www.suicidecallbackservice.org.au

An excellent free support service for anyone affected by suicide.

Patient

Clinical

eHeadspace:

www.eheadspace.org.au/

Excellent site for young people with mental health issues. It has links to online and telephone counselling.

Patient

Clinical

Musculoskeletal

American Association of Orthopedic Surgeons:

www.orthoinfo.aaos.org

Excellent Resource base for patient information on all sorts of orthopedic issues.

Patient

Clinical

Australian Orthopaedic Association:

www.aoa.org.au

Great links to other associations. Try Scoliosis Australia and American Orthopaedic Society for Sports Medicine for great information and videos.

Patient

Clinical

Sports Medicine Australia:

www.sma.org.au

Some useful factsheets and downloadable injury reporting forms.

Patient

Clinical

Australian Association of Musculo-skeletal Medicine:

www.musmed.com

Some useful Fact Sheets on a variety of spinal and soft tissue conditions.

Patient

Clinical

Musculo-skeletal American Orthopaedic Foot and Ankle Society:

www.aofas.org

Useful educational resource for patients on a variety of conditions.

Patient

Clinical

Hand injection techniques:

www.youtube.com/user/DrStuartMyers

Useful educational resource for patients on a variety of conditions.

Patient

Clinical

Medical Internet Sites

Neurology

Alzheimers Australia: Patient
www.alzheimers.org.au Clinical
 Great resource for patients, carers and doctors on every facet from diagnosis to management.

Brain Foundation: Patient
 Clinical
www.brainfoundation.org.au
 Excellent A-Z guide common neurological disorders

Headache Australia: Patient
 Clinical
www.headacheaustralia.org.au
 Good patient orientated guide on headaches and their management.

Multiple Sclerosis Australia: Patient
 Clinical
www.msaustralia.org.au
 Good resource on diagnosis, treatment /management options.

Stroke Foundation: Patient
 Clinical
www.strokefoundation.com.au
 Useful guidelines; good overview on prevention, treatment and educational activities

Parkinson's Australia: Patient
 Clinical
www.parkinsons.org.au
 Excellent guide for patients and carers and some very helpful links

Epilepsy Action of Australia: Patient
 Clinical
www.epilepsy.org.au
 Helpful guide for patients and carers explaining epilepsy types, management and associated lifestyle issues.

Motor Neurone Disease Australia: Patient
 Clinical
www.mndaust.asn.au
 Good resource guide and links

Syncope Trust and Anoxic Reflex Seizures(STARS): Patient
 Clinical
www.stars.org.uk
 An excellent support for patients and carers with good information on how to get appropriate help

Brain Foundation: Patient
 Clinical
brainfoundation.org.au
 Great resource with a good a-z on brain conditions.

MS Australia: Patient
 Clinical
www.msaustralia.org.au
 Useful site for both patients and health professionals on all aspects of multiple sclerosis.

Nutrition

Dietitians Association of Australia: Patient
 Clinical
www.daa.asn.au
 Comprehensive A-Z nutritional guides and self - assessment guides

Food Standards Australia New Zealand: Patient
 Clinical
www.foodstandards.gov.au
 Excellent A-Z Fact Sheets


AWASH-Australian Division on World Action on Salt & Health: Patient
 Clinical
www.awash.org.au
 Useful information and links on salt related issues

The Centre for Eating and Dieting Disorders: Patient
 Clinical
www.cedd.org.au
 Excellent data base , links, self-help programs for sufferers. Good health professional information base.

Measure up: Patient
 Clinical
www.measureup.gov.au
 Good overview of methods to achieve healthy eating and exercise.

Go for 2 and 5: Patient
 Clinical
www.gofor2and5.com.au
 Recipes on how to incorporate 2 servings of fruit and 5 servings of vegetables each day

Get Healthy Information and Coaching Service: Patient
 Clinical
www.gethealthynsw.com.au
 Information on healthy eating and being active.

Eating Disorders: Patient
 Clinical
 www.feast-ed.org
 Families Empowered and Supporting Treatment of Eating Disorders : great resource for families of sufferers of an Eating Disorders


Medical Internet Sites


Obstetrics and Gynecology


Royal Australian and New Zealand College of Obstetrics and Gynaecology: Patient
Clinical
www.ranzcog.edu.au
Some useful resources and helpful links

Australasian Menopause Society: Patient
Clinical
www.menopause.org.au
Excellent Fact Sheets, resources , video on menopausal treatments

Jean Hailes Foundation: Patient
Clinical
www.jeanhailes.org.au
Comprehensive guide on a variety of female conditions for health professionals and patients

ERC Endometriosis Research Center:  Patient
Clinical
www.endocenter.org
Good presentations and information on this topic

Obgyn.net, The Universe of Woman's Health:  Patient
Clinical
www.obgyn.net/medical.asp
A vast resource of women's related issues .Excellent resource material

The Royal Women's Hospital:  Patient
Clinical
www.thewomens.org.au
Excellent A-Z resource for both Health Professionals and patients on many women's conditions. Has online forum to post questions.

Ophthalmology

Royal Australian and New Zealand College of Ophthalmologists: Patient
Clinical
www.ranzco.edu.au
Does have some information on a variety of conditions on their Public Eye Care section and under useful resources – Atlas of Ophthalmology.

Glaucoma Australia: Patient
Clinical
www.glaucoma.org.au
Good information on various aspects of glaucoma

Eye Emergency Manual: Patient
Clinical
www.health.nsw.gov.au/resources/gmct/ophthalmology/eye_manual_pdf.asp
Excellent manual on common eye presentations and emergency presentations

Macular Degeneration Foundation: Patient
Clinical
www.mdfoundation.com.au
Information on various aspects of the condition and available resources.

Vision Australia: Patient
Clinical
www.visionaustralia.org
Good resource on al aspects of low vision.Excellent fact sheets

Paediatrics

Clinical Practice Guidelines – Royal Children's Hospital Melbourne: Patient
Clinical
www.rch.org.au

Sydney Children's Hospital: Patient
Clinical
www.sch.edu.au/health/factsheets/

Australian Paediatric Surveillance Unit: Patient
Clinical
www.apsu.inopsu.com
Has great links to other data bases from local and international organisations and hospitals

Pediatric Surgery Update: Patient
Clinical
home.coqui.net/titolugo
Very concise update on numerous paediatric conditions


Medical Internet Sites

Palliative Care

Palliative Care Australia: Patient
Clinical
www.palliativecare.org.au

Department of Health and Ageing: Patient
Clinical
www.health.gov.au

Royal Australian College Physicians-Palliative Medicine Chapter: Patient
Clinical
www.racp.edu.au
Some useful factsheets.

Palliative Medicine Handbook:  Patient
Clinical
book.pallcare.info
An excellent resource for professionals

Parenting

Raising Children Network-Australian Parenting Website: Patient
Clinical
www.raisingchildren.net.au
Very thorough parent orientated guide on many conditions

Autism Spectrum Australia: Patient
Clinical
www.autismspectrum.org.au
Very useful information on the condition, available management and support services.

Mothersafe: Patient
Clinical
www.mothersafe.org.au
Useful Fact Sheets on pregnancy and breast-feeding and also links to similar organizations locally and internationally.

Tresillian Family Care Centres: Patient
Clinical
www.tresillian.net
Good Fact sheets on a variety of topics

Australian Breast Feeding Association: Patient
Clinical
www.breastfeeding.asn.au
Good Fact sheets on all aspects of breast-feeding


Parenting SA: Patient
Clinical
www.parenting.sa.gov.au
Has very useful links to variety of child health sites and also common parenting issues.


Pathology

The Royal Australian College of Pathologists: Patient
Clinical
www.rcpa.edu.au
Excellent data base of clinical resources

Common Sense Pathology: Patient
Clinical
www.rcpa.edu.au/Publications/CommonSensePathology.htm
Excellent database of common pathology issues facing health professionals.

Radiology

Diagnostic Imaging Pathways:  Patient
Clinical
www.imagingpathways.health.wa.gov.au
Excellent advice on appropriate imaging for various conditions.

Insider Radiology:  Patient
Clinical
www.insideradiology.com.au
This is an excellent site for both Health Professionals and patients on the most common radiological procedures and relevant background information

Renal

Kidney Health Australia: Patient
Clinical
www.kidney.org.au
Excellent data base of guidelines

Medical Internet Sites


Prostate Cancer Foundation: Patient
www.prostate.org.au Clinical
 Excellent up to date presentations on prostate cancer treatments / guidelines


Urological Society of Australia and New Zealand: Patient
www.usanz.org.au Clinical
 Excellent data base on variety of urological conditions, cancers , treatments and links to Continence Foundations

The Continence Foundation of Australia: Patient
www.contfound.org.au Clinical
 Excellent data base of available resources for continence issues affecting all age groups.
 Gives links to financial assistances
 Also see: www.bladderbowel.gov.au

Sydney Urodynamic Centres: Patient
www.urodynamic.com.au Clinical
 Excellent resources on various aspects of incontinence.

Respiratory

National Asthma Council:  Patient
www.nationalasthma.org.au Clinical
 Concise and practical database on all facets of treatment and monitoring

Australian Lung Foundation:  Patient
www.lungfoundation.com.au Clinical
 Good information on numerous lung conditions and clinical guidelines and tools

Thoracic Society of Australia and New Zealand: Patient
www.thoracic.org.au Clinical
 Good links to other organizations. Good Fact sheets and professional information on variety of conditions.

Australasian Sleep Association: Patient
www.sleep.org.au Clinical
 Good information sheets on various sleep disorders and links e.g. to Harvard Medical School interactive educational sleep website

Rheumatology

Arthritis Foundation: Patient
www.arthritis.org/conditions/DiseaseCenter Clinical


Sjogren's Syndrome Foundation Inc: Patient
www.sjogrens.org Clinical

Australian Rheumatology Association: Patient
www.rheumatology.org.au Clinical

Arthritis Australia: Patient
www.arthritisaustralia.com.au Clinical

Sexual Health

Royal Australian College Physicians Chapter of Sexual Health Medicine: Patient
www.racp.edu.au/page/sexual-health-publications Clinical
 Useful resource on treatment guidelines

ASHM : Australian Society for HIV Medicine:  Patient
www.ashm.org.au Clinical
 Up-to-date data/ links on treatment of HIV and hepatitis

Australian Herpes Health Information: Patient
www.herpes.com.au Clinical
 Patient orientated data on various aspects relating to herpes

Medical Internet Sites

Australian Herpes Management Forum:



Patient
Clinical

www.ahmf.com.au

Comprehensive guide on this condition

NSW STI Programs Unit:



Patient
Clinical

www.stipu.nsw.gov.au

Excellent and comprehensive resource material for all facets of sexual health

Sexual Psychology:



Patient
Clinical

www.sexualpsychology.com.au

A private psychologist's resource base on a variety of common sexual problems.

Sports Medicine

Australian Sports Drug Medical Advisory Committee:

Patient
Clinical

www.asdmac.gov.au

Useful information and links for both athletes and Health Professionals

Australian Sports Commission - Supplements:

Patient
Clinical

www.ausport.gov.au

Useful information for athletes on nutritional supplements.

Travel

U.S. Centre for Disease Control:

Patient
Clinical

www.cdc.gov/travel

Excellent data base of destination requirements and A-Z of diseases

WHO travel health site:

Patient
Clinical

www.who.int/ith

Concise data base of travel requirements/ Fact Sheets/weekly outbreaks

Sanofi Pasteur/SOS Travel Site:

Patient
Clinical

www.travellers-help.com

Concise up-to-date requirements country by country with information on disease outbreaks

Travelvax Clinics:

Patient
Clinical

www.travelvax.com.au

Has some good travel information and vaccination advice

MASTA (Medical Advisory Service for Travellers Abroad):

Patient
Clinical

www.masta.edu.au

Private organization-subscription based giving very comprehensive health briefs

The Vaccine Page vaccine news and Data base:

Patient
Clinical

www.vaccines.org

Useful information on vaccines and links

Australian Department of Foreign Affairs and Trade:

Patient
Clinical

www.smartraveller.gov.au

Concentrates on travel safety information on a country by country basis

My Vaccination:

Patient
Clinical

www.myvaccination.com.au

This has a very helpful patient friendly guide on vaccination needs.

Vascular

Society for Vascular Surgery:

Patient
Clinical

www.vascularweb.org

Excellent update , Fact Sheets and Guidelines

NHS Abdominal Aortic Aneurysm Screening Program:

Patient
Clinical

www.screening.nhs.uk

Specialist Vascular Clinic:

Patient
Clinical

Specialistvascularclinic.com.au

Although a private vascular clinic, it gives good up-to-date advice on common vascular interventions.

Medical Internet Sites

Wound Care

Australian Wound Management Association: Patient
Clinical
www.awma.com.au
Useful resources and links to various aspect so wound care

Commonwealth

Medicare Australia: Patient
Clinical
www.medicareaustralia.gov.au

Department of Veterans Affairs: Patient
Clinical
www.dva.gov.au

Department of Health and Ageing: Patient
Clinical
www.health.gov.au

Pharmaceutical Benefits Scheme: Patient
Clinical
www.pbs.gov.au

Immunise Australia Program: Patient
Clinical
www.immunise.health.go.au
Provides links to useful information and publications and Fact Sheets, latest information bulletins, Australian Immunisation Handbook

Centrelink Australia: Patient
Clinical
www.centrelink.gov.au
Good data base of forms and publications

Australian Institute of Health and Welfare: Patient
Clinical
www.aihw.gov.au
Very concise data on many facets of Australian Health and Welfare; publications.Links

Therapeutic Goods Administration: Patient
Clinical
www.tga.gov.au

State Government Authorities

Motor Accident Authority of NSW: Patient
Clinical
www.maa.nsw.gov.au
Has Health Professional Guidelines and various claim forms

NSW Food Authority: Patient
Clinical
www.foodauthority.nsw.gov.au
It has very useful information on food handling/labelling and 'name and shame ' list by localities.

NSW Roads and Traffic Authority: Patient
Clinical
www.rta.nsw.gov.au
Has useful section for downloadable forms (see link to Publications, Statistics and Forms)

NSW Transport and Infrastructure: Patient
Clinical
www.transport.nsw.gov.au
Follow links to Taxi Transport Subsidy Scheme for forms

Austrroads: Patient
Clinical
www.austrroads.com.au
Useful information on assessing fitness to Drive

Department of Ageing, Disability & Home Care: Patient
Clinical
www.dadhc.nsw.gov.au/dadhc
Good list of links relating to services, the elderly and publications.

WorkCover Authority of NSW: Patient
Clinical
www.workcover.nsw.gov.au
Good site on the various facets of the workings of WorkCover.

Keep Them Safe: Patient
Clinical
www.keepthemsafe.nsw.gov.au
Useful site on updated Mandatory reporting requirements and child protection

Medical Internet Sites

Community

Warringah community and disability services: Patient
Clinical
www.warringah.nsw.gov.au/services/disability.aspx#database
Comprehensive data base on disability and community services

Manly Warringah Pittwater Community Aid Service: Patient
Clinical
www.mwpcommunityaid.com.au
Provides brief summary and contact details of services – transport/home modification services/social contacts.

Community Care Northern Beaches: Patient
Clinical
www.ccnb.com.au
Excellent overview of available services and links to other aged care and disability sites

MWP Community Transport: Patient
Clinical
www.mwpct.org.au
Useful resource on available transport facilities/options

Northern Beaches & Forest Seniors & Care Guide: Patient
Clinical
www.warringah.nsw.gov.au/services/Documents/SeniorsCareGuide.pdf
This is a superb guide on all the services in the Manly Warringah region, from legal through to health and leisure.


My Hospital Patient
Clinical
www.smh.com.au/nsw/how-we-placed-all-the-facts-at-your-fingertips-20100508-uktw.html
This has the summary of performance of NSW Hospitals including your local community hospital; follow the links.
There are more complex summaries within www.health.nsw.gov.au/pubs and follow links to Yellow Book

Northern Sydney Career Support Service: Patient
Clinical
www.nscchealth.nsw.gov.au/carersupport/aboutus/
Excellent resource for patients, professionals and carers

Manly Drug Education & Counselling Centre Support Service: Patient
Clinical
www.mdecc.org.au
Some good resources for patients and families of patients experiencing drug addiction.

Organisations

Australian Practice Nurses Association Patient
Clinical
www.apna.asn.au
Useful resources for practice nurses on a wide variety of topics. Nurse needs to be registered with this association

Royal Australian College of General Practitioners:  Patient
Clinical
www.racgp.org.au
Excellent site with copy of important Guidelines- Red Book, Standards for General Practice/ General College information and services.

Medical Board of Australia: Patient
Clinical
www.medicalboard.gov.au

Australian Divisions of General Practice: Patient
Clinical
www.agpn.com.au

Australian Primary Care Collaboratives: Patient
Clinical
www.apcc.org.au

Primary Health Care Research and Information Service PHC RIS:  Patient
Clinical
www.phcris.org.au
Good resources/data on state of Primary Care throughout Australia.

Medical Internet Sites

Public Health Information Development Unit(PHIDU):

www.publichealth.gov.au

Very useful public health data area by area. Covers a wide range of health indicators

Patient
Clinical

NEHTA:

www.nehta.gov.au

Important information on a variety of e-Health initiatives.

Patient
Clinical

Medical Journals

Australian Doctor:

www.australiandoctor.com.au

Good archive section on How to Treat and Common Sense Pathology. Latest news.

Patient
Clinical

Medical Observer:

www.medicalobserver.com.au

Good data base of Guidelines and Patient Handouts

Patient
Clinical

Australian Prescriber:

www.australianprescriber.com

Excellent subject index, support organisations



Patient
Clinical

Pulse+IT Magazine:

www.pulseitmagazine.com.au

Useful information on various aspects of technology in health industry; back-issues available

Patient
Clinical

Good Health Publications:

www.ghpmedical.com.au

Excellent range of publications dedicated to Cardiology, Diabetes, Geriatric Medicine, Psychiatric Medicine, Paediatrics and Child Health.

(log in and password, available on the cover of each Good Health Publications medical journal)

Patient
Clinical

Australian Family Physician:

www.racgp.org.au/afp

A useful database for this journal articles and back issues.



Patient
Clinical

6minutes:

www.6minutes.com.au

Fantastic site for daily updates on current medial issues.

Patient
Clinical

Common Sense Pathology:

www.rcpa.edu.au/Publications/CommonSensePathology.htm

Excellent database of common pathology issues facing health professionals.

Patient
Clinical

Technology

General Practice Computing Group:

www.gpcg.org.au

Very useful information on using , maintaining security of computer systems in General Practice

Patient
Clinical

Directories

Medical Specialists Directory:

www.aushealthpages.com.au

Useful online specialist directory covering all states.

Patient
Clinical

e-Health Directory:

www.health-e-directory.com.au

An excellent directory of organisations involved in e-Health and services.

Patient
Clinical