

Household Products Database

You'll find health and safety information on household products.

Information is taken from a variety of resources including Material Safety Data Sheets.

<http://householdproducts.nlm.nih.gov/>



Interactive Health Tutorials (MedlinePlus)

Watch over 165 slideshows with sound and pictures on diseases and conditions, tests and diagnostic procedures, surgery and treatment procedures, and prevention and wellness.

<http://www.nlm.nih.gov/medlineplus/tutorials.htm>

MedlinePlus

This is a service of the National Library of Medicine and the National Institutes of Health. You can find information on over 740 health topics. There is a medical encyclopedia, current health news, directories, and more.

<http://medlineplus.nlm.nih.gov/medlineplus/>

National Organization for Rare Disorders, Inc.

Find information about rare diseases.

<http://www.rarediseases.org/>



Diabetes

This site has many links to diabetes resources.

<http://minot.com/karen/diabetes.html>

DIRLINE:Directory of Health Organizations

This is a directory of organizations and other resources in health and biomedicine.

<http://dirline.nlm.nih.gov/>

Food Safety News and Safety Alerts

This site contains information from the USDA, FDA, CDC, and EPA as well as a large number of state and local government agencies on food safety.

<http://www.foodsafety.gov/~fsg/fsgnews.html>

Genetics Home Reference

This site provides consumer-friendly information about the effects of genes on human health.

<http://ghr.nlm.nih.gov/>

Prescription Connection for North Dakota

This resource helps you find a free or discounted drug program.

<http://www.rxconnectnd.org/>



Virtual Hip Surgery

Learn about hip replacement and hip resurfacing by putting yourself in an orthopedic surgeon's shoes. This is a fun and interactive educational video website designed by UW Health's Orthopedics and Rehabilitation department.

<http://edheads.org/activities/hip/>

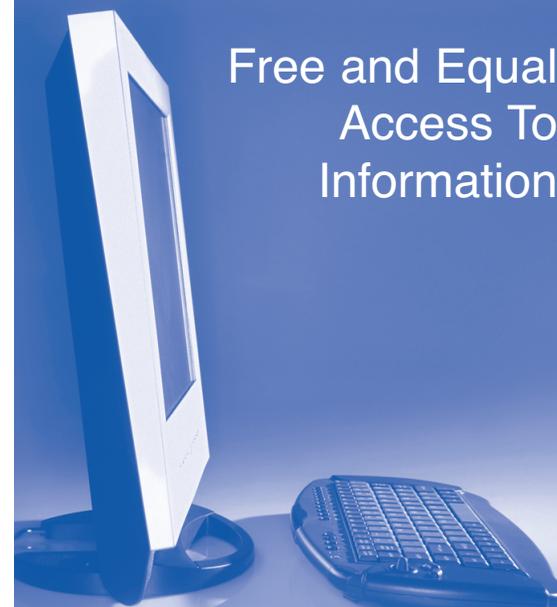
Virtual Knee Surgery

You can do a virtual total knee surgery on this site. It is a fun and interactive educational video website designed by UW Health's Orthopedics and Rehabilitation department.

<http://edheads.org/activities/knee/index.htm>

Consumer Health Collection and Web Sites

Free and Equal Access To Information



MINOT PUBLIC LIBRARY

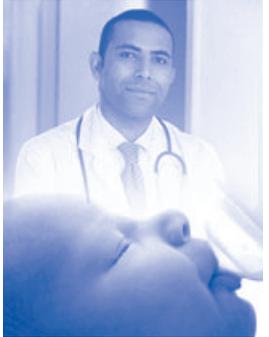
www.minotlibrary.org

701-852-1045

Health and Wellness Electronic Resource

The Minot Public Library also provides the "Health and Wellness Resource Center" in cooperation with other libraries in the State of North Dakota.

This electronic resource provides instant access to nearly 400 health/medical journals, numerous reference volumes, over 700 health videos from partner Healthology, Inc., hundreds of pamphlets and health-related articles from 2,200 general interest publications in addition to a broad collection of Thomson Gale reference titles. You can also access this Health and Wellness Resource through the Library's Web site under "Research Tools" (Electronic Resources). With your library card, you can get the user ID and password at the Public Library.



MINOT PUBLIC LIBRARY

*Funded through a grant from
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Using the Consumer Health Collection

Recently the Library added over 150 health related books. The books and DVDs listed here represent just a few of the items added through a grant from the St. Joseph's Community Health Foundation and the Friends of the Minot Public Library and the nearly 2,000 health related items in the Library's Collection.

These books can be checked out at the Minot Public Library by individuals living in our service area. Individuals living outside our service area may request these materials through InterLibrary Loan—a service available at their local public, school or academic library.

To determine if the Minot Public Library has books and DVDs on the health topic you are interested in go to the Library's Web Site (www.minotlibrary.org) and search the Library's online catalog.



Consumer Health Books Diet



Nutrition for Life by Lisa Hark, 613.2 Har

What Color is Your Diet?
The 7 colors of healthy eating
by David Heber, 613.2 Heb

Eating on the Run
by Evelyn Tribole, 613.2 Tri

Feed Your Family Right: How to Make Smart Food and Fitness Choices for a Healthy Lifestyle by Elisa Zied, 613.2 Zie

Heart

Heart Care for Life: Developing the Program That Works Best for You
by Barry L. Zaret, 616.1 Zar

Outliving Heart Disease: The Ten New Rules for Prevention and Treatment by Richard A. Stein, 616.12 Ste



Action Plan for High Blood Pressure,
Jon G. Divine, 616.132 Div

Heart Disease: Prevention, DVD 616.12 Hea

Heart Disease: Treatment, DVD 616.12 Hea

Asthma & Allergies

The Asthma Source Book
by Francis V. Adams, 616.2 Ada

Food Allergy Survival Guide
by Vesanto Melina, 616.97 Mel

On the Nature of Food Allergy
by Paul J. Hannaway, 616.975 Han



Diabetes

American Diabetes Association Complete Guide to Diabetes, 616.462 Ame

American Medical Association Guide to Living with Diabetes, 616.462 Ame



The First Year—Type 2 Diabetes: An Essential
by Gretchen Becker, 616.462 Bec

Diabetes Survival Guide: Understanding the Facts
by Stanley Mirsky, 616.462 Mir

Prediabetes Wake-up Call: A Personal Road Map to Prevent Diabetes by Beth Ann Petro Roybal, 616.462 Roy

LIFeStyle #9: An Overview and Recommendations for Managing Diabetes
DVD 616.462 Lif

Prostate

100 Questions & Answers About Prostate Disease, by Kevin R. Loughlin, 616.65 Lou

Quick Facts Prostate Cancer, 616.99 Qui

Osteoporosis

100 Questions and Answers About Osteoporosis
by Ivy N. Alexander, 616.71 Ale



Action Plan for Osteoporosis
by Kerri Winters-Stone, 616.71 Win

Stroke

How to Prevent Your Stroke
by J. David Spence, 616.8 Spe

Comfort of Home for Stroke: A Guide for Caregivers by Maria M. Meyer, 649.8 Mey

Alzheimer's Disease

Alzheimer's Disease by Paul Dash, 616.831 Das

What Your Doctor May Not Tell You About Alzheimer's Disease by Gayatri Devi, 616.831 Dev

Cancer

American Cancer Society's Complete Guide to Colorectal Cancer, 616.99 Ame

100 Questions & Answers for Women Living with Cancer by Michael L. Krychman, 616.99 Kry

100 Questions & Answers About Lung Cancer by Karen Parles, 616.99 Par

Should I Be Tested for Cancer?
by H. Gilbert Welch, 616.99 Wel

Secrets for Reducing Your Breast Cancer Risk, DVD 616.99 Sec

Pain

Truth About Chronic Pain: Patients and Professionals on How to Face It, Understand It, Overcome It by Arthur Rosenfeld, 616.0472 Ros

Muscular Retraining for Pain-Free Living
by Craig Williamson, 616.7 Wil

The Back Pain Book: A Self Help Guide to Daily Relief by Mike Hage, 617.564 Hag

Eyes

All About Your Eyes, 617.7 All

Reversing Dry Eye Syndrome,
Steven L. Maskin, 617.7 Mas

What Your Doctor May Not Tell You About Glaucoma by Gregory Harmon, 617.741 Har



Pregnancy

Postpartum Depression Demystified by Joyce A. Venis, 618.7 Ven

Cesarean Recovery by Chrissie Gallagher-Mundy, 618.8 Gal



Medical Web Sites

Listed below are 14 quality Web Sites on Consumer Health and Medical Information. Additional consumer health information is available at the Angus L. Cameron Medical Library's web page (<http://minot.com/karen/angus.html>). Click on the patient link to all the medical sites listed in this handout as well as many others.



American Heart Association

Learn about arrhythmias, cholesterol, diabetes, heart attacks, heart failure, cardiac rehab and more. There is a nutrition section, a cookbook and other types of information.
<http://www.americanheart.org>

Cancer Links

Click on links to the American Cancer Society, Cancer.gov, a Dictionary of Cancer Terms, NOAH, OncoLink and other resources.
<http://www.minot.com/karen/cancer.html>

Centers for Disease Control and Prevention (CDC)

See information about birth defects, ADHD, fetal alcohol syndrome, emergency preparedness and response, environmental health, travelers' health, workplace safety, healthy living, and other information.
<http://www.cdc.gov/>