Guide to Health and Wellness Resources

Books

Alternative Medicine
(over 400 items in BCCLs)
In 615.5, 615.88 areas

Dietary Supplements/Vitamins
(over 100 items in BCCLs)
In 613.2, 615.32 areas

Diet and Nutrition
(over 4000 items in BCCLs)
In 612; 613 areas

Environmental Health
(over 150 items in BCCLs)
In 613; 363 areas

Fitness and Exercise
(over 3000 items in BCCLs)
In 612.7; 613.7 areas

Health
(over 6000 items in BCCLs)
In 610-618 areas

Healthy Cooking
(over 1500 items in BCCLs)
In 641.5 area

Medicine
(over 2500 items in BCCLs)
In 610 area

Mental health
(over 900 items in BCCLs)
In 616.89 area

Sports
(over 3000 items in BCCLs)
In 796 area

Stress
(over 800 items in BCCLs)
In 155.9 area

Magazines

Bicycling
Consumer reports on health
Cooking Light
Cook's illustrated
Fine Cooking
Harvard health letter
Harvard women's health watch
Health
Mayo Clinic health letter.
Men's Health
More
Muscle and Fitness
Natural Health
Outside
Prevention
Runner's World
Scientific American health after 50
Self
Shape
Sports Illustrated
Vegetarian times
Weight Watchers

Databases

Health Online
Provides clear and comprehensive information on conditions and diseases, health and wellness, mental health, and the human body.

Health Source: Nursing/Academic Edition
This database provides nearly 550 scholarly full text journals focusing on many medical disciplines. Health Source: Nursing/Academic Edition also features the AHFS Consumer Medication Information, which covers 1,300 generic drug patient education sheets with more than 4,700 brand names.
Top 20 Internet Websites

General
1. www.healthcare.gov/
   A federal government website managed by the U.S. Centers for Medicare & Medicaid Services. Information on the Affordable Care Act.
2. www.cdc.gov/
The Centers for Disease Control and Prevention is a federal agency under the Department of Health and Human Services. Its main goal is to protect public health and safety through the control and prevention of disease, injury, and disability. Offers public health information on infectious diseases, travelers’ advisories, research funding, and much more.
   Run by the Office of Disease Prevention and Health Promotion (ODPHP). A prevention and wellness resource for consumers and their families — with evidence-based health information that’s actionable and easy to use. A site to use for dietary and physical activity guidelines and health education.
4. www.healthfinder.gov
   A Federal Government website managed by the U.S. Department of Health and Human Services and sponsored by the National Health Information Center. A gateway to consumer health and human services information from the U.S. government. Links to selected online publications, clearinghouses, databases, Web sites, and support and self-help groups, as well as the government agencies and non-profit organizations that produce reliable health information for the public.
5. www.familydoctor.org
   This site is operated by the American Academy of Family Physicians (AAFP), a national medical organization representing more than 120,900 family physicians, family practice residents, and medical students. All of the information on this site has been written and reviewed by physicians and patient education professionals at the AAFP.
   Medline Plus is the National Institutes of Health’s website for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. Medline Plus offers reliable, up-to-date health information, anytime, anywhere, for free.
7. https://clinicaltrials.gov/
   Physicians and patients may search several databases for facts about both public and privately supported clinical studies.

Specialized
8. www.cancer.gov
   Cancer information from the National Cancer Institute (NCI) that is reviewed regularly by oncology experts and is based on the latest research. Search PDQ, NCI’s comprehensive cancer database, which includes summaries on cancer treatment, screening, prevention and ongoing clinical trials.
9. kidshealth.org/
   Sponsored by the DuPont Hospital for Children, Kidshealth is divided into three sections: kids, parents, and professionals. The kids’ section is devoted to the child patient and includes feelings and changes, food and fitness, kids only closet, my health, and my body. The parents’ section covers behavioral and development, childhood infections, community center, healthy kids, nutrition and fitness, and safety.
10. www.girlshealth.gov/
    Health and wellness information for girls from the National Institutes of Health.
11. womenshealth.gov
    Health and wellness information for women from the National Institutes of Health.
12. nihseniorhealth.gov
    Health and wellness information for older adults from the National Institutes of Health.
13. www.mentalhealth.gov/
    Provides one-stop access to U.S. government mental health and mental health problems information. This site explains the basics of mental health, myths and facts, treatment options, disorders, symptoms, and how to get mental health help.
    A division of the National Institutes of Health, National Center for Complementary and Alternative Medicine (NCCAM) conducts research and disseminates information on complementary and alternative medicine to practitioners and the public.
    This site is maintained by the Integrative Medicine Service Staff at Memorial Sloan-Kettering Cancer Center. This searchable database provides information on each agent, including its adverse effects, interactions, and possible benefits or problems. Evaluations of alternative cancer therapies are also available.

Local
16. www.state.nj.us/health/
    State of New Jersey Department of Health. It oversees all aspects of public health services.
17. www.njdoctorlist.com/
    A site with New Jersey Medical Doctor, Podiatrist and Optometrist Profiles.
18. www.healthynj.org/
    A product of the University Libraries at the University of Medicine and Dentistry of New Jersey and cosponsored by the New Jersey Library Association. Here you will find general information and Internet resources about a number of diseases and health conditions, general health and wellness, and New Jersey specific health information.
    A site for Essex County Department of Health and Rehabilitation lists important contact information.
    West Orange Health and Welfare site provides access to important links to health related information for West Orange residents.