

Informational Medical Resources

A large part of advocating for yourself in the healthcare system involves knowing where to find reliable information quickly. The resources below also include sites to help you understand medical terminology and highlight some common medical conditions that I have encountered with clients and the sites which were found to be helpful in their journey.

Trustworthy Medical information

<http://www.uptodate.com>
<http://www.health.nih.gov>
<http://www.mayoclinic.com>
<http://www.healthcare.gov>

Medical terminology

<http://babylon.com/define/63/Medical-Terminology-Dictionary.html>

Pill identification, side effects drug interactions

<http://www.nlm.nih.gov/medlineplus/druginformation.html>
<http://www.drugs.com>

Specific Medical Issues

Cancer

National Cancer Institute: <http://www.cancer.gov>
American Cancer Society: <https://www.cancer.org/>
Breast Cancer: <https://www.breastcancer.org>

Heart Disease and Stroke

<https://www.americanheart.org>

Alzheimer's

Alzheimer's Association: <https://www.alz.org/>

Parkinson's

American Parkinson's Disease Association: <https://www.apdaparkinson.org/>

Diabetes

<https://www.diabetes.niddk.nih.gov>

Mental Health Issues

National Alliance on Mental Illness: <http://www.nami.org>

Books we recommend:

The Checklist Manifesto: How to Get Things Right
By Atul Gawande

Being Mortal. Medicine and What Matters in the End. By Atul Gawande, MD
Essential reading for everyone, no matter the age or health status. Meaningful, true and life-affirming.

How Doctors Think
By Jerome Groopman

Articles we recommend:

"A Financial Bill of Rights: Patients Need to Be Protected from Unfair Charges." Elizabeth Rosenthal, New York

Times, April 29th, 2018. <https://www.nytimes.com/2018/04/27/opinion/sunday/patients-rights-hospitals-health-care.html>

9 Signs You Should Fire Your Doctor
<https://www.nextavenue.org/fire-your-doctor/>