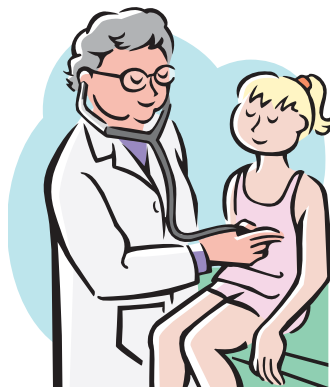




**Manly Warringah Division of General Practice**

# *Guide to useful Medical Internet Sites*



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## Table of Contents:

Introduction: .....	3	Nutrition .....	11
General Consumer Information .....	4	Obstetrics and Gynecology .....	11
Adolescent Health .....	5	Ophthalmology .....	11
Allergy.....	5	Paediatrics.....	12
Cancer .....	5	Palliative Care .....	12
Cardiovascular Disease .....	6	Parenting .....	12
Complementary Medicine.....	6	Pathology.....	12
Dental.....	6	Radiology.....	13
Dermatology.....	6	Renal.....	13
Drugs and Alcohol.....	7	Respiratory .....	13
Ear, nose and throat.....	7	Rheumatology.....	13
Endocrinology .....	7	Sexual Health.....	14
Gastrointestinal.....	7	Travel .....	14
Genetics.....	8	Vascular.....	14
Geriatrics .....	8	Wound Care .....	14
Haematology .....	8	Commonwealth .....	15
Immunisation.....	8	State Government Authorities.....	15
Infectious Diseases .....	9	Community.....	15
Lifestyle / Behavioural.....	9	Organisations .....	16
Medico-Legal.....	9	Medical Journals .....	16
Men's Health.....	9	Technology.....	17
Mental Health.....	9	Directories.....	17
Musculoskeletal .....	10		
Neurology.....	10		

## **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](mailto: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](mailto:admin@mwdgp.com.au).

# Medical Internet Sites

## General Patient Information


**Health on the Net Foundation:** Patient   
Clinical   
[www.hon.ch](http://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](http://www.betterhealth.vic.gov.au)  
Useful information and A-Z factsheets.


**Quack Watch:**  Patient   
Clinical   
[www.quackwatch.org](http://www.quackwatch.org)  
Your guide to quackery information and medicine.

**Healthy Skepticism:** Patient   
Clinical   
[www.healthyskepticism.org](http://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](http://www.gpnotebook.co.uk)  
A reliable, concise online encyclopedia.


**Mayo Clinic:**  Patient   
Clinical   
[www.mayoClinic.com](http://www.mayoClinic.com)  
Concise patient orientated overview of many disease states


**Health Insite:** Patient   
Clinical   
[www.healthinsite.gov.au](http://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](http://www.mydr.com.au)  
Very comprehensive site of useful resources and animated clips.


**UpToDate Inc.:** Patient   
Clinical   
[www.uptodate.com/patients](http://www.uptodate.com/patients)  
Useful, concise fact sheets on numerous medical topics.


**Patient UK:**  Patient   
Clinical   
[www.patient.co.uk](http://www.patient.co.uk)  
Excellent patient information leaflets


**Medic8:**  Patient   
Clinical   
[www.medic8.com](http://www.medic8.com)  
Comprehensive patient information database

**Medscape:**  Patient   
Clinical   
[www.medscape.com](http://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](http://www.labtestsonline.org.au)  
Very useful resource for patients enabling them better understanding of laboratory tests.

**Drugs.com:**  Patient   
Clinical   
[www.drugs.com](http://www.drugs.com)  
Concise patient orientated data base on medications, interactions, pill identifiers, side-effects.

**National Prescribing Service:**  Patient   
Clinical   
[www.nps.org.au](http://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](http://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](http://www.nlm.nih.gov)  
Huge data base of disease states on Medline Plus link.

**Aetna Intellihealth:**  Patient   
Clinical   
[www.intelihealth.com](http://www.intelihealth.com)  
Comprehensive A-Z medical condition guide reviewed by Harvard Medical School

**National Guidelines Clearing House:** Patient   
Clinical   
[www.guideline.gov](http://www.guideline.gov)  
Large data base of Guidelines

# Medical Internet Sites

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

**National Institute of Health and Clinical Excellence:** Patient   
Clinical   
[www.nice.org.uk](http://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](http://www.nhmrc.gov.au)  
Large data base of clinical guidelines.


**Health Translation Online Directory:** Patient   
Clinical   
[www.healthtranslations.vic.gov.au](http://www.healthtranslations.vic.gov.au)  
Numerous medical topics and fact sheets in various languages.

**Google Translate:** Patient   
Clinical   
[translate.google.com.au](http://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.


## Adolescent Health

**NSW Centre for Advancement of Adolescent Health:** Patient   
Clinical   
[www.caah.chw.edu.au](http://www.caah.chw.edu.au)

## Allergy


**Australian Society of Clinical Immunology and Allergy:**  Patient   
Clinical   
[www.allergy.org.au](http://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](http://www.cancer.org.au)

**Cancer Council of NSW** Patient   
Clinical   
[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

**Peter MacCallum Cancer Centre:** Patient   
Clinical   
[www.petermac.org](http://www.petermac.org)  
Excellent cancer information and links to other reliable cancer information websites

**Virtual Cancer Centre:**  Patient   
Clinical   
[www.virtualcancercentre.com](http://www.virtualcancercentre.com)  
Excellent data on cancers , drugs  
It is part of [www.virtualmedicalcentre.com](http://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](http://www.mammogram.med.usyd.edu.au)  
Useful in deciding whether you need to start having mammograms.

**Cancer Screening Decision** Patient   
Clinical   
[www.Cancerscreeningdecision.org](http://www.Cancerscreeningdecision.org)  
A useful site in making a decision on FOBT.

**Prostate Cancer:** Patient   
Clinical   
[www.prodex.com](http://www.prodex.com)  
A useful site on deciding on PSA testing.

**Department of Health and Ageing Cancer Screening Information** Patient   
Clinical   
[www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)  
Information on programs available for cancer screening.

**National Cancer Institute:** Patient   
Clinical   
[www.cancer.gov](http://www.cancer.gov)  
Very comprehensive guide to various cancers A-Z

# Medical Internet Sites

## Cardiovascular Disease

**National Heart Foundation:** Patient   
Clinical   
[www.heartfoundation.com.au](http://www.heartfoundation.com.au)

**National Stroke Foundation:** Patient   
Clinical   
[www.strokefoundation.com.au](http://www.strokefoundation.com.au)

**Cardiac Society of Australia and New Zealand:** Patient   
Clinical   
[www.csanz.edu.au](http://www.csanz.edu.au)

**Heart Rhythm Society:** Patient   
Clinical   
[www.hrsonline.org](http://www.hrsonline.org)  
Excellent patient and professional educational resources

**Healthinsite:** Patient   
Clinical   
[www.healthinsite.gov.au/topics/Arrhythmia](http://www.healthinsite.gov.au/topics/Arrhythmia)  
Well resourced links to various arrhythmias

**National Cholesterol Education Program :** Patient   
Clinical   
[www.ncepa.com.au](http://www.ncepa.com.au)  
Excellent patient resource with 'Heart-to-Heart' booklet

**Arrhythmia Alliance : The Heart Rhythm Charity:** Patient   
Clinical   
[www.arrhythmiaalliance.org.uk](http://www.arrhythmiaalliance.org.uk)  
Excellent site with useful links and information

**Heartpodcast.org** Patient   
Clinical   
[www.heartpodcast.org](http://www.heartpodcast.org)

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

**Youtube :- video on coronary artery stenting** Patient   
Clinical   
<http://www.youtube.com/watch#lv=4Qf8XC1QJk&feature=channel>  
good video on coronary artery stenting

**Youtube: – video on cardiac cathertization** Patient   
Clinical   
<http://www.youtube.com/watch#lv=f1mdGDu4LK8&feature=channel>  
good video on cardiac catheterization

## Complementary Medicine

**Australasian Integrative Medicine Association:** Patient   
Clinical   
[www.aima.net.au](http://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](http://www.nlm.nih.gov/medlineplus/druginformation.html)  
Good comprehensive information.

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

**Blackmores Medical** Patient   
Clinical   
<http://www.blackmoresmedical.com.au>  
Excellent drug interaction guide. Free registration


## Dental

**American Dental Association:** Patient   
Clinical   
[www.ada.org](http://www.ada.org)  
Has a useful A-Z resource base Oral Health Topics site

## Dermatology

**Australasian College of Dermatologists:** Patient   
Clinical   
[www.dermcoll.asn.au](http://www.dermcoll.asn.au)

**Eczema Association of Australasia:** Patient   
Clinical   
[www.eczema.org.au](http://www.eczema.org.au)

**New Zealand Dermatological Society:**  Patient   
Clinical   
[www.dermnetnz.org](http://www.dermnetnz.org)  
Excellent and comprehensive site on skin diseases

# Medical Internet Sites

**All about Acne:** Patient   
[www.acne.org.au](http://www.acne.org.au) Clinical   
Good patient orientated guide

**National Psoriasis Foundation:** Patient   
[www.psoriasis.org](http://www.psoriasis.org) Clinical   
Excellent patient resource material

**Occupational Dermatology Research & Education Centre:** Patient   
[www.occderm.asn.au](http://www.occderm.asn.au) Clinical   
Useful site on common occupational dermatoses and their management

## Drugs and Alcohol


**Australian Drug Foundation:** Patient   
[www.adf.org.au](http://www.adf.org.au) Clinical

**Alcoholics Anonymous:** Patient   
[www.aa.org.au](http://www.aa.org.au) Clinical

**Quit Campaign:** Patient   
[www.quit.org.au](http://www.quit.org.au) Clinical   
[www.quitnow.info.au](http://www.quitnow.info.au) (with Online QuitCoach)


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

## Ear, nose and throat


**Otolaryngology Houston:**  Patient   
[www.ghorayeb.com](http://www.ghorayeb.com) Clinical   
A well ordered comprehensive site on all aspects of ear, nose and throat

## Endocrinology


**Diabetes Australia:** Patient   
[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au) Clinical

**Mendosa: Living with Diabetes:**  Patient   
[www.mendosa.com/diabetes.htm](http://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](http://www.thyroidfoundation.com.au) Clinical

**Andrology Australia:**  Patient   
[www.andrologyaustralia.org](http://www.andrologyaustralia.org) Clinical   
Excellent A-Z guide on common male issues and reproductive health

**Thyroid Australia:** Patient   
[www.thyroid.org.au](http://www.thyroid.org.au) Clinical

**Thyroid Disease:**  Patient   
[www.thyroidmanager.org](http://www.thyroidmanager.org) Clinical   
Useful and very concise data on all aspects of thyroid disorders

**Australian Paediatric Endocrinology Group:** Patient   
[www.apeg.org.au](http://www.apeg.org.au) Clinical   
Provides excellent resource material and links in various facets relating to paediatric endocrinological conditions

## Gastrointestinal

**Gastroenterological Society of Australia:** Patient   
[www.gesa.org.au](http://www.gesa.org.au) Clinical

**Australia Crohn's and Colitis Association:** Patient   
[www.acca.net.au](http://www.acca.net.au) Clinical

**Irritable Bowel Information and Support Association of Australia:** Patient   
[www.ibis-australia.org](http://www.ibis-australia.org) Clinical


**The Coeliac Society of Australia:** Patient   
[www.coeliac.org.au](http://www.coeliac.org.au) Clinical

# Medical Internet Sites

**Gut Foundation Research Institute:** Patient   
Clinical   
[www.gut.nsw.edu.au](http://www.gut.nsw.edu.au)

**The Wales Day Centre:** Patient   
Clinical   
[www.wales.com.au](http://www.wales.com.au)  
Excellent data base of common gastro-intestinal issues for patients.

## Genetics

**GeneTests:**  Patient   
Clinical   
[www.genetests.org](http://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](http://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](http://www.hgsa.com.au)

**Association of Genetic Support of Australasia:** Patient   
Clinical   
[www.agsa-geneticsupport.org.au](http://www.agsa-geneticsupport.org.au)

**Murdock Children's Research Institute** Patient   
Clinical   
[www.mcri.edu.au/Downloads/PrenatalTestingDecisionAid.pdf](http://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](http://www.gt.nsw.gov.au)  
Very useful information and downloadable forms

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

**Advanced Care Planning :My wishes program:** Patient   
Clinical   
[www.mywishes.org.au](http://www.mywishes.org.au)  
An excellent site on Advanced Care Planning with simple, easy to read downloadable documents.

## Haematology

**Australian Red Cross Blood Service:** Patient   
Clinical   
[www.transfusion.com.au](http://www.transfusion.com.au)

## Immunisation

**Immunise Australia Program:** Patient   
Clinical   
[www.immunise.health.gov.au](http://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](http://www.ncirs.usyd.edu.au)

**Immunisation Catch Up Calculator** Patient   
Clinical   
[www.health.sa.gov.au/immunisationcalculator/](http://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](http://www.dovaccinescausethat.com/pdfs/DVCT_sample.pdf)  
A guide to safety concerns for vaccines

# Medical Internet Sites

## Infectious Diseases

**U.S. Center for Disease Control:** Patient   
Clinical   
[www.cdc.gov](http://www.cdc.gov)  
Excellent data base of diseases A-Z

**Infectious Diseases Society of America:** Patient   
Clinical   
<http://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](http://www.health.nt.gov.au/Publications/Centre for Disease Control Publications/index.aspx)  
Great data base of fact sheets on numerous diseases & conditions

## Lifestyle / Behavioural

**U.S National Institute of Ageing:** Patient   
Clinical   
[www.nia.nih.gov](http://www.nia.nih.gov)  
Good data base of age related topics/ resources

**Navigating self-management** Patient   
Clinical   
[http://som.flinders.edu.au/FUSA/CCTU/pdf/Navigating\\_self\\_management%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](http://www.lawsociety.com.au)  
Some useful sections . Downloadable book on Older people and The Law.

## Men's Health

**Men's Health Australia:** Patient   
Clinical   
[www.menshealthaustralia.net](http://www.menshealthaustralia.net)  
Good information, guidelines and very comprehensive list of useful links.

## Mental Health

**Anxiety Online** Patient   
Clinical   
[www.anxietyonline.org.au](http://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](http://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](http://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](http://www.psychsupport.com.au)  
Australian Government / RACGP operated site to support GP's needing advice on difficult situations

**Centre for Clinical Interventions:** Patient   
Clinical   
<http://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

# Medical Internet Sites

**Kids Helpline:** Patient   
[www.kidshelp.com.au](http://www.kidshelp.com.au) Clinical   
Good support for young people on common conditions. Provides telephone counseling.

**Reach Out:** Patient   
[www.reachout.com.au](http://www.reachout.com.au) Clinical   
Good support material on a wide range of issues

**Headspace:** Patient   
[www.headspace.org.au](http://www.headspace.org.au) Clinical   
Site contains information about Headspace centres and other mental health issues affecting young people

**BluePages:** Patient   
[www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au) Clinical   
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.

**Schizophrenia Fellowship NSW:** Patient   
[www.sfnsw.org.au](http://www.sfnsw.org.au) Clinical   
Good resource material particularly for consumers.

**Gambling Help** Patient   
[www.gamblinghelp.nsw.gov.au](http://www.gamblinghelp.nsw.gov.au) Clinical   
A good site for support of both patients and health professionals

**Psychological Self Help** Patient   
[www.psychologicalselfhelp.org](http://www.psychologicalselfhelp.org) Clinical   
Very useful book on assisting behavioural changes.

## Musculoskeletal

**American Association of Orthopedic Surgeons:** Patient   
[www.orthoinfo.aaos.org](http://www.orthoinfo.aaos.org) Clinical   
Excellent Resource base for patient information on all sorts of orthopedic issues.

**Australian Orthopedic Association:** Patient   
[www.aoa.org.au](http://www.aoa.org.au) Clinical   
Great links to other associations. Try Scoliosis Australia and American Orthopedic Society for Sports Medicine for great information and videos.

**Sports Medicine Australia:** Patient   
[www.sma.org.au](http://www.sma.org.au) Clinical   
Some useful factsheets and downloadable injury reporting forms.

**Australian Association of Musculo-skeletal Medicine:** Patient   
[www.musmed.com](http://www.musmed.com) Clinical   
Some useful Fact Sheets on a variety of spinal and soft tissue conditions.

## Neurology

**Alzheimers Australia :** Patient   
[www.alzheimers.org.au](http://www.alzheimers.org.au) Clinical   
Great resource for patients, carers and doctors on every facet from diagnosis to management.

**Brain Foundation:** Patient   
<http://www.brainfoundation.org.au> Clinical   
Excellent A-Z guide common neurological disorders

**Headache Australia:** Patient   
[www.headacheaustralia.org.au](http://www.headacheaustralia.org.au) Clinical   
Good patient orientated guide on headaches and their management.

**Multiple Sclerosis Australia** Patient   
[www.msaustralia.org.au](http://www.msaustralia.org.au) Clinical   
Good resource on diagnosis, treatment /management options.

**Stroke Foundation:** Patient   
[www.strokefoundation.com.au](http://www.strokefoundation.com.au) Clinical   
Useful guidelines; good overview on prevention, treatment, educational activities

**Parkinson's Australia:** Patient   
[www.parkinsons.org.au](http://www.parkinsons.org.au) Clinical   
Excellent guide for patients and carers and some very helpful links

**Epilepsy Action of Australia:** Patient   
[www.epilepsy.org.au](http://www.epilepsy.org.au) Clinical   
Helpful guide for patients and carers explaining epilepsy types, management and associated lifestyle issues.

# Medical Internet Sites

**Motor Neurone Disease Australia:** Patient   
Clinical   
[www.mndaust.asn.au](http://www.mndaust.asn.au)  
Good resource guide and links

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

## Nutrition

**Dietitians Association of Australia:** Patient   
Clinical   
[www.daa.asn.au](http://www.daa.asn.au)  
Comprehensive A-Z nutritional guides and self - assessment guides

**Food Standards Australia New Zealand:** Patient   
Clinical   
[www.foodstandards.gov.au](http://www.foodstandards.gov.au)  
Excellent A-Z Fact Sheets

**AWASH-Australian Division on World Action on Salt & Health:** Patient   
Clinical   
[www.awash.org.au](http://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](http://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](http://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](http://www.gofor2and5.com.au)  
Recipes on how to incorporate 2 servings of vegetables and 5 servings of fruit each day


**Get Healthy Information and Coaching Service:** Patient   
Clinical   
[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)  
Information on healthy eating and being active.


## Obstetrics and Gynecology

**Royal Australian and New Zealand College of Obstetrics and Gynaecology:** Patient   
Clinical   
[www.ranzcog.edu.au](http://www.ranzcog.edu.au)  
Some useful resources and helpful links

**Australasian Menopause Society:** Patient   
Clinical   
[www.menopause.org.au](http://www.menopause.org.au)  
Excellent Fact Sheets, resources , video on menopausal treatments

**Jean Hailes Foundation:** Patient   
Clinical   
[www.jeanhailes.org.au](http://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](http://www.endocenter.org)  
Good presentations and information on this topic

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

## Ophthalmology

**Royal Australian and New Zealand College of Ophthalmologists:** Patient   
Clinical   
[www.ranzco.edu.au](http://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.

# Medical Internet Sites

**Glaucoma Australia:** Patient   
Clinical   
[www.glaucoma.org.au](http://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](http://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](http://www.mdfoundation.com.au)  
Information on various aspects of the condition and available resources.

**Vision Australia:** Patient   
Clinical   
[www.visionaustralia.org](http://www.visionaustralia.org)  
Good resource on all aspects of low vision. Excellent fact sheets

## Paediatrics

**Clinical Practice Guidelines – Royal Children’s Hospital Melbourne:** Patient   
Clinical   
[www.rch.org.au](http://www.rch.org.au)

**Sydney Children’s Hospital:** Patient   
Clinical   
[www.sch.edu.au/health/factsheets/](http://www.sch.edu.au/health/factsheets/)

**Australian Paediatric Surveillance Unit:** Patient   
Clinical   
[www.apsu.inopsu.com](http://www.apsu.inopsu.com)  
Has great links to other data bases from local and international organisations and hospitals

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

## Palliative Care

**Palliative Care Australia:** Patient   
Clinical   
[www.palliativecare.org.au](http://www.palliativecare.org.au)

**Department of Health and Ageing:** Patient   
Clinical   
[www.health.gov.au](http://www.health.gov.au)

**Royal Australian College Physicians-Palliative Medicine Chapter:** Patient   
Clinical   
[www.racp.edu.au](http://www.racp.edu.au)  
Some useful factsheets.

## Parenting

**Raising Children Network- Australian Parenting Website:** Patient   
Clinical   
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)  
Very thorough parent orientated guide on many conditions

**Autism Spectrum Australia:** Patient   
Clinical   
[www.autismspectrum.org.au](http://www.autismspectrum.org.au)  
Very useful information on the condition, available management and support services.

**Mothersafe:** Patient   
Clinical   
[www.mothersafe.org.au](http://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](http://www.tresillian.net)  
Good Fact sheets on a variety of topics

**Australian Breast Feeding Association:** Patient   
Clinical   
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
Good Fact sheets on all aspects of breast-feeding

## Pathology

**The Royal Australian College of Pathologists:** Patient   
Clinical   
[www.rcpa.edu.au](http://www.rcpa.edu.au)  
Excellent data base of clinical resources

## Radiology

### Diagnostic Imaging Pathways



Patient   
Clinical

[www.imagingpathways.health.wa.gov.au](http://www.imagingpathways.health.wa.gov.au)

Excellent advice on appropriate imaging for various conditions.

## Renal

### Kidney Health Australia:

[www.kidney.org.au](http://www.kidney.org.au)

Excellent data base of guidelines

Patient   
Clinical

### Prostate Cancer Foundation:

[www.prostate.org.au](http://www.prostate.org.au)

Excellent uptodate presentations on prostate cancer treatments / guidelines

Patient   
Clinical

### Urological Society of Australia and New Zealand:

[www.usanz.org.au](http://www.usanz.org.au)

Excellent data base on variety of urological conditions, cancers , treatments and links to Continence Foundations

Patient   
Clinical

### The Continence Foundation of Australia:

[www.contfound.org.au](http://www.contfound.org.au)

Excellent data base of available resources for continence issues affecting all age groups.

Gives links to financial assistances

Also see:[www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)

Patient   
Clinical

### Sydney Urodynamic Centres:

[www.urodynamic.com.au](http://www.urodynamic.com.au)

Excellent resources on various aspects of incontinence.

Patient   
Clinical

## Respiratory

### National Asthma Council:

[www.nationalasthma.org.au](http://www.nationalasthma.org.au)

Concise and practical data base on all facets of treatment and monitoring



Patient   
Clinical

### Australian Lung Foundation:

[www.lungfoundation.com.au](http://www.lungfoundation.com.au)

Good information on numerous lung conditions and clinical guidelines and tools

Patient   
Clinical

### Thoracic Society of Australia and New Zealand:

[www.thoracic.org.au](http://www.thoracic.org.au)

Good links to other organizations. Good Fact sheets and professional information on variety of conditions.

Patient   
Clinical

### Australasian Sleep Association:

[www.sleep.org.au](http://www.sleep.org.au)

Good information sheets on various sleep disorders and links e.g. to Harvard Medical School interactive educational sleep website

Patient   
Clinical

## Rheumatology

### Arthritis Foundation:

[www.arthritis.org/conditions/DiseaseCenter](http://www.arthritis.org/conditions/DiseaseCenter)

Patient   
Clinical

### Sjogren's Syndrome Foundation Inc:

[www.sjogrens.org](http://www.sjogrens.org)

Patient   
Clinical

### Australian Rheumatology Association:

[www.rheumatology.org.au](http://www.rheumatology.org.au)

Patient   
Clinical

### Arthritis Australia:

[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

Patient   
Clinical

# Medical Internet Sites

## Sexual Health

**Royal Australian College Physicians Chapter of Sexual Health Medicine** Patient   
Clinical

[www.racp.edu.au/page/sexual-health-publications](http://www.racp.edu.au/page/sexual-health-publications)  
Useful resource on treatment guidelines

**ASHM : Australian Society for HIV Medicine:** Patient   
Clinical

[www.ashm.org.au](http://www.ashm.org.au)  
Up-to-date data/ links on treatment of HIV and hepatitis

**Australian Herpes Health Information:** Patient   
Clinical

[www.herples.com.au](http://www.herples.com.au)  
Patient orientated data on various aspects relating to herpes

**Australian Herpes Management Forum:** Patient   
Clinical

[www.ahmf.com.au](http://www.ahmf.com.au)  
Comprehensive guide on this condition



## Travel

**U.S. Centre for Disease Control:** Patient   
Clinical

[www.cdc.gov/travel](http://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](http://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](http://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](http://www.travelvax.com.au)  
Has some good travel information and vaccination advice

**MASTA( Medical Advisory Service for Travellers** Patient   
Clinical   
**Abroad):**

[www.masta.edu.au](http://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](http://www.vaccines.org)  
Useful information on vaccines and links

**Australian Department of Foreign Affairs and Trade:** Patient   
Clinical

[www.smartraveller.gov.au](http://www.smartraveller.gov.au)  
Concentrates on travel safety information on a country by country basis

## Vascular

**Society for Vascular Surgery:** Patient   
Clinical

[www.vascularweb.org](http://www.vascularweb.org)  
Excellent update , Fact Sheets and Guidelines

**NHS Abdominal Aortic Aneurysm Screening** Patient   
Clinical   
**Program:**

[www.screening.nhs.uk](http://www.screening.nhs.uk)

**Specialist Vascular Clinic** Patient   
Clinical

[Specialistvascularclinic.com.au](http://Specialistvascularclinic.com.au)  
Although a private vascular clinic, it gives good up-to-date advice on common vascular interventions.

## Wound Care

**Australian Wound Management Association:** Patient   
Clinical

[www.awma.com.au](http://www.awma.com.au)  
Useful resources and links to various aspect so wound care

# Medical Internet Sites

## Commonwealth

**Medicare Australia:** Patient   
Clinical   
[www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)

**Department of Veterans Affairs:** Patient   
Clinical   
[www.dva.gov.au](http://www.dva.gov.au)

**Department of Health and Ageing:** Patient   
Clinical   
[www.health.gov.au](http://www.health.gov.au)  
**Pharmaceutical Benefits Scheme:** Patient   
Clinical   
[www.pbs.gov.au](http://www.pbs.gov.au)

**Immunise Australia Program:** Patient   
Clinical   
[www.immunise.health.gov.au](http://www.immunise.health.gov.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](http://www.centrelink.gov.au)  
Good data base of forms and publications

**Australian Institute of Health and Welfare:** Patient   
Clinical   
[www.aihw.gov.au](http://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](http://www.tga.gov.au)

## State Government Authorities

**Motor Accident Authority of NSW:** Patient   
Clinical   
[www.maa.nsw.gov.au](http://www.maa.nsw.gov.au)  
Has Health Professional Guidelines and various claim forms

**NSW Food Authority** Patient   
Clinical   
[www.foodauthority.nsw.gov.au](http://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](http://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](http://www.transport.nsw.gov.au)  
Follow links to Taxi Transport Subsidy Scheme for forms

**Austrroads:** Patient   
Clinical   
[www.austrroads.com.au](http://www.austrroads.com.au)  
Useful information on assessing fitness to Drive

**Department of Ageing, Disability & Home Car:** Patient   
Clinical   
[www.dadhc.nsw.gov.au/dadhc](http://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](http://www.workcover.nsw.gov.au)  
Good site on the various facets of the workings of WorkCover.

## Community

**Warringah community and disability services:** Patient   
Clinical   
[www.warringah.nsw.gov.au/services/disability.aspx#database](http://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.mwpccommunityaid.com.au](http://www.mwpccommunityaid.com.au)  
Provides brief summary and contact details of services – transport/home modification services/social contacts.

# Medical Internet Sites


**Community Care Northern Beaches:** Patient   
Clinical   
[www.ccnb.com.au](http://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](http://www.mwpct.org.au)  
Useful resource on available transport facilities/options

**My Hospital** Patient   
Clinical   
[www.smh.com.au/nsw/how-we-placed-all-the-facts-at-your-fingertips-20100508-uktw.html](http://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](http://www.health.nsw.gov.au/pubs) and follow links to Yellow Book

## Organisations

**Australian Practice Nurses Association** Patient   
Clinical   
[www.apna.asn.au](http://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](http://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](http://www.medicalboard.gov.au)

**Australian Divisions of General Practice:** Patient   
Clinical   
[www.agpn.com.au](http://www.agpn.com.au)

**Australian Primary Care Collaboratives:** Patient   
Clinical   
[www.apcc.org.au](http://www.apcc.org.au)

**Primary Health Care Research and Information** Patient   
Clinical


**Service PHC RIS:**  
[www.phcris.org.au](http://www.phcris.org.au)  
Good resources/data on state of Primary Care throughout Australia.

**Public Health Information Development Unit( PHIDU ):** Patient   
Clinical   
[www.publichealth.gov.au](http://www.publichealth.gov.au)  
Very useful public health data area by area.Covers a wide range of health indicators

## Medical Journals

**Australian Doctor:** Patient   
Clinical   
[www.australiandoctor.com.au](http://www.australiandoctor.com.au)  
Good archive section on How to Treat and Common Sense Pathology.Latest news.

**Medical Observer:** Patient   
Clinical   
[www.medicalobserver.com.au](http://www.medicalobserver.com.au)  
Good data base of Guidelines and Patient Handouts

**Australian Prescriber:**  Patient   
Clinical   
[www.australianprescriber.com](http://www.australianprescriber.com)  
Excellent subject index, support organisations

**Pulse+IT Magazine:** Patient   
Clinical   
[www.pulsemagazine.com.au](http://www.pulsemagazine.com.au)  
Useful information on various aspects of technology in health industry;back-issues available

**Good Health Publications:** Patient   
Clinical   
[www.ghpmedical.com.au](http://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)

## Technology

### General Practice Computing Group:

Patient   
Clinical

[www.gpcg.org.au](http://www.gpcg.org.au)

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

## Directories

### Medical Specialists Directory:

Patient   
Clinical

[www.aushealthpages.com.au](http://www.aushealthpages.com.au)

Useful online specialist directory covering all states.