

Revised 4/25/06

Search engines

<http://www.google.com>

<http://www.altavista.digital.com>

<http://www.hotbot.com>

<http://www.yahoo.com>

<http://www.Lycos.com>

Health Information sites

<http://www.medmatrix.org/index.asp>

<http://omni.ac.uk>

<http://www.HealthAtoZ.com>

<http://www.yahoo.com/health>

<http://www.hms.harvard.edu/resources/ceeap/>

<http://www.webmd.com>

other health databases

<http://www.medlineplus.gov>

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>

Search for journal reference with links to records with full text version of 13 test books links to Tox net, clinical trials, consumer health sites, and clinical alerts

<http://www.ovid.com>

Full text online 300 medical subscriptions either fixed-fee or pay as you go

<http://www.hcn.net.au/cochrane/abstracts/>

The Cochdrane Collaboration

Review of the best randomized controlled trials on specific clinical questions

Abstracts only free

<http://www.york.ac.uk/inst/crd/darehp.htm>

Database of abstracts of reviews of effectiveness (DARE) FREE

<http://library.nymc.edu>

books links to other web sites

<http://www.acponline.org/journals/acpj>

ACP Journal Club free recent issues

<http://bmj.com/>

British Medical Journal free full text

Government Agencies

<http://www.ahrpr.gov>

<http://www.cancernet.nci.nih.gov>

<http://www.cdc.gov>

<http://www.fda.gov>

<http://www.nih.gov>

Agency for Health Care Policy and Research
CancerNet: Nation Cancer Institute
Center for Disease Control
Food and Drug Administration
Nation Institutes of Health

Others

<http://www.cancer.org>

American Cancer Society

<http://www.hms.harvard.edu/resources/ceeap/guest>

Free Clinical Information for primary care source is Harvard Pilgrim Health Care

<http://www.cdc.gov/> CDC prevention guidelines

<http://www.cdc.gov/nchstd.dst/STD98TG.HTM>

CDC treatment guidelines for Sexually Transmitted disease

<http://www.cdc.gov/travel/>

CDC health information international travel

<http://www.aap.org/bpi/default.htm>

Review of Internet resources for pediatricians

<http://www.guideline.gov/index.aspx> Treatment guidelines

http://www.merckmedicus.com/pp/us/hcp/hcp_home.jsp

Good place to look up and link to other areas

Free Patient information

<http://sis.nlm.nih.gov/hotlines/subserch.html>

List of organizations with address and phone #s to help patients with various diseases

www.4woman.gov

National woman's health Information center

<http://www.healthfinder.gov>

Good source of reliable consumer health information web sites

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

Links to resources with medical information

<http://content.nejm.org/> New England Journal Medicine on line

<http://www.kp.org/medicine/index.html>

Good discussion on evidence based medicine and Number Needed to Treat (NNT)

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

ALTERNATIVE MEDICINE

[Http://www.intramedicine.com](http://www.intramedicine.com)

<http://www.naturaldatabase.com>

<http://www.nccam.nih.gov>

DRUG INTERACTIONS

http://www.rxcentric.com/search/enter_dif6.asp Can look up multiple drugs

<http://www.nlm.nih.gov/medlineplus/druginfo/uspdi/202540.html>

<http://www.drugs.com/>

<http://www.drugstore.com>

Those with PDA using palm OS

<http://www.epocarates.com> list of drugs and side effects and interactions to down load

free on line books

http://www.mercksource.com/pp/us/cns/cns_home.jsp
<http://nyerrn.com> general information and books on line

Information about a doctor

California

<http://www.docboard.org/ca/df/casearch.htm>

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

History of any discipline for a fee 9.95 certified check or credit card

<http://www.chcf.org> did have comparison of drug costs in California

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

INFORMATION ABOUT HOSPITAL

<http://www.hospitalcompare.hhs.gov/>

CONTACT FOR POSSIBLE HELP WITH MEDICATION

Helping Patients, <http://www.helpingpatients.org>

BenefitsCheckUp, <http://www.benefitscheckup.org>

Medicare, <http://www.medicare.gov>

RxAssist, <http://www.rxassist.org/default.cfm>

Needy Meds, <http://www.needymeds.com>

<http://www.aarp-pharmacy.com/>

<http://www.nabp.net/vipps/intro.asp>

List of pharmacies that volunteered to comply with the standards

buying drugs from Canada

<http://pbmr.com/> 39.95 annual fee shipping? Get discount card for US

AARP in April 03 bulletin said there was not problem in buying in Canada or Mexico if prescription is required and there is a phone # to call not just Internet

Minnesota Senior Federation have negotiated lower prices, to join is 19.00 per year and they monitor the drug suppliers in Canada check web site for cost and shipping and requirement seems to be lowest price about 1/3 USA

<http://www.mnseniors.net/membership/membnonmn.html>

<http://www.canadarx.net/> 9.99 handling fee each Rx and shipping 14.95 minimum seem to have very good prices even with fee's

buying drugs from Mexico

<http://safemed.com> website lists Mexican names

Drugs That Interact With Grapefruit Juice

Here are some drugs that interact with grapefruit juice. Check with your doctor or pharmacist if you're concerned about any of your medications.

Condition

Anxiety

Medications

Xanax, Buspar, Versed, Halcion

Depression	Luvox, Zoloft
Allergies	Allegra
Abnormal heart rhythm	Cordarone, quinidine
Heart disease/stroke/blood clots	Coumadin
Epilepsy	Tegretol
Cancer	Cyclophosphamide, etoposide, ifosfamide, tamoxifen, vinblastine, vincristine
Cough	Dextromethorphan (found in many over-the-counter cold medicines)
HIV	Agenerase, Crixivan, Viracept, Norvir, Fortovase
Prostate enlargement	Proscar
Heart disease/High blood pressure	Coreg, Cardizem, Plendil, Cardene, Adalat, Procardia, Nimotop, Sular, Covera, Calan, Verelan
Erectile dysfunction	Viagra, Cialis
Asthma/Emphysema	Theophylline
High cholesterol	Lipitor, Lescol, Mevacor, Zocor
Pain	Alfenta, Duragesic, Actiq, Sufenta
Infection	Biaxin, Sporanox, erythromycin, troleandomycin

Patients should check with their doctors about specific interactions between grapefruit juice and medication.

Medicare D

How to make the decision of what needs to be done about Medicare is very confusing/

There are three questions that need to be answered

1. Do I need to do any thing?

2. If I need to select a plan how do I do it?

3 which plan should I get and how much will it cost.

To answer the question a good starting point is <http://www.carxe.org> and play the video then click on ENTER PART D GATEWAY

Click on MEDICARE BENEFICIARY

Then click on MEDICARE RECIPIENT

Click PREPARE

Work your way to Chapter 3 and select an appropriate selection to start

After you complete this you should have a list of the plans that look appropriate for you but there is one thing you do not know and that is do the plans that you have selected have a formulary that contain the medication you are taking. For that information

Go to <http://www.medicare.gov> click on FOMULARY FINDER, enter the state, click ENTER, enter the drug that you are taking, review your list, select how you want to view the plans

With the plans who's formulary contain all the drugs you have listed you can now go back to www.carxe.org and enter the drugs and select the plans and the local drug stores and get the costs, where to get them.

Be aware that is not a life time chose. You will be able to change on an annual basis.

If you are a veteran go to

<http://www.va.gov/healtheligibility/costs/MedicarePrescriptionDrugCoverage-PartD.asp>

You can fill out the form on line

url for form

<https://www.1010ez.med.va.gov/sec/vha/1010ez/>