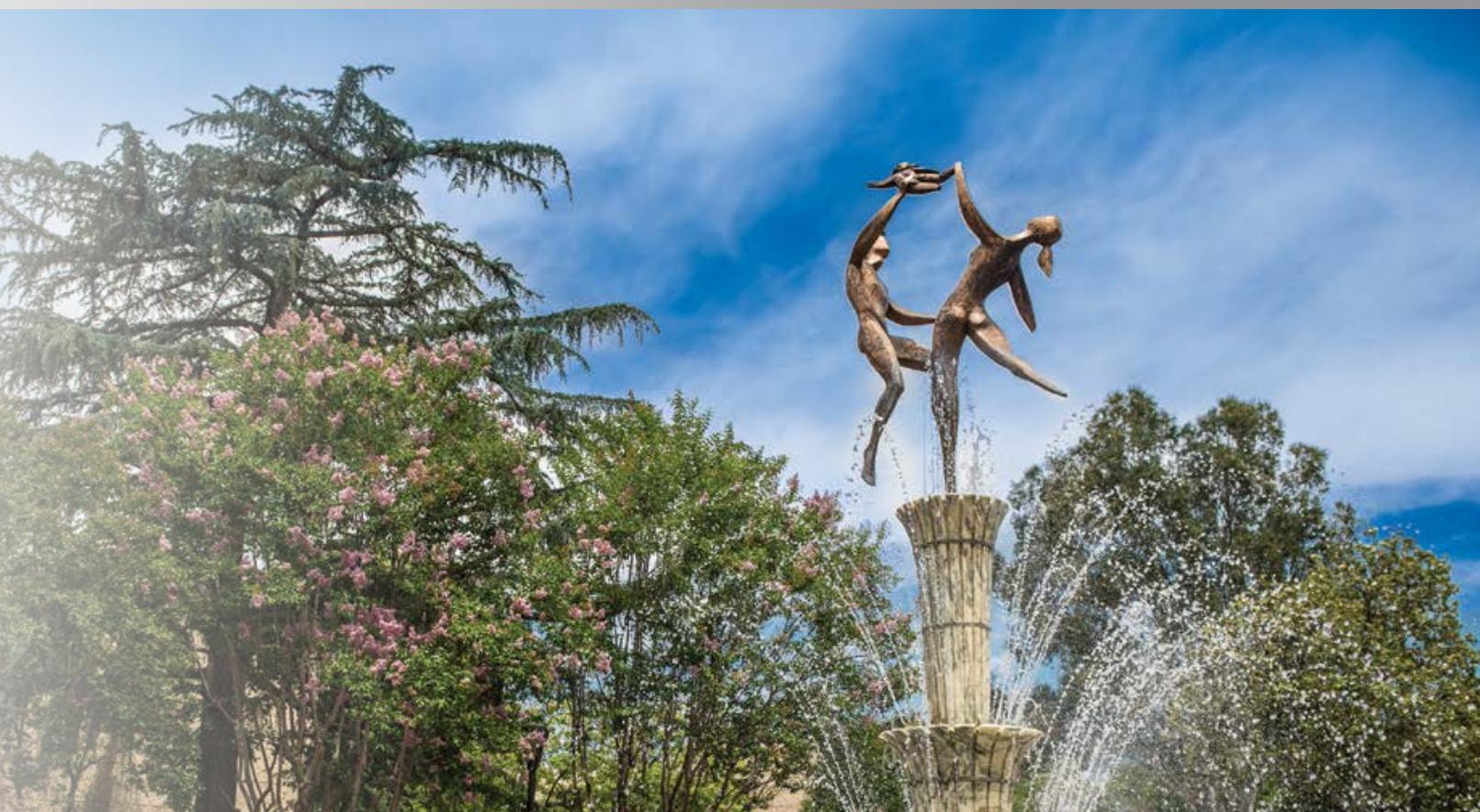


*“As a patient, it is critical to keep building on your knowledge.”*

— BMT Survivor

## CHAPTER 16



### Resources

Internet Resources for Cancer Information

Tips for Finding Information on the Internet

MedlinePlus Guide to Healthy Web Surfing

# Chapter 16

## Resources

Information on the Internet abounds and websites with reliable information are too numerous to list here. These are a few websites to get you started on your search for information. In addition, we've provided you with some basic tips for finding reliable information on the Internet.

Websites listed here are for your convenience and do not constitute endorsement by City of Hope.

BMT InfoNet	<a href="http://www.bmtinfonet.org">www.bmtinfonet.org</a>	(888) 597-7674
American Cancer Society	<a href="http://www.cancer.org">www.cancer.org</a>	(800) ACS-2345 (227-2345)
Cancer Legal Resource Center	email: <a href="mailto:Barbara.schwerin@lls.edu">Barbara.schwerin@lls.edu</a>	(213) 736-1455 (866) 843-2572
Cancer Support Community formerly known as The Wellness Community	<a href="http://www.thewellnesscommunity.org">www.thewellnesscommunity.org</a>	(888) 793-9388
CancerSymptoms.org	<a href="http://www.cancersymptoms.org">www.cancersymptoms.org</a>	
Cancervive Inc.	<a href="http://www.cancervive.org">www.cancervive.org</a>	(800) 426-2873
Center for International Blood and Marrow Transplant Research	<a href="http://www.cibmtr.org">www.cibmtr.org</a>	(414) 456-8325
Fertile Hope	<a href="http://www.fertilehope.org">www.fertilehope.org</a>	(888) 994-4673
Lab Tests Online	<a href="http://www.labtestsonline.org">www.labtestsonline.org</a>	
Lance Armstrong Foundation/ Livestrong	<a href="http://www.livestrong.org">www.livestrong.org</a>	(866) 235-7205
National Bone Marrow Transplant Link	<a href="http://www.nbmtlink.org">www.nbmtlink.org</a>	(800) LINK-BMT (546-5268)
National Cancer Institute	<a href="http://www.cancer.gov">www.cancer.gov</a>	(800) 4-CANCER (422-6237)
National Center for Complementary and Alternative Medicine	<a href="http://www.nccam.nih.gov">www.nccam.nih.gov</a>	
National Coalition for Cancer Survivorship	<a href="http://www.canceradvocacy.org">www.canceradvocacy.org</a>	(877) NCCS-YES (622-7937)
National Institute of Health Office of Dietary Supplements	<a href="http://dietary-supplements.info.nih.gov">dietary-supplements.info.nih.gov</a>	

National Marrow Donor Program	www.marrow.org	(800) MARROW-2 (627-7692)
Office of Cancer Complementary and Alternative Medicine	cancer.gov/cam/index.html	
OncoLink	www.oncolink.com	
Radiology Info	www.radiologyinfo.org	
The Bone Marrow Foundation	www.bonemarrow.org	(800) 365-1336
The Leukemia & Lymphoma Society	www.lls.org	(800) 955-4572

## Resource Listing

### Other useful resources

Write in your other resources that you have found.

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### Tips for finding information on the Internet

There is a lot of information on the Internet; some helpful and some misleading or even inaccurate. When searching for information, rely on credible sources. Nationally recognized organizations such as government website, hospitals and educational institutions offer credible information. The organizations' Web addresses (URLs) can give you a general idea of who is sponsoring the site.

Addresses that end in **.edu** are sites that are sponsored by educational institutions.

Addresses that end in **.gov** are sites sponsored by a government agency.

Addresses that end in **.org** are sponsored by a nonprofit agency.

Addresses that end in **.com** are sites sponsored by a commercial company.

## MedlinePlus Guide to Healthy Web Surfing

The following information is a summary of the MedlinePlus Guide to Healthy Web Surfing. You can find the full guide at [www.nlm.nih.gov/medlineplus/healthywebsurfing.html](http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html)

What should you look for when evaluating the quality of health information on websites? Here are some suggestions based on experience.

- **Consider the source** — Use recognized authorities. Know who is responsible for the content.
- **Focus on quality** — All websites are not created equal. Does the site have an editorial board? Is the information reviewed before it is posted?
- **Be a cyberskeptic** — Quackery abounds on the Web. Does the site make health claims that seem too good to be true? Does the information use deliberately obscure, “scientific” sounding language? Does it promise quick, dramatic, miraculous results? Is this the only site making these claims?
- **Look for the evidence** — Rely on medical research, not opinion. Does the site identify the author? Does it rely on testimonials?
- **Check for currency** — Look for the latest information. Is the information current?
- **Beware of bias** — What is the purpose? Who is providing the funding? Who pays for the site?
- **Protect your privacy** — Health information should be confidential. Does the site have a privacy policy and tell you what information they collect?
- **Consult with your health professional** — Patient/provider partnerships lead to the best medical decisions.

For further information, visit the following MedlinePlus pages:

- Evaluating Health Information  
[www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html](http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html)
- Evaluating Internet Health Information: A Tutorial from the National Library of Medicine.  
[www.nlm.nih.gov/medlineplus/webeval/webeval.html](http://www.nlm.nih.gov/medlineplus/webeval/webeval.html)