



# Health/Medical Information

## Introduction

### What Will These Lessons Cover?

These lessons will cover the use of some extremely useful medical information sites available on the Internet. We'll show you how you can access these sites to look up all things health related, including information on a vast array of conditions, diseases, viruses, symptoms, drugs, vitamins, supplements and treatments.

### How Does This Work?

These sites are repositories of thousands of informational articles on health topics. If you or a loved one are suffering from illness, you can use these sites to look up the symptoms and get a better idea what might be causing it. From there, you can research the various conditions themselves, including what symptoms develop from it. More generally what it does to your body, how it can be treated, even how to potentially avoid contracting it. If you have a prescription or over the counter drug that you're interested in researching, you can access articles on these sites detailing the use and effects of these medications, including details on side effects. Information on supplements is also available, complete with references to scientific studies conducted to determine their effect on the body. There are also a wide variety of other features, including tools to assess your general health level, articles on staying healthy, special sections focusing on the discussion of particular topics (like "Men's Health,") and much much more.

### How Can I Use This?

Though these sites cannot replace the services of a trained physician (and never should) they allow you to get a better grasp on medicine and your health in general. You can use this to assist you with important decisions like when to see a doctor, what drugs to take, what drugs to avoid, how to generally live a healthier life, and more. When health issues become overwhelming, these sites are there to support your education and aid your decision making.

### Recommended Sites/Services

Mayo Clinic  
[www.mayoclinic.com](http://www.mayoclinic.com)

Senior Health  
[www.seniorhealth.org](http://www.seniorhealth.org)