

# SEARCHING THE INTERNET FOR CARDIOVASCULAR RESOURCES

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The internet can provide clinicians practicing in preventive cardiology with a wealth of resources from patient education information to slides for presentation, helpful lifestyle resources, and the latest information about treatment strategies. Listed below are some of the most common websites used in cardiovascular prevention. While there are thousands of sites available to the clinician, we have chosen to highlight information that is both factual and useful.

If you are searching the internet, you may want to keep these suggestions in mind:

1. Always check the source of your information. Who put it together? For whom do they work? Who is the sponsor of the site? Many of the most reliable information sites come from medical centers, university hospitals, and government health agencies such as the National Institutes of Health.
2. Check to see if the information is based on reports from leading medical journals. If references are unfamiliar or if no references exist, be cautious about interpreting the data.
3. Attempt to find out if the site and information are comprehensive.
4. Determine if the information is current. A website on health should be updated monthly, and this information should be provided to you as a reader.

In the following pages, we have listed only a small number of sites for you to explore. The summaries provide you with an overview of some of the highlights noted within each website.

## National Organizations and Major University Sites

**Site:** <http://www.PCNA.net>

**Sponsor:** Preventive Cardiovascular Nurses Association

**Overview:** The PCNA website provides the cardiovascular health professional with in-depth information on the management of cardiovascular disease in one easy-to-use location. The site includes information on upcoming courses, certification, reimbursement, and reference links.

**Site:** <http://www.acc.org>

**Sponsor:** American College of Cardiology

**Overview:** The American College of Cardiology's (ACC) site is updated frequently and provides you with edited talks from their educational center, the Heart House, a schedule of upcoming courses and scientific meetings, and consensus statements related to cardiovascular disease. The Patient Education Center will give you up-to-date guidelines on various aspects of heart disease. If you sign on as a member, you can print information free of charge. Another site sponsored by ACC is <http://www.cardiosource.com>, which offers topics such as: Editor's Choice, Expert Opinions, Clinical Trials, and Case Studies.

**Site:** <http://www.ahrq.gov>

**Sponsor:** Agency for Healthcare Research and Quality

**Overview:** The Agency for Healthcare Research and Quality has several practice guidelines in formats for both healthcare professionals and patients. Practice guidelines for cardiac rehabilitation, unstable angina, heart failure, and depression are just a few available for your use. Many of the guidelines are also available in Spanish and English.

**Site:** <http://www.americanheart.org>

**Sponsor:** American Heart Association

**Overview:** An in-depth site on overall cardiovascular disease, this website has much information for both the healthcare professional and patient. Find the latest from *Circulation*, the official journal of the American Heart Association (AHA). There is also information from the Cardiovascular Nursing Council and links to the Pharmaceutical Roundtable of the AHA. Find the latest statistics on cardiovascular disease; take your patients through their risk for cardiovascular disease, and type in food items to get low-fat or low-sodium recipes from the American Heart Association's cookbook.

**Site:** <http://www.diabetes.org>

**Sponsor:** American Diabetes Association

**Overview:** The American Diabetes Association (ADA) focuses on current association activities and provides information to the public. *Diabetes Forecast*, the ADA's magazine, is also available on this site. In addition, links to other patient education materials, research, and legislative activities can be accessed.

**Site:** <http://www.eatright.org>

**Sponsor:** American Dietetic Association

**Overview:** This site is useful for both healthcare professionals and the public. Many nutrition resources are available on the site, including referral services for dietitians, daily nutrition tips and fact sheets, and information about the latest topics on nutrition published in the news. This site will help your patients sort out the latest diets and scientific facts about nutrition.

**Site:** <http://www.acsm.org>

**Sponsor:** American College of Sports Medicine

**Overview:** The American College of Sports Medicine offers conferences, continuing education, and certification for healthcare professionals. They also provide continuing education through their journals.

**Site:** <http://www.nhlbi.nih.gov>

**Sponsors:** National Heart Lung and Blood Institute of the National Institutes of Health (NHLBI)

**Overview:** NHLBI provides you with in-depth information as a professional and gives you an opportunity to print some of the best health education materials for your patients. The NHLBI Obesity Education Initiative allows everyone to calculate their body mass index and includes tips on diet for those with high blood pressure. A variety of heart-healthy menus reside on the "Recipes for Health Eating" section.

**Site:** <http://www.stroke.org>

**Sponsor:** National Stroke Association

**Overview:** At this site patients can test their knowledge on stroke and its symptoms and learn more about stroke prevention from national guidelines. There are also caregiver resources here for family members, including stroke centers and support groups. Links highlight products and services for stroke survivors and their caregivers.

**Site:** <http://www.cdc.gov/nchs/about/major/nhanes/datatablelink.htm>

**Sponsor:** Centers for Disease Control- National Center for Health Statistics

**Overview:** This website features the National Health and Nutrition Examination Survey (NHANES) data tables. The tables listed include reference values and prevalence tables for: 1) Hypertension in adults by gender, age and race, 2) Total Cholesterol and HDL cholesterol in adults and children, by gender, age and race, and 3) Overweight and obesity and BMI levels for adults and children by gender, age and race. This site has links to the NHANES home page, as well as the Center for Disease Control and the National Center for Health Statistics page.

**Site:** <http://www.niddk.nih.gov/>

**Sponsor:** National Institute of Diabetes and Digestive and Kidney Diseases and the National Institutes of Health

**Overview:** This website is a great resource from the National Diabetes Information Clearinghouse and includes information ranging from an introduction to diabetes to medications and complications geared for the lay public. You will also find updated statistics, research trials, and additional resources for patients with diabetes.

**Site:** <http://www.womenheart.org>

**Sponsor:** WomenHeart: National Coalition for Women with Heart Disease

**Overview:** WomenHeart is the nation's only national patient advocacy organization for American women living with heart disease and provides them support, information, and advocacy. They offer community-based Support Networks in nearly 40 communities across America which provide a variety of services to heart disease survivors, and well as national educational seminars and membership conferences. WomenHeart offers complimentary monthly e-mail newsletter and free membership.

**Site:** <http://www.intelihealth.com>

**Sponsor:** Harvard Medical Schools and Aetna Intellihealth

**Overview:** This site offers information on a wide range of health topics for people of all ages, as well as topics of the day.

**Site:** <http://www.mayoclinic.org>

**Sponsor:** Mayo Clinic

**Overview:** This official website for the Mayo Clinic has a wealth of information from links searching different diseases and medications to information on fitness and tools to help manage a chronic condition or disease.

**Site:** <http://www.healthfinder.gov>

**Sponsor:** US Dept. of Health and Human Services

**Overview:** This site offers hand-picked health information from A to Z — prevention & wellness, diseases & conditions, and alternative medicine — plus medical dictionaries, an encyclopedia, journals, and more. There is a directory of selected government agencies, clearinghouses, non-profits, and universities. Find information about physicians, dentists, public clinics, hospitals, long term care, nursing homes, health insurance, prescriptions, health fraud, Medicare, Medicaid, and medical privacy. Selected health topics organized for men and women, by age from kids to seniors, by race and ethnicity, and for parents, caregivers, health professionals, and others on a variety of topics.

**Site:** <http://www.medscape.com>

**Sponsor:** Medscape from WebMD

**Overview:** This site offers the largest collection of free full-text clinical medicine articles, 12 easily-searched databases that include Medline, daily news, interactive case studies, free online continuing medical education resources, and conference summaries. It is a superb site for healthcare professionals accessing scientific information. You can also e-mail an article to a colleague directly from this site. Free site registration is required to obtain a password.

**Site:** <http://www.medscape.com/nurses>

**Sponsor:** Medscape from WebMD

**Overview:** This website is similar to WebMD, incorporating a focus on nursing. Key features include: original, professional medical content, review articles, journal commentary and patient education articles along with CME activities and summaries of major medical meetings. There is a simple one time, free registration to have all this information available to each member.

## Specific Topics

### Aging

**Site:** <http://www.hartfordign.org>

**Sponsor:** Hartford Institute for Geriatric Nursing

The mission of the Hartford Institute for Geriatric Nursing is to shape the quality of nursing care to older adults by assuring the geriatric competency of nurses. This website contains resources and links to all of the products and resources developed by the institute in the areas of education, practice research and policy. These resources include: best practices assessment tools, evidenced based geriatric nursing protocols, geriatric nursing certification review course, and advance practice curriculum case studies.

**Site:** <http://www.asaging.org>

**Sponsor:** American Society on Aging

The American Society on Aging consists of a multidisciplinary array of professionals who seek to improve the knowledge and skills of people working with older adults and their families. They offer professional education, publications, resources and awards programs.

**Site:** <http://www.ncoa.org>

**Sponsor:** National Council on Aging

The National Council on Aging is dedicated to improving the health and independence of older persons by encouraging the building of and continuing contributions to their communities. Its members include individuals and senior centers, adult day service centers, aging agencies, faith congregations, and senior housing facilities. This website provides seniors with an outlet to find a job or volunteer opportunity, to learn about federal programs for older workers, and information on groups that focus on staying independent and healthy aging.

**Site:** <http://www.agingresearch.org>

**Sponsor:** Alliance for Aging Research

The Alliance for Aging Research is a citizen advocacy organization that is dedicated to supporting aging-based scientific research and using scientific information to empower the aging population. This website offers aging news, the opportunity to read and contribute to blogs, information about policies and events surrounding the elderly, and their newsletter *Living Longer and Loving It*.

**Site:** <http://www.americangeriatrics.org>

**Sponsor:** American Geriatrics Society

The American Geriatrics Society is an organization of professional health care providers who are dedicated to improving the health and well being of all older adults. On this site, the healthcare provider can access continuing education programs, the latest news in advocacy and public policy, and subscribe to the American Geriatrics Society's online newsletter *AGS Week in Review*.

## Physical Fitness

**Site:** <http://www.fitness.gov>

**Sponsor:** The President's Council on Physical Fitness and Sports

**Overview:** The President's Council on Physical Fitness and Sports is a branch of the Department of Health and Human Services. This web site offers information on the work of the council, view the publications and link to other government resources as well as health and fitness organizations.

**Site:** <http://www.shapeup.org>

**Sponsor:** Shape Up America!

**Overview:** With the ultimate goal of stimulating behavior change, Shape Up America! is focusing on redefining weight management by encouraging increased physical activity and healthy eating for all Americans.

**Site:** <http://www.paceproject.org>

**Sponsor:** The Pace Project

**Overview:** The Pace Project offers tools to help healthcare providers counsel their patients on becoming more physically active. It also offers the research behind the tools.

**Site:** <http://www.acsm.org>

**Sponsor:** American College of Sports Medicine

**Overview:** The American College of Sports Medicine offers conferences, information about accreditation, and continuing education courses for healthcare professionals. The site offers home study courses through Physician and Sports Medicine that provide continuing medical education credit online.

**Site:** <http://www.health.gov/paguidelines>

**Sponsor:** US Department of Health and Human Services

**Overview:** The Federal Government has issued its first-ever Physical Activity Guidelines for Americans in 2008. The guidelines describe the types and amounts of physical activity that offer substantial health benefits to Americans. On this site, health care providers can find physical activity guidelines for Americans, a tool kit for organizations and communities, a guide for adults, and the Report of the Physical Activity Guidelines Advisory Committee. Other resources as a part of this effort will be posted as they are developed.

## Obesity, Nutrition, and Weight Loss

**Site:** <http://www.fda.gov/oc/mccllellan/chbn.html>

**Sponsor:** Federal Drug Administration

**Overview:** The U.S. Food and Drug Administration web site. This is the FDA web site for "Better Health Information for Better Nutrition" focused on improved consumer information about nutrition. This web site offers the FDA's rulings on conventional foods and dietary supplements and explains the regulatory statements.

**Site:** <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

**Sponsor:** Centers for Disease Control and Prevention

**Overview:** This is the home page on overweight and obesity for The Centers for Disease Control and Prevention. This site offers a vast source of information about obesity including definition, trends, contributing factors, health consequences, economic consequences, state-based programs, recommendations, and resources.

**Site:** <http://www.health.gov/dietaryguidelines/>

**Sponsor:** US Drug Administration

**Overview:** The US Department of Health and Human Services and the Department of Agriculture jointly publish Dietary Guidelines for Americans every five years. This web site displays current guidelines as well as the previous guidelines through 1980.

**Site:** <http://www.niddk.nih.gov/health/nutrition.htm>

**Sponsor:** National Institute of Diabetes & Digestive & Kidney Disorders

**Overview:** The National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK) web site offers patient information on the topics of diabetes nutrition, "What I need to know about eating and diabetes;" renal nutrition, "Eat right to feel right on hemodialysis;" general nutrition, "Nutrition and your health: Dietary Guidelines for Americans;" weight loss, "NIDDK weight control information;" and other information.

**Site:** <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>

**Sponsor:** National Heart, Lung, and Blood Institute

**Overview:** The Dietary Approaches to Stop Hypertension (DASH) diet plan is clinically proven to significantly reduce blood pressure! Upload the "Lowering Your Blood Pressure with DASH" booklet, which contains a week's worth of sample menus and recipes recalculated using 2005 nutrient content data, on this site.

**Site:** <http://win.niddk.nih.gov/>

**Sponsor:** Weight-control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases

**Overview:** The Weight-control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

**Site:** <http://www.MyPyramid.gov>

**Sponsor:** US Department of Agriculture

**Overview:** The United States Department of Agriculture web site displays the updated food pyramid. This site explains the types of food in each group, pictures of the food to show serving size, tips on the types of foods to choose and how to prepare them, and a personal food plan can be designed based on age, sex and physical activity level.

**Site:** <http://www.cdc.gov/nccdphp/dnpa>

**Sponsor:** Centers for Disease Control and Prevention Division of Nutrition, Physical Activity and Obesity

**Overview:** CDC's Division of Nutrition, Physical Activity and Obesity (DNPAO) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. The scope of DNPAO activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.

## Pediatric Obesity Resources

**Site:** <http://www.shapeup.org>

**Sponsor:** Shape Up America!

**Overview:** With the ultimate goal of stimulating behavior change, Shape Up America! is focusing on redefining weight management by encouraging increased physical activity and healthy eating for all Americans.

**Site:** <http://www.aap.org/obesity/>

**Sponsor:** American Academy of Pediatrics

**Overview:** The American Academy of Pediatrics web site is dedicated to overweight and obesity issues with children. The site includes The Parenting Corner, with safety and health tips and the opportunity to subscribe to the quarterly magazine Healthy Children; professional resources including continuing education and journals; and both state and federal advocacy information.

**Site:** <http://obesity1.tempdomainname.com/subs/childhood/>

**Sponsor:** American Obesity Association

**Overview:** The American Obesity Association web site offers information on the prevalence and identification of obesity in children beginning from birth up. Growth charts are available. The causes of childhood obesity are identified as well as suggestions for prevention for both families and schools and finally health risks are identified.

**Site:** <http://www.health.gov/dietaryguidelines/>

**Sponsor:** US Department of Health and Human Services and the US Department of Agriculture

**Overview:** The *Guidelines* provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for federal food and nutrition education programs.



**Site:** <http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/index.htm>

**Sponsor:** Centers for Disease Control and Prevention Overweight and Obesity

**Overview:** This Web site provides information about childhood overweight, including how overweight is defined for children, the prevalence of overweight, the factors associated with overweight, and the related health consequences.

## Smoking Cessation

**Site:** <http://www.cancer.gov/cancertopics/smoking>

**Sponsor:** National Cancer Institute, U.S. National Institutes of Health

**Overview:** This website, for both professionals and the public, provides a wealth of information and resources for those who want to quit smoking or want information regarding smoking cessation.

**Site:** <http://www.cancer.org/docroot/home/index.asp>

**Sponsor:** American Cancer Society

**Overview:** Educational information and tools for both the consumer and the professional regarding smoking cessation.

**Site:** <http://www.lungusa.org/>

**Sponsor:** American Lung Association

**Overview:** A resource for both professionals and the consumer with a section on smoking facts and smoking cessation medications and resources.

**Site:** <http://www.ahrq.gov/consumer/tobacco/helpsmokers.htm>

**Sponsor:** Agency for Health Care Policy and Research, US Department of Health and Human Services

**Overview:** This site provides useful information to help smokers and other tobacco users quit and includes a downloadable booklet with suggestions on how to quit.

**Site:** <http://www.surgeongeneral.gov/tobacco>

**Sponsor:** US Department of Health & Human Services

**Overview:** The United States Department of Health & Human Services website offers the latest information to help people quit smoking and to help health care professionals treat tobacco dependence. The site offers PDF files that may be downloaded on "What's New," Consumer Materials, Clinician Materials, Surgeon General reports, press releases, speeches, and more.

**Site:** <http://www.tobaccofreenurses.org>

**Sponsor:** Tobacco Free Nurses

**Overview:** Tobacco Free Nurses is a national program focused on helping nurses and student nurses to stop smoking. Along with QuitNet, Tobacco Free Nurses has created a smoking cessation site tailored for nurses and nursing students who want to quit smoking. From this site you can access QuitNet's special nurses section, where you'll find tools and resources you can use to help quit smoking, scientific guides about quitting, expert counselors available to take your questions, and most importantly, other nurses like you who want to quit!"

**Site:** <http://www.tobaccofreekids.org/index.php>

**Sponsor:** Campaign for Tobacco-Free Kids

**Overview:** This site is for health care professionals and consumers involved in the campaign to prevent smoking in our youth.

**Site:** <http://www.nicotine-anonymous.org/>

**Sponsor:** Nicotine Anonymous

**Overview:** The purpose of Nicotine Anonymous is to help individuals who would like to stop using tobacco and nicotine products. The program offers group support and recovery using the 12 Steps to achieve abstinence from nicotine. Visit this website to learn more about group meeting dates and locations, read tips on how to quit, and services offered by Nicotine Anonymous. Call their toll-free number for help in quitting the use of tobacco: 1-877 879 6422.

**Site:** <http://www.cancer.gov/cancertopics/smoking>

**Sponsor:** National Cancer Institute

**Overview:** This website offers **Live Help Online Chat** in which the user may obtain information and advice about quitting smoking through a confidential online text chat with an information specialist from NCI's Cancer Information Service. This site also offers tobacco facts, tips for quitting smoking and use of tobacco, and the latest available clinical trials. Talk with an NCI smoking cessation counselor for help quitting and answers to smoking-related questions: 1-877-44U-QUIT.

## Evidence-Based Practice Online Resources

**Site:** <http://www.guideline.gov>

**Sponsor:** National Guideline Clearinghouse- Agency for Healthcare Research and Quality

**Overview:** The National Guideline Clearinghouse is a public resource for evidence-based clinical practice guidelines. This is an initiative of the Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services.