

SEARCHING THE INTERNET FOR CARDIOVASCULAR RESOURCES

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.

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 professional 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.