

## Internet Resources

American Cancer Society  
<http://www.cancer.org>

American Diabetes Association  
<http://www.diabetes.org>

American Heart Association  
<http://www.americanheart.org>

Arthritis Foundation  
<http://www.arthritis.org>

Centers for Disease Control and Prevention  
<http://www.cdc.gov>

Georgia Division of Public Health  
<http://health.state.ga.us/>  
Information on public health issues and childhood immunizations.

Mayo Clinic  
<http://www.mayoclinic.com>  
Medical information written by Mayo Clinic doctors.

Medicare  
<http://www.medicare.gov>  
Official U.S. government site for Medicare information.

National Institutes of Health  
<http://www.health.nih.gov>  
Health information browsable by topic.

National Library of Medicine  
<http://www.nlm.nih.gov>  
Access to MedlinePlus and other medical information.

National Organization for Rare Disorders  
<http://www.rarediseases.org>  
Information on rare diseases and disorders.

National Women's Health Information Center  
<http://www.womenshealth.gov>

*Please ask at the Information Desk for help in locating the resources listed in this brochure or if you need additional resources.*

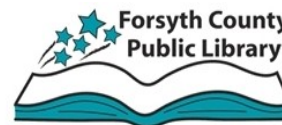
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*You should not act or rely upon any of the information available from the resources in this brochure without seeking the advice of a physician or other healthcare provider.*

**Cumming Library**  
585 Dahlonega Road

**Hampton Park Library**  
5345 Settingdown Road

**Sharon Forks Library**  
2820 Old Atlanta Road



770-781-9840

Renewals 770-781-9865

[www.forsythpl.org](http://www.forsythpl.org)

[www.facebook.com/forsythpl](https://www.facebook.com/forsythpl)

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## Health and Wellness Resources

# Forsyth County Public Library

[www.forsythpl.org](http://www.forsythpl.org)

## Medical Reference Online

### GALILEO:

Alt HealthWatch has articles on complementary, holistic, and integrated approaches to health and wellness.

Psychology & Behavioral Sciences Collection includes articles from 410 full-text journals, covering information on emotional and behavioral sciences.

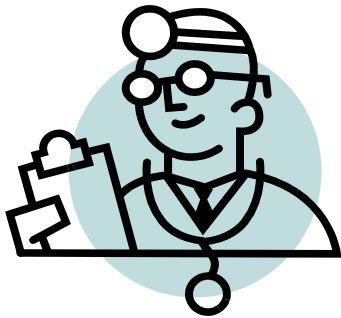
Consumer Health Complete contains articles on health for the general public.

Health Source: Nursing/Academic Edition provides nearly 520 scholarly full-text journals focusing on nursing, including Stedman's Medical Dictionary

MEDLINE (EBSCOhost) has articles from leading medical journals.

MedlinePlus includes a consumer health encyclopedia, drug information, and information from the National Library of Medicine and National Institute of Health.

The Merck Manual contains standard medical handbooks of reliable, easy-to-use medical information.



## Health and Wellness Books

American Medical Association Complete Medical Encyclopedia by Jerrold B. Leikin and Martin S. Lipsky, medical editors  
610.3 AMERI

Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being by Andrew Weil  
612.67 WEIL

Mayo Clinic Family Health Book by Scott C. Litin, editor-in-chief  
613 MAYO

You—The Owner's Manual: An Insider's Guide to the Body That Will Make You Healthier and Younger by Michael F. Roizen and Mehmet C. Oz  
613 ROIZE

Prescription for Nutritional Healing by Phyllis A. Balch  
613.2 BALCH

The Merck Manual of Medical Information: 2nd Home Edition Mark H. Beers, editor-in-chief  
616 MERCK

The Patient's Guide to Medical Tests: Everything You Need to Know About the Tests Your Doctor Orders by Joseph C. Segen  
616.075 SEGEN

The Heart of the Matter: The Three Key Breakthroughs to Preventing Heart Attacks by Peter Salgo, with Joe Layden  
616.123 SALGO

The Harvard Medical School Guide to Lowering Your Cholesterol by Mason W. Freeman  
616.1230 FREEM

The Best Life Guide to Managing Diabetes and Pre-Diabetes by Bob Green  
616.462 GREEN

Conquering Diabetes: A Cutting-Edge, Comprehensive Program for Prevention and Treatment by Anne L. Peters  
616.462 PETER

The Complete Diabetes Prevention Plan: A Guide to Understanding the Emerging Epidemic of Prediabetes and Halting Its Progression to Diabetes by Sandra Woodruff and Christopher Saudek  
616.462 WOODR

American Cancer Society Complete Guide to Complementary and Alternative Cancer Therapies by the American Cancer Society  
616.994 AMERI

Arthritis RX: A Cutting-Edge Program for Pain-Free Life by Vijay Vad  
616.722 VAD

A Woman's Concise Guide to Common Medical Tests by Michele C. Moore and Caroline M. de Costa  
618.1075 MOORE



## Reference Books

Physicians' Desk Reference Guide to uses and side effects of prescription drugs.  
RR 615.3 PHYSI

Gale Encyclopedia of Medicine by Donna Olendorf, Christine Jeryan and Karen Boyden, editors  
R 616.003 GALE

Gale Encyclopedia of Surgery: a Guide for Patients and Caregivers by Anthony J. Senagore, editor  
R 617.91 GALE