Exploring the Internet
an organized approach to finding reliable health information

MERCY
ST. JOHN'S
HEALTH SYSTEM

St. John's
Community Health Library

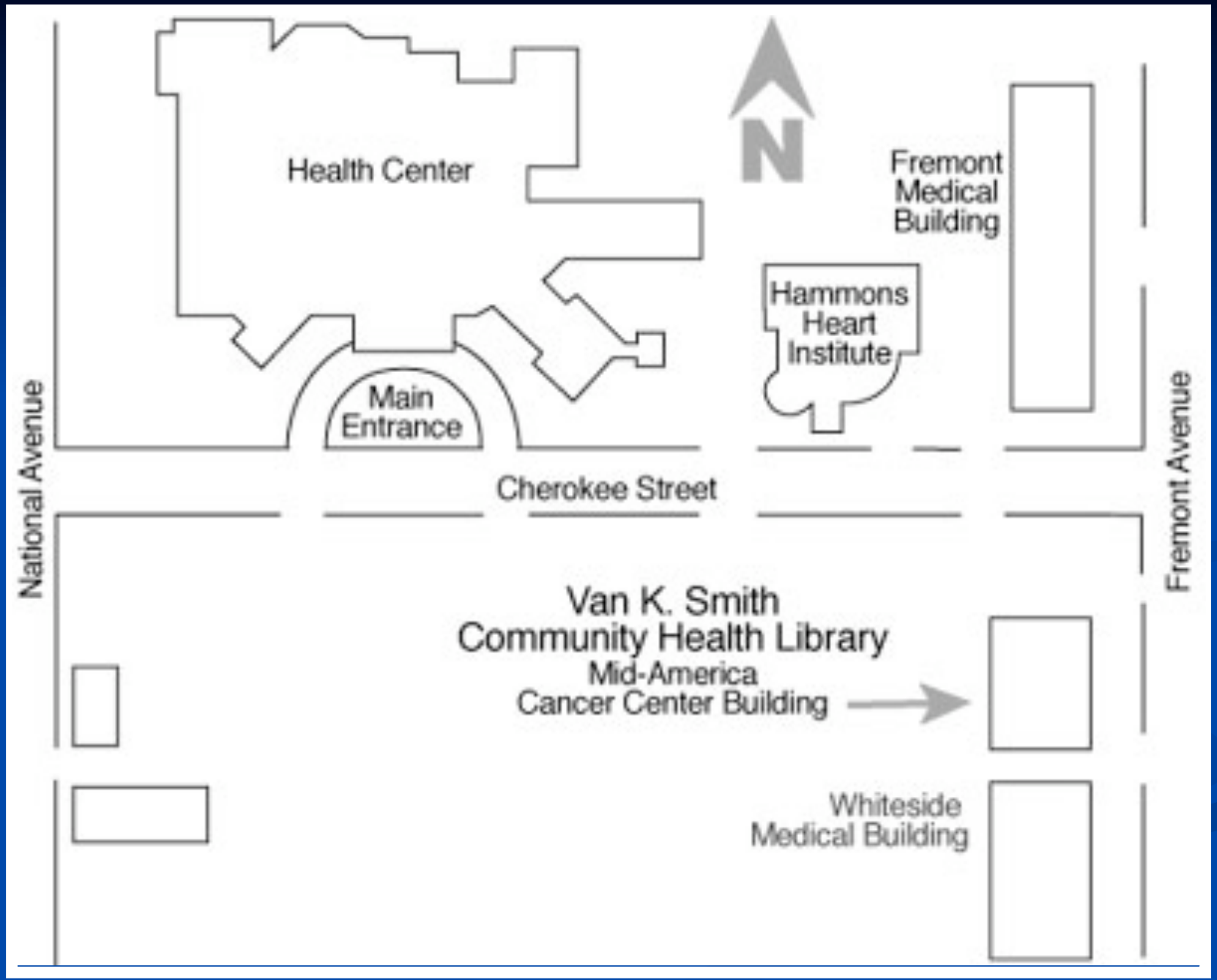
Topics

- Introduction to
  St. John's Community Health Library

- Locating quality information
  on the internet:

  1. How to evaluate websites
  2. How to locate quality websites
  3. How to use search engines

MID-AMERICA CANCER CENTER
HEALTH LIBRARY


Health Center
N
Fremont
Medical
Building
Hammons
Heart
Institute
Main
Entrance
National Avenue
Cherokee Street
Fremont Avenue
Van K. Smith
Community Health Library
Mid-America
Cancer Center Building
Whiteside
Medical Building

Location and Hours

Physical Location:

2055 South Fremont
St. John's Cancer Center
Springfield, Missouri

Hours of Service:

Monday - Tuesday, 9 a.m. - 5:30 p.m.
Wednesday - Friday, 8 a.m. - 4:30 p.m.

Library Mission

- Devoted to providing accurate health-related information
- Provide assistance to patients, family members, and members of the community in making informed health decisions

Who Can Use the Library

- Available to the public
- Majority of the collection is available to be borrowed by registered patrons
- Springfield or Greene County residency is not required
- Patrons over 18 can register for a library card and borrow materials

Reference & Information Assistance

- **Requests accepted:**

  person phone ☎ toll-free number

  mail fax
- **Quick & in-depth reference questions**
- **Computer instruction available**
- **Confidentiality**

Collection Topics

- Alternative Medicine
- Alzheimer's Disease
- Arthritis
- Asthma
- Cancer & Cancer Care
- Child Development
- Communicable Diseases
- Death, Dying, Bereavement
- Diabetes
- Diet & Nutrition
- Exercise & Fitness
- Heart & Lung Diseases
- Men's & Women's Health
- Mental/Behavioral Health
- Parenting
- Prenatal Care
- Senior Health
- Social Issues
- Stroke
- Wellness & Prevention
- And much more...

Library Collection

- Books
- Videos
- Audiocassettes
- Pamphlets
- Magazines, newsletters, journals
- Posters, models

Electronic Resources

- Public computer workstations available
- Internet access
- Assistance and training available
- Electronic indexes to magazines
- Electronic databases containing a variety of information

Using the Internet to find Health Information

What is Quality Health Information?

Authority – Who wrote it? Who published it?

Accuracy – Are references cited? Verification

Objectivity – Is there a motive?

Currency – When was it published?

Coverage – Reading level? Depth?

Quality Information on the Internet

Authority – Who posted it?

Accuracy – Where did the info. come from?

Objectivity – Domain / motive

Currency – Revised regularly?

Coverage – Field of rapid change?

MedlinePlus Health Information from the National Library of Medicine - Microsoft Internet Explorer

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Address http://www.medlineplus.gov/ Go Links

Skip navigation

MedlinePlus®

Trusted Health Information for You

A service of the U.S. NATIONAL LIBRARY OF MEDICINE and the NATIONAL INSTITUTES OF HEALTH

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español

Health Topics

Start here with over 650 topics on conditions, diseases and wellness

Drug Information

About your prescription and over-the-counter medicines

Medical Encyclopedia

Includes pictures and diagrams

Dictionary

Spellings and definitions of medical words

News

Health News from the past 30 days

Directories

Find doctors, dentists and hospitals

Other Resources

Local libraries, health organizations, international sites and more

Current Health News

- Parents Affect Risk of Heart Attack And Stroke
- Small Doses of Caffeine Best to Stay Awake
- U.S. Children Not Wearing Bike Helmets
- More news

Featured Site

May is National High Blood Pressure Education Month. Learn more from the National Heart, Lung, and Blood Institute.

In the Spotlight

May is Asthma and Allergy Awareness Month. Learn more:

- Go to Asthma
- Go to Allergy
- Latest news on Asthma and Allergy

Interactive Tutorials

Over 165 slideshows with sound and pictures

ClinicalTrials.gov

Studies for new drugs and treatments

NIHSeniorHealth

Health information for older adults

- What's new on MedlinePlus?

Sign up now!

- Add MedlinePlus to your site
- Take a tour of the site

Copyright | Privacy | Accessibility | Freedom of Information Act | Selection Guidelines

U.S. National Library of Medicine | National Institutes of Health | Department of Health & Human Services

Page last updated: 12 May 2004 | URL for this page: http://medlineplus.gov

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Alternative Medicine Foundation, Inc., Bethesda, MD - Welcome - Microsoft Internet Explorer
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FAQs
Providing consumers and professionals with responsible, evidence-based information on the integration of alternative and conventional medicine.
Find out about AskMed our fee-based service
Find out about our free and fee-based information services and resources.
Main Projects:
HerbMed®
Resource Guides
AskMed
TibetMed®
More than half of the United States population, approximately 125 million Americans, suffers from a chronic illness -- conditions such as arthritis, allergies, pain, hypertension, depression, and digestive problems.
Conventional western medicine often cannot provide satisfactory solutions so people with chronic conditions increasingly turn to alternative therapies, such as acupuncture, herbs, mind/body techniques, homeopathy, massage, and more, to improve their quality of life.
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Questions about this web site should be directed to info@amfoundation.org
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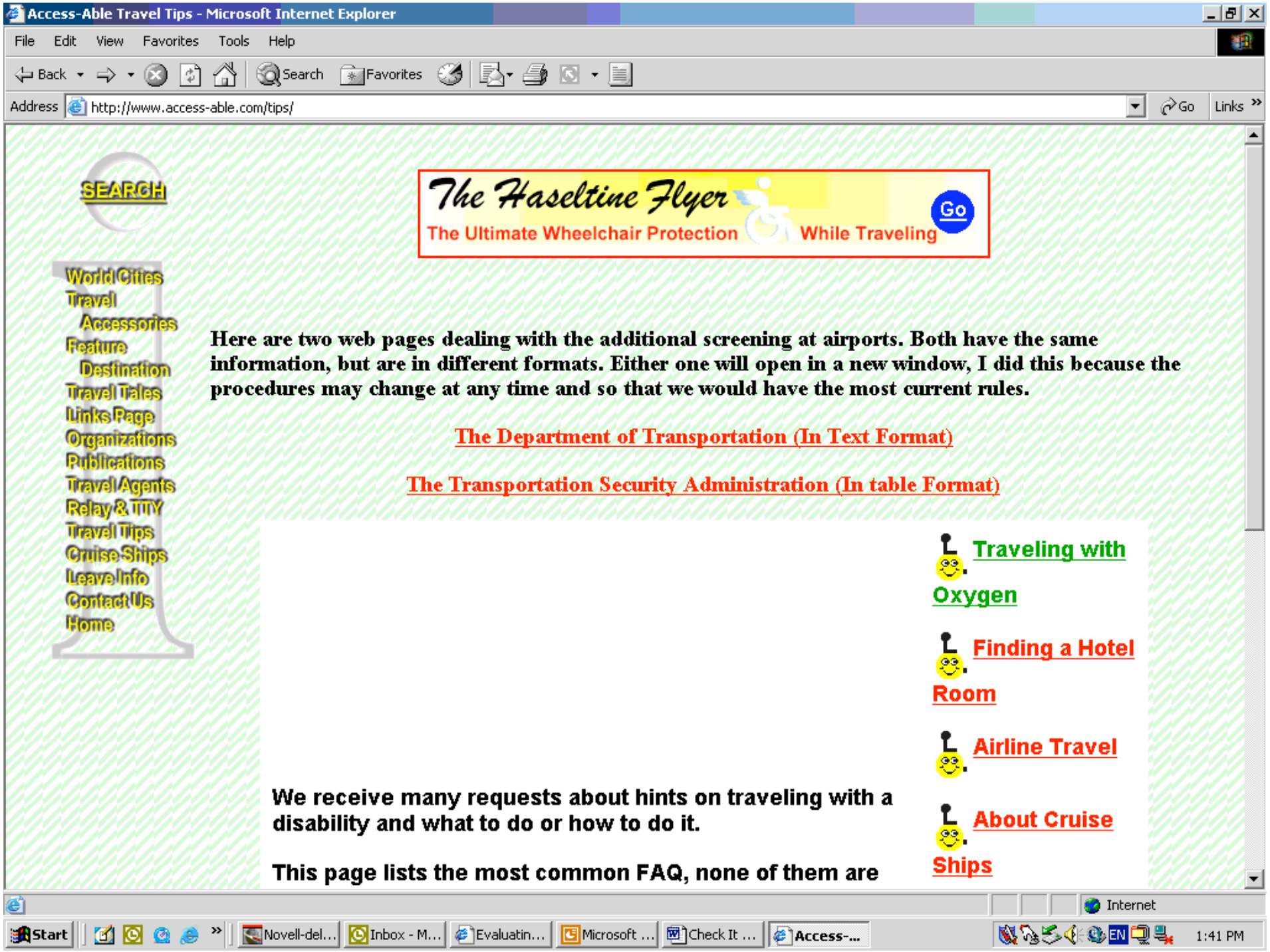
Access-Able Travel Tips - Microsoft Internet Explorer
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The Ultimate Wheelchair Protection While Traveling
Go
World Cities
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Feature Destination
Travel Tales
Links Page
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Publications
Travel Agents
Relay & TTY
Travel Tips
Cruise Ships
Leave Info
Contact Us
Home
Here are two web pages dealing with the additional screening at airports. Both have the same information, but are in different formats. Either one will open in a new window, I did this because the procedures may change at any time and so that we would have the most current rules.
The Department of Transportation (In Text Format)
The Transportation Security Administration (In table Format)
Traveling with Oxygen
Finding a Hotel Room
Airline Travel
About Cruise Ships
We receive many requests about hints on traveling with a disability and what to do or how to do it.
This page lists the most common FAQ, none of them are
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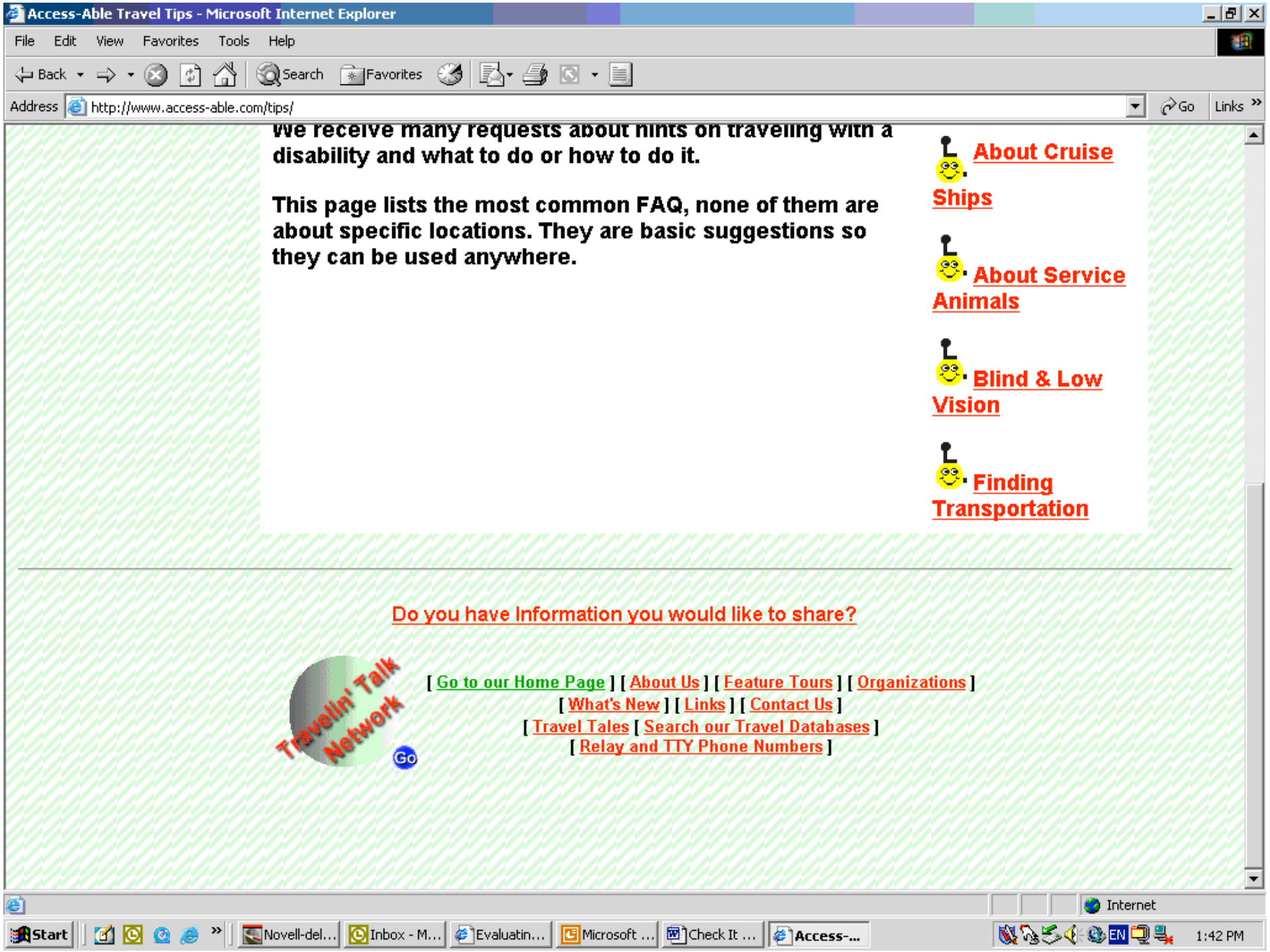
Access-Able Travel Tips - Microsoft Internet Explorer
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Address http://www.access-able.com/tips/
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We receive many requests about hints on traveling with a disability and what to do or how to do it.
This page lists the most common FAQ, none of them are about specific locations. They are basic suggestions so they can be used anywhere.
About Cruise Ships
About Service Animals
Blind & Low Vision
Finding Transportation
Do you have Information you would like to share?
Travelin' Talk Network
Go
[Go to our Home Page] [About Us] [Feature Tours] [Organizations]
[What's New] [Links] [Contact Us]
[Travel Tales] [Search our Travel Databases]
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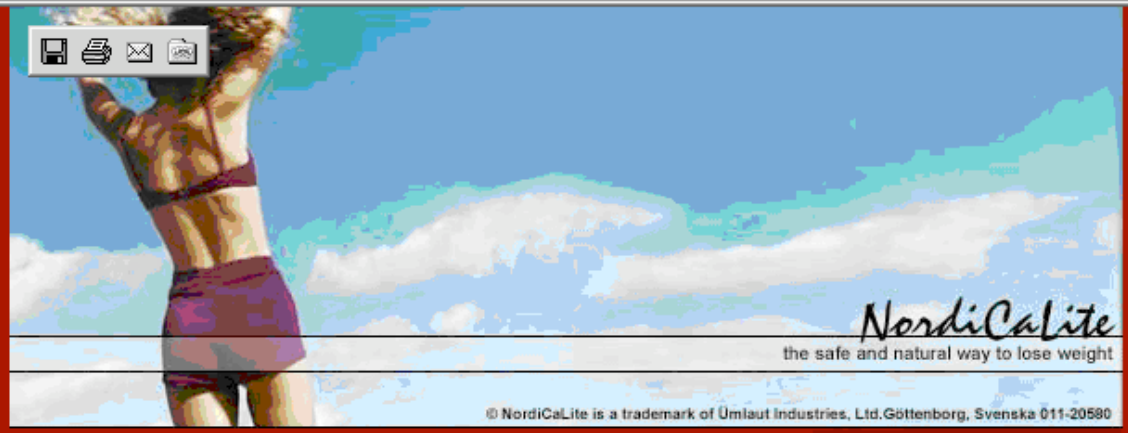


New Scandinavian herbal formula shrinks fat cells!

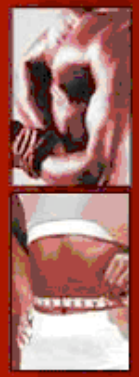
- Have you tried starvation diets with little or no success?
- Is your schedule too busy for daily trips to the gym?
- Have you lost weight only to put it back on?
- Do you have trouble slimming down your hips, thighs, buttocks and waistline?
- Do you get hungry late in the afternoon or in the evening?
- Do you suffer from cellulite?

Regular diets work for some, but if you answered YES to three or more questions, you already know they don't work for you. NordiCalite offers:

- No dangerous pills
- No "diet meals" to buy
- No expensive doctor visits
- No rabbit food

NordiCalite AS LOW AS $24.99, per unit. Click Here

Start Now With A Free Profile And Newsletter



Order Nordicalite today...Lose 30 pounds in 30 days.

Shipping
All payments are shipped via priority mail. Purchases made on Sunday will be shipped on the next business day.

Click Here to order

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You can be scammed! - Microsoft Internet Explorer

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FEDERAL TRADE COMMISSION - WWW.FTC.GOV YOU COULD GET SCAMMED!

If you respond to an ad like this one...

YOU COULD GET SCAMMED!!!

File a Complaint

NordiCaLite *is not* a real weight-loss product.

The ad is a fake, posted by the Federal Trade Commission to raise awareness about the false and deceptive advertising claims made by many so-called "weight-loss" products.

DON'T BE A VICTIM OF WEIGHT-LOSS SCAMS!

- Claims for diet products and programs that promise effortless weight loss are false.
- To lose weight, you have to lower your intake of calories and increase your physical activity.
- As a rule, the faster you lose weight, the more likely you'll gain it back. Unless you're under a physician's care, don't go for programs that promise quick weight loss.
- Claims that you'll keep weight off permanently or for a long time usually are baloney. To maintain weight loss, change how you eat and how much you exercise.

For more information:

- Consumer Alert! Paunch Lines: The Skinny on Dieting

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Natural Health and Longevity Resource Center - Alternative Holistic Medicine - Microsoft Internet Explorer

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Natural Health and Longevity Resource Center

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Health Books

Health News

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Guide to Nutrients

Search Our Site

Guide to Herbs

What Your Doctor Hasn't Shared With You About PMS and Menopause

Check back here often at the Natural Health and Longevity Resource Center for the latest in natural health, alternative medicine, holistic medicine, alternative therapies, herbal medicine, natural healing, herbs, fitness, medicinal herbs, nutritional therapies, complementary therapies, longevity research, physical health, mental health, and spiritual health. Many health experts agree that once the body is cleansed, nourished, and balanced, it has the ability to heal and recover from disease, as well as maintain health and long life. Now you can keep informed on some of the latest discoveries and healing methods from all over the world. Add this site to your bookmarks and check here weekly for news and updates!

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Colloidal Silver - Super Antibiotic Rediscovery? - Natural Health - Microsoft Internet Explorer
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Address http://www.all-natural.com/silver-1.html
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Colloidal Silver -

The Rediscovery of a Super Antibiotic?

Colloidal silver appears to be a powerful, natural antibiotic and preventative against infections. Acting as a catalyst, it reportedly disables the enzyme that one-celled bacteria, viruses and fungi need for their oxygen metabolism. They suffocate without corresponding harm occurring to human enzymes or parts of the human body chemistry. The result is the destruction of disease-causing organisms in the body and in the food.

Early Research

Colloidal silver was in common use until 1938. Many remember their grandparents putting silver dollars in milk to prolong its freshness at room temperature. At the turn of the century, scientists had discovered that the body's most important fluids are colloidal in nature: suspended ultra-fine particles. Blood, for example, carries nutrition and oxygen to the body cells. This led to studies with colloidal silver. Prior to 1938, colloidal silver was used by physicians as a mainstream antibiotic treatment and was considered quite "high-tech." Production methods, however, were costly. The pharmaceutical industry moved in, causing colloidal research to be set aside in favor of fast working and financially lucrative drugs.

The Food and Drug Administration today classifies colloidal silver as a pre-1938 drug. A letter from the FDA dated 9/13/91 states: "These products may continue to be marketed . . . as long as they are advertised and labeled for the same use as in 1938 and as long as they are manufactured in the original manner." Some of the manufacturing methods used before 1938 are still used today. An electro-colloidal process, which is known to be the best method, is used.

Contemporary Studies

While studying regeneration of limbs, spinal cords and organs in the late 1970s, Robert O. Becker, M.D., author of *The Body Electric*, discovered that silver ions promote bone growth and kill surrounding bacteria. The March 1978 issue of *Science Digest*, in an article,

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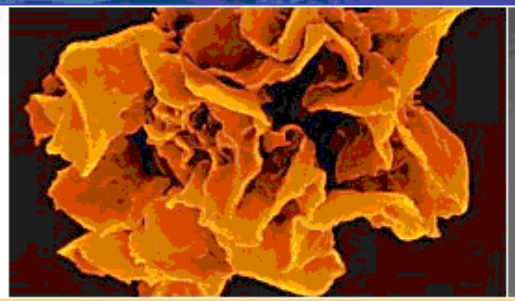
MAYO CLINIC
College of Medicine

Where Discovery Begins



News and Events

Mayo Clinic College of Medicine to Hold 2004 Commencement Ceremony more...

Frozen sperm just as viable for IV fertilization more...

Laproscopic colon cancer surgery safe, effective more...

Reconnecting Severed Spinal Cord: the First Steps more...

Imaging Advance to Aid Alzheimer's Diagnosis more...

Surgery Proven Effective in Hard-to-Treat Epilepsy more...

Visit Our Schools

Discover the extraordinary resources of Mayo Clinic - offering medical and graduate research education, residencies and fellowships, health-care career programs and continuing education ...

Learn About Our Research

Meet the faculty, get the peer-reviewed publications, volunteer for a clinical trial, apply for a postdoctoral opening, or read about our research focus areas.

Support medical discoveries and caregivers of the future

The world-renowned excellence of Mayo Clinic research and education programs is the direct result of the support of generous benefactors. Private gifts

Related Mayo Clinic Web Sites

→ **Medical Services**
Located in Florida, Minnesota, and Arizona

→ **Make an Appointment**

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MayoClinic.com - Medical and health information for a healthier life from Mayo Clinic - Microsoft Internet Explorer

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Reliable information for a healthier life

SEARCH

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Find Information Fast

Diseases & Conditions A-Z
Find your topic by first letter.
A · B · C · D · E · F · G · H
I · J · K · L · M · N · O · P · Q
R · S · T · U · V · W · X · Y · Z

Health Centers

- Allergy
- Alzheimer's
- Arthritis
- Asthma
- Baby's Health
- Brain & Nervous System

First-Aid Guide

Take a Quiz

Outdoors quiz: Bees, ticks, chiggers and snakes

In the United States in a typical year, which causes the most deaths — rabies, bee stings or snakebites?

- Rabies
- Bee stings

Carbs, low-carbs: A Mayo Clinic specialist cuts through the confusion

Need help cutting through the carb craze? A Mayo Clinic expert answers common questions about carbs and low-carb diets.

Timely Topics

- Lyme disease
- West Nile virus
- Genetic testing: Weighing its benefits and risks

Healthy appetite
Visit **Food & Nutrition** Center

Health Tools

Slide Shows
From allergies to weight training, arthritis to stretching, let us tell you the story in pictures.

Health Decision Guides
Use our tools to help you make the best treatment choice.

Personal Health Scorecard
What's your score? Take 10 minutes to rate your health.

Today from Ask a Specialist

Q: I'm 72 years old. My wife thinks I'm too old to be thinking of sex. Is this true?

Read the answer

More Ask a Specialist

Submit a question

May 17, 2004

Free e-newsletter
sign up today

For information about medical services at Mayo Clinic visit www.MayoClinic.org.

MayoClinic.org is a service of Mayo Clinic's health information affiliate, Mayo Foundation for Medical Education and Research.

What's Cooking?

- Pizza

May Spotlight

Arthritis treatment trends
It's National Arthritis Month. Learn how to manage pain and stiffness and take control of your arthritis.

Mayo Clinic Health Tip

- To help manage stress, time your workout for after work or school.

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Websites don't make it easy…

Study by Consumers International

- 26% gave no information about ownership
- Over 30% provided no address, 33% no phone number
- 40% made statements about their commercial relationship(s)
- 55% said nothing about how up-to-date their information was
- 61% that collected personal information had a privacy policy

Where to Find Quality Health Websites

- Community Health Libraries
- Public Libraries
- Non-profit, established organizations
- Hospitals and Health Systems

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HEALTH INFORMATION | CLASSES & PROGRAMS | FIND A PHYSICIAN | FIND A JOB | SERVICES

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- About Us
- Contact Us
- St. John's Clinic
- St. John's Hospitals
- St. John's Health Plans
- St. John's Foundation
- Healthy People Magazine
- St. John's Health News
- St. John's Web Nursery

St. John's, CMH team to add air ambulance service in Bolivar

St. John's Life Line air ambulance medical service has based an aircraft at Citizens Memorial Healthcare in Bolivar to enhance quick access to emergency care. Read more

St. John's Health System ranked No. 20 among America's Top 100 Health Systems

Through a focus on delivering the best clinical outcomes for patients, St. John's

Dr. Alan Clark is ready to answer your general health questions

St. John's expands eye services in region

St. John's Clinic - Eye Specialists opened a fourth location April 12 in the Lebanon Orthopedics and Rehabilitation Building at 331 Hospital Drive in Lebanon. Services include ophthalmology, optometry and an optical shop. Cylinda Butler, O.D., provides optometric services Monday

Healthy People Magazine
Read the latest St. John's health headlines

St. John's Libraries

St. John's Life Line

St. John's Medical Research

St. John's Clinic - Ear, Nose & Throat

St. John's School of Radiologic

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St. John's Web Nursery
St John's Libraries
St. John's Medical Library
Van K. Smith Community Health Library
Welcome to St. John's Medical Library Services
St. John's provides two distinct libraries to service the community. Staffed by professional librarians, a wide variety of health information resources and library services is available at both libraries.
St. John's Medical Library
Serves St. John's affiliated physicians and employees. The Medical Library's services and resources are directed primarily toward health care professionals to enable them to provide excellent patient care and to support their continuing education needs. Phone (417) 820-2795.
Van K. Smith Community Health Library
Serves patients, family members and members of the community. The Community Health Library's services and resources are directed toward the health consumer and general public to enable them to make informed health decisions and become active participants in their health care and total well being. Phone (417) 820-2539.
Quick Links
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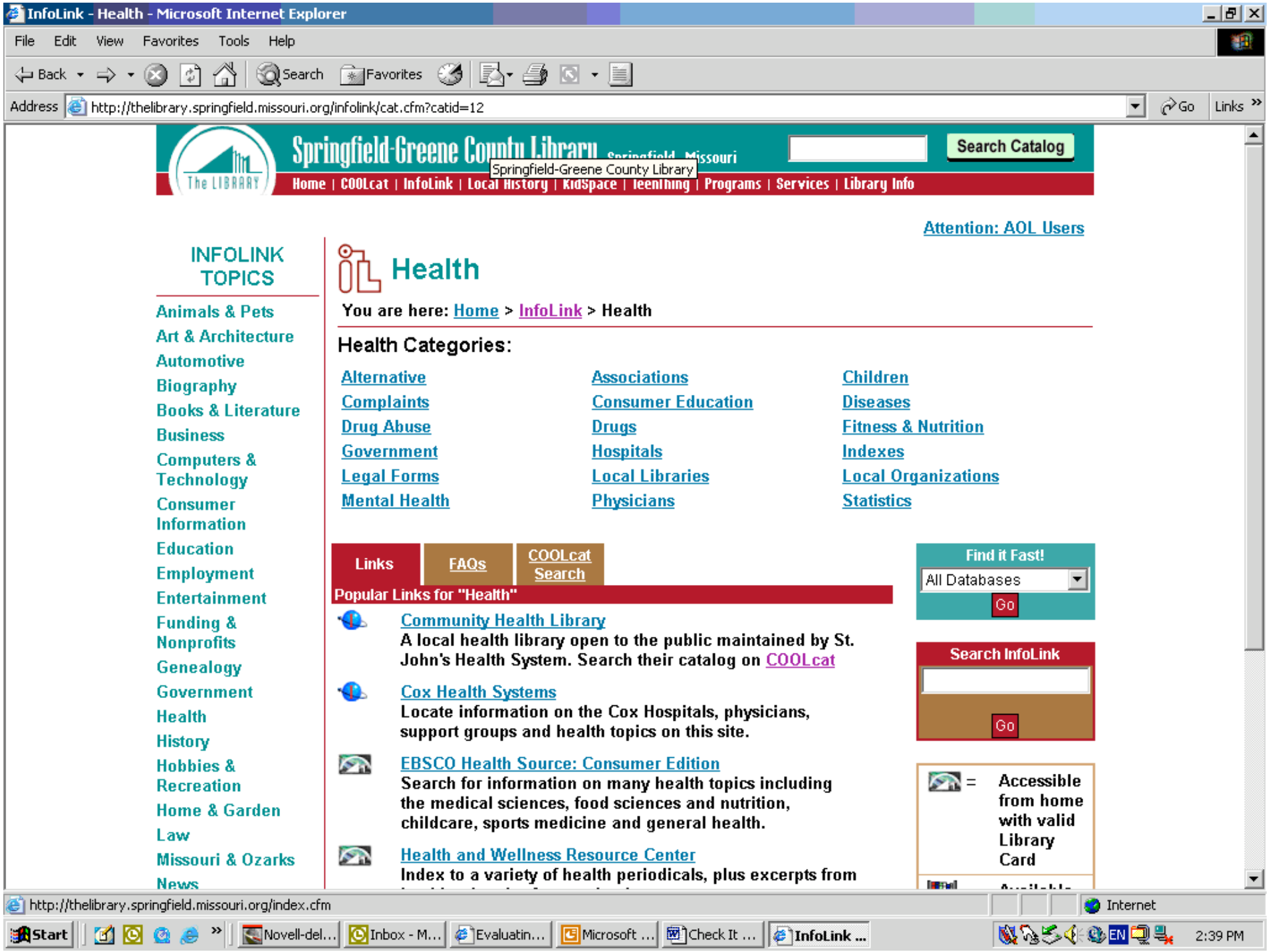
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Springfield-Greene County Library
Home | COOLcat | InfoLink | Local History | KidSpace | Teenthing | Programs | Services | Library Info
Attention: AOL Users
INFOLINK TOPICS
Animals & Pets
Art & Architecture
Automotive
Biography
Books & Literature
Business
Computers & Technology
Consumer Information
Education
Employment
Entertainment
Funding & Nonprofits
Genealogy
Government
Health
History
Hobbies & Recreation
Home & Garden
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News
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Alternative
Associations
Children
Complaints
Consumer Education
Diseases
Drug Abuse
Drugs
Fitness & Nutrition
Government
Hospitals
Indexes
Legal Forms
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Local Organizations
Mental Health
Physicians
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FAQs
COOLcat Search
Popular Links for "Health"
Community Health Library
A local health library open to the public maintained by St. John's Health System. Search their catalog on COOLcat
Cox Health Systems
Locate information on the Cox Hospitals, physicians, support groups and health topics on this site.
EBSCO Health Source: Consumer Edition
Search for information on many health topics including the medical sciences, food sciences and nutrition, childcare, sports medicine and general health.
Health and Wellness Resource Center
Index to a variety of health periodicals, plus excerpts from
Find it Fast!
All Databases
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Search InfoLink
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= Accessible from home with valid Library Card
http://thelibrary.springfield.missouri.org/index.cfm
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Health Information - CoxHealth - Microsoft Internet Explorer

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CoxHealth

No one knows you better.

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SEARCH

advanced search

FOR PATIENTS, VISITORS & THE COMMUNITY

- Our Hospitals, Affiliates, Clinics & Physicians
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- Pre-Registration
- Patient Related Information
- Health Information
- Events & Classes
- Health Plans
- Schools & Education
- Giving & How to Help
- Employment
- Physician Opportunities
- About CoxHealth

SPECIAL FEATURES

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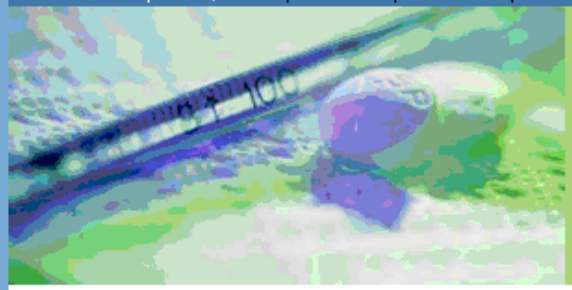
- Web Nursery
- Patient Care Mail
- Gift Shop



Catalyst Scripts

Prescription Discount Program proves to be a Senior Advantage.

Joint Commission Survey Results

JCAHO returns successful survey results to CoxHealth. Hospitals receive 97. Only 15 percent of hospitals nationwide score this high.

Health Information

Not sure which source to trust for health information? Go with the experts. No one knows health care better than one of the region's leaders. Trust CoxHealth.

Health Library
Search alphabetically or by key word for illnesses/conditions, drugs, new FDA approvals, medical tests and more.

Health Topics
Find information on a range of topics from allergies to weight management.

Health News
The country's latest health news, features and alerts/product recalls.

CoxHealth Libraries
Find books, journals and reference assistance at two locations that are open to the public.

Healthy Living
Improve and enhance your life with these helpful articles and tips.

Services
Providing the best care for our patients through accredited programs, the latest technology and world-class customer service.

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Take charge of your health care with easy-to-use tools for tracking assessing and improving your health.

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Health Quizzes - Microsoft Internet Explorer

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Address http://www.stmarys-stlouis.com/internet/home/stmaryhc.nsf/quizes Go Links

Birth Announcements | Find A Physician | Employment

SSM HEALTH CARE St. Mary's Health Center

6420 Clayton Road Richmond Heights, MO 63117 (314) 768-8000 | FAX 768-8011

A member of SSM Health Care

Search: Go!

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May 12, 2004

- Home
- Site Map
- About St. Marys Health Center
- Heart Services
- Women and Family
- Perinatal Outreach
- Map
- Class Information
- SSM Health Care - St. Louis
- SSM Home Care
- Centers of Excellence
- Health Information

Health Quizzes

- Heart
- Osteoporosis
- Safety
- Sleep
- Stroke

Health Information

Aids/HIV
Alcohol Abuse
Allergies
Arthritis
Blood Disorders
Brain & Nervous System
Cancer
Child Health
Circulatory Health
Common Health Tests

Medical Library from A - Z:

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American Cancer Society Homepage - Microsoft Internet Explorer

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Address http://www.cancer.org/docroot/home/index.asp Go Links

Community | Get Involved | Donate | Contact Us | Site Index

American Cancer Society

Search Go

powered by Google

No matter who you are,

We can help.

Select a group to find the information that most closely matches your needs.

Información en español

Asian language materials

Patients, Family, & Friends
Learn about cancer, treatment options, treatment decision tools, clinical trials, coping.

Choose a cancer topic for specific information.

Survivors
Connect through Cancer Survivors Network and support programs.

Health Information Seekers
Access statistics, prevention and early detection, Bookstore.

ACS Supporters
Help in the fight against cancer. Donate or volunteer.

Professionals
Find Facts and Figures, publications, media information, research programs, jobs.

Interactive Help

- Make Treatment Decisions
- Explore Treatment Options
- Find a Clinical Trial
- Try More Tools and Calculators

Sign In
Not registered yet?

ACS News Center

News and Features

- Medical Updates
- News You Can Use
- Stories of Hope

In My Community

Find out about activities, news, or resources in your area. Enter a ZIP code (for best results) or a city and state.

Get Involved

RELAY FOR LIFE

Walk or jog to celebrate life at your local Relay For Life event.

More Ways to Help

- Making Strides Against Breast Cancer

This Month

Check and Protect Your Skin Now
New Reasons to Fear UV Rays

- Test Your Sun Safety IQ
- A Mother's Day Reminder
- Global Treaty to Fight Tobacco
- Relay For Life Enters 20th Year

More

Cancer.org is provided courtesy of the Leo & Gloria Rosen Family.

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Using Web Search Engines

- Google
- Yahoo
- Ask Jeeves
- Dogpile

Using Web Search Engines

- Think about your concepts
- Be as specific as possible
- Use quotations marks to create phrases
- Look for advanced search options
- Read the search engine's help screens

Tips for searching the Internet

Domain Names

.edu	Academic Institution
.org	Non-profit organization
.com	Commercial, company
.net	Commercial

Searching the Internet

Examples

Consumer Health Education and Promotion Project

Supported by a grant from the

National Network of Libraries of Medicine

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