

Technology Corner  
By: George Champine

### **Health Information on the Web**

The biological clock is running for all of us. Therefore, we will all need medical advice at some time. The more informed you are about the medical science of a given condition, the more help you can be to the doctor. Fortunately there is a great deal of health and medical information on the web that is easily accessible, created just in time for us. Unfortunately, it is a “jungle out there” and there is much health information of questionable truth. Therefore it is important to use reputable sources. Here are a few.

For specialized information about a specific disease, a good approach is to go a specialized site, such as [www.americanheart.org](http://www.americanheart.org) for heart information, or to [www.americancancer.org](http://www.americancancer.org) for cancer. For more general information you can use [www.WebMD.com](http://www.WebMD.com), the leading consumer health site. You always need to check the date of the material, as medical science is advancing rapidly. If you want to dig deeper, you can use the web site of well-respected publications such as the Journal of the American Medical Assoc. at [www.jama.ama-assn.org](http://www.jama.ama-assn.org). These articles are written for medical professionals and may need deciphering with a medical dictionary.

For the latest information on diseases, disabilities, and environmental health, you can use the web site of the federal Center for Disease Control at [www.cdc.gov](http://www.cdc.gov). You can get access to a video and text library of expert-produced medical information about diseases and other health topics at [www.Healthology.com](http://www.Healthology.com).

To find the best medical specialists, go to [www.castleconnolly.com](http://www.castleconnolly.com), the official web site for the America’s Top Doctors series for a peer-nominated database of the country’s leading medical specialists. The list of peer-selected doctors who are best in their fields is at [www.bestdoctors.com](http://www.bestdoctors.com). You can find information on the quality of hospitals as gathered by the federal government can be found at [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov).

Here are more useful web sites.

<a href="http://find.pcworld.com/40655">find.pcworld.com/40655</a>	information on doctors in your area
<a href="http://find.pcworld.com/40658">find.pcworld.com/40658</a>	Merck Manual on drugs
<a href="http://www.mayoclinic.com">www.mayoclinic.com</a>	Mayo Clinic information on diseases, health decisions
<a href="http://find.pcworld.com/40661">find.pcworld.com/40661</a>	compare drugs by brand and active ingredient
<a href="http://www.Citeline.com">www.Citeline.com</a>	Medline database on diseases and medical conditions
<a href="http://www.quackwatch.org">www.quackwatch.org</a>	truth about medical scams, quackery, and health fraud
<a href="http://www.medlineplus.gov">www.medlineplus.gov</a>	comprehensive medical information from U.S. government

You can get an estimate of your chances of having a heart attack by accessing web site <http://www.nhlbi.nih.gov/health/index.htm#tools> for its “ten-year Heart Attack Risk Calculator”. It assumes that you are over 20 years old and do not have diabetes or heart disease. There are seven questions.

Regardless of what you find, you should always discuss it with your doctor. Doctors appreciate patients that educate themselves and this can lead to a healthier you.

### **Stopping Telemarketers**

Are you still getting calls from telemarketers? You can get on the “do not call” list by going to: <https://www.madonotcall.govconnect.com/Welcome.asp> . If you are still getting telemarketer calls even though you have been on the “do not call” list for 90 days, it may be because they are a: 1) non-profit, 2) political organization, 3) businesses with a prior relationship with you, or 4) telemarketers that do not complete the sale over the phone but follow-up later for the sale. These are all exempt from the “do not call” legislation. If the caller does not fit one of these categories, you can file a complaint. By law the state must follow up on the complaint.

To file a complaint, go to: <http://www.ago.state.ma.us/sp.cfm?pageid=1235> .

### **Intermediate Computer Training**

The class for intermediate computer training will offered again on five Tuesdays in October. The first class will be held on Tuesday, October 3 at 10:00 in the Hudson Senior Center. You can sign up by calling the Senior Center.