



Your health is the most valuable thing you will ever possess.

Whilst your doctor is the best source of diagnosis and treatment advice, there are many websites that provide general health information.

We've reviewed (see page 2) some of the popular health websites to help link you to the information you are seeking.

Remember: the information on these websites is for your general information and use only and is not intended to be used as medical advice and should not be used to diagnose, treat, cure or prevent any medical condition, nor should it be used for therapeutic purposes.

The information is not a substitute for independent professional advice and should not be used as an alternative to professional health care. If you have a particular medical problem, please consult a healthcare professional.

Our pick of the general health information websites

HealthInsite <http://www.healthinsite.gov.au>



The Better Health Channel <http://www.betterhealth.vic.gov.au/>



Our pick of the websites covering specific health issues

Child and Youth Health <http://www.cyh.com>



Cancer Council SA <http://www.cancersa.org.au>



The Heart Foundation <http://www.heartfoundation.org.au>



Diabetes SA <http://www.diabetessa.com.au>



Diabetes Australia <http://www.diabetesaustralia.com.au/>



Arthritis SA <http://www.arthritissa.org.au>



SHine SA (sexual health) <http://www.shinesa.org.au/>



Other general health information websites

The Mayo Clinic <http://www.mayoclinic.com/>



ABC Health & Wellbeing <http://www.abc.net.au/health/>



Medline Plus <http://www.nlm.nih.gov/medlineplus/>



Looking for health care providers?



The Health Services Finder is a free online directory from SA Health that provides comprehensive information about health and health related services across the private, public and community sectors in South Australia. Much more than any ordinary directory, you can find Health professionals; Hospitals and help lines; Community, charity and welfare organisations; Women's, men's and aboriginal health organisations.

The Finder can be accessed at <http://www.hsfinder.sa.gov.au/>

Brief reviews of the above health websites

HealthInsite

<http://www.healthinsite.gov.au/>



Note: SA Government promotes the HealthInsite on its own SA Health website <http://www.sahealth.sa.gov.au>

Description of website (sourced from the Australian Government's Department of Health and Ageing):

HealthInsite is an Internet gateway designed to help you find reliable, high quality Australian health information for your family. The site links to information on all sorts of health and lifestyle issues – over 11,000 resources provided by HealthInsite partners including government agencies, private non-profit organisations and support groups. HealthInsite is managed by the Australian Department of Health and Ageing, and all partners have been approved to ensure they provide good quality health information.

What we like:

- Managed by Australian Federal Government body
- Excellent presentation of search results
- Large number of articles available
- In addition to 'Conditions and Diseases' the site also has 'Health and Wellbeing' and 'Life Stages and Events' sections
- Allows you to create a personal profile to save topic pages of particular interest and have search results matched to your needs
- Has health news which appears to be updated regularly

The Better Health Channel

<http://www.betterhealth.vic.gov.au/>



Description from website:

The Better Health Channel provides health and medical information to help individuals and their communities improve their health and wellbeing. The information we provide is quality assured and reliable; up to date and easy to understand. Information on the Better Health Channel is provided to help people stay healthy or understand and manage their health and medical conditions. It does not replace care provided by medical practitioners and other qualified health professionals. The Better Health Channel was established in May 1999 by the Victorian (Australia) State Government. The site does not have any commercial advertising and we do not accept any corporate sponsorship.

What we like:

- Managed by Australian State Government body
- Large number of articles available
- 'Quality assured' information
- In addition to 'Conditions & Treatments' the site also has 'Healthy Living' and 'Relationships & Family' sections

Other:

- We sometimes found the drop down navigation panels a bit cluttered and hard to read

Child and Youth Health

<http://www.cyh.com>

WOMEN'S AND CHILDREN'S HEALTH NETWORK

Child and Youth Health

Description from website:

Welcome to the Child and Youth Health website, where you'll find a wealth of news and practical health information for parents, carers and young people.

What we like:

- Large number of articles available
- Produced by SA Government
- Information sub-websites include: 'Pregnancy', 'Parenting and child health', 'Kids' health' (6-12), 'Teen health' (12-17) and 'Young adult health' (18-25)
- Information is presented in style and language tailored to different age groups
- Provides 'Parent helpline' and 'Youth helpline' telephone numbers

Tip:

- To navigate back to the CYH Home website from one of the sub-websites, use the link at the top right hand side

Cancer Council SA

<http://www.cancersa.org.au>



Organisation description (sourced from website):

Since 1928 Cancer Council SA has worked resolutely to defeat cancer, and create hope for the people it affects, by providing up to date information, practical and emotional support for cancer patients, their families, and carers.

What we like:

- Specific coverage of cancer issues
- Information presented by cancer types
- Links to support resources

The Heart Foundation

<http://www.heartfoundation.org.au>



Organisation description (sourced from website):

The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease.

What we like:

- Specific coverage of cardiovascular health issues
- Has lifestyle information and tips
- Although the website features extensive information about the Heart Foundation organisation, it is easy to find specific health information

Diabetes SA

<http://www.diabetessa.com.au>



Organisation description (sourced from website):

Diabetes SA is a non government funded charity that "fills the gap" in the health system, so that people with diabetes have a place to turn to and help them learn to manage living with diabetes. Through raising awareness, providing information, developing education, facilitating support and supplying products we will continue our commitment to help people living with diabetes.

What we like:

- Specific coverage of diabetes issues
- Wide range of information fact sheets (note the link to these is not prominent – to access, see bottom of 'What is Diabetes?' section)

Diabetes Australia

<http://www.diabetesaustralia.com.au>



Organisation description (sourced from website):

Diabetes Australia is a national federated body made up of state and territory organisations supporting people with diabetes and those professional and research bodies, particularly concerned with the treatment and prevention of diabetes. Our purpose is to help all people affected by diabetes and those at risk and to contribute to the search for a cure.

What we like:

- Specific coverage of diabetes issues
- Some information in other languages (Croatian, Greek, Italian, Spanish, Turkish)

Arthritis SA

<http://www.arthritissa.org.au>



Organisation description (sourced from website):

The Arthritis Foundation of South Australia strives to provide access to the best health and quality of life for people with arthritis and other musculo-skeletal conditions.

What we like:

- Specific coverage of arthritis issues
- Wide range of articles on arthritis types and treatments

SHine SA (sexual health)

<http://www.shinesa.org.au/>



Organisation description (sourced from website):

SHine SA is the lead sexual health agency in South Australia. We work in partnership with government, health, education and community agencies and communities to improve the sexual health and wellbeing of South Australians.

What we like:

- Specific coverage of sexual health issues
- Wide range of information fact sheets

The Mayo Clinic

<http://www.mayoclinic.com/>



The Mayo Clinic website is operated by the Mayo Foundation for Medical Education and Research based in the United States.

Organisation/website description (sourced from website):

Mayo Clinic is a nonprofit worldwide leader in medical care, research and education for people from all walks of life. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy of "the needs of the patient come first." Find information on hundreds of conditions. Check your symptoms. Improve your lifestyle.

What we like:

- Information provided by respected medical organisation
- Prominent search function
- Large number of articles available

Other:

- Information is US based, rather than Australian and so some content may not be relevant
- Some drug names referred to may be US available only
- The search engine output combines both specific health information and information about the Mayo Clinic in the search results. An improvement could be to separate these
- Website has advertisements

ABC Health & Wellbeing

<http://www.abc.net.au/health/>



Website description: None provided on the site

What we like:

- Topics presented in menu by themes and also demographic groups (e.g. Kids Health, Women's Health, Over 50s etc.)
- Links to health related news

Other:

- Potential improvements could include having more articles/fact sheets and having search engine results separate health news from fact sheets

Medline Plus

<http://www.nlm.nih.gov/medlineplus/>



Description from website:

MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free.

You can use MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

What we like:

- Large number of articles available
- Prominent search function

Other:

- Information is US based, rather than Australian and so some content may not be relevant
- Some drug names referred to may be US available only
- Multiple web menus make navigation confusing
- Site feels a bit cluttered