

Where to Find Health Information



Women's Health Care Centre
Peterborough Regional Health Centre
157 Charlotte Street
Peterborough, Ontario
K9J 2T7

(705)-743-4132 or 1-800-419-3111

<http://www.prhc.on.ca/WomensHealth/default.aspx>

Before You Start Looking: Good and Bad Information

It is a good idea to be sure that what you are looking at is Good Information before making any decisions that affect your health. These are three ways to go about evaluating information: You can evaluate information on your own based on who wrote it, when it was written, how the information was created, etc. You can take it to an expert to ask their opinion. Or you can look for expert reviews from trusted sources. You can find advice for evaluating information at the sources listed in the “*How to Find Good Stuff Online*” section towards the end of this booklet.

Your Doctors / Health Professionals

... are a good first place to start. Doctors, Pharmacists, Physical Therapists, specialists, etc. can all give you information about your specific health concerns. It is a good idea to bring a list of questions to ask them and have some way to record the answers you are given (paper, tape recorder, etc.), especially if you might want to go on to look for more information somewhere else.

Here are some questions you may want to ask:

- What is this test / medication for? Why do I need it?
- What is the name of the problem I’m being treated for and how do you spell it? What does it mean?
- What would happen if I didn’t take this medication or have this treatment? Are there other options?
- Should I keep taking my old medications and supplements?

PLEASE REMEMBER: Health information is not a substitute for consultation with a health professional. The resources that the rest of these sources provide can be helpful and informative, but they should not be used as medical advice.

Your Public Library

...may have the information you are looking for.

If you don't have a local library, or yours does not have what you need, you can always use libraries in nearby communities (which you could also join, for a small fee, if you wanted).

Your Library can also borrow items from other libraries for you, if they do not have the item you need.



If you are not sure how to find what you need at the library, ask a librarian to help you.

Also: If you have access to a college or university library you may find professional-level health information there.

Health and Wellness Resource Centre

...is an electronic database of health and wellness information – magazine and journal articles, a list of trusted websites, chapters from health texts, videos, etc. – that is available free of charge to public libraries in Ontario through Knowledge Ontario. Check with your public library to see if you have access to this service (it is available at the Peterborough Public Library website, Online Databases, under “Health”, www.peterborough.library.on.ca).

Women's Health Care Centre (WHCC) - Resource Centre

The WHCC serves Haliburton, Peterborough, and Northumberland Counties, and City of Kawartha Lakes.

- **Lending Library** – books, videos and CDs on a wide variety of health subjects, focused on women. You can see our collection online at: www.librarything.com/catalog/WomensHealthPtbo
- **Website** – health information, links to other resources, newsletters, events and more at www.prhc.on.ca/WomensHealth/default.aspx
- **Resource Coordinator** – can help you find health information. At your request, she can also create information packages on your specific health concerns. Packages can be picked up at the WHCC office downtown, mailed to your home or workplace, or emailed. You can contact the Resource Coordinator at the Women's Health Care Centre:
 - (705) 743-4132 or 1-800-419-3111
 - 157 Charlotte Street, Peterborough, K9J 2T7
 - manders@prhc.on.ca
 - Or by instant message at:
 - MSN manders@prhc.on.ca
 - Meebo whccptbo
 - Yahoo whccptbo
 - AIM whccptbo
 - GoogleTalk whccptbo@gmail.com

Your Health Unit

...has information on health concerns from well water testing, to infectious diseases to food safety and nutrition, to sexual health, to family violence.

Haliburton Kawartha Pine Ridge District Health Unit

www.hkpr.on.ca/

Brighton Office

(613) 475-0933

Campbellford Office

(705) 457-1391

Haliburton Office

(705) 457-1391

Lindsay Office

(705) 324-3569

Port Hope Office

(905) 885-9100

Peterborough County City Health Unit

<http://pcchu.peterborough.on.ca/index.html>

10 Hospital Drive Peterborough

(705) 743-1000

Associations / Societies / Foundations etc.

... for instance, the Alzheimer's Society, the Canadian Hearing Society, the Heart and Stroke Foundation, the Centre for Addiction and Mental Health, PARN Your Community AIDS Resource Network.



Look them up in your phone book, online, at your library, or look for contact information at local health professionals' offices.



On the Internet

A. “How to Find Good Stuff Online” Resources

- *Finding Good Health Information on the Internet* lists resources and tips to help you find and evaluate health information. From the Women’s Health Care Centre: www.prhc.on.ca/WomensHealth/Site%20Documents/healthinfo.pdf
- *Women Wading Through the Web; A Health Toolkit* includes help finding and evaluating information on the internet, links to other resources, and space for discussion with others learning to wade through the web. From Women’s Health Matters: www.womenshealthmatters.ca/toolkit/index.html
- *A User’s Guide to Finding and Evaluating Health Information on the Web*. From the Medical Library Association: www.mlanet.org/resources/userguide.html
- *Finding Information on the Internet: A Tutorial*. From UC Berkeley Library: www.lib.berkeley.edu/TeachingLib/Guides/Internet/FindInfo.html

B. Good Places to Look for Health Information Online:

Health and Wellness Resource Centre – see Your Public Library

Healthy Ontario

www.healthyontario.com

General health information plus Ontario-specific information (OHIP, Smoke Free Ontario, Community Resources, etc.).

Health Canada

www.hc-sc.gc.ca

General and “popular” health concerns (ie. bird flu), disasters and emergencies, and the Canadian health care system.

Women’s Health Matters

www.womenshealthmatters.ca

Health information for women from the Women’s College Hospital in Toronto.

Medline Plus

<http://medlineplus.gov>

“Trusted Health Information for You.” “A service of the National Library of Medicine and the National Institutes of Health.”

National Institutes of Health - Health Info <http://health.nih.gov/>

Information on a variety of health subjects from the U.S. Department of Health and Human Services.

Consumer Health Information Service, Toronto Public Library

www.tpl.toronto.on.ca/uni_chi_index.jsp

You can use the consumer health collection directly, get brief information services over the phone, or staff can refer you to other agencies. Toronto Public Library also has the Virtual Reference Library at <http://vrl.torontopubliclibrary.ca/> which is a good place to start.