Community Health Library

Check out some of our books on topics including:

- Heart Disease
- Caregiving
- Spirituality
- Healthy Cookbooks

Take a break and enjoy some of our popular fiction, puzzle books, and coloring pages.

Reliable Heart and COPD Information on the Internet
A Reference Guide

Johns Hopkins Bayview Medical Center
Community Health Library
Open Monday-Friday 9am-4pm
hopkinsmedicine.org/jhbmc/library
Need help locating health information call 410-550-0678.
The library staff at Johns Hopkins Bayview hopes this booklet helps you find reliable heart information on the Internet. Library staff are available to help you locate information Monday-Friday from 8am - 4pm, or email Tillie Horak at thorak@jhmi.edu or call 410-550-0678.

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**Remember:** The information found on the websites in this brochure **does not take the place of your doctor.** Discuss any information you may find with your doctor.

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**Advance Care Planning**

Healthcare plans for the future are an important step to make sure you get the medical care you want.

**National Institute on Aging (en español)**


Tips and help for advance directives, how to select someone to help you make health decisions, and more.

**Caring Connections (en español)**

[caringinfo.org](caringinfo.org)

Gives information and support for planning ahead. Links to advance directives for all states.

**Aging With Dignity**

[agingwithdignity.org](agingwithdignity.org)

A private, non-profit organization, affirming the human dignity of every person who faces the challenges of aging, serious illness, disability or loneliness and creator of “Five Wishes.”

The Community Health Library has copies of “Five Wishes”. More than just an advance directive, Five Wishes brings a holistic approach to a living will by including an individual’s care and comfort choices. It provides a means to legally document your choices for medical treatment, comfort, and care wishes.
Research Guide

Research results in the News: A Users Guide

The next time you learn about a new medical finding, here are some questions to ask:

1. **Was this a study in the laboratory, in animals, or in people?** Results of research in people are more likely to apply to you.
2. **Does the study include enough people like you?** Were the people in the study of a similar age, sex, education level, income group, and ethnic background as you? Did they have the same health concerns and lifestyle?
3. **Was it a randomized controlled clinical trial involving thousands of people?** These trials give scientists the most useful information about whether a treatment or a lifestyle change is effective. But they are the most costly to do, and scientists hope to find more efficient, less expensive ways to study this in the future.
4. **Where was the research done?** Scientists at a medical school or large hospital, for example, often lead complex experiments or have more experience with the topic. Many large clinical trials involve several institutions or clinics, but the results may be reported by one coordinating group.
5. **Are the reported results in line with previous studies?** Sometimes a study will report something very different from what scientists expected to find. Any result needs to be repeated elsewhere several times before it might be considered truly valid.
6. **What does it mean when the results of a study are described as statistically significant?** Statistically significant means the finding is not likely to be due to chance. It does not always mean, however, that the finding is important for your health decisions.
7. **Are the results presented in an easy-to-understand way?** Absolute risk, relative risk, or some other easy-to-understand number should be used.
8. **If a new treatment was tested, were there side effects?** Sometimes the side effects are almost as serious as the disease. Or, the drug might worsen a different health problem.
9. **Who paid for the research? Do they stand to gain financially from positive or negative results?** Sometimes the Federal Government or a nonprofit foundation helps fund research costs. They looked at the plans for the project and decided it was worthy of support, but they will not make money as a result. If a drug is being tested, the study might be partly or fully paid for by the company that is developing the drug.
10. **Where did you see or hear the results?** Is the newspaper, magazine, website, or radio or television station a reliable source of medical news? Some media outlets have special science reporters on staff. They are trained to interpret medical findings. Talk to your doctor to help you judge how accurate the reports are and what they could mean for your health.

MedlinePlus Magazine Spring 2012

Read Before You Search

A Google search for heart attack produces over 561,000,000 results! How do you know which of these sites has reliable information?

Reliable websites give you true information!
**Remember these four points when you search the Internet:**

**Accuracy**
Does the website use reliable research? Check many sources for the same information - are the results the same?

**Authority**
Websites that end in .org, .gov or .edu are usually the most reliable websites for health facts. Make sure the website is written by doctors, nurses, or others working in the health field.

**Bias**
Who pays for the website? If a company supports a website they could have control over the website and give you wrong information.

**Currency**
When were the facts last updated? Medical research never stops. Make sure the information is no older than 3 years.
**Signs of a Scam**

How can you tell if websites are telling the truth? These signs can help you decide whether a website or an ad is a scam.

- No one treatment works for everyone. Two people with the same problem may need different care. Don’t trust any website with ads for products that say it can treat any sickness.
- “Natural” doesn’t always mean safe or that it really works.
- Fake marketers may trick you into buying their product. Products that claim to cure or treat a sickness might seem honest, but they can be completely made-up. An actor or model could have been paid to tell you they like the product. **Personal stories are not proof that the product works.**
- Big words might sound impressive, but aren’t proof that the product works. Your doctor will know the facts.
- A money-back guarantee doesn't prove that a product works.

**Support Groups**

- **Caring Bridge**
  caringbridge.org/
  An online space to connect, share news, and receive support. A health social network.

- **Mended Hearts**
  mendedhearts.org
  Support group of volunteers offer support to patients, family members and caregivers.

- **Lotsa Helping Hands**
  lotsahelpinghands.com
  Help Calendar allows users to schedule and sign up for tasks to provide support during illness.

- **American Heart Association Support**
  supportnetwork.heart.org/
  Support network for patients and caregivers with cardiovascular disease.

- **Women Heart**
  womenheart.org/page/SupportServices
  Support for women with heart disease.
Doctor & Hospital Information

Hopkins Medicine
hopkinsmedicine.org
Find a doctor by their name, or find doctors to help with a certain sickness at Hopkins.

Hospital Compare (en español)
medicare.gov/hospitalcompare
Information about the quality of care in hospitals across the country.

Clinical Trials

CenterWatch
centerwatch.com
Help with the research process and what to expect if taking part in study. Information on drugs in clinical trials and new FDA approved drugs.

Clinical Trials at Hopkins
hopkinsmedicine.org/jhbmc/research_clinical_trials/clinical_trials
Information about studies offered at the Johns Hopkins Bayview Medical Center.

MedlinePlus.gov is from the National Library of Medicine. This website will always give you good facts. It is free and should be your first stop for health information on the Internet.

MedlinePlus information is
- Easy-to-use
- Reliable
- Current
- Accurate
- Written by health professionals
- Free of ads

MedlinePlus features:
- Health topics pages
- Drug and supplement information
- Medical dictionary and encyclopedia
- Directories
- Interactive health tutorials
- Health news

La información de salud en español. It is available in several other languages.
Heart Websites

American Heart Association
heart.org
Facts and tips for weight control, healthy recipes, specific heart diseases, health insurance, and more.

National Heart, Lung, and Blood Institute
nhlbi.nih.gov/health-topics/heart-healthy-lifestyle-changes
Information about heart healthy living.

Cardiosmart
cardiosmart.org
Facts on heart conditions, tests, medicines, and more.

Johns Hopkins Healthy Heart
hopkinsmedicine.org/healthyheart
Johns Hopkins resources for eating, exercise, risks, and more.

Family at Heart
familyatheart.org
Tips for families and parents.

Heart Failure Association
hfsa.org/patient/
Tools, resources, and event information for families and patients living with heart failure.

Medicine & Payment Help

Pillbox
pillar.nlm.nih.gov
Facts about pills, pictures of each pill, and side effects.

Consumer Med Safety
consumermedsafety.org
Tips for taking medicines safely including storing and discarding, and poisoning.

Patient Assistant Programs (PAPs) help you if you can’t afford your medicines.

Needy Meds: (en español)
needymeds.org
Free or low cost medicine payment programs. (800-503-6897)

RxAssist
rxassist.org/patients
Payment help with medicines. Gives links to free or low cost healthcare programs.

Partnership for Prescription Assistance
pparx.org
Payment help with medicines. Map of free clinics. Links to free or low cost diabetes supplies, hearing aids, savings cards, and more.
Financial Support

Larry King Cardiac Foundation
larrykingcardiacfoundation.org/
Facilitates life-saving treatment for individuals who, due to limited means or no insurance, would otherwise be unable to receive care.

Pan Foundation
panfoundation.org/heart-failure
Assistance for Medicare patients with heart failure.

Medicare
medicare.gov/coverage/cardiovascular-disease-screenings
Information on heart screenings and what Medicare will cover.

Heart Websites

Heart Disease - CDC
cdc.gov/heartdisease
Facts on heart diseases.

Go Red for Women (en español)
goredforwomen.org
Heart healthy recipes and snacks, exercise videos and tips, food shopping, and stress management tips.

Quit Smoking (en español)
smokefree.gov
Help to quit smoking for everyone. (800-784-8669)

Patient Education Site Heart Failure Nurses
aahfn.org/mpage/patiented
Resource for patients, families and caregivers who want an in depth understanding of heart failure.

Heart Rhythm Society
hrsonline.org/PatientResources
Features a glossary of heart terms, heart diseases, symptoms and treatments, and a search to find heart specialist in a specific zip code.

Society of Thoracic Surgeons (en español)
ctsurgerypatients.org/adult-heart-disease
Information about adult heart disease.
COPD Websites

American Lung Association
lung.org/copd/
Resources and information about COPD.

COPD Foundation
copdfoundation.org/
Resources and services to improve the lives of individuals affected by COPD.

National Heart, Lung, Blood Institute
nhlbi.nih.gov/health-topics/copd
Information about COPD causes, symptoms, treatments, clinical trials.

Chest Foundation
foundation.chestnet.org/copd/
Tools to help patients easily understand complex lung diseases.

Insurance

Healthcare.gov (en español)
healthcare.gov
Find health insurance choices.

Veterans Affairs - Health Care Benefits and Services
va.gov/health
Veterans’ health benefits, health programs, and finding a VA facility.

Benefits.gov (en español)
benefits.gov
Gives facts on all types of government benefits.
Exercise

Go4Life
go4life.nia.nih.gov
Printable or video exercises under “Get Free Stuff.” Under “Try These Exercises” are exercises with pictures.

Senior Health Exercise
nia.nih.gov/health/exercise-physical-activity
Tips on exercising safely.

Tips to Help You Get Active
niddk.nih.gov/health-information/weight-management/tips-get-active
Tips to help you get started with exercise.

Be Active Your Way
health.gov/paguidelines/pdf/adultguide.pdf
Guide to help you get started with exercise and keep it up.

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Johns Hopkins Resources

Hopkins Health Library
hopkinsmedicine.org/healthlibrary
Health topics and Hopkins doctors.

My Chart at Hopkins
mychart.hopkinsmedicine.org
Access your Hopkins medical records. (also available as a mobile app through Google Play and the App Store)

Johns Hopkins Home Care Group
hopkinsmedicine.org/homecare
Home care services including training, medical supplies and equipment, infusion, hospice, caregiving help. (410-288-8100)

Called to Care
hopkinsmedicine.org/jhbcme/calledtocare
Program to assist and recognize caregivers. (410-550-8018)
Healthy Recipes
hopkinsmedicine.org/healthlibrary/recipes
Recipes for heart healthy, low salt, and other diets.

Delicious Heart Healthy Recipes
healthyeating.nhlbi.nih.gov
Recipes and cookbooks. Latino, African American, American Indian, Vietnamese, and Filipino recipes.

DASH Diet
dashdiet.org
The DASH diet plan is recommended for those with high blood pressure.

Mediterranean Diet
oldwayspt.org/traditional-diets/mediterranean-diet
Offers a host of health benefits, including weight loss, heart and brain health, and diabetes prevention and control.

Healthy Snacks

Healthy snacks less than 100 calories!

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<tr>
<th>Fruits</th>
<th>Breads, Cereals, Rice, and Pasta</th>
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<tr>
<td>1 small banana</td>
<td>2 graham cracker squares</td>
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<tr>
<td>1 medium apple</td>
<td>3 cups air-popped popcorn</td>
</tr>
<tr>
<td>¼ cup raisins</td>
<td>½ whole-wheat English muffin</td>
</tr>
<tr>
<td>1 cup whole strawberries</td>
<td>with jelly</td>
</tr>
<tr>
<td>½ cup canned fruit cocktail in juice (not syrup)</td>
<td>4 whole-wheat crackers, unsalted</td>
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<tr>
<td>½ cup orange juice</td>
<td>2 brown rice and multigrain rice cakes</td>
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<tr>
<th>Vegetables</th>
<th>Fat-free or Low-fat Milk, Cheese, and Yogurt</th>
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<tr>
<td>1 cup cherry or grape tomatoes</td>
<td>6 ounces cup fat-free plain yogurt</td>
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<tr>
<td>2 cups raw mixed veggies with 2 tablespoons fat-free dressing</td>
<td>½ cup low-fat cottage cheese</td>
</tr>
<tr>
<td>12 baby carrots</td>
<td>1 cup fat-free milk</td>
</tr>
<tr>
<td>18 small celery sticks</td>
<td>½ cup fat-free pudding</td>
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<tr>
<td>1 cup low-sodium vegetable juice</td>
<td>½ cup fat-free frozen yogurt</td>
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<th>Other Snacks</th>
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<tbody>
<tr>
<td>1 large hardboiled egg</td>
<td>1 ounce low-fat cheddar cheese</td>
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<tr>
<td>8 baked tortilla chips with salsa</td>
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<tr>
<td>10 almonds</td>
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