



Oncology Guide to Reliable Web sites



CREDIT VALLEY
THE CREDIT VALLEY HOSPITAL

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Section I

Introduction

The Internet can be overwhelming with topics and information on cancer. While we have no control over what information is available on the Internet; the purpose of this guide is to provide you with a list of sites that offer reliable information on cancer care and treatment. You will also find guidelines to help you evaluate the quality of Web sites that are not contained in this guide.

Some of the sites originate outside of Canada and may contain information about therapies, screening methods etc, which may differ from what is offered at this centre.

Please keep in mind that information on any Web site is not intended to replace medical advice from your health care team. The information you find may assist you in your ongoing interactions with your health care team.



Section 2

Web site Evaluation Guidelines

Evaluating the quality of information on the net can be very challenging and frustrating. To assess whether the information you find is reliable, consider the following when reviewing web sites for health information:

1. Is the information accurate?

All posted articles should be followed by references. Authors and dates of content should be clearly identified. Web sites should describe the evidence that the material is based on.

2. Who runs the site?

A good health web site indicates who is responsible for the site content. In general government agencies and university sites tend to be less biased and provide high quality information.

3. Is the information current?

Posted material should be revised and reviewed regularly. Sites should be active so information is current.

4. Are studies credible?

Consider the academic credentials of the author, whether the study results were scientifically valid and the number of studies that have shown similar findings. Recommendations based on one study are premature.

5. Who funds the site?

Funding and sponsorship should be clearly shown. The source of funding can influence site content, how it is presented and the site owners objectives.

6. How is the information selected?

Consider if the posted material has been reviewed by experts in the field or an editorial board. This ensures content accuracy and credibility.

7. How is the site rated?

Consider whether legitimate organizations have recognized the site with “quality awards”. Does the site display the HON code principles developed by the “Health On The Net Foundation” which means that the site has achieved a certain level of quality and integrity.

8. Is the Web site accessible?

Can you find contact information for producers so you can communicate problems, questions or provide feedback.

9. How is confidentiality maintained?

If site registration is required, pay attention to its privacy statement. Credible web sites will not respond to direct medical inquiries and if membership is required for tracking purposes, they will not sell data about users to other companies.

10. Is the site organized and easy to navigate?

Information should be presented in a clear manner and the site should be easy to navigate. Well organized sites allow you to determine from the main page what’s available on the site and usually have a site map.

**REMEMBER, NO SINGLE ATTRIBUTE CAN ENSURE QUALITY. IT IS BASED ON
THE COLLECTIVE ASSESSMENT OF MANY PARAMETERS.**

Other helpful suggestions when searching for health information include:

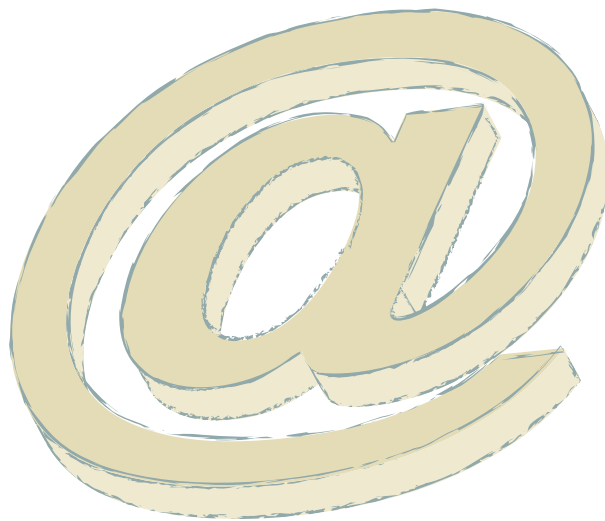
1. To find information on a particular author, you can do a MEDLINE search via the National Library of Medicines PubMed database at

<http://www.ncbi.nlm.nih.gov/entrez/>

2. Be wary when using search engines, as they are not like library databases. There is no filter to evaluate the information. Often, the Web sites that appear first are those in which your search term appeared the most often. (Source – National Institute of Nutrition).

An exception to this general rule is www.google.ca. This search engine is quite reputable and it links any cancer topic to authoritative sites that offer trustworthy information.

3. A good starting point to begin your search for health information is to visit the sites listed in this booklet.



Section 3

General Health Information

1. Health Canada

<http://www.hc-sc.gc.ca>

Consumer Education on a wide variety of health topics.

2. National Institute of Health (NIH)

<http://www.nih.gov>

NIH is a component of the US Dept of Health and Human Services. It consists of 27 institutes and centers that conduct medical research worldwide. See NCI (National Cancer Institute) for cancer information.

3. Up-to-Date

<http://www.uptodate.com/patients/index.html>

Offers current authoritative information on over 7000 topics.

4. Healthfinder

<http://www.healthfinder.gov>

Information on a wide range of health topics selected from over 1600 government and non-profit organizations.

5. Mayo Clinic

<http://www.mayoclinic.com>

Reliable health information for patients and the general public. Up-to-date information on a variety of medical topics. Visit the Healthy Living Center.

6. Medline Plus

<http://medline.gov>

The National Library of Medicine provides reliable health information for the public.

Section 4

General Information on Cancer

1. Cancer Care Ontario (CCO)

<http://www.cancercare.on.ca>

CCO coordinates Ontario's cancer services and advises the Ontario government on all aspects of provincial cancer care. CCO strives for a unified approach to prevention, detection and treatment.

2. Canadian Cancer Society (CCS)

<http://www.cancer.ca>

Provides information on prevention, research, support services, and numerous on-line publications.

3. BC Cancer Agency

<http://www.bccancer.bc.ca>

Contains information on the spectrum of cancer care from prevention and screening to diagnosis and treatment. Extensive information on Unconventional Therapies.

4. American Cancer Society (ACS)

<http://www.cancer.org>

Provides information on all major cancers as well as information on treatment, support services and prevention.

5. American Institute for Cancer Research (AICR)

<http://www.aicr.org>

Diet and nutrition as it relates to cancer prevention and treatment. See AICR publications on line.

6. National Comprehensive Cancer Network

<http://www.nccn.org>

The worlds leading cancer centers working together to improve cancer care. Visit treatment guidelines for patients and cancer resource links.

7. Alberta Cancer Board

<http://www.cancerboard.ab.ca>

Provincial Health Authority operating cancer facilities and programs in Alberta.

8. Cancer Net

<http://www.cancer.net>

Provides up to date and trusted information on cancer from the American Society of Clinical Oncology.

10. National Cancer Institute

<http://www.cancer.gov/>

Contains valuable cancer related health information for the general public on a wide range of cancer topics.

Section 5

Food and Nutrition Web sites

1. The American Dietetic Association

<http://www.eatright.org>

Contains reliable nutrition information for the public. ADA is the largest organization of food and nutrition professionals.

2. Dietitians of Canada

<http://www.dietitians.ca>

Contains accurate nutrition information on a variety of topics. Visit tips, FAQs and fact sheets.

3. Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic>

The cancer section contains links to various organizations and institutions that offer reliable health information. Be sure to visit the Dietary Supplement section.

4. Meals for you

<http://mealsforyou.com>

Provides recipes, meal plans and nutritional information.

5. Meals Matter

<http://www.mealsmatter.org>

Meal planning Web site features recipes and personalized nutrition tips to prepare healthy meals.

6. Center for Food Safety and Applied Nutrition

<http://www.cfsan.fda.gov>

A division of the Food and Drug Administration. Search via the subject index and visit consumer advice and publications.

Section 6

University & Cancer Centre Web sites

I. Oncolink

<http://www.oncolink.upenn.edu>

Developed and maintained by the University of Pennsylvania. All material is peer reviewed by an editorial board of oncology specialists. The site contains information on specific cancers, treatment options, and support services.

2. MD Anderson Cancer Center

<http://www.mdanderson.org>

Visit the CIMER Web site (Complementary/Integrative Medicine Education Resources) for evidence based reviews of alternative and complementary cancer therapies.

3. Dana-Farber Cancer Institute

<http://www.dana-farber.org>

Visit the comprehensive database for information about the causes, symptoms, detection and treatment of over 100 types of cancer.

4. University Health Network

<http://www.uhn.ca>

Princess Margaret Hospital provides information on a variety of cancers. See “patient and visitors health information”.

5. Memorial Sloan-Kettering Cancer Center

<http://www.mskcc.org>

Contains extensive information by type of cancer. Be sure to visit the A to Z dictionary about herbs, botanicals and other products.

6. University of Pittsburgh Medical Centers (UPMC)

<http://www.upmccancercenters.com>

Affiliated with the University of Pittsburgh Cancer Institute. Site offers information on prevention, detection, diagnosis and treatment.

7. University of Michigan Cancer Center

<http://www.cancer.med.umich.edu>

Contains comprehensive information on all aspects of cancer.

Section 7

Drug Reimbursement

1. Drug Coverage

<http://www.drugcoverage.ca>

Provides information about Provincial, Federal and private drug reimbursement for a number of medications commonly prescribed by health care practitioners in Canada. Medication references are categorized by disease/ailment.

2. Ministry of Health and Long Term Care

<http://www.health.gov.on.ca>

Type: “Trillium drug program” in website search engine. Provides information for Ontario residents who experience a high prescription cost within a household.

Section 8

Dietary Supplements and Natural Health Products

1. Health Canada

<http://www.hc-sc.gc.ca>

Search the Natural Health Products Directorate for regulatory information on Natural Health products in Canada.

2. Office of Dietary Supplements

<http://dietary-supplements.info.nih.gov>

Click on Health Information to view “Informed Decision-Making” and “Specific Supplements”.

3. Medline Plus

<http://www.medlineplus.gov>

Contains a wealth of information related to dietary supplements and herbal medicine.

4. Memorial Sloan-Kettering Cancer Center

<http://www.mskcc.org>

Visit herbs, botanicals and other products in the Integrative Medicine section.

5. Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic>

Contains a wealth of information on dietary supplements.

6. Drug Digest

<http://www.drugdigest.org>

Click on drug library then visit herbs and supplements.

Section 9

Complementary and Alternative Therapy

1. National Center for Complementary and Alternative Medicine

<http://www.nccam.nih.gov>

NCCAM supports research in the area of CAM and disseminates info on what works and what does not.

2. The Alternative Medicine Homepage

<http://www.pitt.edu/~cbw/altm.html>

Provides links to Internet information sources including databases and government resources.

3. Quackwatch

<http://www.quackwatch.com>

Founded by Stephan Barrett. The purpose of this site is to combat health-related frauds, myths, fads and fallacies.

Many sites contain excellent information on CAM (Complementary and Alternative Medicine). Check out the BC Cancer Agency (see Cancer Specific Sites) and the MD Anderson Cancer Center (see University Sites and Cancer Centers).

Section 10

Site Specific Web sites

BREAST CANCER

1. Canadian Breast Cancer Network

<http://www.cbcn.ca>

A national link between organizations and individuals concerned about breast cancer.

2. Breast Cancer.Org

<http://breastcancer.org>

Provides reliable up to date information about breast cancer.

3. Willow Breast Cancer Support Canada

<http://www.willow.org>

Provides information and emotional support for those impacted by breast cancer.

COLORECTAL CANCER

1. Colon Cancer Alliance

<http://www.ccalliance.org>

Information provided through patient support services, education, research and advocacy.

2. Colorectal Cancer Association of Canada

<http://www.ccac-acc.ca>

The goal of CCAC is to support people with colorectal cancer and increase public awareness.

LUNG CANCER

1. Lung Cancer Canada

<http://www.lungcancercanada.ca>

Provides patient focused information and peer support to everyone touched by lung cancer.

2. Lung Cancer Alliance

<http://www.lungcanceralliance.org>

Organization that assists people with lung cancer through advocacy, support and education.

3. Lung Cancer on line

<http://www.lungcanceronline.org>

A comprehensive directory to Internet information for patients and families.

HEAD AND NECK

1. Support for People with Head and Neck Cancer

<http://www.spohnc.org>

Provides information and support for people with head and neck cancers.

LEUKEMIA, LYMPHOMA AND MULTIPLE MYELOMA

1. Leukemia & Lymphoma Society of Canada

<http://lls.org/canada>

Provides information and publications about leukemia, lymphoma, and myeloma.

2. Lymphoma Research Foundation

<http://www.lymphoma.org>

Information on the different types of lymphomas, diagnosis, treatment options and support groups.

GYNECOLOGICAL CANCER

1. Ovarian Cancer Canada

<http://www.ovariancanada.org>

Provides support, awareness and funds research. Search for the booklet entitled “You are not alone”.

2. Women’s Cancer Network

<http://www.wcn.org>

Provides screening, prevention, diagnosis, treatment and symptom management for a variety of women’s cancers.

PROSTATE AND UROLOGIC CANCER

1. Urological Cancer Organization

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

Information on kidney, bladder, testicular and prostate cancer.

2. Prostate Cancer Foundation

<http://www.prostatecancerfoundation.org>

Information on risk, diagnosis and treatment.

3. Canadian Prostate Cancer Network

<http://www.cpn.org>

Information on prostate cancer and support groups.

SKIN CANCER

1. Skin Cancer Foundation

<http://www.skincancer.org>

Information on melanoma and other skin cancers.

2. Melanoma Patient Information Page

<http://www.mpip.org>

Provides information and support for people with melanoma.

BRAIN CANCER

1. Brain Tumour Foundation of Canada

<http://www.braintumour.ca>

Provides support and information for patients and their families.

2. American Brain Tumor Association

<http://www.abta.org>

Information about brain tumors, treatment options and clinical trials.

PANCREATIC CANCER

1. Pancreatica.org

<http://www.pancreatica.org>

Provides information on treatment and clinical trials. Visit the research resources for excellent links.

Section 11

Young Adult Web Sites

1. I'm Too Young For This

<http://www.imtooyoungforthis.org>

Focuses on empowering young adults affected by cancer.

2. Young Adult Cancer Canada

<http://www.youngadultcancer.ca>

Focuses on inspiring, informing and supporting young adults, ages 15-39, dealing with cancer.

3. Young Cancer Spouses

<http://www.youngcancerspouses.com>

Connects young spouses of adults with cancer to share information, support, and experiences.

Section 12

Clinical Trials

1. Ontario Cancer Research Network

<http://www.ontariocancertrials.ca>

Provides information on clinical trials and a database on all cancer trials in Ontario.

2. US National Institute of Health

<http://clinicaltrials.gov>

Information on trial purpose, eligibility and location.

Section 13

Survivorship

1. National Coalition for Cancer Survivorship

<http://www.canceradvocacy.org>

Provides resources and information to people living life after any kind of cancer.

2. National Cancer Institute

<http://www.cancer.gov>

Enter: “facing forward publication series” in the search engine of this site.

3. American Institute for Cancer Research

<http://www.aicr.org>

Enter “Nutrition and the cancer survivor” in the search engine.

Section 14

Support Web Sites

1. Canadian Cancer Society

<http://www.cancer.ca>

Click on “Canada-wide” then “Support Services”.

Provides services such as peer support and information on local community services and offices.

2. Look Good Feel Better

<http://www.lgfb.ca>

Empowers women to manage the effects that cancer and its treatment have on their appearance and morale.

3. Wellspring Cancer Support Centres

<http://www.wellspring.ca>

Provides services to people with cancer and their families, including support groups, presentations, exercise and relaxation programs.

Section 15

Palliative Care

1. Mississauga Halton Palliative Care Network

<http://www.mhpcn.ca>

Provides information regarding the resources and services available in the Halton and Peel Regions.

2. Living-lessons.org

<http://www.living-lessons.org>

Provides education regarding the resources and expertise available.

3. Virtual Hospice

<http://www.virtualhospice.ca>

Information and resources to help people understand the physical, emotional and spiritual aspects of their cancer.

4. Heart House Hospice

www.hearthousehospice.com

Provides emotional, physical, and spiritual support to patients and families via several programs.

5. Caring to the end of life

<http://www.caringtotheend.ca>

Provides palliative care information for patients, caregivers and health care providers in the GTA.

We hope that this information has been helpful to you. Should you have any questions about this booklet or the web sites please ask your health care team.

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