

## Resource list for medical diagnoses:

### Diabetes

[www.diabetes.org](http://www.diabetes.org)

This is the official website of the American Diabetes Association. It covers everything you want to know about diabetes, including the basics of diabetes, checking blood sugar, treatment, and how to eat well. It has great sources for how to eat and how to exercise. Also provides information on diabetes in the news and in research.

<http://ndep.nih.gov/>

This is the website of the National Diabetes Education Program. It covers everything you need to know about diabetes, and even lets you customize your search to resources for people with your age, language, race, and type of diabetes. It provides resources on healthy eating, social support, and there's even a special section for teenagers with diabetes.

<http://diabetes.webmd.com/>

This website provides a general overview of diabetes including symptoms, diagnosis, treatment, diabetes and diet, as well as managing diabetes. It provides great interactive slideshows on managing diabetes and preventing complications.

<http://www.mayoclinic.com/health/diabetes/DS01121>

This site provides basic information on diabetes for the public by the Mayo Clinic, one of the top hospitals in the nation. It goes over causes, risk factors, complications, diagnosis, treatment, and alternative medicine.

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

The National Institutes of Health created this website to give people a brief summary of what diabetes is and some symptoms that it causes. It provides links to other diabetes-related resources.

<http://www.cdc.gov/diabetes/>

The Centers for Disease Control and Prevention created this website as a public health resource to answer any questions you have on diabetes. They have links to basic information on diabetes, statistics and trends, educational resources, publications, projects, and news resources.

<http://diabetes.niddk.nih.gov/>

This website is from the National Diabetes Information Clearinghouse, and reviews the key points of diabetes – such as an overview of each type of diabetes, treatments, complications, and statistics. It also provides information on clinical trials recruiting patients.

<http://www.eatright.org/Public/content.aspx?id=6813>

The American Dietetic Association created this website to provide an overview of how to eat healthy with diabetes.

## Heart disease

<http://www.hearthub.org/>

This website was created by the American Heart Association, the nation's leading resource on heart disease. It goes over the different kinds of heart disease, has an interactive calculator to find out your risk of heart disease, and has resources on the warning signs of a heart attack or stroke, sugar, BMI, and the latest news and publications that relate to heart disease.

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center\\_UCM\\_001188\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp)

This is the nutrition center resource page of the American Heart Association. It has resources on dining out, eating healthy, managing your weight, shopping heart healthy, recipes, and cookbooks.

[www.webmd.com/heart-disease/default.htm](http://www.webmd.com/heart-disease/default.htm)

This website provides an overview of heart disease including symptoms, diagnosis, treatment, and managing heart disease. It provides great interactive slideshows on heart attacks, risk factors for heart disease, and omega-3 fats.

[www.mayoclinic.com/health/heart-disease/DS01120](http://www.mayoclinic.com/health/heart-disease/DS01120)

This site provides basic information on heart disease for the public by the Mayo Clinic, one of the top hospitals in the nation. It goes over causes, risk factors, complications, diagnosis, treatment, and alternative medicine.

[www.cdc.gov/heartdisease/](http://www.cdc.gov/heartdisease/)

The Centers for Disease Control and Prevention created this website as a public health resource to answer any questions you have on heart disease. They have links to basic information on heart attacks, coronary artery disease, statistics and trends, educational resources, publications, projects, and news resources. They have resources on how to lower your salt intake. They have a link to their Division of Heart Disease and Stroke Prevention which is a great resource for education information.

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=278&to\\_pic\\_id=1378](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=278&to_pic_id=1378)

This website was created by the United States Department of Agriculture to provide resources on cardiovascular diseases, changing your diet, and ethnic and cultural heart health education information. It also has a link to the National Cholesterol Education Program, which provides resources on how to lower high cholesterol, which is a risk factor for heart disease.

[http://www.womensheart.org/content/HeartDisease/what\\_is\\_heart\\_disease.asp](http://www.womensheart.org/content/HeartDisease/what_is_heart_disease.asp)

This website was created for women to understand what heart disease is and offers a women's heart checklist that emphasizes the risk factors women have for heart disease.

## **Kidney disease**

<http://www.kidney.org/>

This is the website of the National Kidney Foundation, a leading organization in resources for kidney disease. It reviews how the kidneys work, what chronic kidney disease is, detection and screenings, dialysis, kidney stones, and how nutrition and diet affect kidney disease.

<http://www.davita.com/diet-and-nutrition/diet-basics/nutrition-and-chronic-kidney-disease/a/396>

This website is an amazing resource on everything you need to know about nutrition and kidney disease.

<http://nkdep.nih.gov/>

This is the website of the National Kidney Disease Education Program. It has resources for the public and patients that cover what kidney disease is, how to test for it, and how to keep your kidneys healthy.

<http://kidney.niddk.nih.gov/>

This is a great overview website that provides information on all the different kinds of kidney and urologic diseases that exist, and also goes over statistics and clinical trials for people with kidney disease.

<http://www.webmd.com/a-to-z-guides/understanding-kidney-disease-basic-information>

This website briefly defines what kidney disease is and its causes.

[www.nlm.nih.gov/medlineplus/kidneydiseases.html](http://www.nlm.nih.gov/medlineplus/kidneydiseases.html)

The National Institutes of Health created this website to give people a brief summary of the function of the kidneys and what causes kidney disease. It provides links to other websites that give a more in-depth overview of kidney disease.

<http://www.upmc.com/HealthAtoZ/patienteducation/Documents/NutritionandKidney.pdf>

This is a great patient handout from the University of Pittsburg Medical Center that discusses nutrition and kidney disease.

## **Hypertension**

[http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html)

This website was created by the National Heart, Lung, and Blood Institute that goes over what high blood pressure is, what the numbers mean, and what the outlook is. It provides links that discuss the causes, risk factors, signs and symptoms, diagnosis, treatments.

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001502>

This website reviews what high blood pressure is, what the numbers mean, the causes, risk factors, signs and symptoms, diagnosis, treatments, and complications.

[http://www.medicinenet.com/high\\_blood\\_pressure/article.htm](http://www.medicinenet.com/high_blood_pressure/article.htm)

This website goes into a lot of detail about high blood pressure and what it is caused by, how it is diagnosed, and treatment options. It has a slideshow about exercise and high blood pressure and an interactive quiz on what you know about high blood pressure.

<http://www.mayoclinic.com/health/high-blood-pressure/DS00100>

This site provides basic information on high blood pressure for the public by the Mayo Clinic, one of the top hospitals in the nation. It goes over what high blood pressure is, the causes, risk factors, signs and symptoms, diagnosis, and treatments. It also has a multimedia tab that shows videos on how to use a blood pressure monitor and how blood pressure works in your body.

<http://www.webmd.com/hypertension-high-blood-pressure/default.htm>

This website provides an overview of high blood pressure including symptoms, diagnosis, treatment, and managing high blood pressure. It provides great interactive slideshows on how to lower your blood pressure and ways high blood pressure can affect your cardiac risk.

[http://www.healthscribes.com/disease/High+Blood+Pressure+\(Hypertension\)](http://www.healthscribes.com/disease/High+Blood+Pressure+(Hypertension))

This website provides a brief summary on what high blood pressure is, and then links to other information on it such as causes, symptoms, tests, diagnosis, and treatment.

[http://www.ash-us.org/patient\\_edu/pdf/BloodPressureHealthEnglish.pdf](http://www.ash-us.org/patient_edu/pdf/BloodPressureHealthEnglish.pdf)

This is a detailed patient handout on high blood pressure put out by the American Society of Hypertension. It is very thorough and covers the medical and nutrition side of the disease.

<http://www.hearhub.org/hc-high-blood-pressure.htm>

This is an interactive website on high blood pressure provided by the American Heart Association. It provides a lot of great links including high blood pressure multimedia and quizzes, how to track your blood pressure, how to shake your salt habit, and what blood pressure medications there are.

<http://www.nhlbi.nih.gov/hbp/>

This is a great website for basic information on high blood pressure. It provides links that explain what blood pressure is, how it can be high, how it is detected, how it can be prevented and treated, and discusses special issues for women and their risk for high blood pressure.