

INTERNET RESOURCES
Evidence-Based Medicine (EBM) Presentation
Revised 4/25/2017

SOURCE FOR FORMS FOR HEALTH DIRECTIVES

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>
<https://www.makingyourwishesknown.com/>

SEARCH ENGINES

<http://www.google.com>
<http://www.ask.com/>
<http://in.search.yahoo.com/>

Can search for review articles

HEALTH INFORMATION SITES

<http://www.medmatrix.org/index.asp>
<http://www.yahoo.com/health>
<http://www.webmd.com>
<http://www.arthritis.org/access-to-healthcare.php>

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

OTHER HEALTH DATABASES

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

Search for journal reference with links to records with full text version.
Links to Toxnet, clinical trials, consumer health sites, and clinical alerts

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

Review of the best randomized controlled trials on specific clinical questions
Abstracts only free

<http://library.nymc.edu/>

Books and links to other web sites for NYC medical student

<http://www.acponline.org/journals/>

ACP Journal Club free recent issues

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

British Medical Journal free full text

GOVERNMENT AGENCIES

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

Agency for Health Care Policy and Research

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

CancerNet: Nation Cancer Institute

<http://www.cdc.gov>

Center for Disease Control CDC prevention guidelines

<http://www.cdc.gov/nchstd.dstd/STD98TG.HTM>

CDC treatment guidelines for Sexually Transmitted disease

[http://wwwnc.cdc.gov/travel/ /](http://wwwnc.cdc.gov/travel/)

CDC Health Information International Travel

<http://wwwnc.cdc.gov/travel/page/yellowbook-2012-home.htm>

CDC Health Information for International Travel

<http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

2017 Recommended Immunizations for Adults

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

Food and Drug Administration

<http://www.nih.gov>

National Institutes of Health

OTHERS

<http://www.cancer.org>

American Cancer Society

<http://www.aap.org/en-us/Pages/Default.aspx>

Review of Internet resources for pediatricians

<http://www.merckmedicus.com/pp/jsp/home.jsp>

Good place to look up and link to other areas

FREE PATIENT INFORMATION

<http://healthhotlines.nlm.nih.gov/>

List of organizations with address and phone #s to help patients with various diseases

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

National woman's health Information center

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

Good source of reliable consumer health information web sites

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

Links to resources with medical information

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

New England Journal Medicine on line

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

Guide to Quackery, Health Fraud, and Intelligent Decisions

INFORMATION ABOUT OSTEOPOROSIS TREATMENT

<http://decisionaid.ohri.ca/>

Patient Decision Aids - Canada

<http://www.uptodate.com/home>

Smarter Decisions. Smarter Care.

<https://effectivehealthcare.ahrq.gov/>

Aid in making decisions and information

ALTERNATIVE MEDICINE

<http://naturaldatabase.therapeuticresearch.com/home.aspx?cs=&s=ND>

Natural Medicines Comprehensive Database

<https://nccih.nih.gov/>

National Center for Complementary and Integrative Health

<https://nccih.nih.gov/health/integrative-health>

Complementary, Alternative, or Integrative Health: What's in a Name?

DRUG INTERACTIONS

<http://healthtools.aarp.org/drug-interactions>

AARP Health Tools

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

Know more. Be sure.

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

Drug interactions and side effects

http://www.aarp.org/health/health_tools/

Drug interactions / side effects

FIND COST

<http://www.healthcarebluebook.com>

Fair price search

www.amino.com

take the guesswork out of health care

INFORMATION ABOUT A DOCTOR

California

<https://s1.fsmb.org/docinfo/>

History of any discipline for a fee \$9.95 certified check or credit card

<http://www.mbc.ca.gov/lookup.html>

Look up your doctor

<https://apps.ama-assn.org/doctorfinder/home.jsp>

Basic information on doctors

<http://www.opa.ca.gov/Pages/Home.aspx>

Rates 212 physician groups

<https://www.healthgrades.com/>

Easy to use search by name, procedure, specialty, any sanctions or legal actions

<http://www.ncqa.org/HomePage.aspx>

National Committee for Quality Assurance doctors who meet standards (New York)

<https://www.medicare.gov/physiciancompare/>

Compare information on providers who accept Medicare...training and group/hospital affiliations

<https://projects.propublica.org/treatment/>

Use this tool to find and compare providers

PROJECTS.PROPUBLICA.ORG/DOCDOLLARS - PAY BY DRUG COMPANIES

<https://www.ratemds.com/plans/doctor/>

Search by name information training as well as patient rating

INFORMATION ON HOSPITAL PERFORMANCE

<https://www.medicare.gov/hospitalcompare/search.html?>

CONTACT FOR POSSIBLE HELP WITH COST OF MEDICATION

- Helping Patients <http://www.pparx.org/>
- Benefits Checkup <http://www.benefitscheckup.org/>
- Medicare <http://www.medicare.gov/default.aspx>
- RxAssist <http://www.rxassist.org/default.cfm>
- Needy Meds <http://www.needymeds.com>
<http://www.aarp-pharmacy.com>

FOR VETERANS

To apply for health care benefits, you will need a copy of your discharge papers and will need to fill out a form called 1010EZ. The form can be downloaded from <https://www.1010ez.med.va.gov/sec/vha/1010ez/> or you can call 1-877-222-VETS and ask to have one mailed to you.

<http://www.nabp.net/programs/accreditation/vipps/>

Information on buying drugs on line

BUYING DRUGS FROM CANADA

<http://www.canadarx.net/>

CanadaRX is not an accredited pharmacy. **7.50 US Dollar** handling fee is charged on each individual prescription item Rx and shipping \$18.50 minimum seem to have very good prices even with fees

BUYING DRUGS FROM MEXICO

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

DRUGS THAT INTERACT WITH GRAPEFRUIT JUICE

Check with your doctor or pharmacist if you're concerned about any of your medications. The effect of grapefruit lasts about 24 hours; the effect is to alter an enzyme that blocks the absorption of the drug so there will be increased absorption with increased effects and also side effects.

CONDITION	MEDICATIONS
Anxiety	Xanax, Buspar, Versed, Halcion
Depression	Luvox, Zoloft
Allergies	Allegra
Abnormal heart rhythm	Cordarone, quinidine
Heart disease/stroke/blood clots	Coumadin
Epilepsy	Tegretol

Cancer	Cyclophosphamide, etoposide, ifosfamide, tamoxifen, vinblastine, vincristine
Cough	Dextromethorphan (found in many over-the-counter cold medicines)
HIV	Agenerase, Crixivan, Viracept, Norvir, Fortovase
Prostate enlargement	Proscar
Heart disease/High blood pressure	Coreg, Cardizem, Plendil, Cardene, Adalat, Procardia, Nimotop, Sular, Covera, Calan, Verelan
Erectile dysfunction	Viagra, Cialis
Asthma/Emphysema	Theophylline
High cholesterol	Lipitor, Lescol, Mevacor, Zocor
Pain	Alfenta, Duragesic, Actiq, Sufenta
Infection	Biaxin, Sporanox, erythromycin, troleandomycin

Patients should check with their doctors about specific interactions between grapefruit juice and medication.

MEDICINE THAT INTERACTS WITH CALCIUM

- Azole antifungals (eg, ketoconazole),
- Bisphosphonates (eg, alendronate),
- Certain cephalosporins (eg, cefpodoxime),
- Iron
- Mycophenolate,
- Quinolones (eg, ciprofloxacin),
- Sodium polystyrene sulfonate,
- Tetracyclines (eg, doxycycline)

THYROID

Because their effectiveness may be decreased by Calcium carbonate/Vitamin D

Alendronate -- Calcium may interfere with the absorption of alendronate, a medication used to treat osteoporosis. Calcium-containing products should be taken at least 2 hours before or after alendronate.

Antacids that contain aluminum -- When calcium citrate is taken with aluminum-containing antacids, the amount of aluminum absorbed into the blood may be increased significantly. This is a particular problem for people with kidney disease, for whom the aluminum levels may become toxic.

Blood pressure medications -- Taking calcium with a beta-blocker (such as atenolol) may interfere with blood levels of both the calcium and the beta-blocker. Study results are conflicting, however. Similarly, it has been reported that calcium interferes with calcium channel blockers (such as verapamil), but these study results are also controversial. If you take a beta-blocker or calcium-channel blocker, do not take calcium supplements without your doctor's supervision.

Cholesterol-lowering medications -- A class of medications known as bile acid sequestrants (including cholestyramine, colestipol, and colesevelam), used to treat high cholesterol, may interfere with normal calcium absorption and increase the loss of calcium in the urine. Supplementation, therefore, with calcium and vitamin D may be recommended by your health care provider.

Corticosteroids -- If you take corticosteroids on a long-term basis, you may need to take calcium supplements.

Digoxin -- High levels of calcium may increase the risk of a toxic reaction to digoxin, a medication used to treat irregular heart rhythms. On the other hand, low levels of calcium cause digoxin to be ineffective. If you take digoxin, your doctor should monitor your calcium levels closely.

Diuretics -- Different types of diuretics interact with calcium in opposite ways.

- Thiazide diuretics (such as hydrochlorothiazide) can raise calcium levels in the blood.
- Loop diuretics (such as furosemide and bumetanide) can decrease calcium levels.

- Amiloride (a potassium-sparing diuretic) may decrease the amount of calcium excreted in the urine (thus increasing calcium levels in the blood), especially in people with kidney stones.

Estrogens -- Estrogens may contribute to an overall increase in calcium blood levels. Taking calcium supplements with estrogens improves bone density significantly.

Gentamicin -- Taking calcium during treatment with the antibiotic gentamicin may increase the potential for toxic effects on the kidneys.

Antibiotics -- Different types of antibiotics interact with calcium.

- Quinolones: Calcium can interfere with the body's ability to absorb quinolone antibiotics (such as ciprofloxacin or Cipro; levofloxacin, norfloxacin or Noroxin; and ofloxacin). Take calcium supplements 2 - 4 hours before or after taking quinolone antibiotics
- Tetracyclines: Calcium can interfere with the body's ability to absorb tetracycline antibiotics (including doxycycline, minocycline, and tetracycline). Take calcium supplements 2 -4 hours before or after taking quinolone antibiotics.

Anti-seizure medications -- Some seizure medications, such as phenytoin (Dilantin), carbamazepine, phenobarbital, and primidone, may lower levels of calcium in the body. Some doctors recommend vitamin D along with anti-seizure drugs to try to keep calcium levels up. In addition, you should take doses of calcium and anti-seizure medications at least 2 hours apart, because each interferes with the absorption of the other.

Drug Interactions

- Alendronate Blood Pressure Medications Cholesterol-lowering Medications Corticosteroid Medications Digoxin Diuretics Estrogen-containing Medications Metformin-containing Medications Phenytoin-containing Medications uinolones Tetracycline

Read more:

<http://www.umm.edu/altmed/articles/calcium-000945.htm#ixzz23kNtrDzz>

<http://www.cebm.net/index.aspx?o=1044>

Source of information about EBM terms and examples of calculations.
END.