

Web Sitings

Hospice Information for Caregivers

If you are providing hospice care to a loved one or have patients who are doing so, the Hospice Foundation of America (HFA) offers a comprehensive web site (www.hospicefoundation.org) with plenty of resources to help with this great responsibility. The site's "Caregiver's Corner" section provides tips on end-of-life caregiving, a self-assessment questionnaire designed to determine whether you are experiencing a high degree of caregiving-related stress, contact information for organizations that can help with such stress, and excerpts from the HFA-published book *Caregiving and Loss: Family Needs, Professional Responses*.

The site's "Ask an Expert" and "Frequently Asked Questions" sections allow you to submit questions anonymously and read answers to past questions, which have dealt with topics such as advance directives and the best ways of supporting dying friends. Another highlight is the "Hospice Stories" section, which presents visitors' descriptions of their hospice experiences and encourages you to submit your own.

Elsewhere on the site, you can search for hospices in your area; read a brochure about questions to ask when choosing a hospice; and follow links to the sites of other organizations dedicated to aging, grief, pain, and palliative care. Visitors also can order HFA's books and videos or sign up for its free monthly e-newsletter through the site.

Women's Health Online

Whether you are female or male, patient or practitioner, you will find valuable information on the web



site of the National Women's Health Information Center (www.4woman.gov, formerly www.womenshealth.gov). A service of the Office on Women's Health (within the HHS), the center describes itself as the most reliable information resource on women's health available.

The site allows you to check out the current educational initiatives and campaigns that the Office on Women's Health is sponsoring—such as the national breastfeeding campaign and the 2007 Minority Women's Health Summit. Spanish speaking visitors can access health information, resources, and news in Spanish. All visitors can sign up for *Healthy Women Today*, a monthly newsletter available through the site.

For practitioners, the site offers links to information on current clinical trials, continuing education, women's health statistics, announcements of funding opportunities, and the web sites of other organizations focused on women's health. For your patients, the site's "Health Tools" section features downloadable and printer-friendly screening and immunization guidelines for both women and men, ovulation and due date calculators, a healthy weight menu planner, and a

description of how to perform breast self-exams. This section also provides advice about talking to health care providers, avoiding heart disease, and obtaining second opinions.

Schizophrenia Forum

The Schizophrenia Research Forum (SRF) is a web site designed to help researchers and other interested parties learn about and discuss news, ideas, and data regarding the devastating mental disorder. Inspired by the Alzheimer Research Forum web site, SRF (www.schizophreniaforum.org) was launched last year with funding from the National Institute of Mental Health. It features listings of current published research about schizophrenia, with links to their PubMed abstracts; original news stories on the disease, followed by comments posted by readers; and links to related sites, including those of institutes, laboratories, and journals that focus on schizophrenia.

The forum lives up to its name by encouraging communication in several ways. An "Ideas Lab" section displays questions and comments about schizophrenia—some by patients and their family members—along with informal replies by researchers. SRF's "Forum Discussions" encourage researchers to post their thoughts on particular issues involving the disease, and its "Live Discussions" allow researchers to chat about such issues in real time.

Particularly useful is the site's "Desperately Seeking" section. It allows researchers who are looking for collaborators on writing projects, have questions on methodology, or need particular antibodies for their laboratory work to post their inquiries and receive answers from a pool of colleagues from around the world. ●