## **Clinical Trial List for Cancer**

The Web site www.rachelsregistry.com is dedicated to helping cancer patients find clinical trials. The site was created in honor of Rachel, who lost her fight with cancer at age 22. The section "What is a clinical trial?" provides information about clinical trials. "Find a clinical trial" brings visitors to a page of links to information about clinical trials either nationwide or regional.

This site is for patients, families, and oncologists (and anyone involved in caring for cancer patients). The site creators have painstakingly sorted through the available information on the Internet to bring its visitors a comprehensive list of health care facilities and other institutions offering cancer clinical trials in an effort to close up the information gap that seems to exist between hospitals, cancer centers and other institutions. that may be conducting clinical trials. Rachel's parents wrote, "We hope that using Rachel's Registry will save you hours of research time-and make a positive difference in your cancer treatment."

## **Mental Health Resource**

The site http://www.soundmindz.org defines mental health as a "state of well-being where individuals successfully cope with the normal stresses of life, work productively, and are able to make a positive contribution to their community." The home page lists 3 steps to better health. Under the heading "What is it?" visitors can learn more about mental health. Under "Diagnosis," visitors can learn more about diagnosing a mental illness. Under "Treatment," visitors can learn more about treatments for mental illness.



Visitors can sign up for e-newsletters for recent news and research on many mental health issues and Build Your Personalized Training Program. Under the Disorders topic, visitors can link to information about obsessive compulsive disorder, anxiety and panic disorders, schizophrenia, bipolar disorder, addiction, ADHD, autism spectrum disorders, eating disorders, and insomnia. For each condition, visitors can link to information on the diagnosis, a questionnaire, a doctor discussion guide, treatment, medications, a progress tracker, news and resources, and forums.

## Senior Care With the Click of a Mouse

The Web site http://www.seniorcaresociety.com, provides information for people to help their elderly relatives live long and healthy lives. Site users

can take advantage of a "Family Portal" tool, which creates a secure personal Web site with full control over what is displayed and who can access it. The Family Portal can save time and money by communicating announcements to other family members; can be used as an electronic diary to track, categorize, and share information on medications, hospital stays, health status, and legal and financial information; keep a calendar of events, such as appointments, meetings, family get togethers, and caregiving schedules; be a place to upload and share important documents so all family members have access to estate plans, living wills, and property lists; and house a contact list, such as dentists, advisors, or close friends who want updates. The "Articles" library brings visitors to articles grouped into life care stages and tips on stress relief for caregivers. Visitors can read blog posts on various topics dealing with elderly health issues.