



# WEBSitings

Brief profiles of useful websites and online resources

## Strategies From Those Who've Been There

The Restore Warriors website (<http://restorewarriors.org>), part of the Wounded Warrior Project, offers veterans ways to heal the “invisible wounds of war.” One of the strengths of the site is the peer support—candid and revealing video interviews in which veterans share strategies, such as how they deal with loud noises or enclosed spaces, and talk about the importance of getting professional help when necessary.

After taking a multiple-choice assessment, the visitor receives customized recommendations on which parts of the site will be most helpful. For instance, a self-assessment that reveals stress directs visitors to exercises on managing triggers, reducing tension through deep breathing and progressive muscle relaxation, getting better sleep, and coping without turning to drugs and alcohol. Other areas for help include relationships, self-esteem, loss, betrayal, shame and guilt, and self-care.

In another section of the website, visitors will find advice on deciding whether or not they need professional help and whether they're ready to make changes. The site's Professional Help—Resources list provides a wide range of links, from service and facility locators to health and wellness information.

## Audiovisual Resources for People With Diabetes

Busy clinicians and people with diabetes alike can rely on The National Diabetes Information Clearinghouse (<http://www.diabetes.niddk.nih.gov/index.aspx>) to live up to its name. The Resources tab, for instance, takes visitors to a resource content list, including Doctor Referrals and Drug Information, Articles and Journals, Tools and Resources, and Other Organizations. Clicking on Interactive Health Education Tools leads to a wide range of health information in audiovisual formats, from podcasts to interactive tutorials and quizzes.

Visitors can watch and download

videos from the National Diabetes Education Program (NDEP) on healthy eating, traveling with diabetes, and goal setting. The NDEP's “We Can Be Stronger than Diabetes” series offers short audio files, including daily podcast updates on health topics from the Centers for Disease Control and Prevention.

Interactive health tutorials address a variety of subjects, from basic information about conditions to more specific concerns, such as eye complications or foot care.

Clinicians can view National Institutes of Health webcasts of actual operations performed at U.S. medical centers, such as diabetic vitrectomy and kidney transplant.

## Beat the Heat

The Centers for Disease Control and Prevention's (CDC's) National Center for Environmental Health website provides tools and resources to help educate visitors how to “recognize and respond promptly” to warning signs of heat-related trouble at <http://emergency.cdc.gov/disasters/extremeheat/>.

The Print Materials portion of the site (<http://www.cdc.gov/extremeheat/materials.html>) offers free downloadable resources, including template letters for distribution by physicians and employers and a media tool kit anchored by a brochure on how to avoid heat-related illness.

Frequently asked questions, such as “What steps can be taken to cool the body during heat exhaustion?” are answered concisely for those on the go. Clicking on the “PSA” tab navigates visitors to further information, provided via audio and transcript of the CDC Extreme Heat Public Service Announcements. ●