

Reliable Websites for Complementary and Alternative Medicine

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Recall Alerts

❖ Med Watch

<http://www.fda.gov/Safety/MedWatch/default.htm>

This is the FDA's alert site for medication recalls. You can also sign up for the MedWatch listserv to get email updates or track updates through an RSS feed.

❖ FoodSafety.gov

<http://www.foodsafety.gov/recalls/alerts/index.html>

FoodSafety.gov offers up to date food recalls by automatic email alerts, an RSS feed, and a widget.

❖ Recalls.gov

<http://www.recalls.gov/food.html>

Recalls.gov provides U.S. government recall alerts for consumer products, motor vehicles, boats, food, medicine, cosmetics and environmental products. You can sign up for a number of alert services at this website.

❖ Quackwatch

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

The Quackwatch site includes questionable products, services and theories as well as links to many reliable health resources.

Evaluating Health Websites

❖ Don't Be a Victim of Health Care fraud by the FDA

<http://www.fda.gov/ucm/groups/fdagov-public/@fdagov-afda-fda4you/documents/document/ucm267638.pdf>

This brochure includes information about what scams may say and how to protect yourself from them.

❖ Find and Evaluate Health Information on the Web from the Medical Library Association

<https://www.mlanet.org/resources/userguide.html>

This site provides evaluation guidelines and additional help resources.

❖ MedlinePlus to Healthy Web Surfing

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

This online guide provides evaluation criteria for health websites in English and Spanish.

CAM Websites

- ❖ National Institutes of Health's Dietary Supplements: What You Need to Know
http://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx
This site provides information for evaluating dietary supplement labels and links to other resources including *My Dietary Supplements* (MyDS) mobile app.
- ❖ MedlinePlus – Complementary and Alternative Therapies
MedlinePlus provides a wealth of information about herbs and supplements, CAM therapies and conditions and related issues.
<http://www.nlm.nih.gov/medlineplus/complementaryandalternativetherapies.html>
- ❖ National Center for Complementary and Integrative Health (NCCIH)
<http://nccam.nih.gov/>
Formerly the National Center for Complimentary and Alternative Medicine (NCCAM). NCCIH offers information on CAM topics, *Herbs at a Glance*, safety practices, news, research and information in Spanish.
- ❖ Memorial Sloan Kettering Cancer Center: About Herbs, Botanicals & Other Products
<http://www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products>
Memorial Sloan Kettering Cancer Center's integrative medicine site includes information about a wide variety of herbs and botanicals, FAQs, and the downloadable *About Herbs* mobile app.
- ❖ University of Washington Medicinal Herb Garden (MHG)
<http://www.biology.washington.edu/mhg/>
The MHG website includes a gallery of herb photos and links to the newsletters.

Questions? Please contact:

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