

*Knowing* more about your health can help you make better decisions with your health care providers. Let your librarian help you to find free information at the library and on the Internet! Check out these websites at the computer technology center, or at home. Get connected to health information!



## *National Library of Medicine*

**MEDLINEPLUS** <http://medlineplus.gov/>

MedlinePlus is the National Library of Medicine's web site for **free** consumer health information. It is a selective list of authoritative health information resources from the National Institutes of Health (NIH) and other organizations.

- Over 700 health topics
- Generic, brand name prescription and over the counter drugs
- An illustrated medical encyclopedia
- Medical dictionary
- Clinical research studies

**MEDLINEPLUS NATIVE AMERICAN HEALTH**  
<http://www.nlm.nih.gov/medlineplus/nativeamericanhealth.html>

**American Indian Health**  
<http://americanindianhealth.nlm.nih.gov>

An information portal to issues affecting the health and well-being of American Indians.

## *General Resources*

### **NATIONAL WOMEN'S HEALTH INFORMATION CENTER**

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

Provides a gateway to a vast array of Federal and other women's health information resources.

### **AMERICAN INDIAN/ALASKA NATIVE WOMEN**

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

### **National Diabetes Education Program: American Indian & Alaska Native**

<http://ndep.nih.gov/diabetes/AIAN/>

Ideas and activities relevant to AIAN communities.



### **NATIONAL HEART, LUNG, AND BLOOD INSTITUTE**

**PUBLICATIONS** [http://www.nhlbi.nih.gov/health/pubs/pub\\_slct.htm#ai](http://www.nhlbi.nih.gov/health/pubs/pub_slct.htm#ai)

### **HEALTHY PEOPLE 2010 AMERICAN INDIAN & ALASKA NATIVE**

[http://hp2010.nhlbihin.net/minority/nat\\_frameset.htm](http://hp2010.nhlbihin.net/minority/nat_frameset.htm)



## *General Resources*

### **Native American AIDS Prevention Center**

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

Working to stop the spread of HIV and related diseases among American Indians, Alaskan Natives, Native Hawaiians.

### **Native American Cancer Research Center**

<http://natamcancer.org/>

Dedicated to helping improve the lives of Native American cancer patients and survivors.

### **National Indian Health Board**

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

Provides a vehicle to keep the flow of health care information in front of policy makers and tribal governments

### **One Sky Center**

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

The first National Resource Center for American Indians and Alaska Natives dedicated to improving prevention and treatment of substance abuse and mental health.

## General Resources

### Agency for Toxic Substances and Disease Registry

<http://www.atsdr.cdc.gov/tribal/>

ATSDR is committed to assisting tribal governments in meeting the environmental health needs of their people.

### American Indian Disability Technical Assistance Center

<http://aidtac.ruralinstitute.umt.edu/default.htm>

Works toward improving employment opportunities and vocational rehabilitation outcomes.

### National Council on Disability: Understanding Disabilities in American Indian and Alaska Native Communities

[http://www.ncd.gov/newsroom/publications/2003/native\\_toolkit.htm](http://www.ncd.gov/newsroom/publications/2003/native_toolkit.htm)

A toolkit guide that addresses the needs of tribal members with disabilities and their families.

### Native Health Databases

<http://hsc.unm.edu/library/nhd/>

Contains bibliographic information and abstracts of health-related articles, and other resources.

### Voices of Strength: Live Strong After Cancer Treatment

<http://tinyurl.com/2god22> (large pdf file)

From the Lance Armstrong Foundation, stories from American Indian cancer survivors

### Indian Health Service

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

Responsible for providing federal health services to American Indians and Alaska Natives.

## Ready to Print!

*This pamphlet can be found ready to print at:*

[http://nmlm.gov/mcr/resources/community/docs/American\\_Indian.pdf](http://nmlm.gov/mcr/resources/community/docs/American_Indian.pdf)

*This information is intended to provide you with health information.  
It is not a substitute for consultation with a health professional.*

## MidContinental Regional Library



MidContinental Region

**1-800-338-7657**

<http://nmlm.gov/mcr/>

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# Resources for Your Health

## Get Connected! Native American Health!

