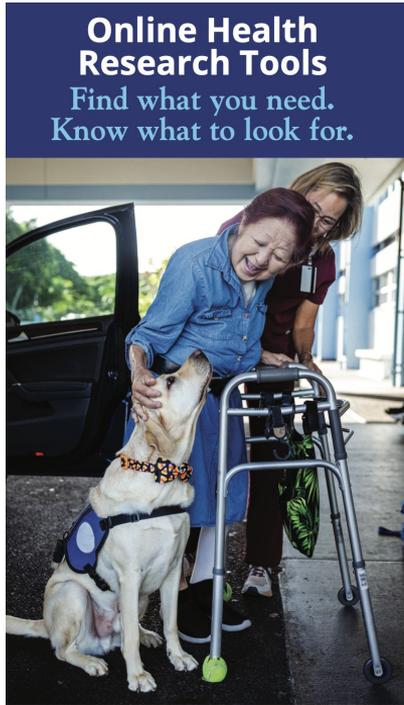


Online Health Research Tools

Find what you need. Know what to look for.



Brochure and website (WLShealth.org)



The brochure includes the essentials.

On the website you'll find expanded guidance and regularly updated content - as well as the opportunity to ask questions.

WELCOME

HEALTH TOPICS

DRUGS &
SUPPLEMENTS

HEALTH SERVICES

HEALTH
INSURANCE

LEGAL &
FINANCIAL HELP

USING ARTIFICIAL
INTELLIGENCE

ONLINE PRIVACY &
SECURITY

HEALTH SERVICES
DIRECTORY

SHARE WHAT YOU
KNOW | ASK
QUESTIONS

Why this guide?

Because rabbit holes exist....they can be fun....but we have to watch the time!



HEALTH TOPICS

Medline Plus: medlineplus.gov

- Search and find plain-language information about diseases, conditions, drugs, supplements, clinical trials, wellness and more.
- Get to understand symptoms, causes and treatments – and when to see a doctor.
- Relevant for all ages, from infants to older adults.
- Includes information on complementary/alternative health.
- Comprehensive resource produced by the National Library of Medicine that provides a roadmap to organizations that specialize in each topic.

CHILDREN'S HEALTH & COMPLEMENTARY HEALTH

Go to [WLShealth.org](https://www.wlshhealth.org) for resources specific to complementary health and children's health.

ONLINE HEALTH INTEREST GROUPS

Disease or condition-specific online communities can be important sources for information and peer-to-peer support. The best communities are supportive, active and trustworthy, typically achieved through moderation and expertise provided by editorial staff, physicians and experienced peers. While these qualities can help to combat misinformation and create a vibrant community, it's still important to remember – one person's experience will not necessarily be your own. Take what you learn in these communities and consider it in the context of all your research, as well as your healthcare provider's guidance. Go to [WLShealth.org](https://www.wlshhealth.org) for more on these resources.



National Library of Medicine: pubmed.gov

- Take a deeper dive into medical literature, with fuller articles and journals on health-related topics.
- Most articles should be free online, but if not – contact your local library to obtain the article.

Tips: Focus your searches with filters (located to the left of the search results). Set up an account to save your searches.

Health Topics



#1 TIME SAVING TIP - S.I.F.T. (STOP. INVESTIGATE. FIND. TRACE)



STARTING POINTS



FOR A DEEPER DIVE



ONLINE HEALTH COMMUNITIES



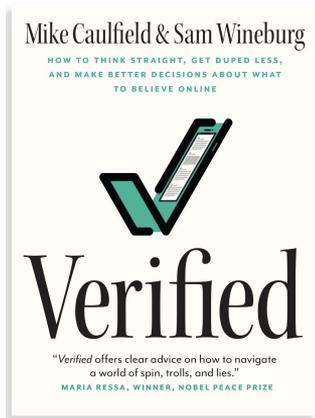
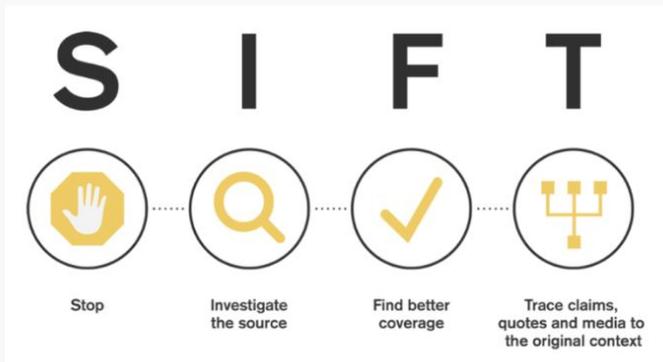
SYMPTOM CHECKERS



A PLAIN LANGUAGE SUMMARY TO PRINT - IN ENGLISH or SPANISH

#1 TIME SAVING TIP: At your first page of results, don't waste time on analysis. Instead, look for context. Ask: Does this make sense to me? Do I know what I'm looking at?

- **STOP:** What do you really know about the claim being made or the source that's sharing it? Do know what you're looking at (are you sure)? Is it upsetting or surprising? Why might that be?
- **INVESTIGATE THE SOURCE:** Do a quick check to see if the source is trustworthy for this purpose. In a lot of cases you can stop here if the source is good.
- **FIND OTHER COVERAGE:** Whether a news report out a research claim, take a second to zoom out and see what other sources say. If the story or claim is not being picked up by other reputable sources, proceed cautiously.
- **TRACE THE CLAIM, QUOTE, OR MEDIA TO THE ORIGINAL CONTEXT:** Sometimes the first source you encountered isn't great, but it links to where it got its information. Go to the original source and judge (a) whether it's reputable, and (b) whether it actually supports the assertion.



STARTING POINTS

The sites below can help you quickly understand a topic and identify sources for further information in your specific areas of interest. Think of MedlinePlus as an annotated table of contents for your notebook on a topic. Then explore more deeply at specialist sites to which they link. If you are researching a nutritional supplement – see also our section on Drugs and Supplements,

Medline Plus

- Search and find plain-language information about diseases, conditions, drugs, supplements, clinical trials, wellness and more.
- Get to understand symptoms, causes and treatments – and when to see a doctor.
- Relevant for all ages, from infants to older adults.
- Includes information on complementary/alternative health.
- Comprehensive resource produced by the National Library of Medicine that provides a roadmap to organizations that specialize in each topic.

Merck Manuals

- Covers a wide range of medical topics, including disorders, tests, diagnoses, and drugs, for both healthcare professionals and the general public.
- Includes links to additional information and source articles.
- Consumer version has a symptom checker.
- Produced by Merck & Co.
- *Tip: Toggle between Consumer and Professional versions – the difference is instructive!*

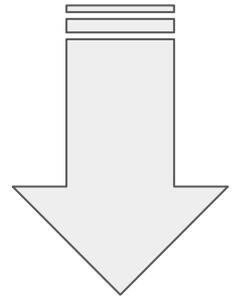
Healthy Children

- Learn more at this family resource, which covers infants, children, adolescents and young adults.
- Includes a symptom checker for more detailed info.
- Provided by the American Academy of Pediatrics (also referenced in MedlinePlus).

National Center for Complementary and Integrative Health

- Better understand scientific research on complementary and integrative health approaches.

A few more resources
to explore further
down in that box!





Symptom checkers are a feature of several reputable health sites. They all work like decision trees. Some are powered by artificial intelligence, used both to allow you to enter your symptoms in plain language and (for fee-based ones) to provide follow-up questions to narrow your results. Each site calls out that it is not a substitute for the advice of a healthcare provider; remember that the search engine does not know your health history, current medications, family history, etc.

Explore the free symptom checkers linked below if only to get familiar with what is available; there is a lot of hope and hype about how these may be of use in relieving strain in our healthcare system. Right now, they leave a bit to be desired.

- **Merck Manual:** Select from a list of symptoms. Result is a overview from which you can drill down to what seems the most likely cause.
- **Healthy Kids:** Links to most common causes and explanations. This source is also listed under STARTING POINTS.
- **Childrens Hospital of Philadelphia:** Includes guidance on what would prompt you to “Get help now” or “Get help soon” and what you can do at home to relieve symptoms.
- **Cleveland Clinic:** Search by health topic (well-presented summaries of conditions, and treatments) and then select article tagged as “symptoms.” Includes ads. This is not using AI.
- **Web MD:** Enter your symptoms in plain language. Lists possible causes in order of relevance to the information you provided. Summarizes the condition and possible treatments. Includes ads.

FOR A DEEPER DIVE

Once you become familiar with a topic, you may want to explore the medical literature to get a fuller understanding of the science and variations in effectiveness of drugs and treatments among different groups. Your best bet is the resource below.

National Library of Medicine (PubMed)

- Provides access to medical journals across disciplines, with many available as full-text.
- If only a citation or abstract is available for an article you really want to read, request it from your local library.
- *Tips: Focus your searches with filters (to the left of the search results; use "review" to find articles that summarize the current thinking on a topic). Set up an account to save your searches. If you find the perfect article, check the MeSH terms (indexing) listed at the bottom of the article and try the best of those for your next search*
- *Worth comparing your experience – PubMed Central (PMC) provides only full text articles, essentially a subset of what is in PubMed. Content is limited to biochemistry and life sciences. With fewer filtering options you may find it easier to navigate.*

Why you'll want to look for evidence-based studies and systematic reviews. Even for a specialist, expertise is limited by what they have read, studied, and whom they have treated. Ideally, all providers have an interest in evidence-based practice – but to get that knowledge means taking a 10,000' view of a topic, which is not an easy thing to do for a single individual. How do we know if having a mammogram every year makes a difference in early detection? For what ages is that difference most meaningful? Is a pacemaker always the best choice for treating an arrhythmia? Is that true for both men and women? Is it true at all ages? We know because of evidence-based analyses.

In PubMed you'll find **Cochrane Reports**; these are from an organization that specializes in conducting systematic reviews. Systematic reviews are rigorous efforts to examine data from multiple studies to answer a specific question. Selection of the studies, objective review of what each provides, and skilled statistical analysis and interpretation of results are all a feature of a systematic review. Learn more about about Cochran's work at search for their studies at [Cochrane.org/evidence](https://www.cochrane.org/evidence). It's interesting to also see a perspective from overseas; for example from [Informed Health.org](https://www.informedhealth.org) which is produced by Germany's Institute for Quality and Efficiency in Health Care. The website integrates results from their evidence-based studies into readable topical briefs.




[Search](#)
[Advanced](#) [Create alert](#) [Create RSS](#)
[User Guide](#)
[Save](#)
[Email](#)
[Send to](#)

Sort by:

Best match


[Display options](#)

MY CUSTOM FILTERS

42,328 results



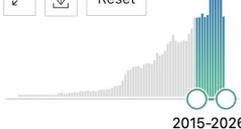
Page

1

of 4,233



RESULTS BY YEAR


[Reset](#)


2015-2026

PUBLICATION DATE

 1 year

 5 years

 10 years

 Custom Range

TEXT AVAILABILITY

 Abstract

 Free full text

 Full text

ARTICLE ATTRIBUTE

 Associated data

 Filters applied: in the last 10 years, Review. [Clear all](#)
 Precision **Hypertension.**

1 Dzau VJ, Hodgkinson CP.

Cite Hypertension. 2024 Apr;81(4):702-708. doi: 10.1161/HYPERTENSIONAHA.123.21710. Epub 2023 Dec 19.

 PMID: 38112080 [Free article.](#) [Review.](#)

Hypertension affects >1 billion people worldwide. Complications of **hypertension** include stroke, renal failure, cardiac hypertrophy, myocardial infarction, and cardiac failure. Despite the development of various antihypertensive drugs, the number of people with un ...

 Arterial hypertension - Clinical trials update 2021.

2 Al Ghorani H, Götzinger F, Böhm M, Mahfoud F.

Cite Nutr Metab Cardiovasc Dis. 2022 Jan;32(1):21-31. doi: 10.1016/j.numecd.2021.09.007. Epub 2021 Sep 16.

 PMID: 34690044 [Free PMC article.](#) [Review.](#)

AIM: This review aims to summarize and discuss some of the most relevant clinical trials in epidemiology, diagnostics, and treatment of **hypertension** published in 2020 and 2021. DATA SYNTHESIS: The trials included in this review are related to **hypertension** onset age ...

 Hypertension in Pregnancy: A Diagnostic and Therapeutic Overview.

3 Cifková R.

Cite High Blood Press Cardiovasc Prev. 2023 Jul;30(4):289-303. doi: 10.1007/s40292-023-00582-5. Epub 2023 Jun 13.



hypertension



Search

Advanced

User Guide

Search results

Save

Email

Send to

Display options

Review > Int J Mol Sci. 2024 Dec 26;26(1):123. doi: 10.3390/ijms26010123.

Hypertension: A Continuing Public Healthcare Issue

Samaneh Goorani ¹, Somaye Zangene ², John D Imig ¹

Affiliations expand

PMID: 39795981 PMID: [PMC11720251](#) DOI: [10.3390/ijms26010123](#)

Abstract

Hypertension is a cardiovascular disease defined by an elevated systemic blood pressure. This devastating disease afflicts 30–40% of the adult population worldwide. The disease burden for hypertension is great, and it greatly increases the risk of cardiovascular morbidity and mortality. Unfortunately, there are a myriad of factors that result in an elevated blood pressure. These include genetic factors, a sedentary lifestyle, obesity, salt intake, aging, and stress. Although lifestyle modifications have had limited success, anti-hypertensive drugs have been moderately effective in lowering blood pressure. New approaches to control and treat hypertension include digital health tools and compounds that activate the angiotensin receptor type 2 (AT2), which can promote

FULL TEXT LINKS



ACTIONS

Cite

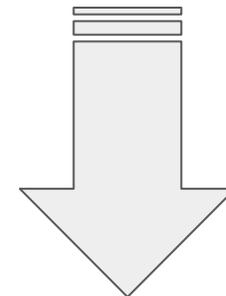
Collections

Permalink

PAGE NAVIGATION

< Title & authors

Abstract



figures
similar articles
citations

— ONLINE HEALTH COMMUNITIES

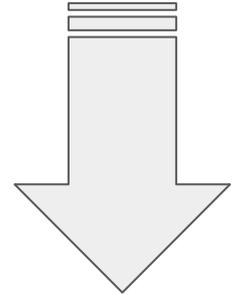
Disease or condition-specific communities can be important sources for education and peer-to-peer support. These communities can vary from discussion threads on Reddit and private forums on Facebook to highly structured patient communities connected to a hospital.

A good online health community would feel both supportive and active. To achieve those qualities usually involves an individual or team acting as a moderator. This work is done by health professionals, editorial staff, or experienced peers. A moderator's actions may include assuring that ground rules for participation are upheld, intervening when a discussion becomes heated, or stepping in to resolve a misunderstanding about a medication. These actions are an important part of making the community work. Just as you would take note of a site's privacy policies, look for stated guidelines for participation and how the site is moderated.

You will find references to online (and in-person) support communities throughout your research. In fact, this is one area where a simple search like YOUR-TOPIC and "support group" works well.

Two reminders:

- *The individual experiences described on these sites are not necessarily going to be yours. Take it all in, then use online tools to inform and educate yourself. Bring your questions to a health professional who knows your current condition and situation.*
- *Use your #1 time saving tip when selecting a community and following through on what you learn there – SIFT! (Stop, Investigate, Find, Trace).*



three examples of
patient
communities to
explore

WLS subscribes
to this for you.

Have your library
card number
handy.



Drugs & Supplements

Several resources in STARTING POINTS cover drugs and supplements, most notably MedlinePlus. The sites below offer either a special focus or tools that are of value.

Reminder: Inform your healthcare provider of any other medications or supplements you take. Interactions may reduce effectiveness and safety.

Drugs.com

- Find detailed medication information, including dosage, side effects, and drug interactions.
- Provides a pill identifier feature essential when a pill becomes separated from its prescription bottle.
- Provides a number of features to compare and evaluate medications: [drug interaction checker](#), [comparison tool](#) (enter drug name in search box to see what it is typically compared to), and ratings and reviews.
- Expands on drug content in MedlinePlus (with more FAQs and reviews); includes ads.

ConsumerLab (have your library card number on hand)

- Provides a comprehensive review of the available science on vitamins and minerals, herbal supplements, nutritional powders/bars/drinks and healthy foods.
- Conducts tests for purity and evaluates cost relative to quality.
- This is a paid subscription resource available to WLS card holders.
- *Tip: Get on their mailing list for news updates.*

Typical **Consumer Lab** content - well organized, linked to sources, unique content.

Jump to:



What It Is

What It Does

Quality Concerns & Tests Performed

What CL Found

Top Picks

Test Results by Product

ConsumerTips™

Concerns & Cautions

How Products Were Evaluated

What It Does:

Bone health and fractures

*For bone health, everyone should try to get the [recommended daily intake](#) of calcium from their diets. **If your diet is not adequate**, it would seem prudent and safe – particularly for girls ages 9 to 13, women on vegan diets, and postmenopausal women over age 60 – to supplement with moderate amounts of calcium (no more than 300 mg to 500 mg per serving).*

Adequate calcium is critical for building and **maintaining strong bones**, where 99% of the mineral is found in the body. The rest is present in the blood, extracellular fluid, muscle and other tissues, where it plays a necessary role in vasodilation, muscle contraction, nerve transmission and glandular secretions.

In girls ages 9 to 13, regular supplementation with 800 mg of calcium and 400 IU of vitamin D daily for six months was shown to significantly **increase bone density and bone strength** (measured in arms and legs) compared to placebo ([Greene, Osteoporosis Int 2011](#)).

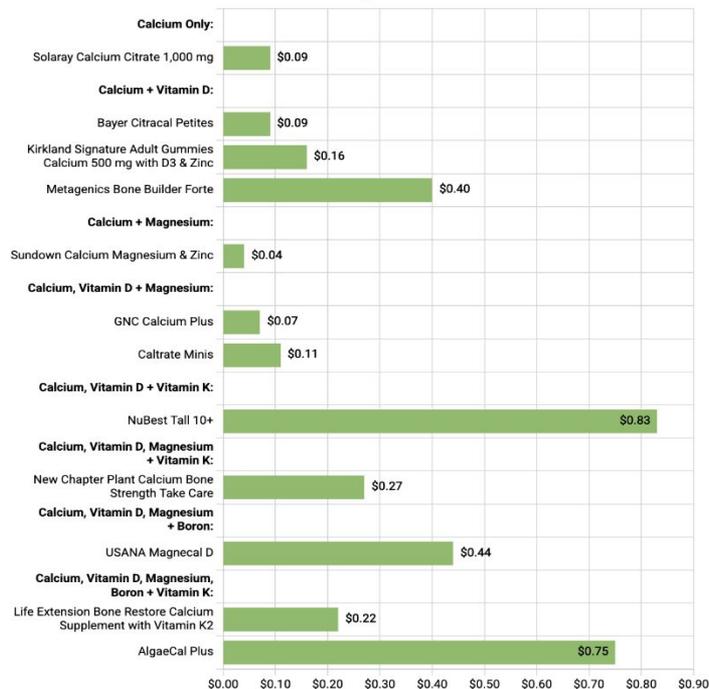
Calcium supplements, taken with vitamin D, appear to at least modestly protect against **osteoporosis** in postmenopausal women. However, a review of studies in which calcium (500 to 1,500 mg/day) and vitamin D (100 to 1,000 IU/day) were given to women being treated for breast cancer found no benefit in preventing bone mineral density loss ([Datta, Crit Rev Onc Heme 2013](#)). This is unfortunate, as women receiving breast cancer therapy are at increased risk of osteoporosis.

Calcium and vitamin D supplementation may reduce the risk of **hip fracture** among postmenopausal women. A large, long-term study that followed 68,132 postmenopausal women (age 50 to 79) for 20 years found that taking 500 mg of calcium (from calcium carbonate) and 200 IU of vitamin D3 *twice daily* for seven years did not reduce the risk of hip or other fractures, compared to placebo, across the entire group. However, when analyzed by age, there was a 23% *reduction* in hip fracture among women who began the study at age 60 or older, while there was a 177% *increase* in the hip fracture among women younger than 60 ([Manson, JAMA 2024](#)). In this study, the reduction in hip fractures was greatest (50% reduction) for women on hormonal therapy (after hysterectomy) compared to those receiving placebo ([Robbins, Menopause 2013](#)). However, there was also a 17% increased risk of kidney stones (as [discussed below](#)) with use of the supplements, but this was likely due to the fact that most of the women were *already* getting an average of 1,150 mg of calcium per day (close to the recommended 1,200 mg) from their diets and other supplements, and excess calcium can contribute to kidney stone formation.

Cost

Calcium is generally an inexpensive ingredient, costing as little as 4 to 9 cents per 250 mg, as calculated and shown in the graph below. Extra ingredients raise the cost, but not necessarily by much. For example, several combination products provide 250 mg of calcium along with magnesium and vitamin D for 10 cents or less. Cost tends to be higher with special formulations, such as gummies, chewables, and powders. The most expensive Approved products for getting calcium were the combination formulas *NuBest Tall 10+* (which contains 220 mg of calcium along with 140 mg of a blend of undisclosed amounts of seven herbal powders and extracts, 100 mg of collagen, and 60 mcg of vitamin K2), with a calculated cost of 83 cents per 250 of calcium and *AlgaeCal Plus* (which contains a combination of calcium, magnesium, boron, and vitamins C, D, and K) in veggie capsules at a calculated cost of 75 cents per 250 mg of algae-derived calcium.

Cost of 250 mg Calcium*



* Costs based on amounts found.

Test Results by Product:

Listed below are the test results for 12 supplements containing calcium. Products are grouped according to the ingredients they contain. Within each group, products are listed alphabetically. ConsumerLab.com selected seven of these products, while five other products (each indicated with a CL flask) were tested at the request of their manufacturers/distributors through ConsumerLab.com's voluntary Quality Certification Program and are included for having passed testing.

Products listed as "Approved" in the first column met their label claims and ConsumerLab.com's quality criteria (see [Passing Score](#)). Shown in the 2nd column for each product are the claimed amount(s) and form(s) of the tested ingredient(s) as well as the amount(s) of these ingredients and potential heavy metal contaminants found during testing. The 3rd column provides the labeled serving suggestions and a description of pill size or taste of a liquid. Cost comparisons are in the 4th column and notable features are in the 5th column. The full list of ingredients (including special dietary designations) is shown for each product in the last column.

Jump to results by ingredient:

- [Calcium Only](#)
- [Calcium & Vitamin D](#)
- [Calcium & Magnesium](#)
- [Calcium, Vitamin D & Magnesium](#)
- [Calcium, Vitamin D, Magnesium & Vitamin K](#)
- [Calcium, Vitamin D, Magnesium, Vitamin K & Boron](#)

Results of ConsumerLab.com Testing of Calcium Supplements (Including Combinations With Vitamin D, Magnesium, Vitamin K, and Boron)			
(Click arrows or swipe left or right to see all columns)			
Approval Status Product Name	Claimed Amount and Form of Key Ingredient(s) Per Serving Heavy Metals	Suggested Serving on Label Pill Size	Cost Per Suggested Serving [Per 250 mg Calcium Found]
Calcium Only:			
APPROVED Top Pick for calcium only Solaray® Calcium Citrate 1,000 mg  Mfd. by Nutraceutical Corp. Price Check	4 Vegcaps Calcium: 1,000 mg (calcium citrate, calcium carbonate) [Found 914.1 mg ✓] Metals: Pass Lead: 0.45 mcg Arsenic: 0.92 mcg Cadmium: 0.67 mcg Mercury: ND	Take 4 VegCaps daily with a meal or glass of water. Large capsule	\$0.32/4 Vegcaps [\$0.09] \$21.99/275 Vegcaps
Calcium & Vitamin D:			
APPROVED Top Pick for calcium and vitamin D Bayer Citracal® Petites	2 coated caplets Calcium: 400 mg (calcium citrate) [Found 375.1 mg ✓]	Adults and children 12 year of age and older. Take 1 serving (2 caplets) twice daily with or without food or as recommended by your health professional.	\$0.14/2 coated caplets [\$0.09] \$13.50/200 coated caplets

Health Services

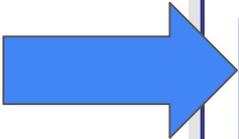
+ EMERGENCIES AND URGENT CARE

+ PROVIDERS

+ HOSPITALS

+ COMPLEMENTARY/ALTERNATIVE MEDICINE PROVIDERS

+ ABOUT RATINGS/REVIEWS OF HEALTH SERVICES



– ABOUT RATINGS/REVIEWS OF HEALTH SERVICES

When searching for information on health services, some websites offer ratings or rankings. It can take some effort to understand how the scores are built. What you can do is make sure the sources of data are relevant and credible. Do peek under the hood and consider the data being used – does it seem meaningful for this purpose, is it voluntary or is it an industry requirement, is it objective or subjective? If the data is not being well-explained, use caution.

Take special care with ratings based strictly on consumer reviews. They have a use, but also have limitations, especially in healthcare. The sample size is likely too small to be representative, may be biased, and/or may not reflect the complexity of treatment involved. When viewing these sites, look for patterns in the comments.

Use what you learn to develop questions for a provider about the type of care you seek.

List

Map

Sort by Distance



This Hospital's Grade



NewYork-Presbyterian Hudson Valley Hospital

1980 Crompond Road
Cortlandt Manor, NY 10567-4182

[View the full Score](#)

This Hospital's Grade



Northern Westchester Hospital

400 E. Main Street
Mount Kisco, NY 10549-3477

[View the full Score](#)

This Hospital's Grade



Phelps Hospital

701 N. Broadway
Sleepy Hollow, NY 10591-1020

[View the full Score](#)

Infections

Problems with Surgery

Safety Problems

Practices to Prevent Errors

Doctors, Nurses & Hospital Staff



Harmful events



Dangerous bed sores



Patient falls and injuries



Falls causing broken hips



Collapsed lung



Dangerous blood clot



Air or gas bubble in the blood

Hospital Performs:

Worse Than Average Better Than Average

This Hospital's Score:

1.11

Best Hospital's Score:

0.53

Average Hospital's Score:

1.00

Worst Hospital's Score:

3.10

Harmful Events

Patients can experience complications and potentially harmful events following a surgery, a procedure, or childbirth. When all of these errors are examined together, it gives a better picture of a hospital's ability to keep its patients safe.

This number represents the number of times patients experienced dangerous safety-related adverse events for every 1,000 people discharged. [For details on sources, click here.](#)

What safer hospitals do:

These potentially avoidable safety events represent opportunities for improving patient care. Staff should document when errors happen, discuss how the error occurred, and develop a plan to prevent future errors.

Infections

Problems with Surgery

Safety Problems

Practices to Prevent Errors

Doctors, Nurses & Hospital Staff



Harmful events



Dangerous bed sores



Patient falls and injuries



Falls causing broken hips



Collapsed lung



Dangerous blood clot



Air or gas bubble in the blood

Hospital Performs:

Worse Than Average Better Than Average

This Hospital's Score:

4.61

Best Hospital's Score:

1.56

Average Hospital's Score:

3.90

Worst Hospital's Score:

8.15

Dangerous blood clot

A blood clot is a gathering of blood cells in a vein, which can be caused by damage to tissue during surgery. Most blood clots form in the leg but the clot can break away and travel through the bloodstream to other areas of the body. If the clot travels to the lungs and gets stuck, it can prevent oxygen from getting into the blood. This can lead to chest pain, unconsciousness, and even death.

This number represents the number of times patients experienced dangerous blood clots for every 1,000 people who had surgery. [For details on sources, click here.](#)

What safer hospitals do:

Doctors use compression devices to apply pressure to areas of the body where a blood clot might form. They also give patients blood thinners and closely watch patients that might be at risk to prevent dangerous blot clots. It also helps to get patients out of bed and walking around as soon as possible after surgery.

– COMPLEMENTARY/ALTERNATIVE MEDICINE PROVIDERS

Complementary health providers are also referred to as alternative or functional medicine providers.

There is no one source to vet complementary care providers – so research is all the more important. [Guidance from the National Center for Integrative and Complementary Health](#) (a program of the National Institutes of Health) suggests the following:

- **If you need names of practitioners in your area, first check with your current healthcare provider or insurer.** Also helpful – an area hospital or medical school, professional organizations, state regulatory agencies or licensing boards.
- **Find out as much as you can about any potential practitioner, including education, training, licensing, and certifications.** The credentials required for complementary health practitioners vary tremendously by state and discipline.
- **Explain all of your health conditions to the practitioner,** and find out about the practitioner's training and experience in working with people who have your condition.

Don't assume that your health insurance will cover the practitioner's services.

Contact your health insurance provider and ask; plans differ greatly in what complementary health approaches they cover.

Online Privacy & Security

+ PROTECT YOUR PERSONAL INFORMATION

+ CHECK THE FACTS

+ CHECK IMAGES

- AVOID SCAMS

Scams existed before the internet, before social media, but their reach and appeal has never been greater than now.

Two key areas that require your critical eye – phishing attacks and online ads.

As a bonus, consider taking steps to reduce unwanted calls – makes it less easy for the scammers to snare you.

Linked below are basic steps. Read more from the organizations mentioned!

- [LOOK BEFORE YOU CLICK: Phishing attacks](#)
- [LOOK BEFORE YOU CLICK: Online ads](#)
- [REDUCE UNWANTED PHONE CALLS](#)
- [TAKE ACTION IF IT HAPPENS TO YOU](#)



Bottom-line:

Stay informed.
Stay alert.

Health Services Directory

The Westchester Library System Outreach Department currently maintains a detailed health service resource guide at Connections.WestchesterLibraries.org. Below are direct links to pages that direct you to Westchester and select NY resources.

You may also wish to use the Westchester County Department of Health's [interactive map](#) to locate health clinics, hospital systems, urgent care centers and more.

- [HEALTH CENTERS](#)
- [MENTAL HEALTH RESOURCES](#)
- [ADDICTION SERVICES](#)
- [HIV/AIDS SERVICES](#)

Westchester adults age 65 or older can tap the information services and guidance of the Westchester County Department of Senior Programs and Services. Their annually updated [Directory of Services, Rights and Benefits](#) is a great starting point.

Think like a fact checker | Ask a librarian!

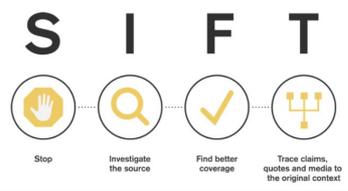
First - S.I.F.T.

Then, as you can:

- Consult multiple sources, not just by reading a page's content.
- Read laterally - it helps in spotting false or biased info more accurately online.

If you want more or need assistanceask a Librarian!

#1 TIME SAVING TIP: At your first page of results, don't waste time on analysis. Instead, look for context. Ask: Does this make sense to me? Do I know what I'm looking at?

- 
- The diagram illustrates the S.I.F.T. acronym with four icons: a hand with a stop sign (S), a magnifying glass (I), a checkmark (F), and a network diagram (T). Below each icon is a label: 'Stop', 'Investigate the source', 'Find better coverage', and 'Trace claims, quotes and media to the original context'.
- **STOP:** What do you really know about the claim being made or the source that's sharing it? Do know what you're looking at (are you sure)? Is it upsetting or surprising? Why might that be?
 - **INVESTIGATE THE SOURCE:** Do a quick check to see if the source is trustworthy for this purpose. In a lot of cases you can stop here if the source is good.
 - **FIND OTHER COVERAGE:** Whether a news report out a research claim, take a second to zoom out and see what other sources say. If the story or claim is not being picked up by other reputable sources, proceed cautiously.
 - **TRACE THE CLAIM, QUOTE, OR MEDIA TO THE ORIGINAL CONTEXT:** Sometimes the first source you encountered isn't great, but it links to where it got its information. Go the original source and judge (a) whether it's reputable, and (b) whether it actually supports the assertion.