

HEALTH RESOURCE CENTER

Where you can
find the information
you need



HEALTH RESOURCE CENTER



Health Resource Center

THE RESOURCE CENTER IS A PRIVATE AND COMFORTABLE PLACE WHERE YOU WILL HAVE HELP IN FINDING THE INFORMATION YOU NEED.

- Trained staff to help you find reliable materials
- Assistance using the Internet
- Books for health consumers
- Health newsletters
- Educational CDs and DVDs
- Community resources

In compliance with State law and HIPAA regulations, we respect your privacy, protect the security of your health information, and maintain patient confidentiality at all times.

Toll-Free Phone Numbers for More Information

Health Resource Center at Sansum Clinic

805-681-7672

800-281-4425 x7672

Alzheimer's Association

800-272-3900

American Cancer Society

800-227-2345 (800-ACS-2345)

American Diabetes Association

800-342-2383 (800-DIABETES)

American Lung Association

800-586-4872 (800-LUNG-USA)

Arthritis Foundation

800-283-7800

Community Resource Information

Service & Helpline (Santa Barbara County)

800-400-1572

National Headache Foundation

888-643-5552 (888-NHF-5552)

National Osteoporosis Foundation

800-223-9994

National Parkinson Foundation

800-327-4545

These resources represent some, but not all information on a given health topic. This information shall not be construed as having the endorsement of Sansum Clinic, its employees or physicians. We strongly urge you to consult with your healthcare provider with any questions about your specific health concerns.

Finding Reliable Health Information

Seeking accurate, reliable health information is often confusing. A great deal is available on the Internet. Here are a few tips to follow to make sure that the information is useful and accurate.

- **FIND OUT WHO IS RUNNING THE WEBSITE**
Sites run by government and non-profit organizations may have more objective viewpoints than those sites run by a company or corporation selling related products.
- **LOOK FOR ARTICLES WRITTEN OR REVIEWED BY A QUALIFIED PROFESSIONAL**
- **FIND OUT IF THE WEBSITE HAS A SPONSOR SELLING A RELATED PRODUCT**
Be careful of sites that have advertisements.
- **CHECK THE DATE**
Health information changes rapidly. If an article is several years old, it may not be current.
- **GUARD YOUR PRIVACY**
Look at the homepage for a privacy policy and provide as little personal information as possible.
- **SEEK A SECOND OPINION**
It is better to have more than one source for health information.
- **SHARE WHAT YOU LEARN WITH YOUR PHYSICIAN OR HEALTH CARE PROFESSIONAL**
He or she can help evaluate what the information means to you.

Health Information Online

When you look for health topics on the Internet, it is easier to find good information if you use a reliable website. Here are a few good sites to get started:

medlineplus.gov

A service of the National Library of Medicine and the National Institutes of Health

nih.gov

The National Institutes of Health homepage

pubmed.gov

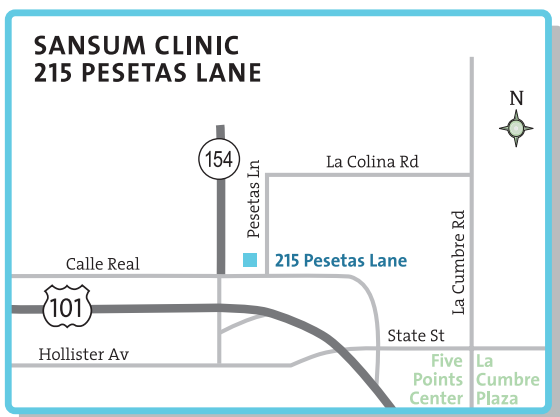
Digital archive of biomedical and journal literature

cdc.gov

The Department of Health and Human Services, Center for Disease Control and Prevention homepage

SansumClinic.org

Visit Sansum Clinic online for additional resources and other valuable websites.



Health Resource Center

215 Pesetas Lane, Santa Barbara, CA 93110
(805) 681-7672 or 800-281-4425 x7672

Sansum Clinic is an independent nonprofit healthcare organization providing the full spectrum of quality healthcare in our community.



A Nonprofit Organization
P.O. Box 1200
Santa Barbara, CA 93102-1200

Sansum Clinic is a 501 (c) (3) California Nonprofit Public Benefit Corporation with Clinic locations from Carpinteria to Lompoc and over 150 affiliated physicians, and is accredited by the Institute for Medical Quality.

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