

State Library of New South Wales Health Information Research Guide

Arthritis? Alzheimer's disease? Asthma?

These are some of the most common internet search terms, each yielding millions of answers. But how do you choose which site to visit, or which book to read?

If you're interested in medical matters – or simply staying healthy – our new online health guide will help you find up-to-date and reliable information.

The health guide has links to:

- carefully evaluated websites and telephone helplines
- explanations of various conditions as well as treatments and tests
- lists of recommended books
- a guide to keeping healthy through good nutrition and exercise.

All resources have been selected by a health librarian. The information is a guide only and is not intended to replace qualified medical advice.