



## **RN Patient Advocates, PLLC** **. . . helping you stay healthy**

### **Helpful Websites**

- ❖ **Patientadvocates.com** – nationally recognized resource on RN Patient Advocacy including all services available
- ❖ **Rxlist.com** – excellent reference for all prescription medications. Know what you are taking!
- ❖ **Drugs.com** – excellent resource to check for all potential medication interactions, including with foods
- ❖ **<http://naturaldatabase.therapeuticresearch.com>** - this is an excellent site to learn what nutrients your medications are blocking (when you get to the site, click on “Nutrient Depletion Checker”)
- ❖ **Nih.gov** – your first stop on investigating health conditions (includes helpful illustrations)
- ❖ **Mayoclinic.com** – trusted resource for information on health conditions and potential treatments

- ❖ **[Health.usnews.com/sections/health/best-hospitals](http://Health.usnews.com/sections/health/best-hospitals)** – investigate the leading hospitals
- ❖ **[Healthgrades.com](http://Healthgrades.com)** – physician and hospital reviews
- ❖ **[Ewg.org](http://Ewg.org)**: Environmental Working Group – resource for safe personal body products, household cleaners, make-up, perfumes
- ❖ **[Beers List \(inappropriate meds for the elderly and why\)](#)**:  
**<http://www.americangeriatrics.org/files/documents/beers/PrintableBeersPocketCard.pdf>** - check to see if the medication is safe for your age
- ❖ **[State board of medical examiners](http://www.ama-assn.org/ama/pub/education-careers/becoming-physician/medical-licensure/state-medical-boards.page)** - **[www.ama-assn.org/ama/pub/education-careers/becoming-physician/medical-licensure/state-medical-boards.page](http://www.ama-assn.org/ama/pub/education-careers/becoming-physician/medical-licensure/state-medical-boards.page)** - learn about the education/possible insurance actions of your physician
- ❖ **[Integrativerd.org](http://Integrativerd.org)** - site to find Integrative/Functional Nutritionists
- ❖ **[nccam.gov](http://nccam.gov)** – National Center for Complementary and Alternative Medicine (NIH) – learn about some new therapies from the National Institute of Health

❖ **Annie Appleseed Foundation: Integrative, Natural and Alternative Therapies for cancers – broad based**

❖ **resource material, excellent teaching:**

**<http://www.annieappleseedproject.org>**

❖ **Ralph Moss, PhD: Reports on full range of cancer therapies for most cancers (global):**

**<http://cancerdecisions.com> - learn all the treatment options that have been carefully researched**

**Would you appreciate *additional guidance and information* to achieve your best health? Call an RN Patient Advocate today!**

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