Annotated List of Useful Websites

Geriatric Medical Care, Treatment, and Quality of Life

and

Topics in Alternative, Complementary and Integrative Medicine

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Acupuncture: An Introduction

  
  A U.S. Department of Health and Human Services National Institutes of Health website for consumers and health professionals on complementary and integrative health. This link specifically covers an explanation of and recent research on acupuncture.

Administration on Aging

- [http://www.aoa.gov](http://www.aoa.gov)
  
  A U.S. Department of Health and Human Services website for the Administration on Aging, including programs, program results, aging statistics, and key indicators of aging well-being pulled together by a federal interagency forum.

- [http://www.aoa.acl.gov/AoA Programs/OAA/Aging Network/Index.aspx](http://www.aoa.acl.gov/AoA Programs/OAA/Aging Network/Index.aspx)
  
  A U.S. Administration on Aging link to numerous websites on aging, including programs, data, and resources at federal, state and local levels.

- [http://www.aoa.gov/AoA Programs/HPW/Title IIIID/index.aspx](http://www.aoa.gov/AoA Programs/HPW/Title IIIID/index.aspx)
  
  A U.S. Administration on Aging link to numerous websites on disease prevention and health promotion programs for the elderly, including evidence-based research related to the health of older adults.

Aging, Consumer Information

- [http://www.healthinaging.org/](http://www.healthinaging.org/)
  
  A website for consumers, established and maintained by the American Geriatrics Society, covering issues in aging, such as how to find geriatric healthcare professionals, information on medications, medical care directives, and issues commonly faced by elderly caregivers.

American Geriatrics Society

- [http://www.americangeriatrics.org/](http://www.americangeriatrics.org/)
  
  A website sponsored by a non-profit organization of more than 5,000 health professionals devoted to improving the health, independence, and quality of life for all older people. The organization provides leadership to healthcare professionals, policy makers and the public through programs in patient care, research, professional and public education, and public policy.

Benson-Henry Institute for Mind-Body Medicine

- [http://www.massgeneral.org/bhi/](http://www.massgeneral.org/bhi/)
  
  A Massachusetts General Hospital link to the Benson-Henry Institute for Mind Body Medicine, which focuses on research, teaching, and clinical applications of mind-body medicine and the integration of mind-body medicine into all areas of health, especially stress-related illnesses.

The Center for Mind-Body Medicine

- [http://www.cmbm.org/](http://www.cmbm.org/)
  
  The Center for Mind-Body Medicine creates communities of hope and healing. They have an effective evidence-based program for healing population-wide psychological trauma and stress, using a variety of techniques drawn from the world’s healing traditions and
modern medicine. They train a critical mass of health professionals, educators, and community leaders in a mind-body medicine model of care, and then the community representatives in turn integrate the model into their communities and use it with the populations/groups/individuals they serve.

Columbia University program merges therapy and spirituality


This is a link to a New York Times article about a clinical psychology program at Columbia University, in which spirituality and psychotherapy are being integrated in a way seldom seen at a major research university. Other schools, such as the California Institute of Integral Studies in San Francisco, CA, and Sofia University in Palo Alto, CA, teach from similar perspectives, but Columbia is the first Ivy League university to develop a master’s concentration in spiritual psychology. Additional information about each program can be found at the websites for each of the schools.

Complementary and Alternative Medicine


A U.S. Department of Health and Human Services National Institutes of Health fact sheet providing a brief explanation of complementary and alternative medicine (CAM), and a review of research on safety and effectiveness of various modalities of CAM treatment.

Complementary and Alternative Medicine, Mind-Body Practices


A U.S. Department of Health and Human Services National Institutes of Health fact sheet providing information about mind-body practices in complementary and alternative medicine.

Dietary Supplements: 5 Things Consumers Need to Know


This NIH NCCIH fact sheet reviews 5 tips consumers need to know about dietary supplements.

Geriatric Educational Resources

- [http://www.pogoe.org/](http://www.pogoe.org/)

The Portal of Geriatrics Online Education (POGOe) is a collection of expert-contributed geriatrics educational materials for educators and learners. The goal is to promote geriatrics education. The site is funded by the Reynolds Foundation and is managed by the Icahn School of Medicine at Mount Sinai, Department of Geriatrics and Palliative Medicine, on behalf of the Association of Directors of Geriatric Academic Programs (ADGAP). The site is operated through a partnership between Icahn School of Medicine at Mount Sinai and Vanderbilt University School of Medicine, Department of Biomedical Informatics and Division of Geriatrics.

Geriatric Resources

- [http://www.americangeriatrics.org](http://www.americangeriatrics.org)

The American Geriatrics Society is a non-profit organization of more than 5,000 health professionals focused on improving health, independence and quality of life for all older people. The organization provides leadership to healthcare professionals, policy makers and the public through programs in patient care, research, professional and public education, and public policy.

Geriatric Care/Practicing Physician Education

- [http://www.gericareonline.net/tools/index.html](http://www.gericareonline.net/tools/index.html)

Using a train-the-trainer approach and tool kits of information for patient education, this project provides community based education to primary care providers with the goal of changing their practice towards older adults. Resources are provided for primary care professionals to use.

Herbs at a Glance


This National Institutes for Health National Center for Complementary and Integrative Health website provides a series of brief fact sheets covering basic information about more than 50 specific herbs and botanicals, including possible uses, potential side effects and cautions, and resources for more information. Fact sheets can be downloaded individually for each herb or all together as an EBook.
Holistic Healing

- [http://healing.about.com/od/faq/p/holistichealing.htm](http://healing.about.com/od/faq/p/holistichealing.htm)

An information sheet on holistic healing as compared to complementary and alternative medicine and mind-body medicine.

Med Page


A website which gives brief reviews of current medical news, including a section devoted to the latest geriatric information.

Menopausal Symptoms and Complementary Health Practices


As an example of the type of complementary health information provided by NIH/NCCIH, this fact sheet provides basic information about menopause, research on the efficacy and safety of complementary health practices for menopausal symptoms, and suggests sources for additional information.

- [https://nccih.nih.gov/health/providers/digest/menopause](https://nccih.nih.gov/health/providers/digest/menopause)

NCCIH Clinical digest is a monthly e-newsletter for health professionals, which offers evidence-based information on complementary and integrative health practices. As an example, the September 2013 newsletter discusses menopause and complementary health practices.

Mercola, Joseph, D.O.


Joseph Mercola, D.O., is an osteopathic physician whose objective is to provide consumers with up-to-date natural health information and resources. He has had numerous articles published in medical journals and is a New York Times best-selling author who has written several books. This website is routinely among the top 10 health sites on the Internet.

Michigan Office of Services to the Aging

- [http://www.michigan.gov/osa/](http://www.michigan.gov/osa/)

The Michigan Office of Services to the Aging is the single state agency charged with implementing the Michigan State Plan on Aging, and overseeing programs and funding authorized by the federal government under the Older Americans Act of 1965. This state website provides information on the current state plan, programs, services, and resources dedicated to improving the quality of life of Michigan’s aging and adult population.

Michigan State University, Department of Family and Community Medicine, College of Osteopathic Medicine, Division of Geriatrics, U.S. Health Resources and Services Administration (HRSA) grant and curriculum information

- [http://com.msu.edu/FCM/index.htm](http://com.msu.edu/FCM/index.htm)

This website provides information about the MSU Department of Family and Community Medicine, College of Osteopathic Medicine, and the services it provides, its faculty and staff, and other information. In particular, it provides information about the FCM/COM Division of Geriatrics, and the 5-year HRSA grant received by the College of Osteopathic Medicine including materials developed under the auspices of that grant for geriatric education of medical professionals.

Mind-Body Medicine at Cancer Treatment Centers of America

- [http://www.cancercenter.com/complementary-alternative-medicine/mind-body-medicine.cfm](http://www.cancercenter.com/complementary-alternative-medicine/mind-body-medicine.cfm)

The Cancer Treatment Centers of America includes mind-body medicine modalities as an integral part of their work with cancer patients and their caregivers. This link describes mind-body medicine and the complementary/alternative medicine/mind-body treatment services provided as part of the CTCA treatment program.

National Center for Complementary and Integrative Health


The National Center for Complementary and Integrative Health is one of the 27 Institutes in the National Institutes of Health. Formerly known as the National Center for Complementary and Alternative Medicine (NCCAM), NCCIH provides information about complementary, alternative, and integrative health modalities, practitioners, and resources. Evidence-based research is
reviewed, continuing education opportunities, clinical practice guidelines, and other information is provided for both consumers and health professionals.

- **http://nccam.nih.gov/health**

  Health information provided by the NIH National Center for Complementary and Integrative Health.

**National Center for Complementary and Integrative Health Clearinghouse**

- **https://nccih.nih.gov/health/clearinghouse**

  The Clearinghouse provides information on complementary health approaches and on NCCIH, including publications and searches of Federal databases of scientific and medical literature.

**National Center for Complementary and Alternative Medicine (Currently named the National Center for Complementary and Integrative Health)**

- **http://img.thebody.com/nccam/meditation.pdf**

  This link provides a fact sheet on the use of meditation for health purposes.


  This link provides a fact sheet on mind-body medicine practices in complementary and alternative medicine.

**National Center for Complementary and Integrative Health Clinical Digest**

- **https://nccih.nih.gov/health/providers/digest**

  The NCCIH Clinical Digest is a free monthly e-newsletter for health professionals and consumers that summarizes the state of the science on complementary and integrative health practices for various health conditions (diabetes, cancer, sleep disorders, etc.), gives clinical guidelines, facilitates literature searches, and provides continuing medical education for health professionals and information for both patients and consumers.

**National Institute on Health/National Institute on Aging**

- **http://www.nia.nih.gov/**

  The National Institute on Aging is one of 27 Institutes and Centers within the U.S. National Institutes of Health. It is responsible for leading a broad scientific understanding of aging and identifying ways to extend the healthy active years of life for all individuals. NIA is the primary Federal agency supporting and conducting Alzheimer’s disease research. This website provides a link to all NIA initiatives and provides information about NIA activities and health and aging.

**Optimal Aging, Brummel-Smith, Kenneth, M.D.**

  Brummel-Smith, Kenneth, M.D., Florida State University, College of Medicine

- **http://med.fsu.edu/index.cfm?page=geriatrics.lli**

  A link to information about Kenneth Brummel-Smith, M.D., and including information on the concept of optimal aging as taught through the Florida State University, College of Medicine. The College is a leader in the practice of incorporating geriatrics information in each year of the medical school curriculum.

**Search complementary and alternative medicine through PubMed**

- **http://nccih.nih.gov/research/camonpubmed/**

  NCCIH and the National Library of Medicine (NLM) have partnered to create CAM on PubMed, a subset of NLM’s PubMed. PubMed provides access to citations from the MEDLINE database and additional life science journals. It also includes links to many full-text articles at journal websites and other related web resources. Searches at this website are automatically limited to the subset on information on complementary and alternative medicine at PubMed.

**Spinal Manipulation, Osteopathic Manipulation and Chiropractic**

- **http://nccih.nih.gov/health/chiropractic**

  A NIH NCCIH fact sheet on spinal manipulation, osteopathic manipulation, and chiropractic services. Information is primarily provided on chiropractic services for consumers and for health professionals, including clinical practice guidelines and scientific...
literature reviews. However, if one types “osteopathic manipulation” into the search feature, a lengthy list of references gives sources of information about osteopathic manipulation.

Tai Chi and Qi Gong


Tai chi and qi gong are centuries-old mind-body practices. They both involve the use of certain postures, gentle movements, mental focus, breathing, and relaxation. Tai chi can also be used as a form of combat and self-defense. They both can be used for improving balance and stability, knee osteoarthritis, fibromyalgia, and other conditions.

Terms Related to Complementary and Alternative Medicine


This NIH NCCIH fact sheet explains terms and definitions commonly used in complementary and alternative medicine.

Traditional Chinese Medicine


Traditional Chinese Medicine originated in ancient China and has evolved over thousands of years. Practitioners use herbal medicines and various mind-body techniques, such as acupuncture and tai chi, to treat or prevent health problems. In the United States, Traditional Chinese Medicine is mostly used as a complementary health approach. This fact sheet provides an overview of TCM and suggests sources for additional information.

Yoga


This NIH-NCCIH fact sheet provides information about the mind-body practice of yoga. Based in Indian philosophy, the various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. A 2007 National Health Interview Survey found that yoga is one of the top 10 complementary and integrative health approaches used among U. S. adults.


A 2012 National Health Survey concluded that people who practice yoga are more likely to do so for wellness reasons, rather than treat specific conditions, and tend to report better wellness and health behaviors.


NCCIH Clinical Digest is a monthly e-letter that offers evidence–based information on complementary and integrative health practices. In the October 2014 issue, yoga for health is reviewed, including a look at what the science says. In particular, research is reviewed regarding the research on yoga and its use in treating asthma, arthritis, and chronic low-back pain.