Hospital Library

Confused by medical terms?
Lourdes Hospital Library is here to support you in making informed decisions about your health and the health of your family. Library staff will provide up-to-date, reliable information to assist you in becoming an active participant in your health care and total well-being.

This free, confidential service provides information on health and medical topics, such as definitions of medical terms, diagnostic tests, preventive medicine, and disease treatments.

Examples of typical questions include:

- Why should I take vitamin D with my calcium supplement?
- Is there a recommended diet for a child with attention deficit disorder?
- Why do I need to take medicine for my high blood pressure?
- Is there a link between depression and diabetes?
- What is fibromyalgia?
- How can I reduce my chances of catching the flu?

A medical librarian is available to help you find answers to your questions. Call 607-798-5290 to request information.

The library is located on the ground floor of the hospital. Library hours are Monday - Friday 8:00am – 4:30pm.
Can I find reliable health information online?
The Medical Library Association lists the following ten Internet websites as being particularly useful in answering health-related questions (listed in alphabetical order):

- Cancer.gov
  http://www.cancer.gov
- Centers for Disease Control and Prevention (CDC)
  http://www.cdc.gov
- familydoctor.org
  http://familydoctor.org
- healthfinder®
  http://www.healthfinder.gov
- HIV InSite
  http://hivinsite.ucsf.edu
- Kidshealth®
  http://kidshealth.org
- Mayo Clinic
  http://www.mayoclinic.com
- MedlinePlus
  English https://medlineplus.gov
  Spanish https://medlineplus.gov/spanish
- NIH SeniorHealth
  http://nihseniorhealth.gov
- NOAH: New York Online Access to Health
  http://www.noah-health.org

In addition, the Consumer and Patient Health Information Section of the Medical Library Association lists 100 Health Websites You Can Trust at http://caphis.mlanet.org/consumer.

*The purpose of the Lourdes Library Health Information Service is to provide public access to health and medical information, not to give medical advice or interpretation. Information provided by Lourdes Hospital Library does not imply recommendation or endorsement. It is not a substitute for consulting with a health care provider.*

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