



Grossmont Healthcare District's
Health & Wellness Library

An East County community resource



**Reliable Health
Websites for
Older Adults**

Government Health Sites

- MedlinePlus (<https://www.nlm.nih.gov/medlineplus/>)
- MedlinePlus en Español (<https://medlineplus.gov/spanish/>)
- Healthfinder.gov (<https://health.gov/myhealthfinder>)
- Centers for Disease Control and Prevention
(<https://www.cdc.gov/aging/index.html>)
- Food and Drug Administration (<https://www.fda.gov>)
- National Institutes of Health (<https://www.nih.gov>)
- National Institute on Aging (<https://www.nia.nih.gov/>)
- San Diego County Aging & Independence Services
(<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>)

Medical Center Sites

- Cleveland Clinic (<https://myclevelandclinic.org>)
- Mayo Clinic (<https://www.mayoclinic.org>)
- Stanford Health Care (<https://stanfordhealthcare.org>)
- UC San Diego Health (<https://health.ucsd.edu>)



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9001 Wakarusa Street La Mesa, CA 91942 | 619-825-5010 | www.ghdhealthlibrary.org | library@grossmonthealthcare.org



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Health Association Sites

- Alzheimer's San Diego (<https://www.alzsd.org/>)
- American Heart Association (<https://www.heart.org>)
- American Stroke Association (<https://www.stroke.org/>)
- American Diabetes Association (<https://www.diabetes.org>)
- American Cancer Society (<https://www.cancer.org>)
- Arthritis Foundation (<https://www.arthritis.org>)
- Health in Aging.org (<https://www.aarp.org/health/>)
- National Council on Aging (<https://www.ncoa.org/>)
- National Parkinson's Association (<https://www.parkinson.org>)
- Urology Care Foundation (<https://www.urologyhealth.org/urology-a-z>)

And a few more . . .

- AARP: Health (<https://www.aarp.org/health/>)
- Elder Law & Advocacy (<https://elaca.org/>)
- American Academy of Family Physicians
(<https://familydoctor.org/family-health/seniors/>)
- Lab Tests Online (<https://labtestsonline.org>)
- Merck Manuals Consumer Version
(<https://www.merckmanuals.com>)
- Fact Checking Site (<https://www.factcheck.org>)
- Trust it or Trash it (<http://www.trustortrash.org/>)



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