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Favorite Health Resources

Science Times asked some of its contributors for their favorite resources on health, whether online or in print.

The [New England Journal of Medicine](#) and its Web site (www.nejm.org). One of the most respected journals in the medical profession, it offers timely and accessible information for patients and doctors alike. (My husband, who is not a doctor or scientist, steals my copy every week.) *Pauline W. Chen, M.D.*

“**The Noonday Demon**,” by [Andrew Solomon](#) (Scribner, 2001). The best book written in the past 50 years on [depression](#). Mr. Solomon gives a wrenching account of his own depression along with an encyclopedic exploration of the biology, [psychology](#), sociology and anthropology of the disease. *Richard A. Friedman, M.D.*

The Lancet. This British medical journal carries more important articles on health in the world’s poorest countries than its prominent American rivals. *Donald G. McNeil Jr.*

“**How We Die**,” by Dr. Sherwin Nuland (Knopf, 1994). In an age when books on longevity abound, Dr. Nuland’s scholarly and unsentimental discussion of how most human lives end is a remarkable (and classic) counterpoint. *Sandeep Jauhar, M.D.*

The Merck Manual of Medical Information (Merck, 2004) is concise and very useful. *Lawrence K. Altman, M.D.*

mskcc.com/aboutherbs The [Memorial Sloan-Kettering Cancer Center](#) site provides evidence-based information about herbs, botanicals, supplements and other nontraditional therapies. *Tara Parker-Pope*

yourdiseaserisk.com This interactive site collects the latest science on disease risk factors, allows you to determine your risk of developing five prevalent diseases and offers personalized tips for preventing them. *T.P.P.*

Complete Food and Nutrition Guide, by the American Dietetic Association and Roberta Larson Duyff, R.D. (third edition, Wiley, 2006). This volume contains fact-based information on nutrition and healthful eating throughout life, with tips on how to improve one’s diet every day at home and away from home. *Jane E. Brody*

www.promedmail.org For anyone who has a morbid fascination with disease outbreaks caused by infections or poisons, there’s nothing better than this site, created by the International Society for Infectious Diseases. *Denise Grady*

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