Today's tip introduces a Topical Guide that consolidates a 4-part series presented in previous Tuesday's Tips called: Consumer Health Information e-Resources. Our Guide, e-Resources for Consumer Health, provides user-friendly resources suggested by the National Network of Libraries of Medicine (NNLM) and the Medical Library Association (MLA). Click on the tabs to access e-Resources about: General Health, Comparing & Evaluating Resources, and Nutrition.

On the General Health tab you'll find:
- **General Consumer Health e-Resources**
- **Multiple Language Consumer Health e-Resources**
- **Specialized Consumer Health e-Resources**
  - Includes national and local resources.
  - Recently, Dr. Christine Pellegrino spoke about Breast Cancer at the Boardman Road Branch Library for our Health-Speaker Series at the library. Watch her 2min. video on Breast Cancer Health Care offered at MidHudson Medical Hospital.
- **LGBTQ Consumer Health e-Resources**
- **Drugs and Supplements**
On the Comparing & Evaluating Resources tab you'll find information to:

- **Compare Health Organizations**
- **Treatments**
- **Evaluate Health Resources**
- **Consumer Health Discussions** (blogs and websites)
And, on the Nutrition tab you'll find resources for:

- **General Nutrition**
- **Defining Health Terms**
- **Food Composition Tool**
- **Food Recalls**

As always, please feel free call the **Reference desk** at **(845) 485-3445 x3702** with questions or to request materials.

For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.