### Specific Resources

**National Institute for Health and Clinical Excellence**  
Guidelines and appraisals on osteoporosis (2005).  

**NHS Evidence - Topics**  
Provides evidence-based summaries for a number of different topics, inc:  
- Osteoarthritis  
- Osteoporosis  
[http://www.evidence.nhs.uk/topics#l_o](http://www.evidence.nhs.uk/topics#l_o)

**Arthritis Today**  
American health magazine published by the Arthritis Foundation.  

**Arthritis Research UK**  
A UK charity for all those suffering from arthritis and similar conditions.  
[http://www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)

**National Osteoporosis Foundation**  
A US voluntary health organisation with a wide range of resources.  

**National Osteoporosis Society**  
A UK charity offering a wide range of services on osteoporosis. This includes an online forum to share and discuss areas of interest/concern on osteoporosis.  
[http://www.nos.org.uk/](http://www.nos.org.uk/)

**NIH Osteoporosis and Related Bone Disorders - National Resource Centre**  
Part of the US Department of Health and Human Services, providing patient and professional information.  

### Patient Resources

**Boots WebMD**  
Health information for the public from a collaboration of Boots pharmacy and WebMD (a medical information service).  

**BUPA**  
Provides a selection of leaflets on many conditions.  
[http://www.bupa.co.uk/](http://www.bupa.co.uk/)

**Merck Manual**  
A US online medical manual for patients and carers.  

**Netdoctor**  
A website containing a variety of medical leaflets in simple to understand terms.  
[http://www.netdoctor.co.uk](http://www.netdoctor.co.uk)

**NHS Choices**  
The main NHS website for all information relating to the NHS and health.  

**Patient UK**  
Comprehensive health information as provided by GPs and nurses to patients during consultations.  
[http://www.patient.co.uk/](http://www.patient.co.uk/)

**PubMed Health**  
An online database covering numerous health related topics.  

**UpToDate**  
A patient/professional question website using clinical experts for answers.  
[http://www.uptodate.com](http://www.uptodate.com)
**Journals and articles**


Elliott, M. 2011. Taking control of osteoporosis to cut down on risk of fracture. *Nursing Older People*, 23(3) 30-35.


**Books and Reports**


Use [http://www.swims.nhs.uk/](http://www.swims.nhs.uk/) or even [www.amazon.co.uk](http://www.amazon.co.uk) to search for other books or use [www.evidence.nhs.uk](http://www.evidence.nhs.uk) to search for more articles. Links are provided to electronic full text where available.

For assistance or training in locating and obtaining resources, please contact the Portsmouth NHS Library Service staff QAH 02392 286039

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