

SURF 'N STUFF 'N TIPS

Cool site, cool cities Moving to a new town? Wondering how where you live compares to other cities?

We all have different ideas of what makes a great city. Even Partners for Livable Communities agrees that these ideas can change.

So what is Partners for Livable Communities? It's an organization that names the most livable cities in the country. Every few years, it gives awards in four categories. There are awards for large cities, mid-sized cities, small cities, and regions. Is your city listed?

On its Web site, you can read up on the winning cities and regions. And find out why these places were chosen. You can also read how the organization's ideas on livability have evolved.

TO VISIT THIS SITE, GO HERE:

www.mostlivable.org/livability.html <<http://www.mostlivable.org/livability.html>>

How does your hospital stack up?

This site is a place where you can learn about your local hospitals.

The federal Department of Health and Human Services' site provides information on how your hospitals rate in terms of care provided. Find out how they treat major conditions such as heart attack. You'll also learn why particular procedures are important.

There are other tools to help you choose the right hospital. There are questions you should ask your physician and insurance company. Plus, there's a list of things to look for when you visit the hospital.

If you have questions on Medicare, link to organizations that can help. Best of all, you'll find links to information on disease prevention.

TO VISIT THIS SITE, GO HERE:

<<http://www.hospitalcompare.hhs.gov>>

An Invaluable Medical Resource:

The Merck manual is one of the most respected sources of medical information. It's also one of the best-selling medical texts around. Now you can access the Merck Manual online for free. (The only thing better than trustworthy health information is free trustworthy health information!)

You can search by disease or condition in a number of categories. Then pull up the information you need to understand the condition and treatment.

There are also multimedia presentations. Access videos of medical procedures, audio files and photographs. Additionally, animations will help you understand specific concepts.

But that's not all. You can view anatomical drawings and read about medical tests. Then, once you're done, learn how to pronounce all the difficult medical terms!

TO VISIT THIS SITE, GO HERE:

<<http://www.merck.com/mmhe/index.html>>