Health Education Online Resources

**Open source online tutorials**

Interactive slideshows designed to educate patients about diseases and medical procedures.

*Meditopath (NLM) View Complete list of Interactive Health Tutorials*

**Diseases and Conditions**

- Diabetes - Introduction
- Diabetes - Eye Complications
- Diabetes - Foot Care
- Diabetes - Meal Planning
- Erectile Dysfunction
- Hypertension (High Blood Pressure)
- Hypoglycemia
- Kidney Failure

**Quizzes**  Designed to test your knowledge about different diseases and health topics

*Health Check Tools Meditopath (NLM)*

**Diabetic Eye Disease: How Much Do You Know?**  (English) National Eye Institute (NEI)

¿Cuánto Sabe Sobre la Enfermedad Diabética del Ojo?: Tome este cuestionario (Spanish)

**Portion Distortion Quiz**  National Heart, Lung and Blood Institute (NHLBI)

**Prevention and Wellness Tools**

- Exercising for a Healthy Life Meditopath (NLM)

Developed in 2014 by Mary Knutson, RN
Health Education Online Resources

- Managing Cholesterol
- Managing Stress
- Smoking – The Facts

Diabetes Powerpoint

http://www.clevelandclinic.org/health/diabetes_module/dm2.html

Diabetes Overview

http://www.youtube.com/watch?v=sTgBvJsHcCk

Hypertension

Essential Hypertension

http://www.nlm.nih.gov/medlineplus/tutorials/hypertension/htm/_no_50_no_0.htm