*****CONSIDER BUYING SHARES *****TELL YOUR FRIENDS
***MAY BE USEFUL **LOOK IF YOU'VE GOT NOTHING TO DO
*BEST AVOIDED

SELECTED INTERNET VIEWINGS

UK NFK

<http://www.kidney.org.uk/Medical-Info/transplant.html>

This is a UK charity website 'run by kidney patients for kidney patients'. It contains a section on renal transplantation, which gives good general coverage of renal transplantation in layman terms. It also addresses the psychosocial aspects of post-transplant care, including psychological stress and sexual problems that patients might encounter. There is also a small section on patients' experiences of renal transplants with real-life stories.***

Addenbrooke's Hospital renal transplant programme

<http://www.cambridge-transplant.org.uk/program/renal/diet.htm>

A useful website on dietary advice for renal transplant patients run by a teaching hospital. It is written by dietitians and highlights what patients can eat and what food groups they should avoid, for example, grapefruit should be avoided because it interferes with immunosuppressants such as cyclosporin and tacrolimus. It is useful for both patients and clinicians and includes a contact number for queries.**

Organ recovery systems

<http://www.organ-recovery.com/lifeport.php>

A website produced by the manufacturer Organ recovery systems. This company manufactures LifePort®, which is a kidney preservation system that allows continuous perfusion of the retrieved kidney, and continuous monitoring of the physiological status of the kidney. It is believed to help increase graft preservation time and reduce delayed graft function following transplantation. Unfortunately, this website is focused purely on promoting the product and lacks explanation of how the LifePort® system works. There are links to some of the ongoing trials, which is useful for those interested in keeping up-to-date with recent developments in kidney preservations.*

Oesophageal cancer

GE JONES, MJ FORSHAW

Department of General Surgery, Guy's and St Thomas's NHS Trust,
St Thomas's Hospital, London, UK

CORRESPONDENCE TO

Gregory Jones, Department of General Surgery, Guy's and St Thomas's NHS Trust, St Thomas's Hospital, Lambeth Palace Road, London SE1 7EH, UK
E: gregedjones@yahoo.co.uk

INFORMATION FOR PROFESSIONALS

National Cancer Institute

<http://www.cancer.gov/cancertopics/types/esophageal>
The National Cancer Institute aims to support and co-ordinate

cancer research, education and training in the US. Its website is a useful tool for professionals dealing with oesophageal cancer. It provides referenced articles, with brief summaries at the start of each section and gives the latest details for all aspects of management. There is extensive, up-to-date research that would help all levels of surgeon and allied health professional. This site can be searched by anyone with internet experience, but is not particularly user friendly and, at times, too many irrelevant links hide the important ones. Overall, a decent site that could do with some web designer improvement.****

National Library for Health

<http://www.library.nhs.uk/cancer/SearchResults.aspx?tabID=288&catID=8146>

This NHS-based website aims to provide guidance and evidence for best possible treatment strategies on all medical conditions. The section on oesophageal cancer initially looks limited with only a few banners for browsing. However, within these headings is an array of up-to-date guidelines from the British Association of Surgical Oncology, NICE, Royal College of Pathologists and Department of Health. There are also links to full articles that cover all forms of oesophageal cancer management, including various systematic reviews from different publishers over the last 7 years. This is not a quick website to use, involving many external web links and PDF files; however, it may be useful for trainee surgeons as an easy source for recent guidelines and evidence.***

Emedicine

<http://www.emedicine.com/med/topic741.htm>

<http://www.emedicine.com/radio/topic271.htm>

This American based website offers various articles on oesophageal cancer and related subjects that are easy to read and presented in a logical fashion. It summarises the relevant information and data, with explanations of surgical procedures and useful radiological images. Despite being concise it manages to cover a large amount of information in referenced articles that are a suitable aid for surgical trainee and medical student.***

INFORMATION FOR PATIENTS

Cancer Research UK

<http://www.cancerhelp.org.uk/help/default.asp?page=4478>

This is an excellent website designed for patients with any form of cancer. The oesophageal section is easy to navigate through, with clearly labelled pages that link together nicely. The text is well written, factually accurate and remains non-patronising. It covers all aspects of oesophageal cancer with good detail for all stages of the disease. In particular, it explains key points regarding

surgery to the patient and poses questions to ask the surgeon about the operation and further treatments. There are also excellent links from this site to associated websites, support groups and details of patient-centred literature. Overall, this is an excellent site that would be a good starting point for patients with cancer and their families.****

Cancerbackup

<http://www.cancerbackup.org.uk/Cancertype/Gulletoesophagus>

Another good website that is very similar in detail to that of Cancer Research UK. It is vast but easily negotiable, with the section on the oesophagus being extensive. It surpasses the information provided by the above site on medical detail, hospital stay and what to expect as the tumour is treated. There is also a useful support organisation search tool that can find all relevant support groups in the local area. The only reason the site may be disliked by patients is that the amount of information may be overwhelming for initial research into oesophageal cancer.****

The Oesophageal Patients Association

<http://www.opa.org.uk>

Survivors of oesophageal cancer formed the Oesophageal Patients Association (OPA) in the UK in 1985. Its objectives are to support oesophageal cancer patients and their families. This internet offering is an extension of the services that already existed at the OPA, with the majority of this small website aimed at letting the public know there is someone to turn to when the diagnosis is made and treatments lead to side effects. Details regarding cancer of the oesophagus are limited, although there is useful information on post oesophagectomy symptoms, stenting and diets, along with an online newsletter including dates of branch meetings. Overall this lacks the detail a patient might like but would be the first website to turn to if support was needed.***

Ochre (Oesophageal Cancer Has Reached Everywhere)

<http://ochrecharity.co.uk>

Ochre is a charity-based website aimed at providing information to patients and promoting awareness of oesophageal cancer to the public. This is a clear, easy-to-use site that covers different aspects in varying amount of detail, with surgery unfortunately limited to five short sentences. Similar to the OPA site, it does offer point of access to meetings and allows patients to register for regular E-mail updates. However, the website fails to provide even basic knowledge about the condition that most patients would like to know.**

Surgery for obesity

CATHERINE K LAU¹, KAYVAN SHOKROLLAHI²

¹Department of Plastic and Reconstructive Surgery, St Thomas's Hospital, London, UK

²Welsh Centre for Burns and Plastic Surgery, Morriston Hospital, Swansea, UK

<http://www.obesitysurgery.org.uk/>

St James & Seacroft University Hospitals NHS Trust promote its Centre for Obesity Surgery in Leeds. However, it is aimed at providing clear explanations to patients about obesity as a disease, gastric bypass surgery, the team involved and the expected results. The information is easy to understand with no medical jargon, and is presented in a user-friendly manner; users can easily navigate within the site using tabs on the left side of the screen. Details of the support group 'Life-back Club' formed by post gastric bypass patients is included, and it also contains a section for healthcare professionals with some data on patients' perceived improvements. Overall, this is a well-presented site containing useful information for patients considering obesity surgery.****

[http://www.bbc.co.uk/insideout/northwest/series4/](http://www.bbc.co.uk/insideout/northwest/series4/index_obesity_surgery_weight_loss_lynn_greenburg.shtml)

[index_obesity_surgery_weight_loss_lynn_greenburg.shtml](http://www.bbc.co.uk/insideout/northwest/series4/index_obesity_surgery_weight_loss_lynn_greenburg.shtml)

This BBC website provides a summary of its documentary of a Manchester woman's journey before and after a gastric bypass procedure. It gives viewers a glimpse of the battle against obesity from a first person prospective. Quotes such as 'I had no control over myself...I was my own worst enemy' and 'I spend a lot of time with them (my grandchildren)...I can't get down on the floor' revealed some psychological as well as physical effects of obesity. This site also contains video clips of the patient before and at 8 months' post-procedure, demonstrating the life-changing effect of her successful weight loss. This success story can help to motivate prospective patients and, at the same time, allow healthcare professions working in this area to look at this 'routine procedure' in a different light.***

<http://www.hurwitzcenter.com/html/about.html>

Surgery is often required after bariatric surgery resulting in massive weight loss to remove excess and redundant 'hanging' skin folds. There are many sites available advertising the above surgery, but this site by The Hurwitz Center for Plastic Surgery provides viewers with the most interactive experience. There are no shortages of before and after photographs to illustrate excellent postoperative results. In addition, many video clips of news reports and television documentaries publicising the 'total body lift' are available for viewing. This is not an overly informative site, but a brief visit can certainly be entertaining.***