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

SELECTED INTERNET VIEWING

http://www.pennhealth.com/int_rad/health_info/aaa.html

The patient information website of the Hospital of the University of Pennsylvania gives a good patient introduction to AAA anatomy as well as aetiology; the pros and cons of open and endovascular techniques are also frankly discussed. The site was clearly written by interventional radiologists and predictably pitches in favour of percutaneous EVAR performed by interventionalists. Some good CT images before and after procedure make it a useful patient resource.***

<http://www.or-live.com/memorialhermann/1386/event/rnh.cfm>****
<http://meet.synaps-stream.com/video.php?chapter=4&video=0>***
<http://www.or-live.com/robertwoodjohnson/1219/>***

Several full-length filmed procedures may be viewed on line, usually in 'RealPlayer' format. These include offerings from 'or-live.com' (in this instance an hour-long archived webcast of infra-renal AAA EVAR, originally performed live in May 2005 at the Memorial Hermann Cardiovascular Institute in Texas) and another presented by 'MEET' (Multidisciplinary European Endovascular Therapy). The definition of the feed is slightly variable and can be a little shaky, with intermittent pauses to download data, depending on PC specification, but overall the format is very useful with simultaneous discussion and slide presentation. A great deal of information is thus related and an excellent overall conception of the procedure is gained. An excellent site for patients and practitioners alike.*****

<http://www.nwlh.nhs.uk/documents/patientleaflets/endovascular.pdf>
http://www.heatherwoodandwexham.nhs.uk/patient_info/information_leaflets/Y0131.pdf

Examples of NHS patient information leaflets available on the web include Northwick Park (NW London), which has a well-established EVAR service and Heatherwood & Wrexham Hospital (Ascot), which commenced EVAR in January 2007. The two documents show a slightly different approach with greater description given by NWLH. Heatherwood's leaflet is available as 'tape, large-print and translated versions' and its main statement of (reduced) risk reads: 'there is less strain put on your heart and the risk of you dying during the operation is reduced to 2%, three times less than for an open repair, which is 6–7%'. The Northwick Park leaflet gives no firm figures or risk of death but a more extensive list of secondary complications (renal impairment, endo-leak, femoral pseudo-aneurysm, etc.). Synthesis of the two approaches would yield an excellent template leaflet.***

<http://www.cardiomems.com/content.asp?display=medical>

This website's highlight is its nice animated sequence demonstrating the EVAR technique. It contains little patient information, however, as it is essentially a commercial site dedicated to selling their patented remote 'wireless' manometer, which is left within the excluded aneurysmal sack during endovascular repair to aid diagnosis of endo-leak. This is the major complication of EVAR responsible for its high re-intervention rate.**

http://www.malehealth.co.uk/userpage1.cfm?item_id=2000

This website gives UK-specific information on incidence and a clear and simple idea of the anatomy and aetiology of AAAs. Studies and figures are quoted appropriately and the case is made for both screening and EVAR.***

<http://www.answers.com/topic/abdominal-aortic-aneurysm>
(reproduces the Wikipedia webpage)

http://en.wikipedia.org/wiki/Abdominal_aortic_aneurysm

An interesting historical background of open aneurysmal surgery is related, as is detailed information on pathology. Active keywords are used to link to further explanatory texts and illustrations are reproduced from *Gray's Anatomy*. Unfortunately, little information is devoted to treatment and a bald statement of 'no survival advantage' is almost all that is said regarding EVAR.**

Spinal injury

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Patient orientated

Spinal Injuries Association

<http://www.spinal.co.uk>

This site was set-up in 1974 and continues to be run by victims of spinal cord injury. Its primary aim is to offer information and support to others with spinal injuries. It is a well-presented and clearly laid out site that leads the viewer easily around its content. There is an extremely useful glossary of medical terminology for the layperson and a question and answer section that covers the main immediate questions one would have. The site is user-friendly and has comprehensive links to all the other major spinal injury associations. Overall, this site is thorough and informative and provides a valuable resource and support network to those with spinal injury and their families.****

Spinal Injury Network

<http://www.spinal-injury.net/spinal-cord-injury.htm>

An individual following a cervical cord injury established this site in 1994. The initial impression is of a busy site with large amounts of information. Although very wordy, it does offer good quality descriptions with the occasional diagram that is helpful to the reader. There is a useful question and answer section but the links to other sites are not available as yet. In summary this is an exhaustive site that covers all aspects of spinal cord injury. It could be of use to medical staff wanting the basics regarding spinal injuries.***

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SELECTED INTERNET VIEWINGS

Brain and Spinal Injury Centre (BASIC)

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

BASIC is a charity originating in Greater Manchester that lends support and counselling to people whom have suffered brain and spinal injuries. It is now affiliated to the Greater Manchester Clinical Neuroscience Centre. This site instantly looks professional and is easy on the eye. It is a straightforward site to use and makes good use of pictures and photographs. Although there is a wealth of information it does tend to concentrate mainly on brain injury/disease. It has a large number of links again mainly dedicated to the brain. Overall a well-designed site but has limited use for spinal injury patients.**

Health professional orientated

Spinal Cord Injury Resource Centre

http://www.spinalinjury.net/html/site_map.html

Although established and managed by a spinal injury victim and not specifically for medical staff, this would be an excellent site for the medical non-expert in spinal injuries to visit and learn the basics. It is clear and well set out with a helpful site map. The clinical and anatomical information is factually sound and the text is supported well with schematic diagrams similar to those found in a medical textbook. Highly recommended for doctors and allied health professionals when first involved in managing spinally injured patients.*****

Wikipedia – spinal cord injury

http://en.wikipedia.org/wiki/Spinal_cord_injury

This is a well-presented site that is similar to reading a textbook. Throughout the text there are extensive links to every aspect of spinal cord injury but many of the links are irrelevant and can very quickly take the reader away from the point. The relevant information is concise and accurate with useful diagrams. At the bottom of the page there are a number of website links that the physician could offer to their patients for support and information. Overall, the haphazard links make this site frustrating and harder work than just picking up a book.***

Trauma.org – spine trauma

<http://www.trauma.org/archive/spine/cspine-eval.html>

This is a comprehensive site presenting practical clinical information on a whole host of trauma-related topics including spinal injuries. The spinal injuries section is up-to-date, well presented and covers the initial emergency management acute of spinal injuries. The site includes interactive, clinical 'moulages' that are highly informative and entertaining. There are excellent quality radiological images relevant to acute spinal trauma. Overall, this site is an outstanding educational resource for doctors involved in the management of acute spinal trauma.*****