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

SELECTED INTERNET VIEWING

BBC – Religion and Ethics Homepage

<http://www.bbc.co.uk/religion/ethics/malecircumcision>

As always, the BBC website is accurate and well-balanced, presenting a brief summary of the views and practices of the major religions, as well as an overview of the social convention of circumcision in the US. The page is a little thin on information, but, interestingly, includes a 27-min recording of a debate on the subject, aired on BBC radio in 2007. A reliable resource for parents, which explains the religious view-points fairly and without bias.***

Natural Family Online

<http://www.naturalfamilyonline.com/articles/412-circumcision.htm>

This article does not go into great detail on the subject of religious circumcision, but gives a good deal of background on the routine practice of social circumcision in America. It also lists the arguments for and against in table form, useful for weighing up the pros and cons in one's own mind. Of all the sites reviewed, this one is probably the most objective and constructive, offering advice such as: 'This is a decision that cannot be made overnight, and you are right to think about, research and discuss the pros and cons of circumcision well before your baby is born'. There is strong emphasis on the necessity of adequate anaesthesia and the involvement of a medical practitioner. A useful read for parents, for whom this site is clearly aimed.*****

The Circumcision Resource Center

<http://www.circumcision.org/ethics.htm>

The Circumcision Resource Center is a voluntary organisation, run mainly by members of the American Jewish community, who offer advice and support to circumcised men and parents contemplating circumcision for their sons. Despite its strongly anticircumcision view-point, the site includes an extensive explanation of the medical evidence for and against circumcision, as well as an intelligent (if again, not impartial) discussion, based on fundamental moral and ethical principles including autonomy and non-maleficence. Quoting a number of respected journals, it provides a good starting point for surgeons thinking about their own position.***

Pilonidal sinus

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CLINICIAN ORIENTATED

World Wide Wounds (online journal)

[www.worldwidewounds.com/2003/december/Miller/](http://www.worldwidewounds.com/2003/december/Miller/Pilonidal-Sinus.html)

[Pilonidal-Sinus.html](http://www.worldwidewounds.com/2003/december/Miller/Pilonidal-Sinus.html)

World Wide Wounds is an on-line journal published by the Surgical Materials Testing Laboratory and the Medical Education Partnership.

The section about pilonidal disease is written by the Wound Healing Research Unit of the University of Wales, and offers much for the clinician. A brief introduction and epidemiological data are given, and a good section relates the various theories of the pathological development of this complex problem, including a whole paragraph devoted to the exceedingly rare risk of malignancy arising in the sinus. Techniques of management are discussed, although some are a little controversial (e.g. antibiotics alone for some acute abscesses), or largely historic (phenol ablation); no mention is made of the possibility of surgery being done under local anaesthetic or as day-case procedures. Colour photographs illustrate some wound-care issues. Referencing is comprehensive. Overall, a good site for most doctors wishing for an overview of the disease.****

Surgical Tutor

www.surgical-tutor.org.uk/system/abdomen/pilonidal_sinus.htm

This is part of Stephen Parker's excellent website for surgical revision, and contains photographs showing typical pilonidal disease. Bullet point revision is given which is ideal for candidates sitting the MRCS examination. There is a basic line drawing demonstrating the Karydak procedure, but ideally this page could be expanded to encompass management problems and more complex surgery for recurrence disease, simple knowledge of which could be expected in the MRCS examination.**

E-Medicine

www.emedicine.com/emerg/topic771.htm

This American site focuses on the treatment of acute pilonidal abscess only, with bullet points demonstrating what to look for in the history and presentation. Bizarrely, incision and drainage is classed as conservative treatment! The range of elective surgery is not covered, and complications and follow-up arrangements are barely discussed. Useful links are given to related sites.**

PATIENT ORIENTATED

Patient.co.uk

www.patient.co.uk/showdoc/27000662/

A website aimed at patients, which gives an overview of the condition in layman's terms, and would probably satisfy the quest for information in a typical patient. Some may find the information is delivered in a slightly patronising manner, but others will undoubtedly use the link to a discussion forum from other sufferers (most of whom relate tales of woe). There is little to offer the clinician.***

Pilonidal Support Alliance

www.pilonidal.org

An excellent site, that can be forgiven for blowing its own trumpet: 'this site is a gift for those suffering from this lousy disease'. Initially an American support web page, it has been comprehensively expanded to give a clear menu to each stage of the disease and its treatment, and goes into some detail about types of surgery and the

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peri-operative requirements of treatment. Navigation is very straightforward. There have also been additional pages added for healthcare professionals with links to key papers on the subject from such eminent authors as Bascom and Karydakos. The photo-gallery of various types of disease and wounds is a great resource to surgical trainees facing examinations. Highly recommended for both patients and doctors.*****

NHS Direct

www.nhsdirect.nhs.uk/en.aspx?articleID=285

The section on pilonidal disease from the NHS website is brief and to the point. Three sections are written on introduction, symptoms and treatment, but little detail is given. No diagrams or pictures are shown; however, as this site is probably aimed at giving patients the bare facts, they would probably be surplus to requirements. The only link to a website for more information (the Clinical Knowledge summaries at the National Library for Health) is, however, currently defunct.**

Total hip replacement

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American Academy of Orthopedic Surgeons (AAOS)

http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=504&topcategory=Hip

This American website provides extensive information for patients undergoing total hip replacement surgery. The information provided is comprehensive and includes the out-patient department consultation, hip anatomy, conditions leading to the need for hip replacement, basic descriptions of the procedures, the events leading up to the day of surgery and the postoperative period. Complications of the procedure are also discussed, providing patients with the necessary information to ask important questions and to give informed consent. The site provides links to related sites for quick and easy navigation, but it could be improved with the use of more pictures and diagrams, making the site easier to read and understand.***

BUPA

http://hcd2.bupa.co.uk/fact_sheets/html/Hip_replacement.html

This site provides information for patients undergoing hip replacement surgery in a concise fact sheet, which is easy to read and understand. It has a similar structure to the AAOS website but is very user-friendly and includes an excellent animation outlining the steps of the operation, which explains the relevant steps far more easily than text. The website provides core information on hip replacement surgery with links to other sites,

giving the reader the opportunity to read in depth about the technical aspects of the procedure if desired.****

Medicine Net

http://www.medicinenet.com/total_hip_replacement/article.htm

Whilst providing similar information to the aforementioned two sites, this American site has a completely different layout. The information is divided into a sleep-inducing 6 pages of text containing only one picture. A small proportion of each page is allocated to information on hip replacement surgery, the majority unfortunately being dedicated to advertisements and links to other health-related sites, which may or may not be related to hip replacements. Patients will find this site extremely tedious and frustrating to navigate.**

eHealthMD

http://www.ehealthmd.com/library/totalhipreplacement/THR_what.html

This site has a similar layout to the Medicine Net site, but somehow manages to spread the information over a staggering 15 pages. Despite the initial fear of pages of tedious reading, the site was actually pleasant to read and easy to navigate. The pages were largely well designed with key facts and figures relating to hip replacements being highlighted. In particular, the patient information on postoperative exercises was particularly well written and easy to comprehend. The only criticism is the lack of references and evidence for the figures quoted being correct.***

Mayo Clinic

<http://www.mayoclinic.com/health/hip-replacement/AR00028>

This American site takes a more concise approach, with a well-written short paragraph on each aspect of hip replacement surgery, including indications for surgery, types of replacements, postoperative expectations and possible complications. This site may not be as extensive as the previous sites but it covers the important points a patient would be expected to know after an out-patient consultation. Once again, the site includes very few pictures and the site would benefit from more related links.***

Best Treatments

<http://www.besttreatments.co.uk/btuk/electsurgery/18618.jsp>

This UK site is based upon clinical evidence and it provides information for patients from the *BMJ*. This is the best site reviewed so far and it provides valuable information on hip replacement in a structured manner. Where this site triumphs over the others is that it refers to NICE guidelines, which is particularly useful for UK patients. The pages are well designed and extremely easy to read without having to move from one page to another. The site also has almost 20 references, which some patients, medical students and junior doctors may find useful. This is an excellent site and is definitely the pick of the bunch.*****