

Surf Report...

March 2004

The "New Millennium" has changed the way the world does business. Most corporations now have customer web sites that allow you to order almost everything you need online. The days of the local agent are over. But with all this information just how do you keep it all in order and more importantly keep the spam down to tolerable levels?

Most web sites have some form of registration and while many are free, there is no such thing as a free lunch. It is important to keep an eye out for any check boxes. Most web sites run on an "opt out" basis for their marketing. So if you don't opt out of being notified about their products (and the products of companies they are affiliated with, or sell their list to) then you need to make sure you check the "opt out" box. Once you have registered, however, there is a wealth of information that can be obtained.

Nearly all medical journals have web sites, even if they don't have on-line access to their journal. Most of these journals have the option to e-mail the table of contents of the next issue when it is released. You can pick your favourite few, sign up and never have to go to the library again. You'll receive each TOC, you can scan them and select those you are interested in and chase them down, a big time saver!

This month's find for me was the information site run by AstraZenca (<http://www.az-air.com/>). This site has free registration and within it access to a wide range of cartoons, case presentations, colour photos and other useful images for presentations and education handouts.

Another great site for educational material is the Virtual Hospital http://www.vh.org/navigation/vh/textbooks/adult_provider_internal_medicine.html. This site has information on just about everything medical. Go to the pulmonary section and select your area of interest, interpreting lung function tests, asthma guidelines, lung cancer, x-ray images, it's all there.

Enough about education. Where can you go to get the really important information? SPORT! I use the Sydney Morning Herald site (www.smh.com.au) the sport section is comprehensive and gives you those hard to find fixtures (<http://www.smh.com.au/sport/index.html?from=lhnav>). For footy fans (AFL in this case) it's off to www.afl.com.au to check out this weeks results, injuries and maybe to see how you went in the tipping. Those of you with a more refined taste in sport will be regulars at <http://rugbyheaven.smh.com.au> while aficionados of the small-ball game will be at <http://www.pga.com/home>.

Of course always comply with your Hospital policy on Internet use!

Happy Surfing

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