**Open source online tutorials**

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

*Medlineplus (NLM)* [View Complete list of Interactive Health Tutorials](http://www.nlm.nih.gov/medlineplus/tutorial.html)

Diseases and Conditions

* [Diabetes - Introduction](http://www.nlm.nih.gov/medlineplus/tutorials/diabetesintroduction/htm/index.htm)
* [Diabetes - Eye Complications](http://www.nlm.nih.gov/medlineplus/tutorials/diabeteseyecomplications/htm/index.htm)
* [Diabetes - Foot Care](http://www.nlm.nih.gov/medlineplus/tutorials/diabetesfootcare/htm/index.htm)
* [Diabetes - Meal Planning](http://www.nlm.nih.gov/medlineplus/tutorials/diabetesmealplanning/htm/index.htm)
* [Erectile Dysfunction](http://www.nlm.nih.gov/medlineplus/tutorials/erectiledysfunctionyourchoices/htm/index.htm)
* [Hypertension (High Blood Pressure)](http://www.nlm.nih.gov/medlineplus/tutorials/hypertension/htm/index.htm)
* [Hypoglycemia](http://www.nlm.nih.gov/medlineplus/tutorials/hypoglycemia/htm/index.htm)
* [Kidney Failure](http://www.nlm.nih.gov/medlineplus/tutorials/kidneyfailure/htm/index.htm)

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

[Health Check Tools](http://www.nlm.nih.gov/medlineplus/healthchecktools.html) *Medlineplus (NLM)*

[Diabetic Eye Disease: How Much Do You Know?](http://www.nei.nih.gov/health/ded_quiz/index.asp) (English) *National Eye Institute (NEI)*

[¿Cuánto Sabe Sobre la Enfermedad Diabética del Ojo?: Tome este cuestionario](http://www.nei.nih.gov/health/espanol/ded_sp_quiz/index.asp) (Spanish)

[Portion Distortion Quiz](http://hp2010.nhlbihin.net/portion/) *National Heart, Lung and Blood Institute (NHLBI)*

**Prevention and Wellness Tools**

* [Exercising for a Healthy Life](http://www.nlm.nih.gov/medlineplus/tutorials/exercisingforahealthylife/htm/index.htm) *MedlinePlus (NLM)*
* [Managing Cholesterol](http://www.nlm.nih.gov/medlineplus/tutorials/managingcholesterol/htm/index.htm)
* [Managing Stress](http://www.nlm.nih.gov/medlineplus/tutorials/managingstress/htm/index.htm)
* [Smoking – The Facts](http://www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/htm/index.htm)

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>