

**The Languages of Limited Diffusion Work Group**, part of the Home for Trainers project of the STC has been working on finding resources and ways to share those resources. To view the database go to <http://www.ncihc.org/languages-of-limited-diffusion>. The LLD Work Group will also present a review of one resource through the ListServ about once every three months. We know that not all of the ListServ readers will be interested in every resource, so please don't respond; just, delete the information that doesn't interest you.

If you have resources you would like to add to the database, and/or if you would like review a resource, please contact us at [lld@ncihc.org](mailto:lld@ncihc.org).

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<b><u>Title:</u></b>	WebTeb
<b><u>Type of Resource:</u></b>	Website
<b><u>Last accessed:</u></b>	11/27/2018
<b><u>Reviewer:</u></b>	Rosanna Balistreri, MA, <a href="mailto:Rosanna@reach-diversity.com">Rosanna@reach-diversity.com</a>
<b><u>Language:</u></b>	Arabic

WebTeb is the leading Arabic health and wellness portal with the most traffic, content, tools, and doctors in Arab countries only.

The website was created in 2011 with the primary goal to promote healthy living by providing comprehensive health and wellness information to speakers of Arabic, while connecting them with health practitioners, hospitals, and health education institutions.

The main page is home to a large collection of topics accompanied by videos, images and content that walk visitors through numerous medical conditions and diseases. WebTeb also dedicates one section of its site to isolate information related to the most common diseases and conditions such as diabetes, high cholesterol, depression, allergies, acne, tooth decay and hypertension.

The website further allows users to select a specific Arabic-speaking country to search through a listing of local providers by specialty and name. Users can select the country by choosing its flag and search individual database.

A Health and Beauty section includes a multitude of facts, images and videos on nutrition, diet and weight loss, hair care, sports and fitness, quality of life, healthy recipes and more.

WebTeb includes a Pregnancy and Birth section with doctor-approved content, branded as "Teb Baby." "Teb Baby" targets expectant families in Arabic-speaking countries with extensive information about pregnancy and birth, as well as child care information and post-pregnancy health. The website includes a collection of resources and videos about pregnancy, the developing fetus, authorized and banned foods, a pregnancy calendar, recommendations and more.

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A series of “calculators” help access and track information about the ovulation period, baby development, date of birth, and child growth.

Lastly, the website allows registration with personal log in, and an option to subscribe to a weekly magazine. It also provides access to current statistics about the prevalence of diabetes and other medical conditions in Arab countries and includes a section on drugs and their interactions.

In a nutshell, this website is an exceptional resource for Arabic-speaking patients and interpreters. It provides credible and physician-approved information along with featured content from the Mayo Clinic and The Harvard Medical School, among others.

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