Resource Directory

Ataxia Telangiectasia (A-T)

Websites
- A-T Children’s Project: www.atcp.org
- NINDS A-T Information Page: www.ninds.nih.gov/disorders/a_t/a-t.htm

Chronic Inflammatory Demyelinating Polyneuropathy (CIDP)

Websites
- GBS/CIDP Foundation International: www.gbsfi.com
- Neurology Muscular Dystrophy and Neuropathy Institute Illustration of a damaged myelin sheath on a nerve: www.beverlyhillsneurology.com/cidp

Online Peer Support Links
- The Neuropathy Association: www.neuropathy.org
- Barbara’s CIDP/GBS Site (This is a personal website) www.geocities.com/HotSprings/Falls/3420

Evans syndrome

Websites
- Evans Syndrome Research and Support Group: www.evanssyndrome.org
- Office of Rare Diseases (catalog of online resources) http://rarediseases.info.nih.gov/asp/diseaseinfo.asp?ID=6389

Guillain-Barré Syndrome (GBS)

Websites and Chat Rooms
- The GBS/CIDP Foundation International, www.gbsfi.com, has 23,000 members in 160 chapters on five continents. 610-667-0131
- The GBS Foundation Discussion Forums provide the opportunity to talk to other GBS patients and learn more about ways to manage the illness: www.guillain-barre.com.forums.

Online Pamphlets
- The National Institute of Neurological Disorders and Stroke has an information page about CIDP: www.ninds.nih.gov/disorders/cidp/cidp.htm.

Online Peer Support
- GBS Foundation Discussion Forums: www.guillain-barre.com/forums
- Yahoo Support Group Discussion Board http://health.groups.yahoo.com/group/GBS_CIDP

Books and Articles
- “Bed Number Ten,” by Sue Baier, provides a view of long-term care through the eyes of a patient totally paralyzed with GBS.
- “Caring for a Child With GBS,” by Patricia Schardt, is a short guide written by a mother of a child with CIDP. Available at the GBS website bookstore at www.gbsfi.com.
- “No Laughing Matter,” by Joseph Heller (the best-selling author of Catch-22), who teamed up with Speed Vogel, his best friend, to describe Heller’s battle with and triumph over GBS.

ITP (Idiopathic Thrombocytopenic Purpura)

Websites
- ITP Support Association, UK: www.itpsupport.org.uk
- Platelet Disorder Support Association: www.pdsa.org

Online References

Kawasaki Disease

Websites
- Kawasaki Disease Foundation: www.kdfoundation.org
- American Heart Association www.americanheart.org/presenter.jhtml?identifier=4634

Mitochondrial Disease

Websites
- United Mitochondrial Disease Foundation promotes research and education for the diagnosis, treatment and cure of mitochondrial disorders and provides support to affected individuals and families. www.umdf.org
Websites

**Multifocal Motor Neuropathy (MMN)**
- Multifocal Motor Neuropathy Center at Johns Hopkins Department of Neurology: www.neuro.jhmi.edu/MMN/index.html
- The Neuromuscular Center at Washington University in St. Louis, Mo. Neuromuscular Home Page: www.neuro.wustl.edu/neuromuscular
- The Neuropathy Association is dedicated to helping those with conditions affecting peripheral nerves. www.neuropathy.org

**Multiple Sclerosis (MS)**
- The mission of the National Multiple Sclerosis Society is to end the devastating effects of MS. www.nationalmssociety.org/
- All About Multiple Sclerosis provides accurate and comprehensive medical information about MS written in plain English by people living with the disease and its symptoms. www.mult-sclerosis.org/index.html
- Multiple Sclerosis Foundation, works for a brighter tomorrow for those affected by MS. www.msfacts.org
- Multiple Sclerosis Association of America seeks to enrich the quality of life for individuals with multiple sclerosis. www.msaa.com
- MSWorld’s Chat and Message Board features patients helping patients. www.msworld.org

**Online Peer Support**
- Friends with MS: http://friendswithms.com
  Forum: http://health.groups.yahoo.com/group/FriendsWithMS
- My MSViews: www.mymsvies.org
  Forum: http://health.groups.yahoo.com/group/MSViews_Multiple_Sclerosis
- MS Support Group: http://health.groups.yahoo.com/group/mscured
- The MS Carousel—A Place to Meet With People Who Understand MS! http://health.groups.yahoo.com/group/themscarousel

**Myasthenia Gravis (MG)**
- The Myasthenia Gravis Foundation of America (MGFA) is the only national volunteer health agency dedicated solely to the fight against (MG). www.myasthenia.org
- Mayo Clinic’s overview of myasthenia gravis: www.mayoclinic.com/health/myasthenia-gravis/DS00375

**Online Peer Support**
- MGFA’s Forum: http://health.groups.yahoo.com/group/MGnet
- Bette’s Myasthenia Gravis Support: http://health.groups.yahoo.com/group/bettesmyastheniagravissupport
- Maddy’s MG Support: http://health.groups.yahoo.com/group/maddysmgsupport
- Autoimmune Information Network Inc.: www.aainc.org
- The Neuromuscular Home Page
- PO Box 4121 • Brick, NJ 08723 • 877-246-4900
  Email: autoimmunehelp@aol.com

**Websites**

**The Myositis Association**
- The mission of The Myositis Association, www.myositis.org, is to find a cure for inflammatory and other related myopathies, while serving those affected by these diseases. 202-887-0088

**Online Peer Support**
- Myositis Association Community Forum: www.myositis.org
- Myositis Support Group: www.myosistisupportgroup.org
- Myositis Support Group UK: www.myositis.org.uk
- Yahoo Myositis Support Group Discussion Board: http://health.groups.yahoo.com/group/OurMyositis
- The California Myositis Symposium held in 2005 was captured on DVD. It contains information about polymyositis, dermatomyositis and inclusion body myositis, including doctors’ discussions and detailed slides and explanations of muscle biopsies, skin rash, and tools used to diagnose these diseases. Other presentations offer valuable lessons in maintaining a positive attitude, exercises for physical therapy and innovative tools to aid in everyday activities. The DVD is available at no charge by sending an email to Richard Gay at rgay@socal.rr.com.

**Books and Articles**
- “Coping With a Myositis Disease,” by James R. Kilpatrick, is written by myositis patients telling their personal stories.
- “Inclusion-Body Myositis and Myopathies,” by Valerie Askanas (Editor), Georges Serratrice (Editor) and W. King Engel (Editor), is devoted to discussing the two forms of inclusion-body myositis.
- “Living With Myositis,” edited by Jenny Fenton, is an accessible, realistic and sympathetic guide to facts, feelings and future hopes.
- “Myositis — A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References,” by ICON Health Publications, is a three-in-one
Peripheral Neuropathy (PN)

Websites
- The Neurology Association, www.neuropathy.org, is devoted exclusively to all types of neuropathy, which affects upwards of 20 million Americans. The Association’s mission is to increase public awareness of the nature and extent of PN, facilitate information exchanges about the disease, advocate the need for early intervention and support research into the causes and treatment of neuropathies. 212-692-0662

- To learn about PN, how it is classified, the symptoms, causes and treatments, see the Peripheral Neuropathy Fact Sheet available at www.ninds.nih.gov/disorders/peripheralneuropathy/peripheralneuropathy.htm.

- The Neuropathy Action Foundation, at www.neuropathyaction.org, educates, empowers and informs patients and physicians about neuropathy.

Support Groups
- Click on the Member Services tab of the website, www.neuropathy.org, for listings of support groups across the nation.

Online Peer Support
- MSN Support Group Discussion Board: http://groups.msn.com/PNPARTNERS
- The Neuropathy Association Bulletin Board: www.neuropathy.org
- Yahoo Neuropathy Support Group Discussion Board: http://health.groups.yahoo.com/group/neuropathy
- Yahoo Support Group – Australia Discussion Board: http://au.groups.yahoo.com/group/LifeWithPN

Books and Articles
- “If You’re Having a Crummy Day, Brush Off the Crumbs!,” by Mims Cushing, is a how-to book that offers more than 75 ways to help people get through the days when neuropathy (or other ailments) is particularly difficult.
- “Medifocus Guide to Peripheral Neuropathy,” is a guide to current and relevant PN research, organized into categories for easy reading.

Primary Immune Deficiency Disease (PIDD)

Websites and Chat Rooms

The Immune Deficiency Foundation (IDF), www.primaryimmune.org, is dedicated to improving the diagnosis and treatment of PIDD through research and education. 800-296-4433

The Jeffrey Modell Foundation, www.info4pi.org, is dedicated to early and precise diagnosis, meaningful treatments and, ultimately, cures for primary immunodeficiency. 212-819-0200

- The National Institute of Child Health and Human Development (NICHD), www.nichd.nih.gov, is part of the National Institutes of Health. Go to the “Health Information and Media” tab on the website and do a search under “primary immunodeficiency.”

- The American Academy of Allergy, Asthma & Immunology, www.aaaai.org, has a helpful Q&A section on its website, with resources and tips for those with various immune deficiencies.

- The Michigan Immunodeficiency Foundation, www.midf.org, seeks to improve the quality of life for Michigan residents affected by PIDD.

- The International Patient Organization for Primary Immunodeficiencies (POPI), www.ipopi.org, promotes the worldwide improvement in the care and treatment of PIDD patients.

- To connect to a PIDD message board, go to www.info4pi.org.

- To chat with peers on IDF’s Forum, go to www.primaryimmune.org/forums/forum_intro.htm.

- Chat with parents of children affected by primary immune deficiency at http://health.groups.yahoo.com/group/PedPID.

- Chat with peers with PIDD at http://health.groups.yahoo.com/group/PIDsupport.

- A group of family and friends of patients with primary immune deficiencies maintains a nonprofit network in the New England area: www.nepin.org

- Baxter’s website, www.immunediseases.com, offers in-depth information on immunology, PIDD and treatment with intravenous immune globulin. Click on “European” to see SCIG information.

- Go to the National Institute of Allergy and Infectious Diseases site at www.niaid.nih.gov and search for “primary immune deficiency.”

Scleroderma

Websites
• Johns Hopkins Medicine Scleroderma Center: scleroderma.jhmi.edu
• Scleroderma Research Foundation: www.srfcure.org
• Scleroderma Foundation: www.scleroderma.org

Online Peer Support
• Educating instead of medicating CureZone.com http://curezone.com/forums/a-to-z.html
• International Scleroderma Network www.sclero.org/support/forums/a-to-z.html

Stiff-Person Syndrome (SPS)

Websites
• American Autoimmune Related Diseases Association Inc., www.aarda.org, is the only national organization dedicated to addressing the problem of autoimmunity. 800-598-4668 aarda@aarda.org
• Autoimmune Information Network Inc., www.aininc.org, helps patients and family cope with the disabling effects of autoimmune diseases. 732-262-0450 autoimmunehelp@aol.com
• National Association for Rare Disorders (NORD), www.rarediseases.org, promote awareness of rare diseases and the need for research. 800-999-6673 orphan@rarediseases.org
• National Institute of Neurological Disorders and Stroke (NINDS), www.ninds.nih.gov, offers treatment, diagnosis and research information for rare diseases. 800-352-9424 braininfo@ninds.nih.gov
• Mayo Clinic
  Stiff person syndrome: Can it be treated? www.mayoclinic.com/health/stiff-person-syndrome/AN01377
• Diagnosed with SPS in 1994, Debra Kemery recounts her experience and offers practical information about coping with the disease at www.stiffman.org.

General Resources

Product Information
• Influenza and the influenza vaccine www.cdc.gov/flu or call 800-CDC-INFO (800-232-4636)
• IVIG Carimune NF www.carimune.com
• IVIG Flebogamma www.grifolsusa.com/flebogamma.htm
• IVIG Gammagard Liquid www.gammagardliquid.com
• IVIG Gamunex www.gamunex.com
• IVIG Octagam www.octapharma.com/corporate/03_products_and_therapeutic_areas/01_immunoglobulin_product_line/03_octagam.php
• SCIG (subcutaneous immune globulin) Vivaglobin www.vivaglobin.com

Other Organizations
• Alliance for Plasma Therapies is a unified, powerful voice of patient organizations, health care providers and industry to advocate for fair access to plasma therapies. www.plasmaalliance.org
• For suggestions on how to deal with the medical and emotional impact of caring for an ill child, go to www.kidsshealth.org/parent/system/ill/seriously_ill.html
• The National Committee for Quality Assurance provides free access to detailed report cards on health plans, clinical performance, member satisfaction, access to care and overall quality on its Health Plan Report Cards Online at www.ncqa.org.
• The nonprofit Patient Advocate Foundation, www.patientadvocate.org, seeks to assure patient access to care, maintenance of employment and financial stability. 800-532-5274
• The nonprofit Patient Services Incorporated, www.uneedpsio.org, specializes in health insurance premium, pharmacy co-payment and co-payment waiver assistance for people with chronic illnesses. 800-366-7741

Education and Disability Resources
• WebMD, www.webmd.com, is a handy medical reference that helps consumers take an active role in managing their health by providing objective healthcare and lifestyle information.
• For a pediatrician’s guide to your child’s health and safety, visit www.keepkidshealthy.com.
• The National Organization for Rare Diseases, at www.rarediseases.org, provides links to numerous other organizations that have disease-specific support groups and virtual communities for patients and caregivers.
• American Autoimmune Related Diseases Association (AARDA) www.aarda.org brings national focus to autoimmunity through research, education and patient services. 800-598-4668
• Band-Aides and Blackboards, www.lehman.cuny.edu/faculty/fleitas/bandaides, started by a nurse working on her dissertation, focuses on children with chronic illness.
• American Chronic Pain Association (ACPA) was founded in 1980 to provide resources for people coping with chronic pain. www.theacpa.org

• Social Security: www.ssa.gov/disability
• California State Disability Insurance (SDI): www.edd.ca.gov

(Please note that each state has a different disability program.)
Additional Reading

“Anatomy of an Illness,” by Norman Cousins, is a best-seller about overcoming illness and the triumph of the human spirit. The premise is that the human mind is capable of promoting the body’s capacity for combating illness and healing itself even when faced with a seemingly hopeless medical predicament.


“The Confused Consumer’s Guide to Choosing a Health Care Plan: Everything You Need to Know,” by Martin Gottlieb, helps consumers through the confusing maze of choosing a healthcare plan.

“The Everyday Guide to Special Education Law,” by Randy Chapman, Esq., makes the law accessible to parents so they can be more effective advocates for their children. Available at www.thelegalcenter.org/thelegalcenter-cgi-bin/shop?item=15.

“Living Creatively With Chronic Illness: Developing Skills for Transcending the Loss, Pain and Frustration,” by Eugenia G. Wheeler, is a self-help book specifically designed to help the chronically ill, their families, friends, counselors, medical personnel and the clergy.

“Managing Pain Before It Manages You,” by Dr. Margaret A. Caudill, is a wellspring of wisdom and practical approaches that can help transform your life and your pain.

“Not Dead Yet: A Long Strange Trip From Doctor to Patient and Back Again,” by Dr. Robert Buckman, an oncologist and comic writer, is a witty account of his life as a doctor and autoimmune disease survivor.

“Pride and the Daily Marathon,” by Jonathan Cole, describes how Ian Waterman was suddenly struck down at work by a rare neurological illness that deprived him of all sensation below the neck, and how he reclaimed a life of full mobility.

“Pronoia Is the Antidote for Paranoia,” by Rob Brezsny, explores the best way to attract the blessings that the world is conspiring to give us.

“When You’re Ill or Incapacitated” comprises one-half the booklet it shares with “When You’re the Caregiver,” both written by James E. Miller, suggesting 12 things to remember or do in each role.

“YOU the Smart Patient: An Insider’s Handbook for Getting the Best Treatment,” by Michael F. Roizen, MD, and Mehmet C. Oz, MD, with the Joint Commission on Accreditation of Healthcare Organizations, shows you how to tackle such healthcare decisions as picking the best doctors and hospitals for you, knowing when to get a second opinion, and more.

Food Allergies

- Allergic Disorders: Promoting Best Practice www.theallergyreport.com/reportindex.html
- American Partnership for Eosinophilic Disorders: www.apfed.org
- Food Allergy and Anaphylaxis Network: 800-929-4040 www.foodallergy.org
- World Allergy Organization: www.worldallergy.org

Reading Just for Kids

- “Germs Make Me Sick,” by Melvin Berger, explains with colorful illustrations how your body fights germs.
- “Little Tree: A Story for Children With Serious Medical Illness,” by Joyce C. Mills, is a comforting fable for young children facing serious life challenges.
- “My IVIG Book,” written from a 3-year-old’s perspective about his infusions, comes with a kit for other children to create their own personalized book. Free from Baxter at www.immunedisease.com/US.

Have something to add to these pages? Please send your suggestions for additions to the IG Living Resource Directory to editor@igliving.com. In this case, more is indeed better!
Specifying resource directories. By default, Maven will look for your project's resources under src/main/resources. Project structure:

```
|-- pom.xml
|-- src
|   `-- main
|       `-- resources.
```

However, all your resources may not be in src/main/resources. Thus, you'd have to specify those directories by adding the following to your POM:

```
<resource>
<directory>[your folder here]</directory>
```

So if your resources resides in src/my-resources.

In this tutorial, we will show you how to read a file from a resources folder or classpath, in both runtime and unit test environment. Try putting a file into the src/main/resources folder, and read the file with following code snippets:

1. `getResource`

```java
File file = new File(getClass().getClassLoader().getResource("database.properties").getFile());
```

A directory of individual resources related to the target, each directory entry containing descriptive material and linked to the resource in question. The targets which RDDL was designed to describe are XML Namespaces. Examples of "individual related resources" include schemas, stylesheets, and executable code designed to process markup from some namespace. A Resource Directory is designed to be suitable for service as the body of an entity returned by dereferencing a URI serving as an XML Namespace name.