

Finding Health Information



Where Can I Find Credible Health Information?

There is a lot of health information available on the internet. You might find this information on websites such as:

- Personal blogs
- Magazine websites
- Health organization websites
- Hospital websites
- Government websites

Much of this health information can be helpful. But, it's important to know who the writers are and where they get their information. This can ensure you get the best, most up-to-date, and most credible information. "Credible" means that you can trust the information to be true. You can always talk to your health care professional about where to find credible health information. Your health care professional is there to answer your questions and help you find the information you need.



Why Do I Have to Be Careful About Where I Find Health Information?

- It's great that there is so much information available online, but this information can come from anyone.
- This means people without any medical knowledge can have websites and write articles online.
- If you take advice from someone who doesn't have medical knowledge, it could put your health in danger.



Tips for Finding Reliable Information

- The author's name should be easy to find. See if you can find out information about the author. Are they a health professional? Do they have experience in this field? If so, the information can probably be trusted.
- Check if the article lists sources. Where did the author find his or her information? The sources listed should also be from trusted websites or organizations.
- Ask yourself if the article is trying to sell something. Is the author selling you a product? If so, you should keep in mind that the information may not be based on science.
- The information should come from health research done by many experts. Research is how healthcare professionals learn about certain health topics.
- Just because the website or organization sounds credible doesn't mean that it is. A lot of organizations have names that seem trustworthy. Don't trust just the name.
- If you are unsure about information that you have found online, ask your healthcare professional for advice. Bring a printed copy or show them on your phone at your next appointment for advice.

