TRASH OR TREASURE

How to find medically sound information on the Internet

Knowing what to trust on the Internet can be extremely stressful. Here are a few tips to guide your decision making process in determining what information is truly evidence based and useful from that which is not.

1. *Be cautious of general health sites and individual Doctors promoting certain agendas. If ads are on the site, make sure they are clearly labeled as such. Government and university sites are usually very useful like USDA or Linus Pauling Institute.*
2. *Look for sites with medical review boards. The more experts reviewing a subject the better.*
3. *Look at the About Us page. What is the purpose of the site? Who runs it? Pays for it? All of these can be important clues for potential financially biased information.*
4. *Are the articles up to date? Research is changing all the time and it is important the information on the site is updated periodically.*
5. *Be wary of having to provide personal information to access the content of the site. Make sure the information you provide to any site is used in a manner you wish by reviewing the site's privacy policy.*