

# SURFING THE NET ... FOR HEALTH!

There are hundreds of websites on almost any given health or medical topic. The internet educates both doctors and the public and can be a powerful force for improving people's health. Yet setting up a website is both easy and cheap ... anybody can sell or claim anything. How can we judge the validity of the information being offered, or the credentials of the "experts"?

Since there is no peer review to guarantee what you are reading is accurate or up-to-date, it is important to be a cautious consumer of online information. Follow these tips when seeking medical and health information on the Internet:



- If you have been diagnosed with an illness and want more information, the internet is a good place to start. Discuss your findings with your health care provider by using it as a basis for questions.
- Some doctors offer online consultations, though it is difficult to know if their credentials are genuine. While they may be useful as an additional source of information, only accept a diagnosis from a doctor who has seen you personally and has access to your medical records.

- Avoid any site where only one point of view is given.
- Question any site that sells products, especially a product that claims to have a 100% cure rate. Be suspicious of claims of a secret ingredient, miracle cure or ancient remedy. Testimonials and scientific words like ionic or antioxidant may, or may not, mean anything.
- Having prescriptions filled online can be economical and convenient, but don't assume you are getting bargain prices (some sites actually charge more than real drugstores). Only purchase medication prescribed by your own physician, never from a cyber-pharmacist who may prescribe potentially dangerous drugs without ever seeing the patient.
- Ignore cyber-salesmen who claim that the government, medical profession and mainstream scientific research are working together to suppress *their* products ... or that doctors don't really want to cure cancer, heart disease, the common cold, etc.
- Look for resources from:
  - ▶ United States government agencies and state/local government agencies
  - ▶ News web sites
  - ▶ National voluntary, nonprofit and professional organizations serving the public interest
  - ▶ Organizations partnering with government agencies to provide information to the general public
  - ▶ Universities, other educational institutions and libraries



**WEST WINDSOR HEALTH DEPARTMENT**

serving the communities of West Windsor ■ Hightstown ■ Robbinsville