



How can you find trustworthy health information on the web?

- ✓ Tips on how to judge websites
- ✓ Recommended websites



Information for a Healthy Oregon

We collaborate with patients, providers, health plans, and purchasers to measure and improve health care quality in Oregon.

A project of the Oregon Health Care Quality Corporation and the Robert Wood Johnson Foundation's Aligning Forces for Quality Initiative.

Choose websites carefully

Since the internet is not regulated, websites can say anything they like. Some websites have accurate and reliable health information, but others do not. To help make sure the information you find is trustworthy, use the checklist below.

Look for these features:

- ✓ The website tells who is responsible for the site and how you can contact the site.
- ✓ The website's only purpose is to give you information (it's not selling anything).
- ✓ If the website collects personal information from you, it tells you what it will (and will not) do with your information.
- ✓ The health information on the website is based on results from medical research and backed up with references to the research.
- ✓ The website gives the source of the health information. The information has been approved by medical experts.
- ✓ The health information seems unbiased, objective, and balanced. The information seems reasonable and believable (no promises of "miracle cures").
- ✓ Information is reviewed regularly and the date of the last update is given.

Other tips:

Visit more than one website and compare what you find.

In general, information is more trustworthy when you find the same type of information on more than one website.

Talk with your doctor about health information you find on your own.

Consider bringing the information with you to a medical visit. You may want to ask questions about it, especially if it disagrees with something you've been told.



Good places to start



www.medlineplus.gov

Run by the National Library of Medicine

- Medical encyclopedia with detailed information on medical conditions, prescription drugs, herbal remedies and other supplements.
- Access to Medline, which has publications and summaries of articles in medical journals



www.cdc.gov

Run by the Centers for Disease Control and Prevention

- Information on hundreds of health conditions.
- Health-related information and advice for those traveling to other countries.
- Information about public health issues and concerns, such as outbreaks of disease.



www.healthfinder.gov

Run by the Office of Disease Prevention and Health Promotion

- Tips for staying healthy.
- Details on hundreds of diseases and health conditions.
- Links to help you find a doctor and other health providers.



www.ahrq.gov

Run by the Agency for Health Care Research and Quality

- Consumer guides and other information to help you understand and choose “quality” health care.
- Tips for getting the most from your visits for medical care.
- Information on patient safety.





Helpful advice on special topics

What questions should you ask during visits for health care?

www.ahrq.gov/questionsaretheanswer/

Questions are the answer gives tips on how and why to ask questions during health care visits. It includes a checklist of questions to ask in different situations. You can mark the questions that apply to you and then print them to take with you to your health care visit.

How can you help make sure you are getting “quality” health care?

www.ahrq.gov/consumer/qntool.htm

Your Guide to Choosing Quality Health Care explains what is meant by quality care. It also tells how to find information about quality when choosing health plans, doctors, treatments, hospitals, and long-term care.

What if you might need surgery?

www.ahrq.gov/consumer/surgery/surgery.htm

Having surgery? What you need to know is a guide to non-emergency surgery. It will help you learn more about your surgery, including how to get ready for it and how soon it might need to be done.

What if you have a new diagnosis or need to make a treatment choice?

www.ahrq.gov/consumer/diaginfo.htm

Next steps after diagnosis: finding information and support gives general advice as well as tips and resources to help you learn more about a specific health problem or condition.

How can you use medicines safely?

www.ahrq.gov/consumer/safemeds/safemeds.htm

Your medicine: play it safe has many tips on taking medicines safely.

What if you are taking more than one medication?

www.drugdigest.org/DD/Interaction

If you take more than one medication, you'll want to be sure that your drugs are safe to use together.

To find out, you can use *Drug Interaction checker*. It gives information about many drugs, including whether they “interact” with other drugs in ways that could be harmful.