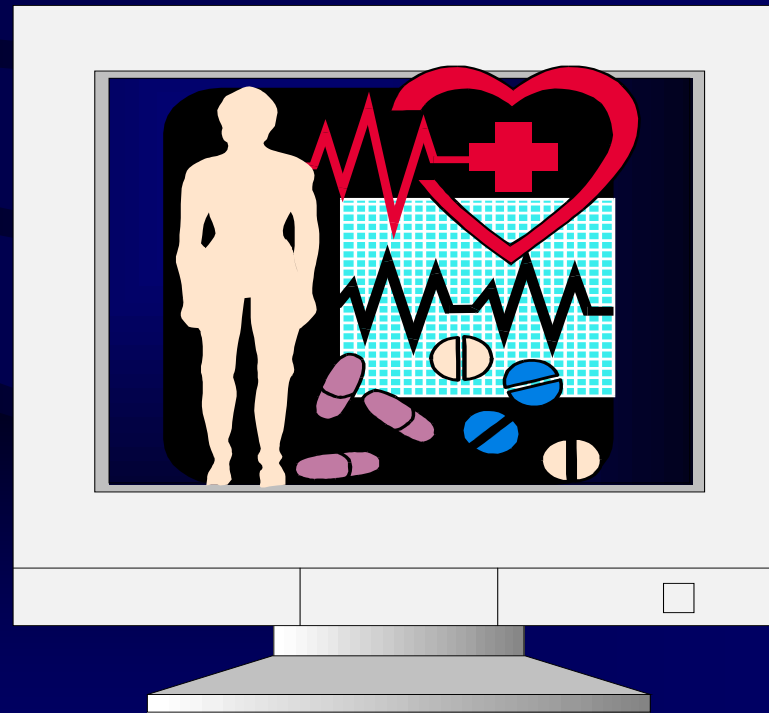


Looking for Health Information?



**There is lots of
information out
there...**

**but often confusing and
hard to understand**

You need health information that is

- reliable**
- up to date**
- easy to understand**

Where can you find reliable health information?

- **your trusted healthcare provider**
- **libraries**
- **Internet**

Trusted healthcare providers include...

- doctors, nurses...**
 - naturopaths, homeopaths, chiropractors...**
 - physio and occupational therapists...**
- etc.,**

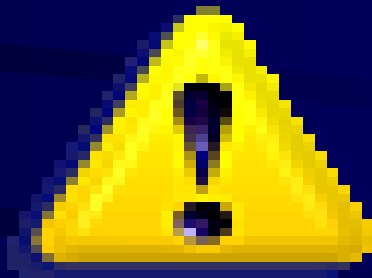
Public libraries...

- **Toronto Public Library (TPL) has 100 branches**
- **Closest branch is in St. James Town (Wellesley & Sherbourne)**
- **Free membership with ID**
- **Toronto Reference Library has largest health collection**
- **TPL has health books and health databases**

Health information on the Internet...

There is lots of health info
on the Internet **but** is it
reliable?

Keep in mind...



Anybody can publish just about anything
on the Internet

Be a savvy consumer!!

Tips on finding reliable health info on the Net...

Use

- **Internet based databases**
- **Recommended websites**
- **Checklist of reliable sites**

Internet based Health Databases

- **MEDLINEplus**
- **PubMed**

Recommended Websites*

- **Health Canada**
- **Toronto Public Health**
- **CMT/Health Library**
- **HealthLink BC**
- **Mayo Clinic**
- **Australia's Health Insite**
- **World Health Organisation (WHO)**

***Additional websites available upon request**

**When searching the
Internet
evaluate sites for**

reliability

See Checklist...

Checklist

Questions to ask:

- **What is the purpose of the website?**
- **Who is responsible for the content?**
- **Is subject coverage complete & in-depth?**
- **Does it link to other reputable sources?**
- **Is information up-to-date?**
- **How easy is the site to use?**
- **Does it have a Disclaimer?**
- **Is it Canadian...i.e, applicable to you?**

Checklist

What is the **purpose** of the site?

- **The purpose of the site should be clearly stated**
- **Is it for educational purposes?**
- **Are they trying to sell you something?**
- **Look for mission/vision statement**

Checklist

Who is responsible for content?

- **Good sites state who wrote or evaluated the content of the site**
- **Check for credentials of authors**
- **Look under the 'about us' section**

Checklist

Does it provide **broad coverage**?

- **A good site provides comprehensive coverage of the subject**
- **You should not have to go to many sites to find the information you are looking for**

Checklist

Does the site link to **other sources?**

- **Reliable information is built on solid research**
- **A good site provides reference to other research**

Checklist

Is information **up-to-date**?

- **Make sure the information is up-to-date**
- **Look for date on articles and websites**

Checklist

Is the site **easy** to use?

- **Is the information you are looking for easy to find?**
- **Can you enlarge fonts?**
- **Can you print/email/share information?**

Checklist

Does it have a **disclaimer**?

- **Good sites should have a Disclaimer...**
- **Often 'hidden' at the bottom of the page**

Example of disclaimer

The information provided on this website is for general educational purposes only. It is not intended to be used as a substitute for medical advice.

Checklist

Is the site **Canadian**?

- **There are many reliable foreign sites on the Internet but the information may not apply here in Canada...**
- **Examples:**
 - **cholesterol levels are measured differently in the USA**
 - **drugs have sometimes different names**

Last but not least...

ALWAYS
consult your health care
provider before following
any online medical
advice



For further information...

Contact staff at:

Community Matters Toronto

260 Wellesley St. E. Unit 102 Access code 8605

416-944-9697

or email info@communitymatterstoronto.org

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