How do you know what to trust online?

Finding online medical information is becoming less and less difficult, these days, but the reliability of such information remains a crucial factor for consumers.

Not all information available online is created equally. Some information is false or misleading. Knowing where to find trustworthy information is half the battle. This brochure will lead you to reliable medical websites where you can find the health information you're looking for.

The resources in this brochure are intended to provide public access to a wide range of health and disease information and should not be construed as medical advice or be used as a substitute for consultation with a health care professional.

For More Information

If you are unable to find the information you are looking for, or would like assistance searching for medical information please contact us or come in to the library.

Information used in this pamphlet created based on MLA Deciphering Medspeak, Medline Plus Guide to Healthy Surfing, & BC Cancer Agency website evaluation policy.

**Fraser Health
Library Services**

© January 2010

ARHCC Library

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Finding Health Information Online

**Fraser Health
Library Services**

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Better health. Best in health care.

Abbotsford Regional Hospital and Cancer Centre

Evaluating Websites

Here are some tips to help you determine whether or not to trust a health website

1. **Who?**

    A good website should make it very clear who is responsible for the site and its information. When looking for health information make sure the source is an **authority** such as a government agency or a well known non-profit agency. Also be aware of who might be paying for the site – if the website has many pop-up advertisements or is trying to sell medication it may not be the best source of information.

2. **When?**

    You should be able to tell when the information on the site was last updated. Remember that health information is constantly changing, if a site hasn't been updated in over 5 years the information is likely outdated.

3. **Where?**

    Where is the information on the page from? Is it based on medical facts or is it someone's opinion? Look for websites that refer to medical reports or are written by qualified professionals. If something sounds too good to be true it probably is.

Always ask a medical professional

Starting Points

These are some general health websites to help get you started.

- **BC Health Files** 🇨🇦
  www.healthlinkbc.ca

- **Health Canada** 🇨🇦
  www.hc-sc.gc.ca

- **Canadian Medical Association** 🇨🇦
  www.cma.ca

- **3D Videos – Alberta Health Services** 🇨🇦
  www.calgaryhealthregion.ca/healthinfo/medicalvideos/index.html

- **BC Centre for Disease Control** 🇨🇦
  www.bccdc.org

- **Mayo Clinic** 🇺🇸
  www.mayoclinic.com

- **Merck Manual Online** 🇺🇸
  www.merck.com

- **Medline Plus** 🇺🇸
  www.medlineplus.gov

- **Centre for Disease Control** 🇺🇸
  www.cdc.gov

Condition Specific Information

General health websites are a great place to start your research. However, if the information you are looking for is specific to a condition or health problem you may want to check out some of the other resources Abbotsford Regional Hospital and Cancer Centre Library has to offer.

Our **Health Files** are a project where you can find research on specific health topics which have been gathered from various reliable sources and websites. Each of these files also contains a **resources** section where you can find a listing of available print, video, and online resources.

Remember the library is here to support you and your family by providing up to date, trustworthy, information on health.