

Health Byte

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Finding Reliable Online Health Information

Have you ever felt frustrated or overwhelmed by the vast amount of health information, claims, and cures found on the web? It's not always easy to find trustworthy sources that are reliable, current, accurate, easy to understand, and written by health professionals. A recent Google search for "autism" yielded about 207 million results; "diabetes" yielded about 445 million results. Where do you begin?

Here are just a few to start with.

MedlinePlus, a website from the National Library of Medicine, has dependable information about more than 700 health-related topics: www.medlineplus.gov

The National Institute on Aging has a variety of resources about health and aging, including information about Alzheimer's disease: www.nia.nih.gov

For more information go to: <https://www.nia.nih.gov/health/online-health-information-it-reliable>

Please go to www.pchc.org to see past "Health Bytes".