Evaluating and Finding Health Information on the Internet

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Objectives:

• At the end of this class, you will be able to:

  – Evaluate and determine the quality of health information found on the Internet using a set of criteria: accuracy, authority, bias, currency, coverage, and user-friendliness of health information found on the Internet
  – Protect yourself from misinformation
  – Identify a select group of reliable and authoritative “go to” health information sites
Types of Websites

• What is the purpose of the page?
  – Advocacy (American Diabetes Association)
  – Business/marketing (Johnson & Johnson Pharmaceutical Company)
  – Informational (National Center for Health Statistics)
  – News (CNN)
  – Entertainment (Official Black Panther Fan Club)
Domains and the URL

- .com, .edu, .org, .gov, .net
- The tilde ~
- Contact information
- About Us
Evaluation Criteria

- Accuracy
- Authority
- Bias
- Currency
- Coverage
Accuracy
Tourette's Syndrome

Tourette's syndrome is a condition that causes you to make involuntary movements or noises called tics. It starts in childhood and is associated with various other problems such as behavioural problems and attention deficit hyperactivity disorder (ADHD). It can often be well managed with psychological treatments and sometimes with medication.

IN THIS ARTICLE
- What is Tourette's syndrome?
- What causes Tourette's syndrome?
- How common is Tourette's syndrome?
- What are the symptoms of Tourette's syndrome?
- Are there any other problems?
- What is the treatment for Tourette's syndrome?
- Some other thoughts and controversies about Tourette's syndrome
- What is the outlook (prognosis)?
Hormone Replacement Therapy Q&A

1. Should I stop taking hormone replacement therapy (HRT)?

It depends on how long you've been taking it and why. Here are some facts to help you decide:

You may be taking HRT to relieve menopausal symptoms. At one time, doctors also used HRT to prevent diseases like osteoporosis and heart disease in women past menopause. But in 2002, a Women's Health Initiative study found that women who took the most common form of HRT, a
Altitude Sickness

Altitude sickness (or altitude illness) is a disorder caused by being at high altitude. It commonly occurs above 8,000 feet. The cause of altitude illness is a matter of oxygen pressure. At 12,000 feet there are roughly 40% fewer oxygen molecules per breath. In order to oxygenate the body effectively, breathing rate must increase. This extra ventilation increases the oxygen content in the blood, but not to sea level concentrations. Since the amount of oxygen required for activity is the same, the body must adjust to having less oxygen. In addition, high altitude and lower air pressure cause fluid to leak from the capillaries which can cause fluid buildup in both the lungs and the brain.

Continuing to higher altitudes without proper acclimatization can lead to potentially serious, even life-threatening illnesses.

The main cause of altitude sickness is going too high too fast. Given time, the body can adapt to the decrease in oxygen concentration at a specific altitude, process known as acclimatization. To acclimatize, a number of changes take place in the body to allow it to operate with decreased oxygen: the depth of respiration increases; the pressure in the pulmonary arteries increases forcing blood into portions of the lung which are normally not used at sea level; more red blood cells are made; more 2,4-DPG is made which facilitates the release of oxygen from hemoglobin to the body tissues. Acclimatization generally takes 1 to 3 days at a given altitude. Altitude is defined on the following scale:

1. High altitude: 8,000 - 12,000 feet (2,438 - 3,658 meters)
2. Very high altitude: 12,000 - 18,000 feet (3,658 - 5,487 meters); and
3. Extremely high altitude: 18,000 - 20,000 feet (5,487+ meters).

Most people can go up to 8,000 feet (2,438 meters) without minimal effects. If you have been at that altitude before and had no problems, you can
About Us

The Snopes.com website was founded by David Mikkelson, a project begun in 1994 as an expression of his interest in researching urban legends that has since grown into the oldest and largest fact-checking site on the Internet—one widely regarded by journalists, folklorists, and laypersons alike as one of the world’s essential resources. Snopes.com is routinely included in annual “Best of the Web” lists and has been the recipient of two Webby awards. Snopes.com personnel have made multiple appearances as guests on national news programs such as 20/20, ABC World News, CNN Sunday Morning, and NPR’s All Things Considered, and they and their work have been profiled in numerous major news publications, including The New York Times, the Los Angeles Times, The Washington Post, The Wall Street Journal, and Reader’s Digest.

Over twenty years later, Snopes.com has come to be regarded as an online touchstone of research on rumors and misinformation. The site’s work has been described as painstaking, scholarly, and reliable, and has been lauded by the world’s top folklorists, including Jan Harold Brunvand, Gary Alan Fine, and Patricia Turner. Hundreds of the site’s articles have been cited by authors in a variety of disciplines, and various of their articles have been published in textbooks currently in use in the U.S. and Canadian school systems.

Dig Deeper...

- Disclosures
- Our Team
- Frequently Asked Qs
- Archives
- Support Us!
- Advertise With Us
FactCheck.org
Politifact.com
A Finder's Guide to Facts (NPR)
Health News Review
Protect Yourself from Health Fraud

- Guard your numbers
- Don’t carry your health insurance card all the time
- Decline offers that ask for your insurance information
- Ignore those saying they are “government” officials
- Carefully examine bills and statements
Tips

• Watch for official communications
• Be skeptical
• Trust your instincts
• Report suspected fraud or scams
  – NC: http://www.ncdoi.com/
Recognizing Red Flags of Health Scams

- One product does it all
- Personal testimonies
- Quick fixes
- “Natural”
- Paranoid accusations
- Meaningless medical jargon
MedlinePlus Tools

• **Topic pages:**
  – Evaluating health information
  – Health fraud
  – Understanding medical research

• **Tutorials:**
  – Understanding medical words
  – Evaluating internet health information
The Health Sciences Library (HSL) at UNC-Chapel Hill created NC Health Info to help you find reliable and easy-to-understand health and medical information and services. All the resources referenced on our page have been carefully selected by HSL librarians. However, they should be used for informational purposes only and not replace advice from medical professionals. To learn more about our Policies & Disclaimers, and ways we can help you become a more informed patient, visit our About Us section.

Managing Your Health Care
- Learn about Choosing a Doctor, Insurance, Medical Records, and more

Providers & Services
- Information about providers and services to help you manage your health condition

Health Topics
- Information on Physical and Mental Health conditions

Staying Healthy & Safe
- Topics include Exercise, Stress, Falls Prevention

(Disclaimer: This text is a screenshot of a webpage and not a natural text document.)
Monthly Focus: Oral Health

Mouth and Teeth: How to Keep Them Healthy
Taking good care of your mouth and teeth throughout your life can help prevent problems as you age. Brush...
Patient Resources

Lab Tests Online is designed to help you, the patient or caregiver, understand the what, why, and how of laboratory testing. To access the primary resources on this website, you can go to the full listings below.

(https://labtestsonline.org)
ClinicalTrials.gov is a database of privately and publicly funded clinical studies conducted around the world.

Explore 265,324 research studies in all 50 states and in 203 countries.

ClinicalTrials.gov is a resource provided by the U.S. National Library of Medicine.

IMPORTANT: Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our disclaimer for details.

Before participating in a study, talk to your health care provider and learn about the risks and potential benefits.

Find a study (all fields optional)

Recruitment status
- Recruiting and not yet recruiting studies
- All studies

Condition or disease (For example: breast cancer)
- [X]

Other terms (For example: NCT number, drug name, investigator name)
- [X]

Country
- [X]

Search
Advanced Search
Health

All Health Topics from A-Z
Research-based info from acupuncture to zinc.

Complementary, Alternative, or Integrative Health
What do these terms mean?

Be Informed
Learn how to make wise health decisions.

Herbs at a Glance
Uses and side effects of herbs and botanicals.

How To Find a Practitioner
Information on seeking treatment.

Information for Health Care Providers
Evidence-based medicine, continuing education, clinical practice guidelines, and more.

Featured Health Topics
Dietary and Herbal Supplements (January 2016)
Complementary Health Approaches for Seasonal Ailments

NCCIH Introduces Know the Science Initiative
Check out Know the Science, an initiative aiming to clarify and explain scientific topics related to health research.

(https://nccih.nih.gov)
Feeling tired? You can sleep better!

Read and share this infographic about getting a good night’s sleep.
Drug Information Portal
Quick Access to Quality Drug Information

Mobile Site

Search
DRUG INFORMATION PORTAL

Information available for 70,707 drugs.

By Name  By Category

- Show examples.
- Show drug category names, results, and descriptions.
- Show top "By Name" searches (previous seven days).
- Show top "By Category" searches (previous seven days).
- Show top dispensed prescriptions in the US Market, 2010.
- Show common drug names list.
- Show generic name stems list.
- Show list of resources searched.

(https://druginfo.nlm.nih.gov/drugportal/)
POPULAR SUPPORT GROUPS

Post-Traumatic Stress Disorder (PTSD)
Category: Anxiety Disorders
5,206 Members • 6 Online
Find support with others who have gone through a traumatic experience. Whether you have chronic or acute PTSD, we are here for you.

Depression
Category: Mental Health
14,994 Members • 10 Online
Depression is a real and debilitating condition that is often misunderstood by family and friends. Its meaning can range from a prolonged period of... READ MORE

Widows & Widowers
Category: Death & Dying
2,740 Members • 3 Online
This community is dedicated to those who have lost a husband, wife, or partner. Anything is open for discussion here with the hope that we can focus... READ MORE

(https://www.dailystrength.org)
DigitalMe™
The future of health is here

Our digital health learning system uses the most advanced technologies to help you better understand wellness, aging, and disease. As new understanding emerges, you will gain access to tools, information and connections—to people like you—to find a clearer path forward to your own future health.
Questions?
Use the “Ask Us” button on NCHealthInfo.org site

or contact me:

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