
HEALTH WEBSITES We Recommend

Organizations around the world promote the importance of accurate health information. Unfortunately, with the enormous amount of medical information online, navigating what's accurate, unreliable or downright bogus isn't always easy.

That's why it's important to check certain details before trusting posted medical information.

For example, do medical professionals serve on the board of directors of a health website? Is the medical information current or years old? Are health articles written or reviewed by health professionals? Red flags for fake health websites include research that sounds too good to be true, ads for products and only positive reviews.

To find trustworthy health websites, look for URLs (website addresses) that include **.org**, **.edu** and **.gov**. Harvard, Yale, Mayo, UCLA and many other well-known medical centers, universities, government agencies and non-profit organizations are good sources, including:



American Cancer Society: www.cancer.org
American Diabetes Association: www.diabetes.org
American Heart Association: www.heart.org
Centers for Disease Control and Prevention: www.cdc.gov
Johns Hopkins Medical Health Library: www.hopkinsmedicine.org/health/
National Institute on Aging: www.nia.nih.gov
National Institutes of Health: www.nih.gov
U.S. National Library of Medicine's MedlinePlus: www.medlineplus.gov/

Bottom line: Don't rely on website health information without talking to your health care provider first.