

## How can I decide what to trust?

These days it seems like everyone is handing out health advice but how do you know which advice you can trust?

A recent survey<sup>1</sup> found that 2/3 of people trusted advice about medicines from friends and family but only 1/3 trusted evidence from medical research.

Unfortunately, there are still a lot of myths about health and listening to the wrong advice might be harmful.

## Good sources of health information

- GP/Consultant
- Patient Information Leaflets
- NHS Choices Website
- Self-help Books
- Charities Associated with a Health Condition
- NHS Digital Approved Apps
- Oliveira Library Website—Patient Information

1: BMJ citing Academy of Medical Sciences. Enhancing the use of scientific evidenced to judge the potential benefits and harms of medicines. Jun 2017. [www.acmedsci.ac.uk/evidence/report](http://www.acmedsci.ac.uk/evidence/report).

## The Information Standard Certificate

This is an independent certification programme commissioned by NHS England. It is awarded to organisations producing clear, accurate, up-to-date, evidence based health information. Certified organisations can display the Information Standard logo on their webpages.



For more information and a list of certified organisations see: [www.england.nhs.uk/tis](http://www.england.nhs.uk/tis)

## Health on the Net Foundation (HON)

HON is a non-governmental organisation which was founded to encourage the dissemination of quality health information. To check if a website is certified, click on the HON logo. You should be directed to a page that includes the HON code number for the site. For more information see: [www.hon.ch](http://www.hon.ch)



## Tips for finding health advice you can trust

Ask yourself:

Is the person qualified to give this advice? They may have personal experience, but they might not know as much as they appear to.

Are they selling something? If the person gains something by recommending a treatment it might mean they are overstating the benefits and not telling you the risks or downsides - it might not work at all!

Should I ask Google? You will find lots of good information on the internet but also lots of advice that is totally wrong! Check the source of the information before acting on it.

And always remember - if it sounds too good to be true it probably is.



*If you have a worry about your health, please contact your GP, talk to your pharmacist or call NHS 111.*

## Who do YOU trust to give you good information about your health?

- The lady in the health food shop?
- My next-door neighbour?
- My Doctor?
- The "internet"?
- My Pharmacist?
- Self-help books?

*Clue: Not all the sources above can be trusted!!*



## Advice on how to find reliable information

### Staying safe online

[www.nhs.uk/aboutNHSchoices/aboutNHSchoices/staying-safe-online](http://www.nhs.uk/aboutNHSchoices/aboutNHSchoices/staying-safe-online)

### MedlinePlus Guide to Healthy Web Surfing

[www.medlineplus.gov/healthywebsurfing.html](http://www.medlineplus.gov/healthywebsurfing.html)

### Testing Treatments

[www.testingtreatments.org](http://www.testingtreatments.org)

## Useful websites

### Patient Information Leaflets

[www.iow.nhs.uk/Homepage/patient-information-leaflet-a-z.htm](http://www.iow.nhs.uk/Homepage/patient-information-leaflet-a-z.htm)

### General health information

[www.nhs.uk](http://www.nhs.uk) (NHS Choices)  
[www.nhs.uk/news](http://www.nhs.uk/news) (Behind the headlines)  
[www.patient.info](http://www.patient.info)  
[www.medlineplus.gov](http://www.medlineplus.gov)  
[www.healthtalk.org](http://www.healthtalk.org)

### Self-help Books

[www.reading-well.org.uk](http://www.reading-well.org.uk)

### Charities

[www.ageuk.org.uk](http://www.ageuk.org.uk)  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
[www.bhf.org.uk](http://www.bhf.org.uk)  
[www.cancerresearchuk.org](http://www.cancerresearchuk.org)  
[www.dementiauk.org](http://www.dementiauk.org)  
[www.diabetes.org.uk](http://www.diabetes.org.uk)  
[www.mariecurie.org.uk](http://www.mariecurie.org.uk)  
[www.macmillan.org.uk](http://www.macmillan.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)  
[www.parkinsons.org.uk](http://www.parkinsons.org.uk)  
[www.scope.org.uk](http://www.scope.org.uk)  
[www.stroke.org.uk](http://www.stroke.org.uk)

### Oliveira Library

[www.iow.nhs.uk/library](http://www.iow.nhs.uk/library)

*If you do not have a computer you can go to your local public library. Take this leaflet with you and they can help you access the websites listed.*

# How healthy is your info?

*Finding health information you can trust*

