



National Prescribing Service Limited

**MEDIA RELEASE**

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### **Tips for finding reliable health information sources on the web**

Searching for health information on the internet can be overwhelming. The sheer volume of websites makes it hard to know where to start and which ones contain reliable information.

To help consumers find the best information sources on the internet, the National Prescribing Service (NPS) has published tips in its latest edition of *MedicinesTalk*.

“There are a number of things to consider when you are searching for health information on the internet; most importantly that the content is accurate,” NPS CEO, Dr Lynn Weekes said.

“Check who has created the website and determine its purpose – has it been created to provide information, sell a product or tell a personal story? Be wary of sites that exist to sell a product or service. Some companies also use blogs and websites to gather patient stories and feedback for use in positioning their products,” Dr Weekes said.

“When looking for information about specific medicines, particularly prescription medicines, it is best to use only Australian websites as product names vary from country to country.”

“It’s also important to ensure the information is up to date. Good websites will say when its pages were last updated. Medical research is constantly evolving and information that was correct a year ago may no longer be considered relevant.”

“Finally, if a website displays the HealthInsite or Health on the Net Foundation (HoN) logos, it has been judged to be of good quality and suitable for consumers.”

Some trust-worthy websites include:

- [www.betterhealthchannel.vic.gov.au](http://www.betterhealthchannel.vic.gov.au)
- [www.mydr.com.au](http://www.mydr.com.au)
- [www.healthinsite.gov.au](http://www.healthinsite.gov.au)
- [www.nps.org.au/consumers](http://www.nps.org.au/consumers)
- [www.healthtranslations.vic.gov.au](http://www.healthtranslations.vic.gov.au)

“Even if the information you find is from a reliable website, use it only as a guide. Try not to self-diagnose using information from the internet - if you are concerned about anything see your GP and tell them where you found the information,” Dr Weekes advised.

To view the full article and others in the Spring edition of *MedicinesTalk* go to [www.nps.org.au/consumers/publications/medicines\\_talk](http://www.nps.org.au/consumers/publications/medicines_talk)

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