


# Reputable?

- ☞ Is it **up to date**?
- ☞ Is **author** identified and credentialed?
- ☞ Do **several sources** report similar information on topic?  
**... or just one?**
- ☞ Are **source studies** cited?
- ☞ Is it **biased** favoring product / service they sell?
- ☞ Are conclusions based on **★ case report / testimonial?**

- ☞ **Reputable physicians** do not diagnose, recommend or treat patients online without physical exam.
- ☞ Be cautious if asked for **personal health information.**
- ☞ **Opinions** or **testimonials** should be clearly labeled so as **not** to be confused with **fact.**

**“If it’s too good to be true,  
 it probably is”**

Adapted from: Using the Internet for Reliable Health Information,  
March 17, 2009, Amber J. Tresca, About.com