

Resources for Healthcare Research: Should I Use the Internet for Healthcare Information?

If you have ever worried about a medical issue, chances are you are one of the millions of people searching on the internet in the middle of the night when you can't sleep—and then spending the rest of the night wide awake after reading overwhelming, conflicting, or confusing information. So how do you assess what's true, what's reliable, and what's better ignored?

After all, right now you are reading this online! The fact is that anyone can apply for a URL and set up a website, so you need to be aware that the content of such sites may not be accurate. Also, some websites can be veiled marketing tools, trying to promote a company or sell a product. Your best bet is to only open links to reliable sites that you know have no vested interest in convincing you to take a particular action. For the most part, trustworthy sites are from hospitals, medical organizations, and government agencies.

To get you started on the right track, here are just a handful of useful sites:

[American Cancer Society](#)

[American College of Surgeons](#)

[Columbia University Medical Center](#)

[National Institutes of Health](#)

[Sharecare](#)

[WebMD](#)