Looking at Health Information Online

Can I be sure what I read is true online?

Any honest, health-related site should make it easy for you to find out who is responsible for the information on it. Often this can be found by clicking on "About Us," which can usually be found at the top or bottom of the site's main (home) page.

You can get an idea about who runs a site by looking at the letters at the end of the URL address, called *top level domain names*. Does the URL include *.edu, .com, .org,* or *.gov*?

• **.edu** means that the source of the information is part of an educational system (such as a college or university)
• **.org** usually means that the source is a non-profit organization
• **.gov** means that the source is a part of a national or state government
• **.com, .net** or **.biz** usually means the site is run by a commercial (for-profit) or private source. This doesn't mean that all of these websites are untrustworthy; they just need to be looked at with more caution.

Examples of REPUTABLE WEBSITES

• American Cancer Society www.cancer.org
• Centers for Disease Control www.cdc.gov
• National Cancer Institute www.cancer.gov
• American Society of Clinical Oncology https://www.asco.org/ and their patient site www.cancer.net
• National Institute of Health www.nih.gov
• Cancer Care www.cancercare.org
• WebMD www.webmd.com and Medline Plus https://medlineplus.gov/
• Organization Websites specific to a cancer type such as American Lung Association, Breast Cancer, Leukemia and Lymphoma Society.
• Manufacturer websites such as pharmaceutical websites.

This information was written by JaLisa Boyd RN with addition by Gwen Spector RN, Nurse Navigators at Medical City Healthcare.