Tips for Internet Use

The internet can be a good source of reliable and helpful information about every cancer topic. It also has plenty of misinformation, some of which can be dangerous.

- First ask your healthcare team for trusted websites they recommend for you.

- Websites from these organizations are generally reliable:
  - » Government agencies (web address ends .gov)
  - » Major cancer centers (web address often ends .org)
  - » Medical schools and universities (web address ends .edu)
  - » Large nonprofit organizations (web address ends .org)

- Look for easy-to-read information written by healthcare professionals for cancer survivors and caregivers.

- Check more than one source for the same information to verify that the results are the same.

- Is the content objective and free of opinion?

- Who sponsors the site and its content? Who wrote the content and what are their credentials? Who approved it? Reading the "About Us" and "Who We Are" pages can be insightful.

- Information on sponsored websites or .com websites may be biased or have a conflict of interest, though the information could still be reliable (such as a drug company's site).

- Particularly if scientific in nature, was the content written within the last three years and is it supported by the scientific literature?

5

Resources

Remember that the internet is not a substitute for professional medical care and advice. Discuss any information you find with your healthcare team.

Cancer **bag it**

Be Informed. Be Empowered.