

Online Research

Healthy Tips & Ideas

Many people look for health information on the Internet. There is a lot of information available on many different websites. Some of this information can be wrong or misleading.

To make sure you are finding accurate and reliable health and cancer information online, follow these simple tips:



Check the source You should be able to find the person or group that has posted the information.

Find the “About Us” section Most websites should have this section. Make sure there is contact

information or a physical address listed. You should be concerned if there’s no contact information.

Make sure it is up-to-date Look for a date or year that the information was last updated. Research is always going on so make sure that the information was recently updated.

Do your homework Double-check the information with other reliable websites. It’s a good sign if the information is the same and matches up.

Random sources or testimonials raise a red flag You should not always accept other people’s stories and experiences as scientific information or valid.



Money matters See who funds the website or supports the information being posted. The information could be inaccurate or biased depending on the source of funding.

Dot what? The end of the website address can say a lot about the website. Websites ending in .gov usually have reliable and up-to-date information. Websites ending in .edu can be okay too.

Protect your privacy

Sometimes websites will ask for personal information.



Find out what they need your information for and make sure you understand the privacy policy before sharing your personal information. Be extra careful with websites asking for money.

It’s okay to ask questions Not all the information is going to make sense. There is a lot on the Internet that you can read. Write down questions you still have and ask your health care provider.

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Where can I get more information?

The National Cancer Institute (NCI) provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov

The Center for Disease Control and Prevention (CDC) provides information and resources on cancer prevention, screening and specific cancer types.

Phone: 1-800-CDC-INFO (1-800-232-4636)

Website: www.cdc.gov/cancer

The American Cancer Society (ACS) provides literature, information and resources on cancer prevention, detection, treatment, survivorship and end of life.

Phone: 1-800-227-2345

Website: www.cancer.org

The Rural Cancer Network (RCaN) offers other user-friendly, cancer educational handouts. For more information about other cancer-related topics, please see the RCaN website.

Website: www.ruralcancernetwork.org

Local Notes:



For more local information, please contact:

Place label here