

Trusted Sources



Hi, I'm Sarah, and I'm here to help you search for health information online. Many people use the Internet to look up health information after receiving a diagnosis from a doctor. There is a lot of trustworthy health information available for free online. We should be cautious about what information we trust, since our health depends on it.



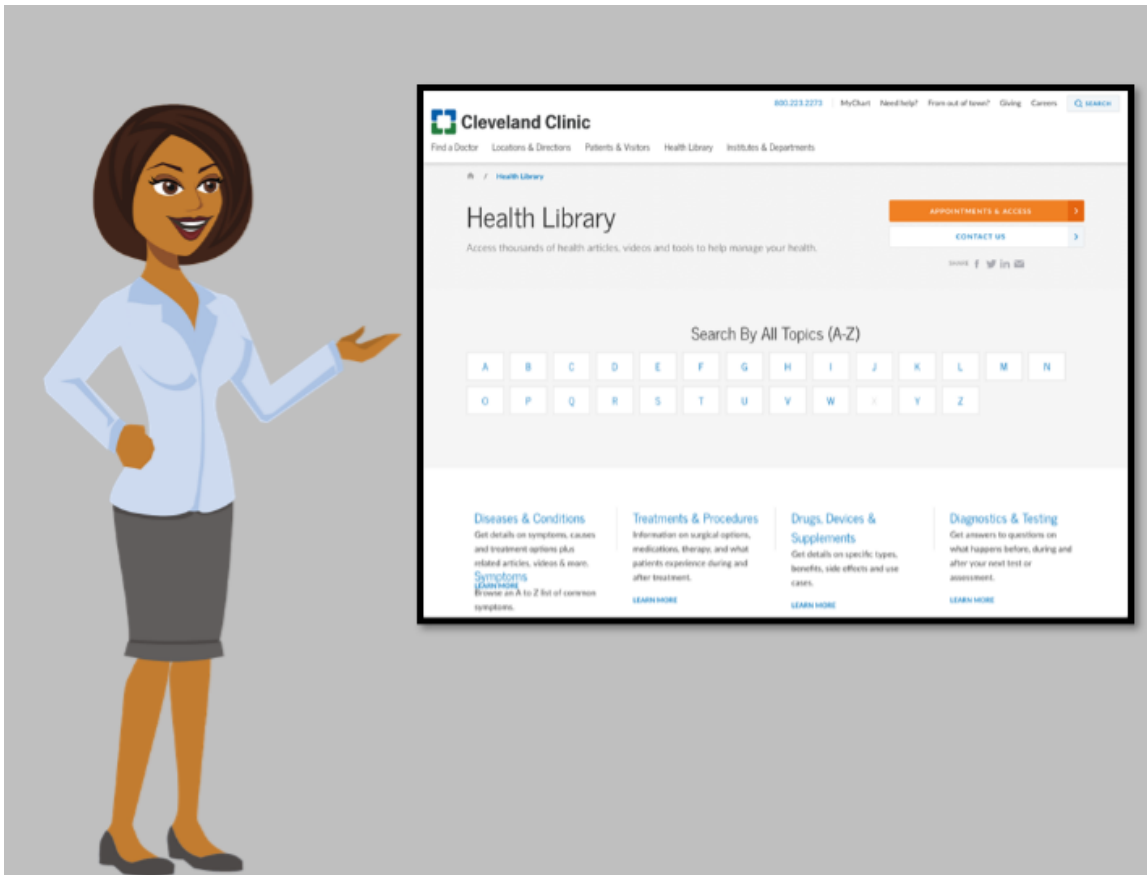
In this course, we'll follow along with Della, who is learning to use a computer to look up information.

Della learned that her nephew has been diagnosed with autism. She wants to learn more about autism so she can support his mother as they as they learn about treatment and therapy options recommended by their doctor. Della will start her search using a computer at the library, where she can also ask a librarian for help.

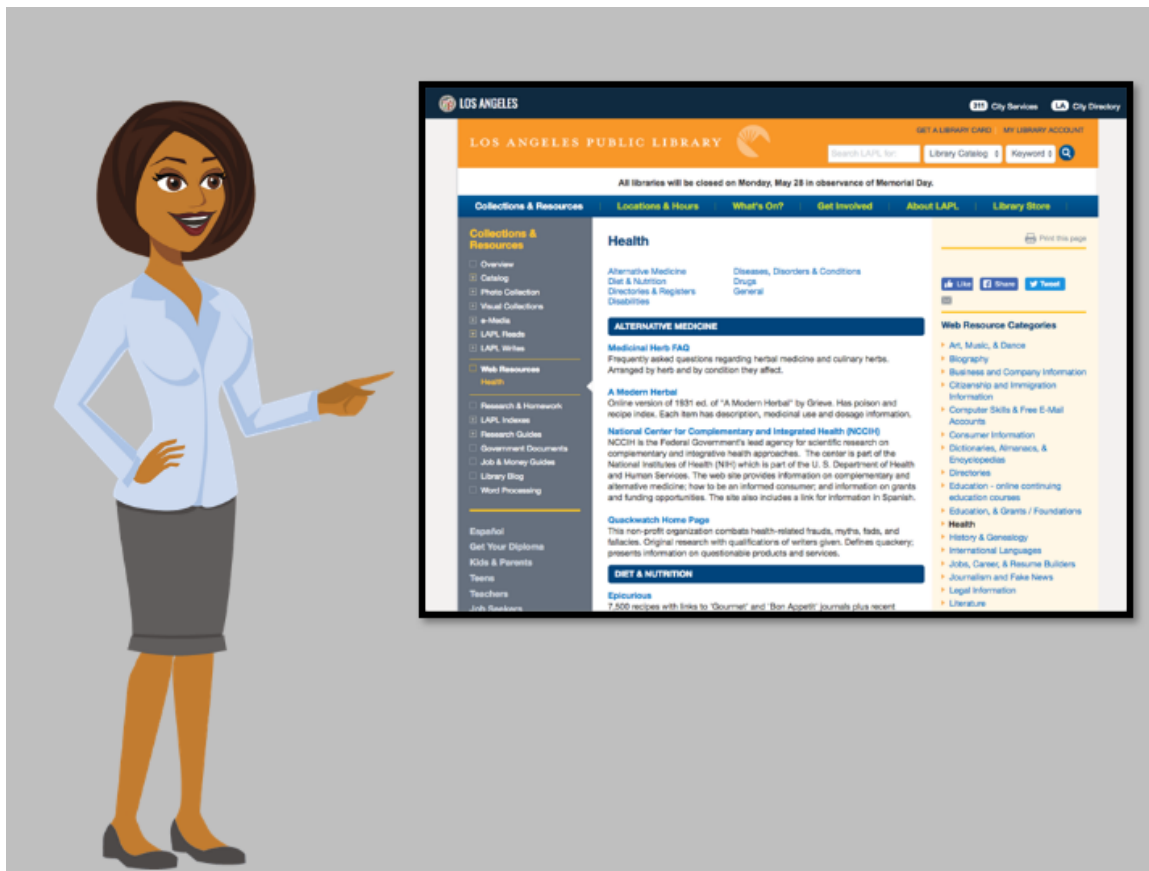


Della wants to find a trustworthy source for health information. Reliable sources for health information often come from libraries.

The National Library of Medicine provides information for consumers through MedlinePlus, a free website. MedlinePlus includes trustworthy health information based on scientific evidence. Medical librarians review all of the information before including it on the site.

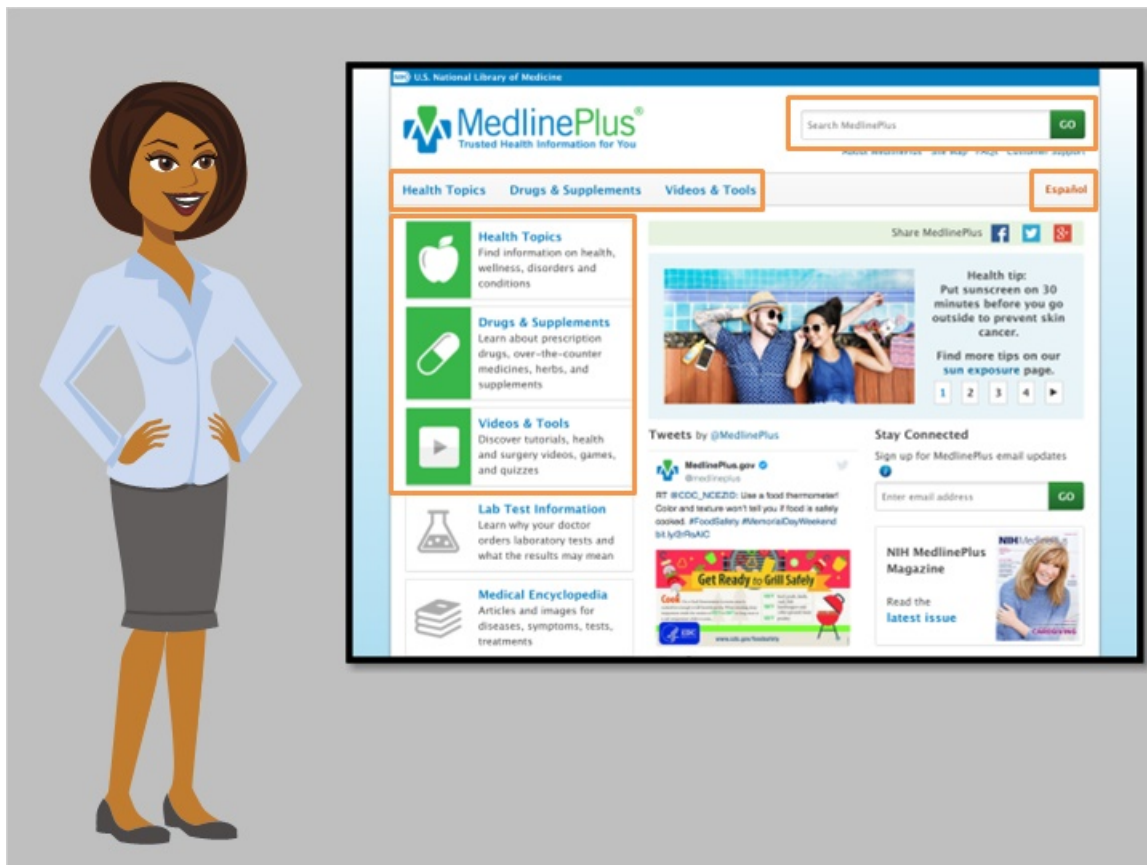


Medical research libraries and hospital libraries provide information for healthcare professionals, researchers, and patients. Some medical research facilities, like the Cleveland Clinic, also provide information to patients. To access medical research or hospital library information, you may need to visit the library in person, be a patient at the facility, or create an online account.



Public libraries provide health information through books and online database resources. Some public libraries create a local research guide or resource list. You may need a library card to access some of the resources from public libraries.

Navigating Medline Plus



Let's take a closer look at MedlinePlus as Della uses it to search for information about autism.

When Della first goes to the site, she sees a search box at the top of the page. She also notices categories that may help her locate information: **Health Topics**, **Drugs & Supplements**, and **Videos & Tools**. She sees that the site is also available in Spanish, which might be helpful for her nephew's mother.

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

 **Health Topics**
Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Videos & Tools**
Discover tutorials, health and surgery videos, games, and quizzes

 **Lab Test Information**
Learn why your doctor orders laboratory tests and what the results may mean

 **Medical Encyclopedia**
Articles and images for diseases, symptoms, tests, treatments

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Health tip:
Put sunscreen on 30 minutes before you go outside to prevent skin cancer.

Find more tips on our [sun exposure page](#).

1 2 3 4 ▶

Tweets by @MedlinePlus

 **MedlinePlus.gov** @medlineplus

RT @CDC_NCEZID: Use a food thermometer! Color and texture won't tell you if food is safely cooked. #FoodSafety #MemorialDayWeekend bit.ly/2rRsAIC

Get Ready to Grill Safely

Cook Use a food thermometer to ensure that your food is cooked to the right temperature.

Soak Soak your grill for 15 minutes before cooking.

Oil Use a brush to apply oil to the grill and your food.

Don't Don't leave your grill unattended.

Check Check the grill temperature regularly.

Turn Turn your food frequently.

Wait Wait until the grill is cool before you touch it.

Clean Clean your grill after each use.

Store Store your grill in a dry, covered area.

www.cdc.gov/foodsafety

Stay Connected

Sign up for MedlinePlus email updates

NIH MedlinePlus Magazine

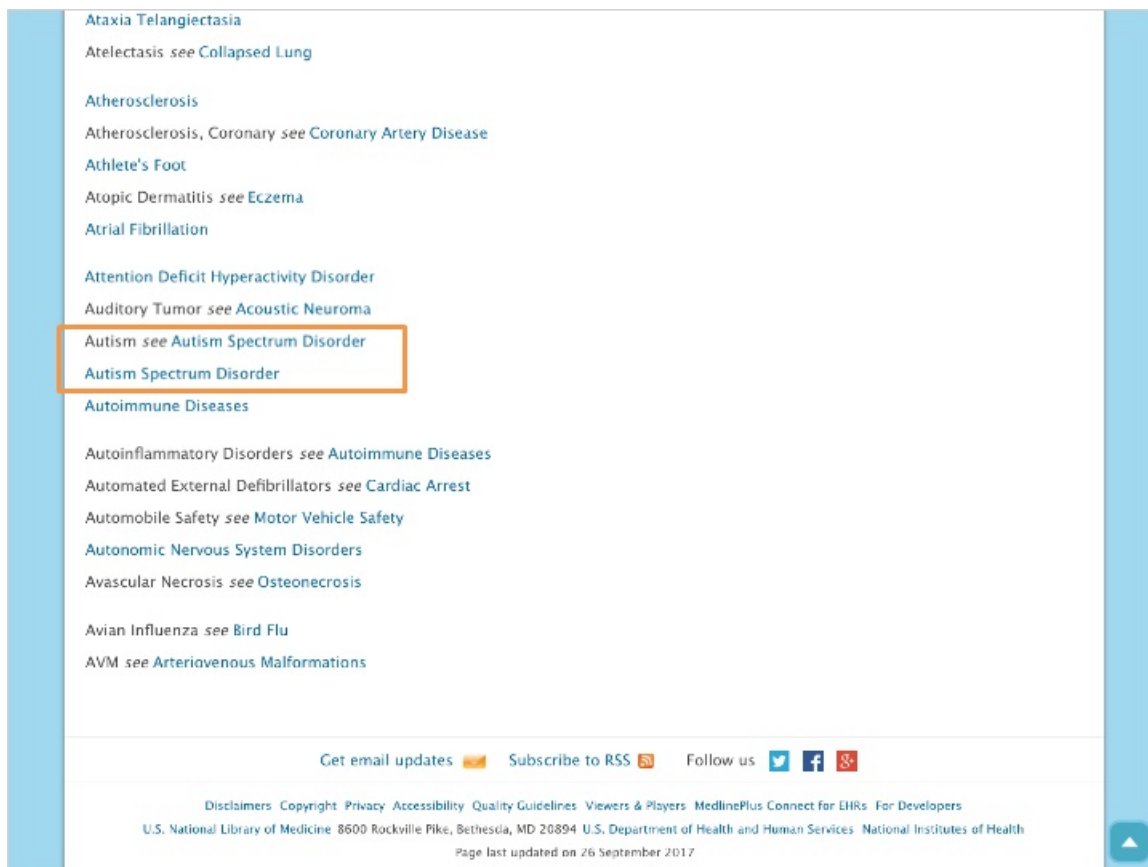
Read the **latest issue**



As she looks at the rest of the page, she sees many other articles and links. Della begins to feel overwhelmed at the amount of information on the page. Della knows that Autism is a common topic, so she decides to start with the link labeled Health Topics. Can you help Della by opening one of the two **Health Topic** links now?

The screenshot shows the MedlinePlus website interface. At the top, there is a search bar and navigation links. Below the search bar, there are tabs for 'Health Topics', 'Drugs & Supplements', and 'Videos & Tools'. The 'Health Topics' section is active, displaying a list of categories: 'Body Location/Systems', 'Disorders and Conditions', 'Demographic Groups', and 'Health and Wellness'. An orange arrow points to the 'Find topics A-Z' section, which contains an alphabetical list of letters from A to Z. A hand cursor is positioned over the letter 'A'.

Della is taken to a page that lists common health topics, sorted by category. She could click one of the category links to be taken to a more detailed list of topics. She isn't sure which category to choose to find autism. Instead, she chooses to use the alphabetical list **Find Topics A to Z** at the top of the page. Della clicks **A** for autism.



Next, she is taken to an alphabetical list of all health topics. She scrolls down the page to the point where she finds **Autism**. She notices that it directs her to see the term **Autism Spectrum Disorder**. This is the official term used by MedlinePlus to refer to autism.

Ataxia Telangiectasia
Atelectasis *see* Collapsed Lung

Atherosclerosis
Atherosclerosis, Coronary *see* Coronary Artery Disease
Athlete's Foot
Atopic Dermatitis *see* Eczema
Atrial Fibrillation

Attention Deficit Hyperactivity Disorder
Auditory Tumor *see* Acoustic Neuroma
Autism *see* Autism Spectrum Disorder
Autism Spectrum Disorder
Autoimmune Diseases

Autoinflammatory Disorders *see* Autoimmune Diseases
Automated External Defibrillators *see* Cardiac Arrest
Automobile Safety *see* Motor Vehicle Safety
Autonomic Nervous System Disorders
Avascular Necrosis *see* Osteonecrosis

Avian Influenza *see* Bird Flu
AVM *see* Arteriovenous Malformations

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U.S. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health
Page last updated on 26 September 2017

She clicks one of the two links for **Autism Spectrum Disorder** to continue.

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español


Home → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

On this page

<p>Basics</p> <ul style="list-style-type: none"> ▸ Summary ▸ Start Here ▸ Symptoms ▸ Diagnosis and Tests ▸ Treatments and Therapies 	<p>Learn More</p> <ul style="list-style-type: none"> ▸ Living With ▸ Related Issues ▸ Specifics ▸ Genetics 	<p>See, Play and Learn</p> <ul style="list-style-type: none"> ▸ Health Check Tools
<p>Research</p> <ul style="list-style-type: none"> ▸ Statistics and Research ▸ Clinical Trials ▸ Journal Articles 	<p>Resources</p> <ul style="list-style-type: none"> ▸ Find an Expert 	<p>For You</p> <ul style="list-style-type: none"> ▸ Children ▸ Teenagers ▸ Patient Handouts



Summary

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to them. They may also have restricted interests and repetitive behaviors. They

Get Autism Spectrum Disorder updates by email

Enter email address

MEDICAL ENCYCLOPEDIA

Asperger syndrome

Della begins to read the page for **Autism Spectrum Disorder**. At the top, she notices links to the information included on this page, similar to a table of contents. She sees that there is basic information, which includes treatments and therapies. She also notices sections to learn more, and review research. Since Della doesn't know much about autism, she starts with the **Summary** and **Start Here** sections.




of specialists, doing various tests and evaluations to make a diagnosis.

The causes of ASD are not known. Research suggests that both genes and environment play important roles.

There is currently no one standard treatment for ASD. There are many ways to increase your child's ability to grow and learn new skills. Starting them early can lead to better results. Treatments include behavior and communication therapies, skills training, and medicines to control symptoms.

NIH: National Institute of Child Health and Human Development

Start Here

- [Autism Spectrum Disorder](#)  (National Institute of Mental Health)
- [Autism Spectrum Disorder](#)  (National Institute of Neurological Disorders and Stroke)
Also in Spanish
- [Autism Spectrum Disorder \(ASD\)](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Autism Spectrum Disorder \(ASD\)](#)  (National Institute of Child Health and Human Development)
Also in Spanish

The **Summary** provides a few paragraphs that are easy to read, and give her a basic understanding.

Under the **Start Here** section, Della sees links to four articles. She can see the name of the organization responsible for each article. She can also identify which links are available in Spanish.

Della knows she can trust all of these resources, since they're included on the MedlinePlus website. She decides to choose the first link in the list, from the National Institute of Mental Health.

The screenshot shows the NIMH website with the following elements:

- Header:** NIH National Institute of Mental Health logo, tagline "Transforming the understanding and treatment of mental illnesses.", and a search bar.
- Navigation:** A dark blue bar with menu items: HEALTH INFORMATION, OUTREACH, RESEARCH PRIORITIES, FUNDING, LABS AT NIMH, NEWS & EVENTS, ABOUT US. Below this is a secondary bar with: Mental Health Information, Statistics, Consumer Health Publications, Help for Mental Illnesses, Clinical Trials.
- Breadcrumbs:** Home > Health Information > Mental Health Information
- Left Sidebar:** A list of links: Overview, Signs and Symptoms of ASD, Causes and Risk Factors, Diagnosing ASD, Treatments and Therapies, Join a Study, Learn More.
- Main Content:**
 - ## Autism Spectrum Disorder
 - ### Overview
 - Autism spectrum disorder (ASD) is a developmental disorder that affects communication and behavior. Although autism can be diagnosed at any age, it is said to be a "developmental disorder" because symptoms generally appear in the first two years of life.
 - According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, a guide created by the American Psychiatric Association used to diagnose mental disorders, people with ASD have:
 - Difficulty with communication and interaction with other people
 - Restricted interests and repetitive behaviors
 - Symptoms that hurt the person's ability to function properly in school, work, and other areas of life
 - Autism is known as a "spectrum" disorder because there is wide variation in the type and severity of symptoms people experience. ASD occurs in all ethnic, racial, and economic groups. Although ASD can be a lifelong disorder, treatments and services can improve a
- Right Sidebar:**
 - Science News About Autism:**
 - Noncoding Sections of DNA Associated with Autism Risk
 - Disorders Share Molecular Signatures
 - NIMH's Dr. Ann Wagner Named as National Autism Coordinator
 - Join A Study:**
 - Autism Spectrum Disorder Studies for Adults
 - Autism Spectrum Disorder Studies for Children
 - Publication About Autism:**
 - Autism Spectrum
- Share:** Social media icons for Facebook, Twitter, Google+, Email, and Print.

The link opens the article on the website of the National Institute of Mental Health. When Della is done reading the article, she can return to MedlinePlus to continue her search.

Searching for Health Topics

Search Terms:

- autism
- autism spectrum disorder
- neurology
- Asperger syndrome
- cognitive behavior therapy



As Della learns more about autism, she begins to find other medical terms which she would like to learn more about. She can perform a search using specific terms to find more information. She can perform her search in a specific website, or by using a search engine.

Search Terms:

- autism
- autism spectrum disorder
- neurology
- Asperger syndrome
- cognitive behavior therapy



One of the terms she wants to learn about is cognitive behavior therapy. This therapy is listed as a possible treatment for autism. It is also a treatment her nephew's doctor has recommended.



cognitive behavior therapy

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[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

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Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Lab Test Information

Learn why your doctor orders laboratory tests and what the results may mean



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

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Health tip:
Put sunscreen on 30 minutes before you go outside to prevent skin cancer.

Find more tips on our [sun exposure](#) page.



Tweets by @MedlinePlus

Della searches for this term in MedlinePlus by using the search bar at the top of the page. This will allow her to search only the contents of the MedlinePlus website. Della can type the term directly into the search bar, and then click the **Go** button to continue.

The screenshot shows the MedlinePlus website interface. At the top, there is a search bar containing the text "cognitive behavior therapy autism" and a "GO" button. Below the search bar, there are navigation links for "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The main content area is divided into two columns. The left column contains "Related Topics" such as "Autism Spectrum Disorder", "Mental Disorders", "Child Mental Health", "Teen Mental Health", and "Mood Disorders". Below this, there are two "Refine by" sections: "Refine by Type" and "Refine by Format". The "Refine by Type" section shows "All Results (89)" with options for "Health Topics", "External Health Links (53)", "Drugs and Supplements", "Medical Encyclopedia", "MedlinePlus Magazine", "Multiple Languages", and "National Institutes of Health (29)". The "Refine by Format" section shows "All Results (89)" with options for "PDF (6)", "Images", and "Videos (1)". The right column displays "Results 1 - 10 of 55 for cognitive behavior therapy autism". The first five results are listed, each with a title, a brief description, and a URL. The results include: 1. 100 Day Kit for Newly Diagnosed Families of School Age Children (Autism Speaks) - PDF; 2. Asperger Syndrome (National Institute of Neurological Disorders and Stroke) - Short Summary; 3. What Are the Treatments for Autism? (National Institute of Child Health and Human Development); 4. Technology and the Future of Mental Health Treatment (National Institute of Mental Health); 5. Disruptive Mood Dysregulation Disorder (National Institute of Mental Health).

Della's search results indicate that cognitive behavior therapy is used to treat many conditions. To narrow down her search, she adds the term **autism** to the search bar.

The results for these combined search terms are listed on the screen. To the left of the results are some related topics. There are several options that can be selected to further refine and focus the search results.

Search Terms:

- autism
- cognitive behavior therapy

Use:

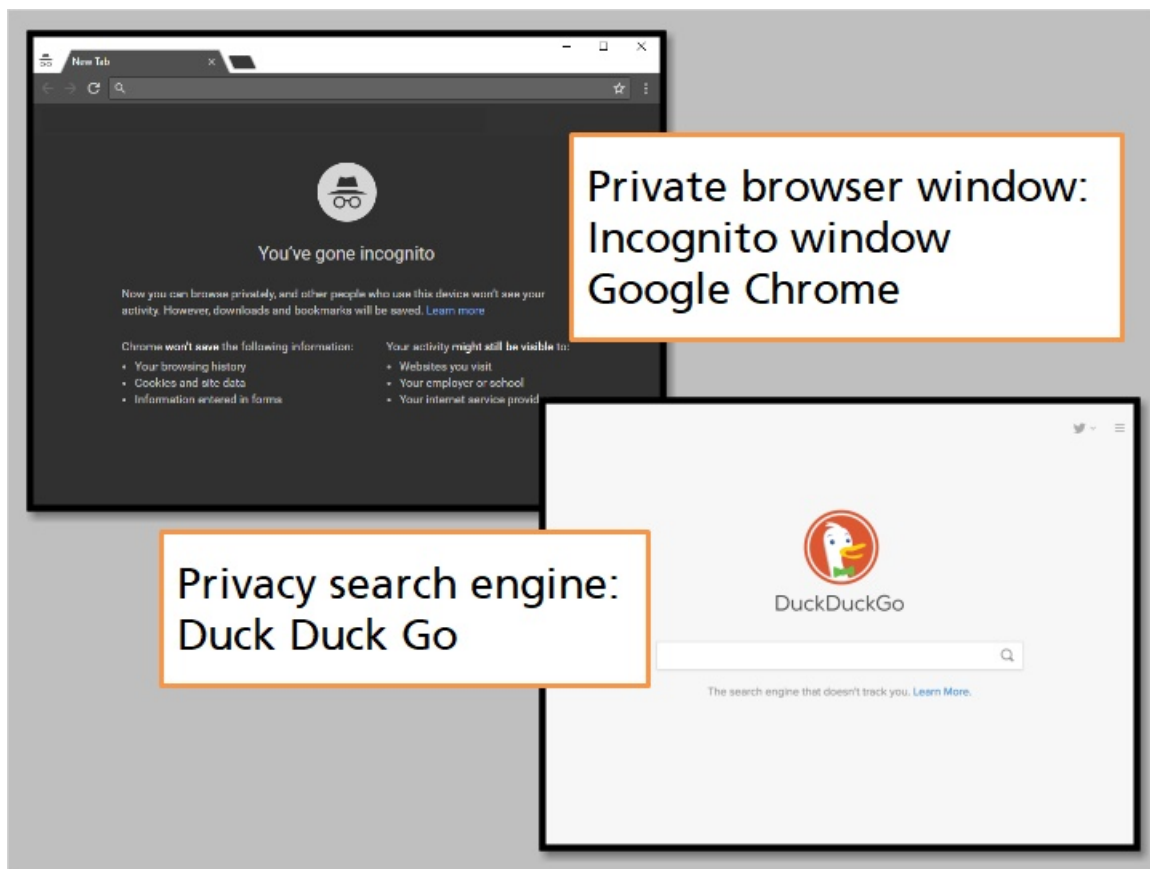
- private browser
- privacy search engine



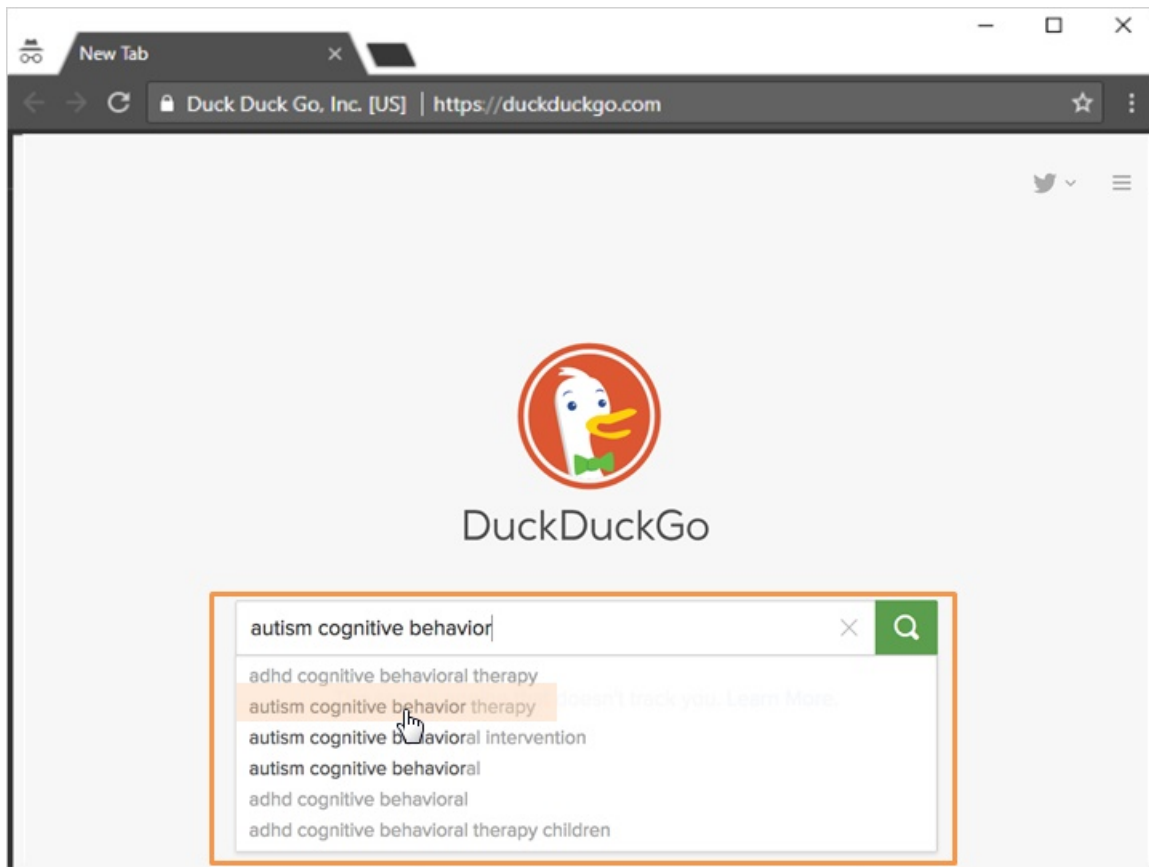
Della decides she would like to try searching for more information, outside of the MedlinePlus website. To do this, she will use a search engine.

However, Della is concerned about her privacy. Della has learned that some search engines track information about her search history. This includes her location, her search terms, and other private information that is often sold to corporations for marketing purposes.

Della doesn't want her search for health information to be tracked. She will use a private browser window and a privacy search engine to limit what information is collected.



She uses an **incognito window** in the **Google Chrome** browser, and the privacy search engine **Duck Duck Go**.



To begin her search, she starts to type her search terms into the search engine. As she types in her search terms, suggestions appear below. Della can choose one that is a close match to save time and complete her search.

autism cognitive behavior therapy

Web Images Videos News

All Regions Safe Search: Strict Any Time

Cognitive Behavioral Therapy - Enroll Now & Get 86% Off | udey.com
 Join +5,612 People Already Learning Cognitive Behavioral Therapy in This Course! Improve Your Health, Top Spiritual Courses, Personal Growth Courses
www.udemy.com/CBT/Online-Learning Report Ad

Cognitive Behavioral Therapy and Autism Spectrum Disorders
 Many behavioral therapies have been used to treat young children with autism spectrum disorders (ASD), including Applied Behavior Analysis and Pivotal Response Training...
https://lancommunity.org/cs/simons_simplex_community/cognitive_bah...

Cognitive Behavior Therapy for Autism | Autism Key
 Among the tried and true therapies available for autism is cognitive behavior therapy (CBT). In recent years, cognitive therapies developed in the 1960's and
autismkey.com/cognitive-behavior-therapy-for-autism/

Cognitive Behavior Therapy for Autism | NICHD - Eunice ...
 Cognitive behavior therapy focuses on the connection between thoughts, feelings, and behaviors. Together, the therapist, the person with autism spectrum disorder (ASD), and/or the parents come up with specific goals for the course of therapy.
<https://www.nichd.nih.gov/health/topics/autism/conditioninfo/treatm...>

Interventions and Treatment Options - Home | Autism Speaks
 Autism Speaks Family Services Interventions and Treatment Options. ... Just like the case with autism, ... Cognitive behavioral therapy can be individualized for ...
<https://www.autismspeaks.org/family-services/autism-treatments/asperger-syndro...>

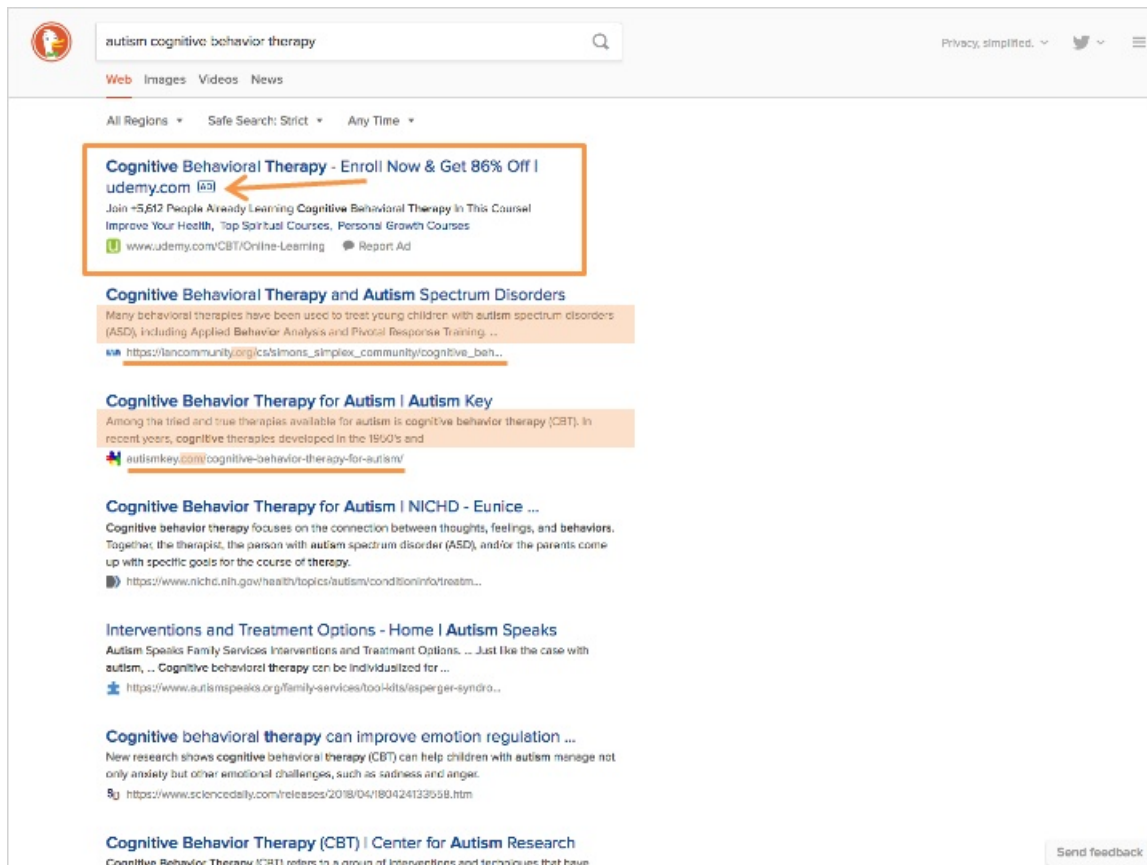
Cognitive behavioral therapy can improve emotion regulation ...
 New research shows cognitive behavioral therapy (CBT) can help children with autism manage not only anxiety but other emotional challenges, such as sadness and anger.
<https://www.sciencedaily.com/releases/2018/04/180424133558.htm>

Cognitive Behavior Therapy (CBT) | Center for Autism Research
 Cognitive Behavior Therapy (CBT) refers to a group of interventions and techniques that have

Send feedback

Della's search results appear on the screen. Next, she will need to think critically about which of these links come from trusted sources for information.

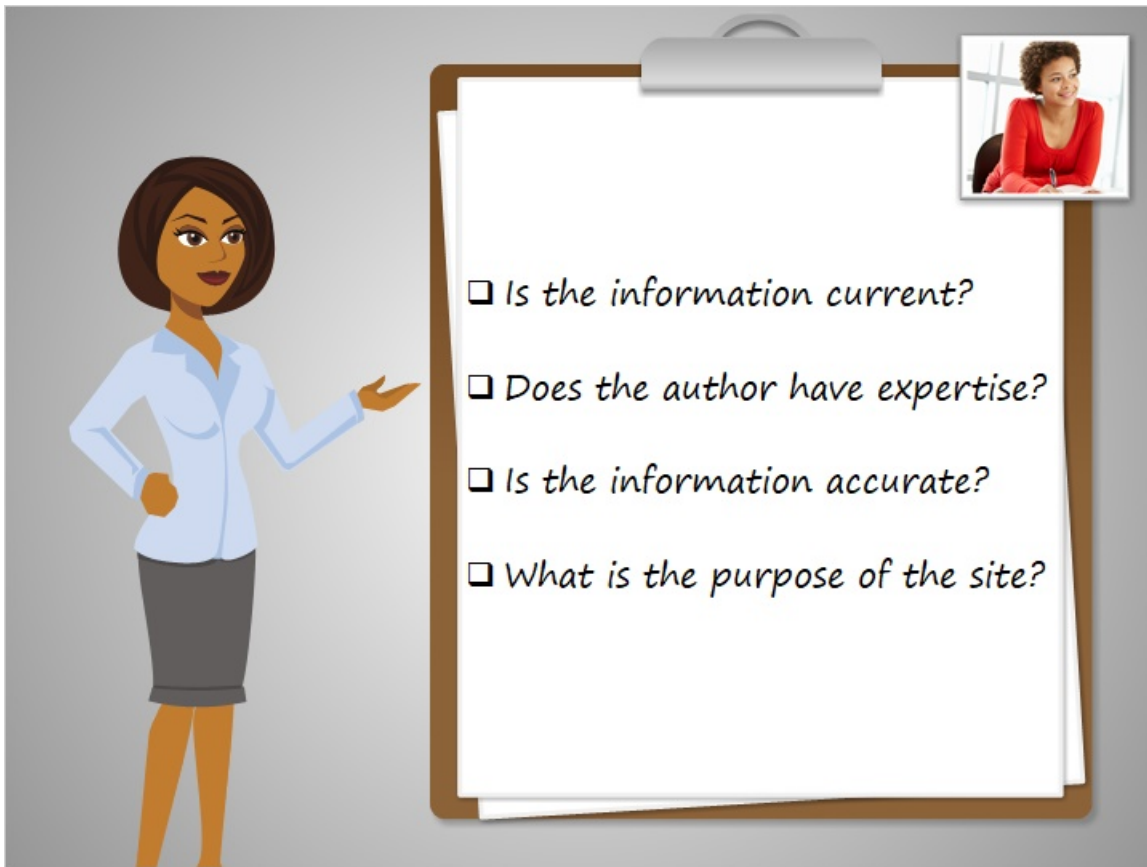
Evaluating Sources



The first thing Della notices in her search results is that it is more difficult to tell which links come from trusted sources.

Della feels a little bit overwhelmed by what she finds.

She can see that some of the links are ads, indicated by the Ad icon next to the link. She sees that some of the links end in .org and some of them end in .com. The brief descriptions don't tell her much about the information contained in the website.



Here are some questions to help Della evaluate websites in her search results. This will help her make a more informed decision about which websites she can trust.

- Is the information current?
- Does the author have expertise?
- Is the information accurate?
- What is the purpose of the site?

Together, the therapist, the person with autism spectrum disorder (ASD), and/or the parents come up with specific goals for the course of therapy. Throughout the sessions, the person with autism learns to identify and change thoughts that lead to problem feelings or behaviors in particular situations.^{1,2}

Cognitive behavior therapy is structured into specific phases of treatment. However, it is also individualized to patients' strengths and weaknesses. Research shows that this therapy helps people with some types of ASD deal with anxiety. It can also help some people with autism cope with social situations and better recognize emotions.

Citations

1. Lang, R., Rapoport, A., Landolfi, S., Aylward, K., & Haring, A. (2010). Treatment of anxiety in autism spectrum disorder using cognitive behavior therapy: A systematic review. *Developmental Neuropsychology*, 28(1), 53-53.
2. Daniel, J. T., & Wood, J. J. (2016). Cognitive-behavioral therapy for children with autism: Review and considerations for future research. *Journal of Developmental and Behavioral Pediatrics*, 34(5), 702-715. Retrieved August 17, 2016. From <https://www.ncbi.nlm.nih.gov/pubmed/23917373>

What are the symptoms of autism?
 When do children usually show symptoms of autism?
 What causes autism?
 How do health care providers diagnose autism?
 What are the treatments for autism?

Content Owner: Office of Communications Last Reviewed Date: 1/31/2017

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 ClinicalTrials.gov

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BACK TO TOP

NIH...Turning Discovery into Health

Is the information current? Look for a publication date for the article or web page. The date can often be found at the top of the article. Sometimes it is found at the bottom of the web page. If you cannot find a specific date, or if the article is too old, then the information may contain expired or outdated information. Articles that have been published more recently or that cite recent research are more likely to be trustworthy.

NIH National Institute of Mental Health Transforming the understanding and treatment of mental illnesses. Search the NIMH website Search

HEALTH INFORMATION OUTREACH RESEARCH PRIORITIES FUNDING LABS AT NIMH NEWS & EVENTS ABOUT US

Mental Health Information Statistics Consumer Health Publications Help for Mental Illnesses Clinical Trials

Home > Health Information > Mental Health Information

Overview
Signs and Symptoms of ASD
Causes and Risk Factors
Diagnosing ASD
Treatments and Therapies
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Learn More

Autism Spectrum Disorder

Overview

Autism spectrum disorder (ASD) is a developmental disorder that affects communication and behavior. Although autism can be diagnosed at any age, it is not a "mental disorder" because symptoms generally appear in the first few years of life.

According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, a guide created by the American Psychiatric Association used to diagnose mental disorders, people with ASD have:

- Difficulty with communication and interaction with other people
- Restricted interests and repetitive behaviors
- Symptoms that hurt the person's ability to function properly in school, work, and other areas of life

Autism is known as a "spectrum" disorder because there is wide variation in the type and severity of symptoms people experience. ASD occurs in all ethnic, racial, and economic groups. Although ASD can be a lifelong disorder, treatments and services can improve a

Science News About Autism

Noncoding Sections of DNA Associated with Autism Risk

Disorders Share Molecular Signatures

NIH's Dr. Ann Wagner Named as National Autism Coordinator

Join A Study

- Autism Spectrum Disorder Studies for Adults
- Autism Spectrum Disorder Studies for Children

Publication About Autism

Autism Spectrum

Is the information accurate? We want to use health information that cites facts and scientific research. Look for citations at the end of the article or web page. Or, look for links within the text that point to sources that verify the facts within the article.

Children's Hospital of Philadelphia
Center for Autism Research

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SEARCH

EAGLES AUTISM CHALLENGE

About the Center for Autism Research

Home / About the Center for Autism Research

The Center for Autism Research (CAR) is a collaborative effort between The Children's Hospital of Philadelphia and the University of Pennsylvania. Our three-part mission to understand the causes of Autism Spectrum Disorder (ASD) in order to develop effective treatments through research; to serve the needs of individuals with ASD and their family members through education and guidance throughout the lifespan; and to train the next generation of master clinicians and scientists in state-of-the-science best practices for autism screening, diagnosis and treatment. Our multidisciplinary team is made up of psychologists, developmental pediatricians, neurologists, nurses, occupational therapists, social workers, radiologists and computer scientists who are working every day to discover ways to dramatically improve the lives of individuals with ASD and related conditions throughout a lifetime from infancy through adulthood.

Meet Our Core Team

Children's Hospital of Philadelphia
Roberts Pediatric Research Building
2716 South Street, 5th floor
Philadelphia, PA 19146
267-426-7540
1-866-579-6534

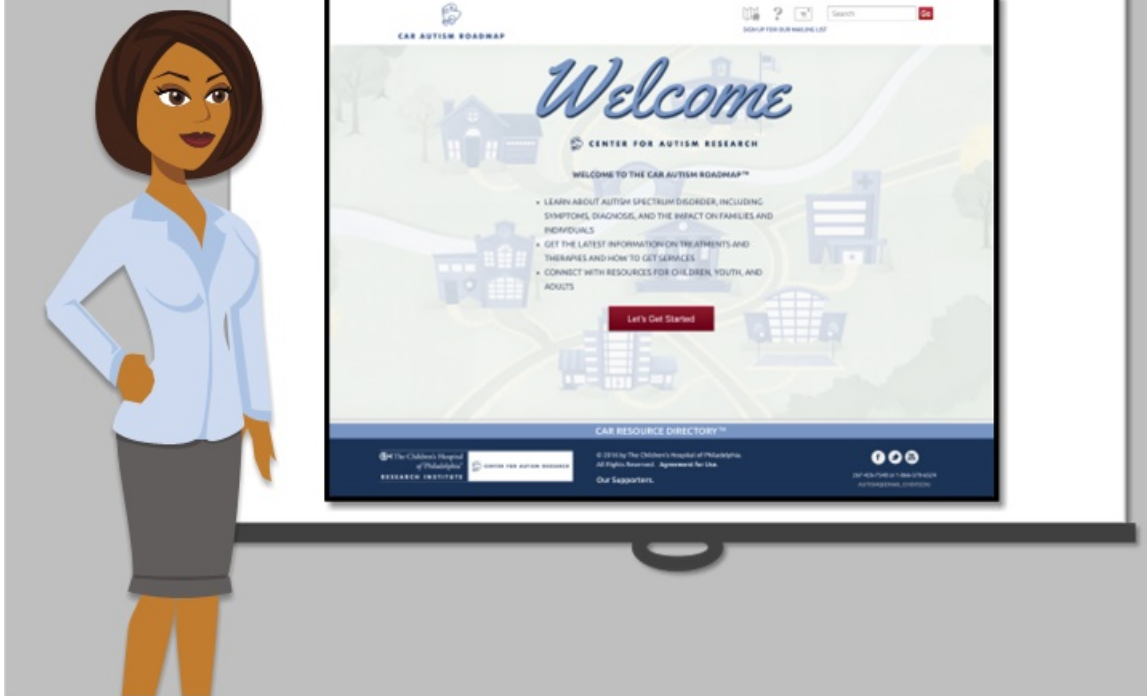
Useful Links
CAR Autism Roadmap
The Children's Hospital of Philadelphia
The CHOP Research Institute
autismMatch

About Us
CAR is a joint center of The Children's Hospital of Philadelphia and the University of Pennsylvania. Our multidisciplinary team is working every day to discover evidence-based ways to dramatically improve the lives of individuals with ASD and related conditions throughout the lifespan. We


CAR Art Gallery


Does the author have expertise in the subject? When it comes to our health, we want to get information from doctors, nurses, and other health care professionals. Try to locate the credentials of the author of the article, as well as information about the organization hosting the website. If you cannot verify the authority and expertise of the source, the information may not be trustworthy.

What is the purpose of the site?



What is the purpose of the site? Some websites that contain health information are intended for patients, but some sites serve a different purpose. Health information may be intended to raise public awareness about a condition. Health information sites may be sponsored by ads. Beware of ads that may be trying to sell you a medicine or treatment. Or, health information may be published by a corporation that is profiting from people who view the site. Look for websites that are not earning a profit to find more trustworthy information.

A PARTNERSHIP OF  SIMONS FOUNDATION

 **interactive autism network**
LINKING THE AUTISM COMMUNITY AND RESEARCHERS

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COGNITIVE BEHAVIORAL THERAPY AND AUTISM SPECTRUM DISORDERS

Connie Anderson, Ph.D.
IAN Community Scientific Liaison


ian@kennedykrieger.org

Date Published: August 16, 2012

Many behavioral therapies have been used to treat young children with autism spectrum disorders (ASD), including *Applied Behavior Analysis* and *Pivotal Response Training*. Older children, teens, and adults with ASD may benefit from another intervention with a behavioral component: *Cognitive Behavioral Therapy (CBT)*.

BEYOND BEHAVIOR

Therapies based on the science of behavior have been effective for people of all ages, and are an essential item in any mental health professional's toolkit. They only go so far, however. Human beings are "meaning makers." That is, their behavior is not just the result of stimulus and response or reward and punishment. They take in what is happening around them and give it meaning, loaded with emotion. *Then* they behave.



Now that Della has learned some strategies for evaluating health information, she is more confident reviewing her search results. Della chooses a recent article about cognitive behavioral therapy. The author has expertise in the subject, and the article is published by a non-profit organization.

Avoiding Harmful Information



Reading inaccurate or misleading health information can be harmful to us if we use that information to make decisions about our health. Likewise, receiving recommendations or advice from someone without the appropriate medical credentials can lead us to make choices that may cause us harm.

Because of this risk, Della wants to avoid these types harmful sources of online health information. Della is already taking some precautions by evaluating health information websites.

Click each button to learn more.



Discussion Forums

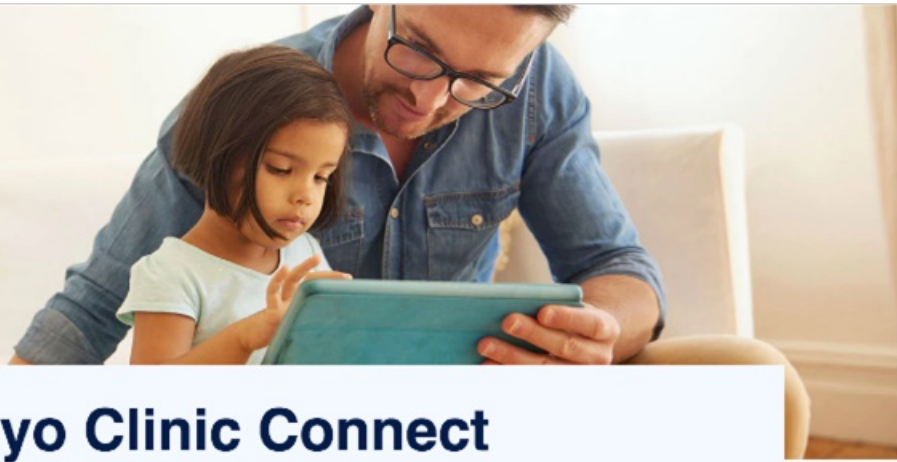
Symptom Checkers

Blogs, Videos, Podcasts

She can also reduce her risk by exercising caution with specific types of websites. These sites can be helpful when sponsored by a trusted health organization. However, it is important to watch for the dangers associated with some of these types of websites.

Click each button to learn more about each type.

- Discussion Forums
- Symptom Checkers
- Blogs, Videos, and Podcasts



Mayo Clinic Connect

Ask questions. Get answers. Connect.

Mayo Clinic Connect is an online community where you can share your experiences and find support from people like you. You'll also receive trustworthy information from Mayo Clinic experts.

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Discussion forums are websites where people write short messages to share their experiences, similar to a support group you might attend in person. Discussion forums provide a place for people to talk about their experiences with a specific health condition. In an online discussion forum you can send your message any time, and you don't need to be in the same location as the other people in the group. However, people may share bad advice or bring a negative attitude. Be cautious about taking advice from strangers on the internet, and consult your doctor before acting on information received from any discussion forum. Forums that are sponsored or moderated by your healthcare provider may provide the best environment for safe sharing.

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Health Care Tools

Your 24-Hour Nurse

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24-Hour Nurse
Get advice from a nurse, 24/7

When you have questions about your health, it helps to have an expert to turn to. With 24-Hour Nurse, you can get advice from a registered nurse - anytime, 24/7. Just call and you can ask a nurse your questions - whether you're worried about a child's fever, need help with managing a health condition like diabetes, want to ask a medication question or have any other health concern.

24-Hour Nurse can help you:

- Decide when to visit your doctor, or go to an Urgent Care or ER.
- Find network doctors and schedule appointments.
- Understand your medications and how to take them safely.
- Learn about checkups or preventive care.

Symptom checkers are websites that ask a series of questions to help determine if you have a serious health condition. Some people like to use symptom checkers to determine if they need to see a doctor, or to identify over-the-counter medications to help them feel better. However, symptom checkers can be dangerous tools to use. If you think you have a serious health condition, you should always go see a doctor for a diagnosis. If your condition is not serious, you may be able to call a nurse's hotline through your healthcare provider. A registered nurse can help determine if you need to see a doctor for further diagnosis.

The screenshot shows the Stitcher website interface. At the top, the navigation bar includes the Stitcher logo, links for 'GET THE APP', 'LEARN MORE', 'PREMIUM', 'TOP SHOWS', 'LISTEN', a search icon, and 'SIGN IN' and 'SIGN UP' buttons. The main content area features a podcast player for 'Autism Explained Podcast with Dr. Brittany Travers' with a duration of 55 minutes. Below the player, there is an 'Episode Info' section with a description: 'In this episode of the Autism Explained, Inc podcast series, Dr. Mark interviews Dr. Brittany Travers about her exciting research into neuroimaging using MRI and fMRI of children with autism.' This section is highlighted with an orange border. Below the description are social media sharing options for Facebook and Twitter, and an 'EMBED' button. Further down, there is a 'Show Info' section with a small thumbnail and the text 'The Autism Explained Podcast: A guide to the scientific...'. At the bottom, there are 'Episode Options' (Listen Later, Embed this Episode) and 'Shares' (Share Via Facebook, Share Via Twitter). A vertical 'HELP' button is located on the right side of the page.

Blogs, videos, and podcasts are examples of content that anyone can create and share on the internet. Blogs are websites where anyone can write their own articles or journal entries. Videos and podcasts are recordings, like those you might find on a site like YouTube or Stitcher. When it comes to health information, there are some blogs, videos, and podcasts that contain trustworthy content. However, it can be difficult to verify the accuracy of the information and the expertise of the person creating it. Always be sure to carefully evaluate this type of content to determine if it is a source you can trust.



Now Della knows to avoid certain types of health information content on the internet that could be harmful. She is ready to use her new skills to search for and evaluate health information online.

Remember that if you are searching for health information online and need help, you should ask for assistance at your local public library.