



Protect Yourself Against Medical Misinformation



From Marcotte PT

Currency

Avoid outdated information by looking for the publication date. For general medical information, the source should be from within the last 5 years.

Reliability

Check the reliability of the information. If it is reliable, there will be other sources that say the same information.

Authority

The author or speaker should either be qualified as an expert on the topic or should cite experts. You can research the individual to see if they are a good source of information.

Purpose/ Point of View

Think about who stands to gain from this information and what they could gain. Will they gain money, views, supporters? Also consider the point of view of the author. Where is their mindset coming from? For this, consider demographics because they influence life experiences.

**Stay Informed and
Stay Safe**