

# Health information you can trust?

## How do you know the information you find on the internet is reliable?

**A Sarcoma UK Factsheet**  
produced by  
the information  
and support team

This factsheet explains how to find information you can trust and how to tell the difference between reliable information and misinformation.



### Why reliable health information matters

There is a wide range of health information available on the internet. Not all of it is accurate.

If you can learn to make informed choices about where you get your information, it can lead to you receiving better treatment and care.



### How does this benefit me?

Access to quality health information can help you in a number of ways. It can lead you to:

- Gain a greater understanding of the healthcare choices available to you
- Make informed decisions about your health and care that are right for you and your family

- Have greater control over your treatment pathway
- Reduce health risks that may be caused by misinformation



### How do I know I can trust the information I read?

You can find a vast amount of health information online. A quick search for sarcoma can bring up thousands of results. So it is important to work out which websites are the most trustworthy.

#### Look for familiar sites

Charities and government organisations are often providers of reliable health information. Well known organisations like Macmillan, Cancer Research UK and the NHS are a good starting points and they also will link to other credible information sources. Websites ending in .org are usually non-profit organisations and those ending in .gov are government run.

#### Do a quality test

Check how old the information is. Anything written in the last three years should be current enough to be relevant to you. You can also check the sources used to produce the information and look for details of whether it has been reviewed by an expert before publication.

Sarcoma UK can provide you with references of source material and details of our professional reviewers of all our publications by contacting [info@sarcoma.org.uk](mailto:info@sarcoma.org.uk)

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#### Cross check your information

If you keep coming across the same information across different sites then it is more likely to be true. Don't rely on one site for your information and always check with your doctor if you are unsure about anything.

#### Watch out for scams

Websites offering quick and easy solutions or miracle cures should be avoided. If it sounds too good to be true then it probably is. Be cautious of websites trying to sell a product or service.

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### Look for quality standards

**Information Standard** - a certification scheme that rewards health information that is accurate, up to date and reliable.

**Plain English** - an organisation campaigning against gobbledegook, jargon and misleading public information.

No health information should replace professional medical advice. Ask your doctor or sarcoma clinical nurse specialist if you are not sure about something.



### Sarcoma UK's position

At Sarcoma UK we believe that it is our responsibility to provide accurate, current and easy to understand information to the sarcoma community. We pride ourselves on the quality of our information and we work closely with sarcoma experts and those affected by sarcoma to provide information relevant to you.

### Talking to us

 0808 801 0401

 [supportline@sarcoma.org.uk](mailto:supportline@sarcoma.org.uk)

Our Support Line offers practical and emotional support and advice to anyone affected by sarcoma.

- Our support line is independent & confidential.
- We believe no question is a silly question.
- We lend a listening ear.

We can point you in the right direction.