

如何识别高质素的网上健康信息

"安康"数码健康知识普及, 2022



鸣谢

该数码健康知识课程由卑诗大学的"安康"健康网络 (iCON) 开发。

"安康"得到卑诗省卫生厅"患者为伴"计划的支持。

"安康"与各多元文化社区合作已超过十年。

"安康"帮助慢性病患者进行自我管理。

"安康"亦帮助人们普及数码知识，以便他们获取、评估和使用网上的健康资源。



THE UNIVERSITY OF BRITISH COLUMBIA

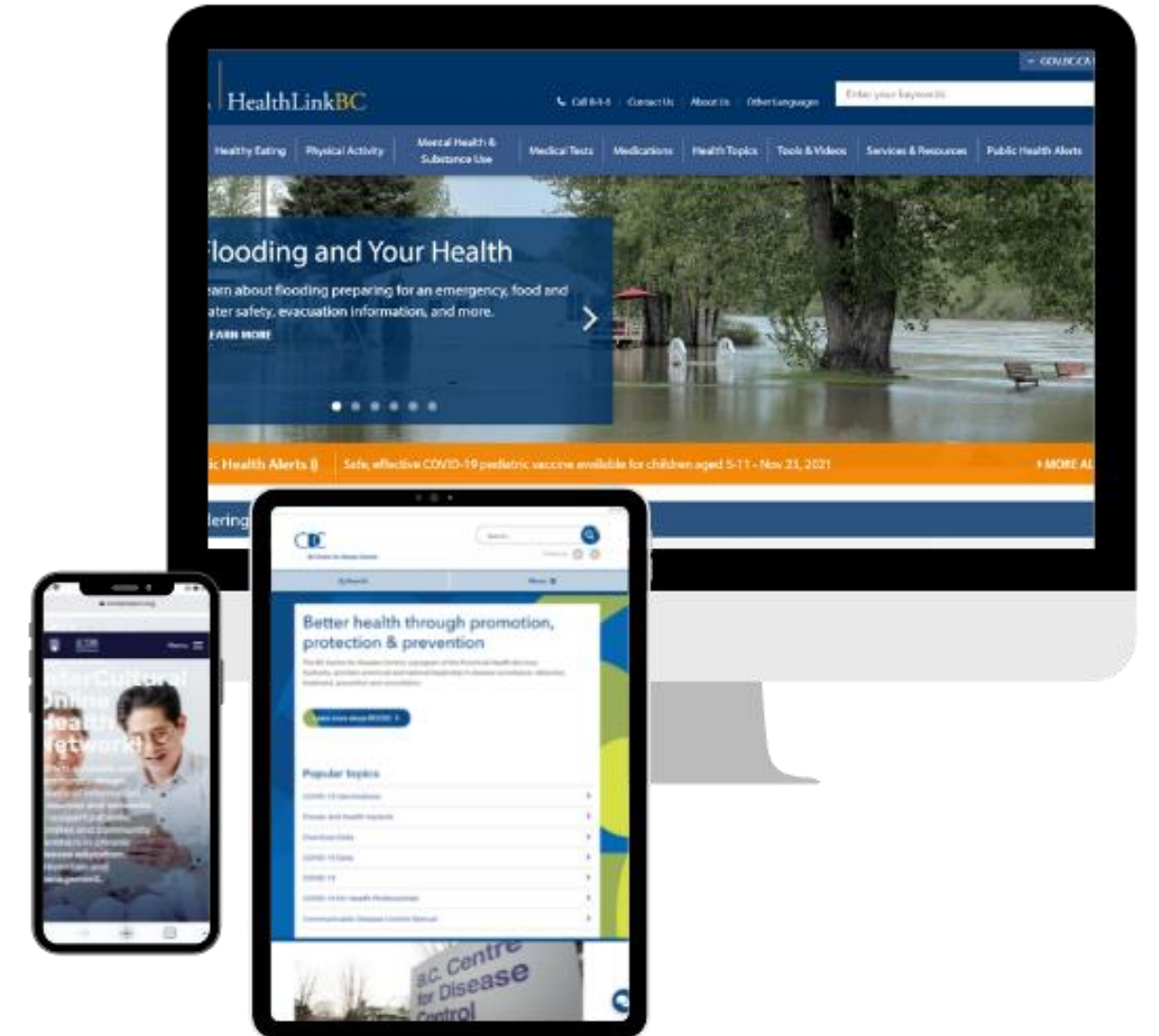
Department of Emergency Medicine

Faculty of Medicine

感謝卑詩省衛生廳“患者為伴”計劃的支持!

网络研讨会概要：

- 更可靠的（较高素质）与不太可靠（较低素质）的健康医疗信息
- 如何在网上寻找更可靠的健康医疗信息
- 练习如何寻找更可靠的健康医疗信息
- 总结



什么是绿旗? 什么是红旗

- 绿旗标志  意味着此网站更为可靠。



什么是绿旗🚩 什么是红旗🚩

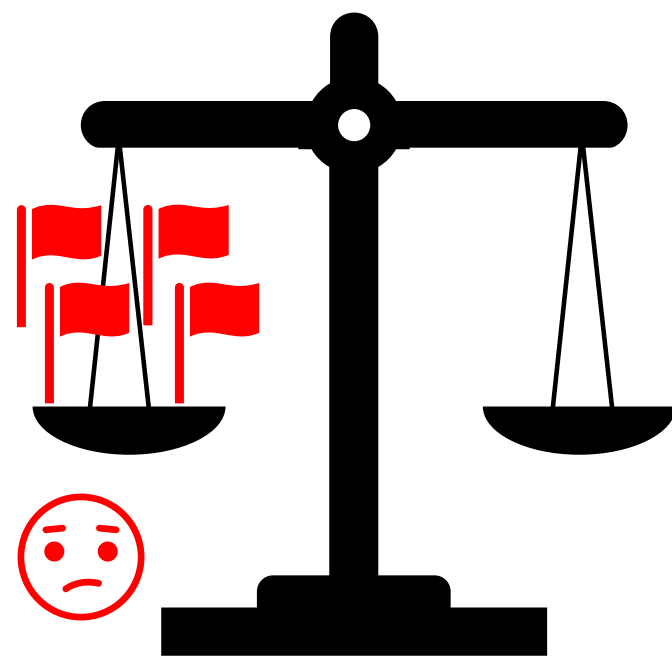
- 绿旗标志🚩，意味着此网站更为可靠。 😊

- 红旗标志🚩，意味着此网站不太可靠。 😞

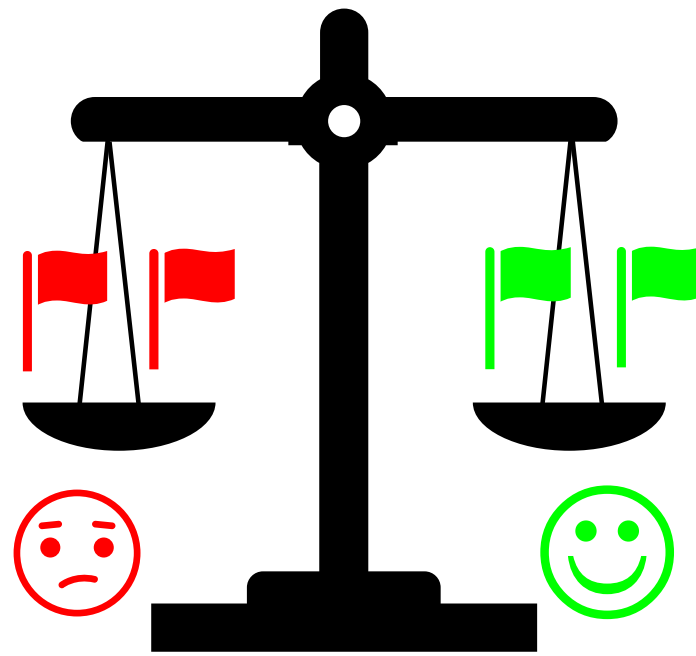
什么是绿旗🚩 什么是红旗🚩

- 绿旗标志🚩，意味着此网站更为可靠。 😊
- 红旗标志🚩，意味着此网站不太可靠。 😞
- 有的网站可能有一些绿旗🚩，也有一些红旗🚩。

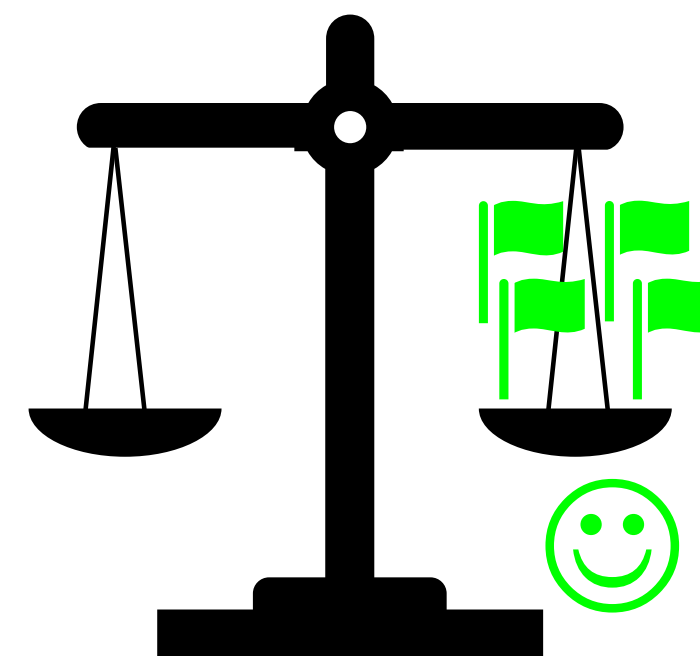
什么是绿旗? 什么是红旗!




比较不可靠



可能可靠
也可能不可靠



更可靠

绿旗: 更可靠 

红旗: 比较不可靠 



更为可靠与不太可靠的网上健康医疗信息

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Influenza (Flu)

Español | Other Languages

Influenza Updates:

- Laboratory-confirmed [flu activity](#) is low at this time.
- A [COVID-19 pandemic](#) is ongoing.

Flu Report

Take Action to Prevent Flu

Prevent Flu: Everyone 6 months & older should receive a yearly flu vaccine.

Symptoms & Diagnosis: Flu can cause mild to severe illness. Learn the symptoms of flu.

Treatment: Prescription medications called antiviral drugs can be used to treat flu.

Flu Activity & Surveillance: Laboratory confirmed flu activity as reported by clinical laboratories remains low.

What Is Glioblastoma?

remove all of it.

Radiation is used to kill as many leftover tumor cells as possible after surgery. It can also slow the growth of tumors that can't be removed by surgery.

Chemotherapy may also help. Temozolomide is the most common chemotherapy drug doctors use for glioblastoma. Carmustine (BCNU) and lomustine (CCNU) are other chemotherapy drugs that might be used.

1 2 View All < > NEXT PAGE

SPONSORED ADS

- Best Mouthwash for Gum Disease
- Dietary Fiber for Constipation
- Top Probiotics for Gut Health
- Best Vitamins for Hair Growth
- Best Moisturizers for Aging Skin
- Best Mattress for Lower Back Pain

TOOLS & RESOURCES

- Treating Brain Cancer
- Special Dye Helps Brain Surgeons
- Assess Your Cancer Risk
- What's Your Cancer IQ?
- Find a Brain Cancer Clinical Trial
- Dealing with Chemo Nausea

更为可靠与不太可靠的网上健康医疗信息



更可靠的信息：

- 尝试教育公众，并分享正确的信息

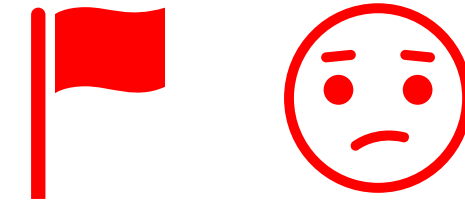


不太可靠的信息：



- 尝试赚钱或售卖产品





更为可靠与不太可靠的网上健康医疗信息



更可靠的信息：

- 尝试教育公众，并分享正确的信息 
- 来自于专家，并经由其他专家检验 




不太可靠的信息：

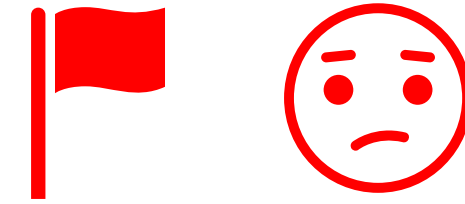
- 尝试赚钱或售卖产品 
- 并非来自专家，并未经由其他专家检验 

更为可靠与不太可靠的网上健康医疗信息






更可靠的信息：

- 尝试教育公众，并分享正确的信息 
- 来自于专家，并经由其他专家检验 
- 是当前的并且是最新的 



不太可靠的信息：

- 尝试赚钱或售卖产品 
- 并非来自于专家，并未经由其他专家检验 
- 并非最新的而且可能包含不正确的信息 

如何寻找更正确的网上健康医疗信息

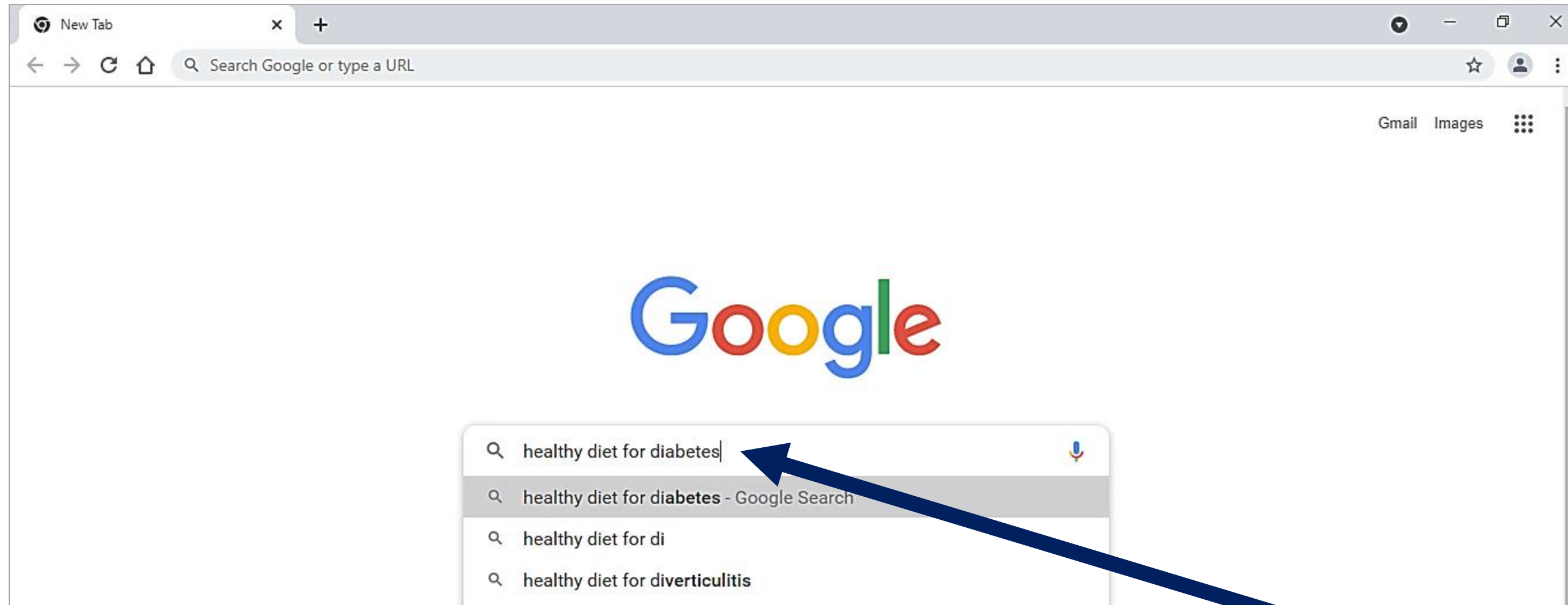


学习如何寻找更可靠的网上健康信息是非常重要的，譬如要对如下健康状况作自我管理时：

- 骨病
- 腦退化症
- 糖尿病
- 心臟疾病
- 肝臟疾病
- 心理健康
- 中风



首先，使用搜索引擎来寻找信息。



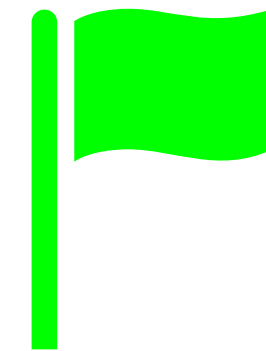
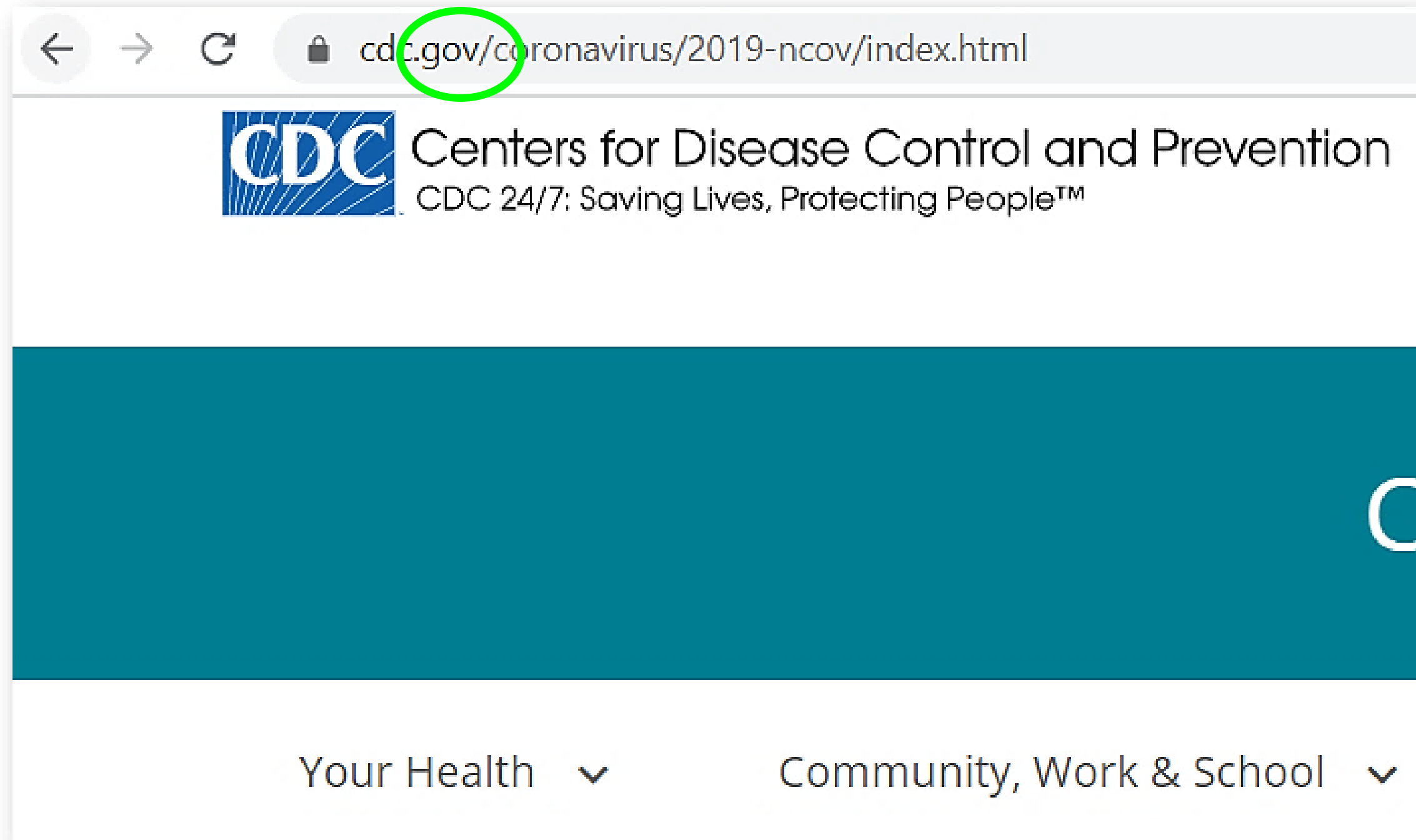
以如下字母结尾的网站可能更可靠：

-   website.gov = 政府信息
- website.org = 通常为非牟利机构
- website.edu = 教育机构，例如大学

以如下字母结尾的网站可能不太可靠：

-   website.com = 商业生意

这是一个政府的网站。



这是一个机构的网站。



这也是一个机构的网站。



这个网站正在分享可靠的网上健康信息。

<https://www.cdc.gov/flu/index.htm>



• .gov

这个网站在教育民众。

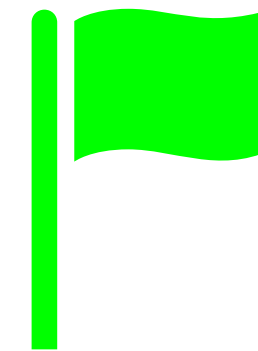
它回答您关于流感的问题。

没有广告。

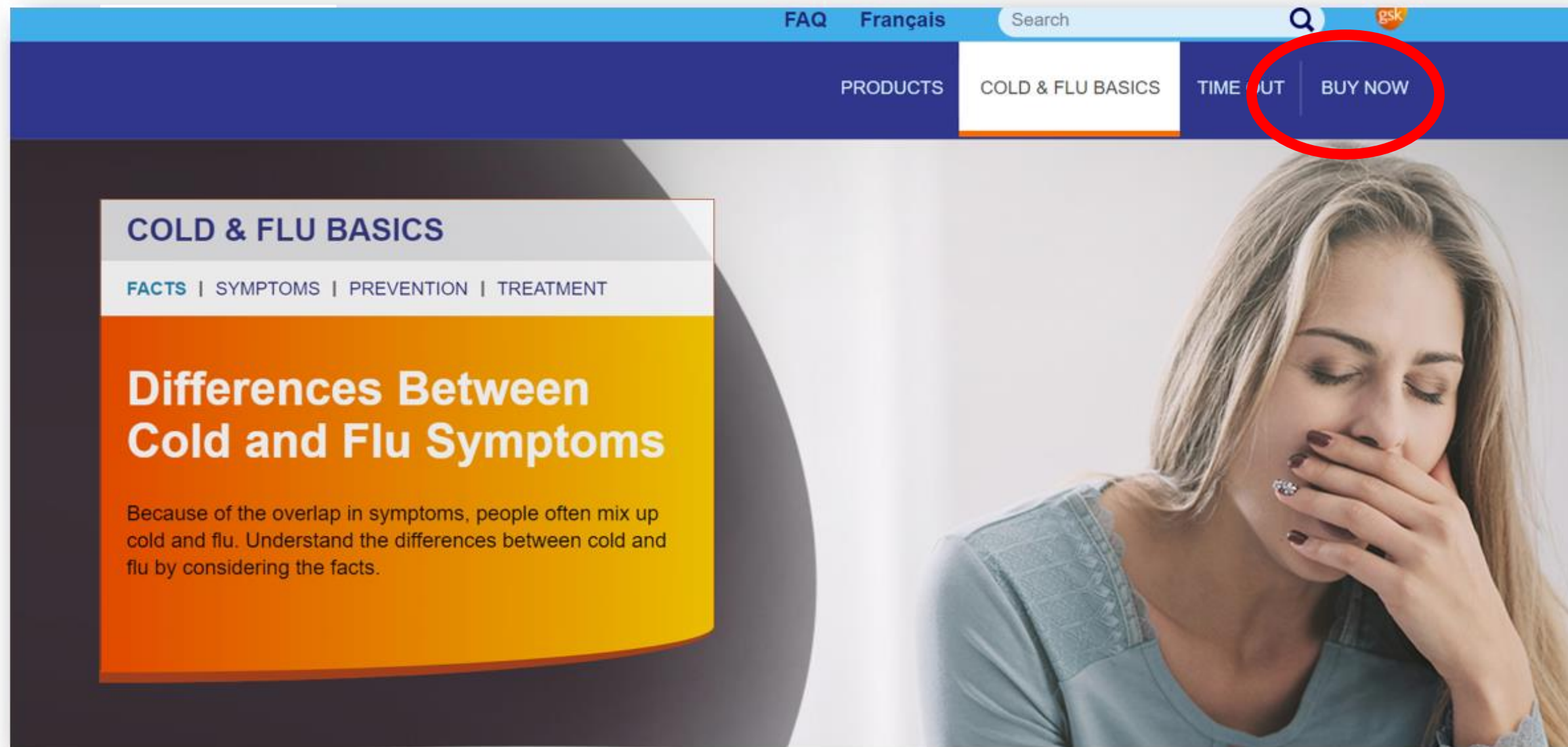
这个网页上有一个日期，它是当前以及最新的。



The screenshot shows the CDC logo at the top right. Below it is a 'More information' section with two columns of links: Travelers, Households, People Who Need Extra Precautions, People Who Are Sick, Caregivers, Schools, Businesses, Healthcare Professionals, Health Departments, Laboratories, and ASL Video Series: Use the Coronavirus Self Checker. At the bottom right of the section is a 'Top of Page' link. At the bottom of the page, the text 'Page last reviewed: May 8, 2020' is circled in red, with a blue arrow pointing to it from the 'More information' section. Below the date is the text 'Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases'.



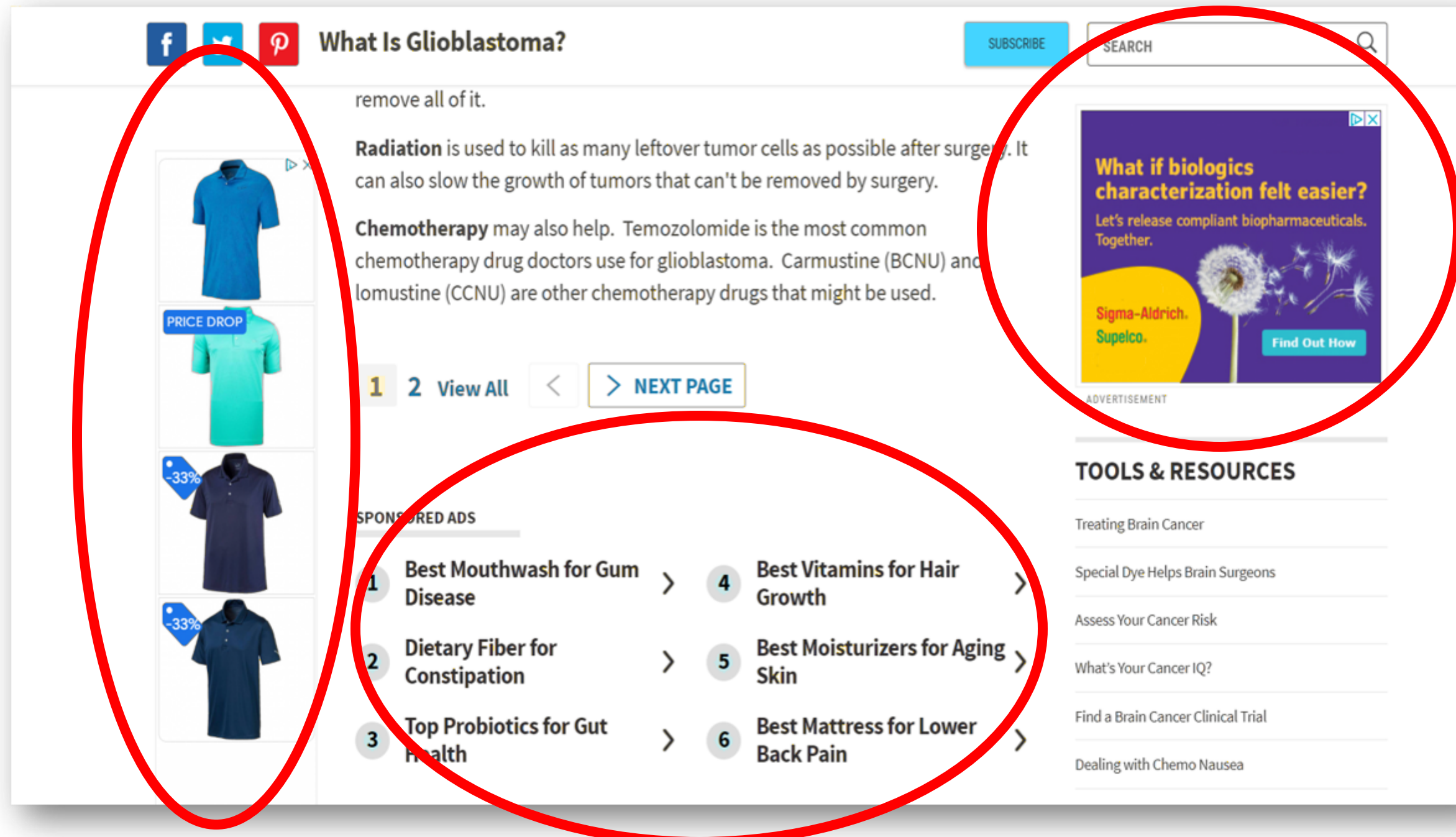
这个网站是商业性质。 他们正在销售一种产品，上面带有“立即购买”选项。



这个网站是为商业服务的，它向您索取您的信用卡信息，并要付钱。

The image shows a screenshot of a medical website. On the left, there is a sign-up form for a trial. The form includes fields for 'Email address' (with 'example@email.com' entered), 'Credit card number' (with '0000 0000 0000 0000' entered), 'Expiration' (MM / YY), 'CVV', and 'ZIP / Postal code' (12345). A large red circle highlights the credit card information fields. Below the form is a red button that says 'Start your trial now'. To the right of the form is a 'VERIFIED 100% PREVENT' badge. At the bottom of the form are logos for Google (5 stars), Norton SECURED, BBB A+ RATING, and Trustpilot (5 stars). On the right side of the screenshot, there is a dark grey panel for a doctor's profile. It says '9 General Practitioners are online now'. Below this are three circular profile pictures and the text 'Dr. David, MD General Practitioner 34,715 Satisfied Customers'. Underneath is a 'Membership Benefits:' section with three green checkmarks: 'Get answers from doctors in minutes, 24/7', 'Save time and money vs. in-person appointments', and 'More than medical: lawyers, vets, tech support, and 12,000 verified Experts'. Overlaid on the right side of the screenshot is a white pop-up window with a yellow coin character holding dollar bills. The pop-up says 'Rewards available!' and 'Rewards Rate 1 to 10%'. It has a red button 'Claim Rewards' and a blue link 'TRY LATER'. To the right of the pop-up is a red flag icon and a sad face emoji.

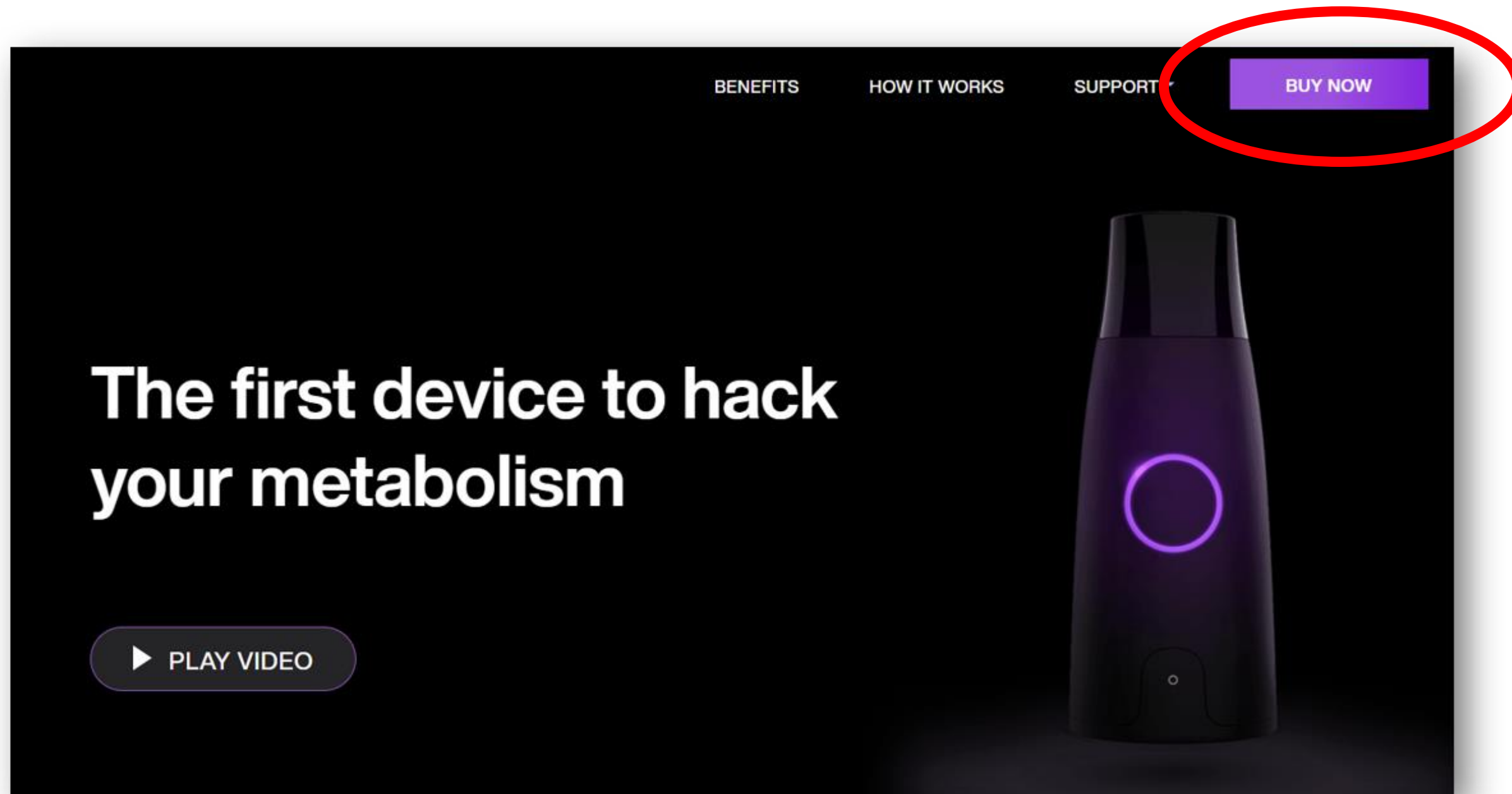
这些是广告。 这个网站正在尝试赚钱。



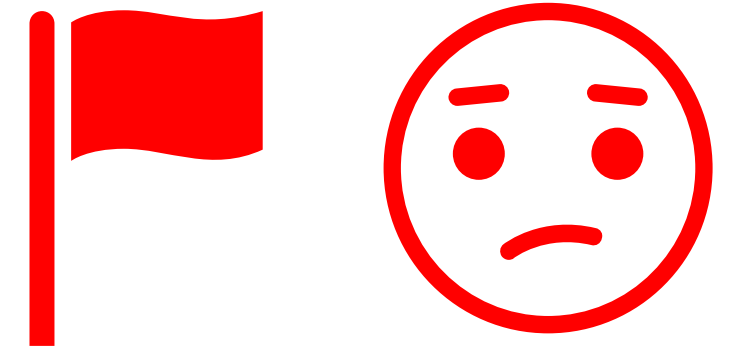
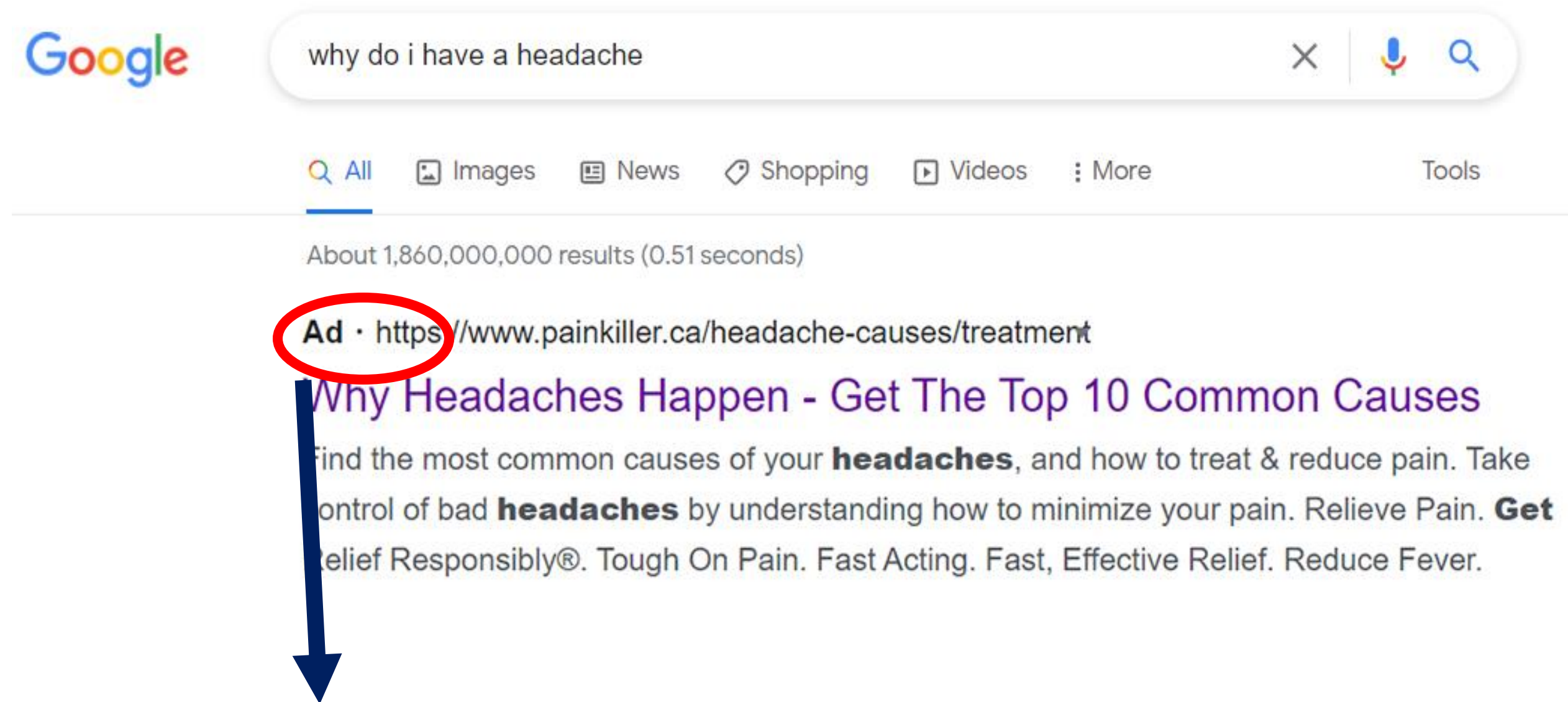
该网站有否回答您的问题？

The image shows a Google search interface. The search bar contains the text "why can't i lose weight". Below the search bar, there are navigation options: "All", "Images", "Videos", "News", "Shopping", "More", and "Tools". The search results show "About 5,790,000,000 results (0.68 seconds)". The first result is titled "Website.Me Official Website | Hack Your Metabolism" with the URL "https://www.website.me". Below the URL, there is an advertisement: "(Ad) The First Device To Hack Your Metabolism. We Knows If Your Body Is Using Fats Or Carbs For Fuel". A red circle highlights the "(Ad)" label. Below the advertisement, there is more text: "Fast Shipping & Delivery · 5 Star Reviews · Exclusive Deals · Download Mobile App" and "Service Catalog: Weight Loss, BENEFITS, SCIENCE, Corporate Wellness and more". A large black mouse cursor arrow is pointing towards the advertisement.

这个网站是商业性质，它没有回答您的问题，它在销售一种产品。



有时候Google会有广告标签。

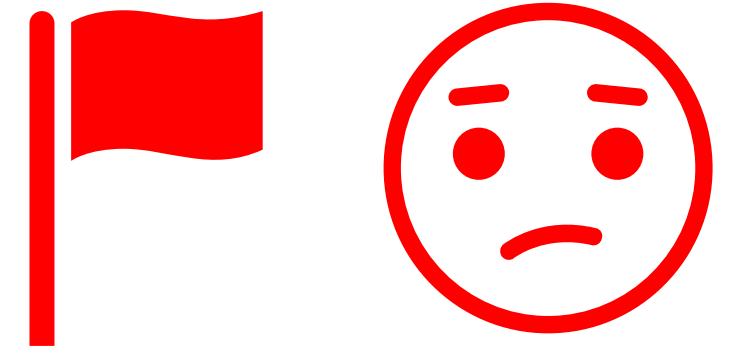
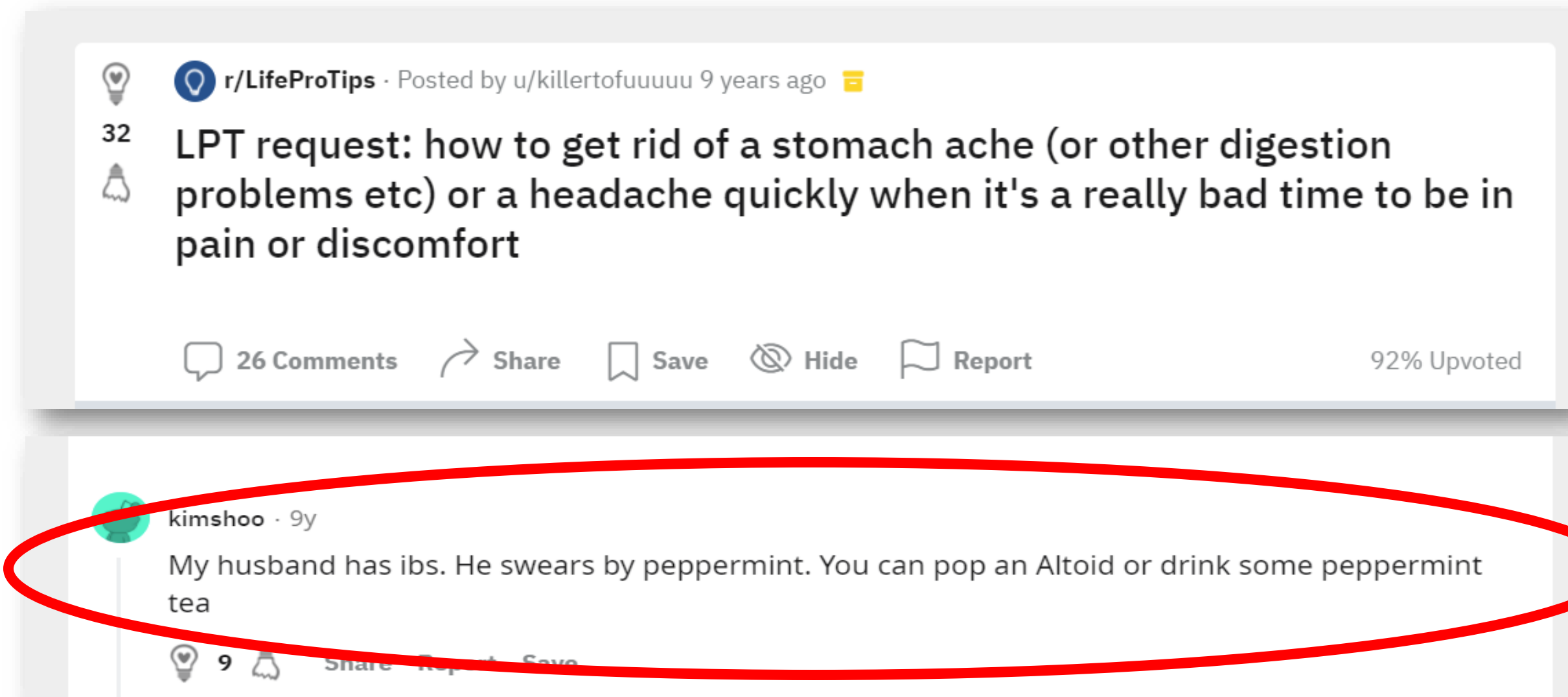


x 这是一个广告。

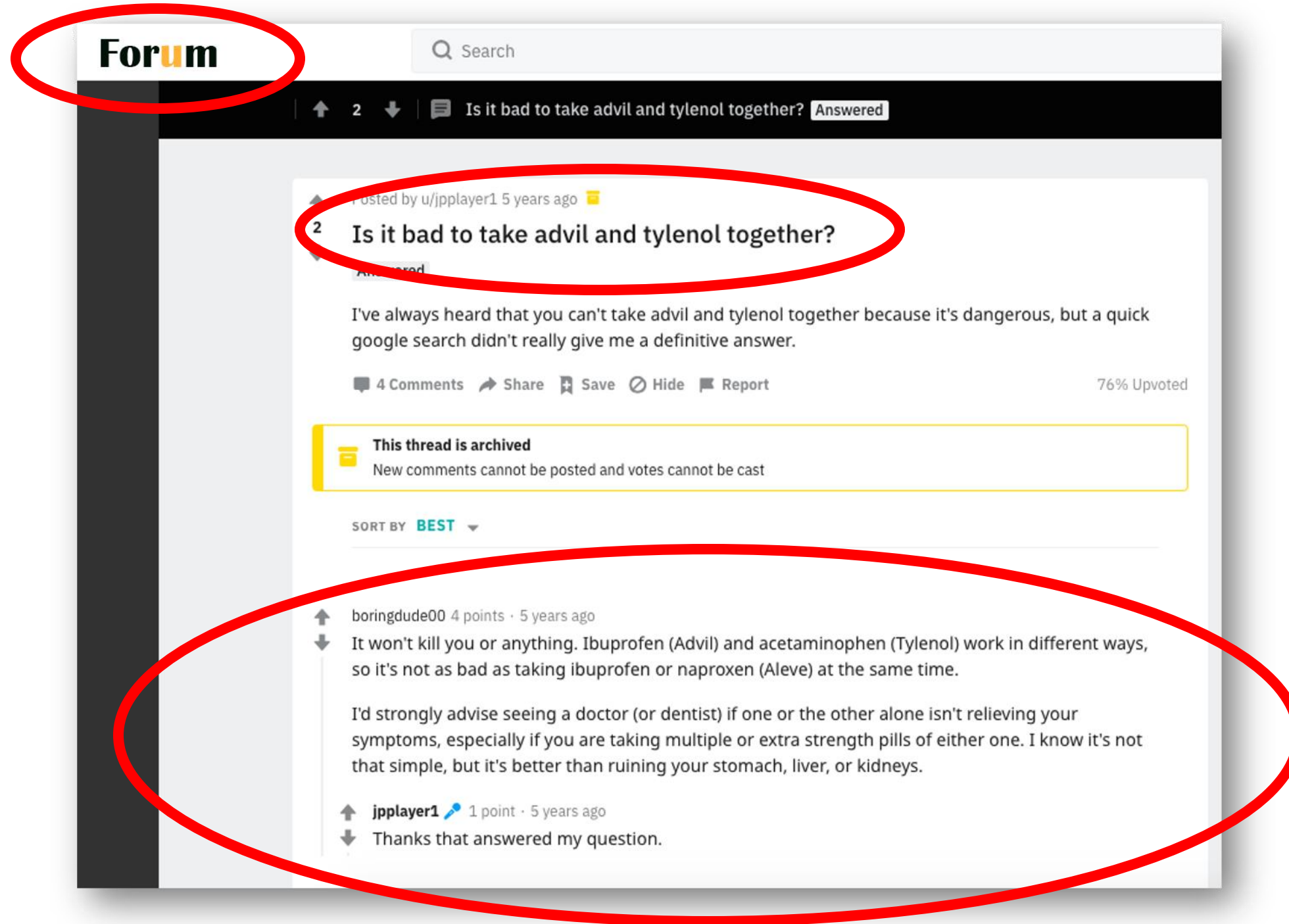
来自专家的信息不会有拼写错误。



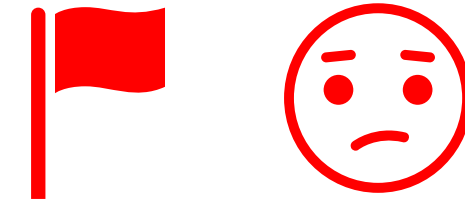
论坛上的大多数贴文都不是来自专家。 任何人（通常不是专家）都可以在论坛上贴出一个回答。






这个网站也是一个论坛。论坛通常有一个发问与回答的格式。






重温： 更可靠与不太可靠的网上健康医疗信息



更可靠的信息：

- 尝试教育民众以及分享正确的讯息 
- 来自专家，并经由其他专家的检验 
- 是当前并且是最新的 
- 可能的网址结尾：
website.gov, website.org,
website.edu

不太可靠的信息：

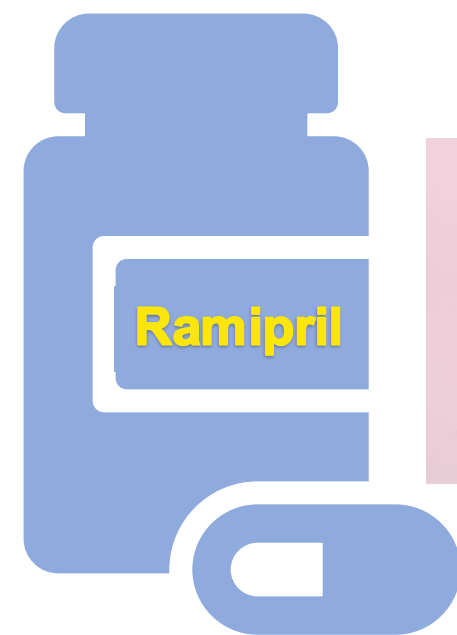
- 尝试赚钱或售卖产品 
- 并非来自于专家，并未经由其他专家检验 
- 并非最新的而且可能包含不正确的信息 
- 可能的网址结尾：
website.com

练习寻找更可靠的健康医疗信息

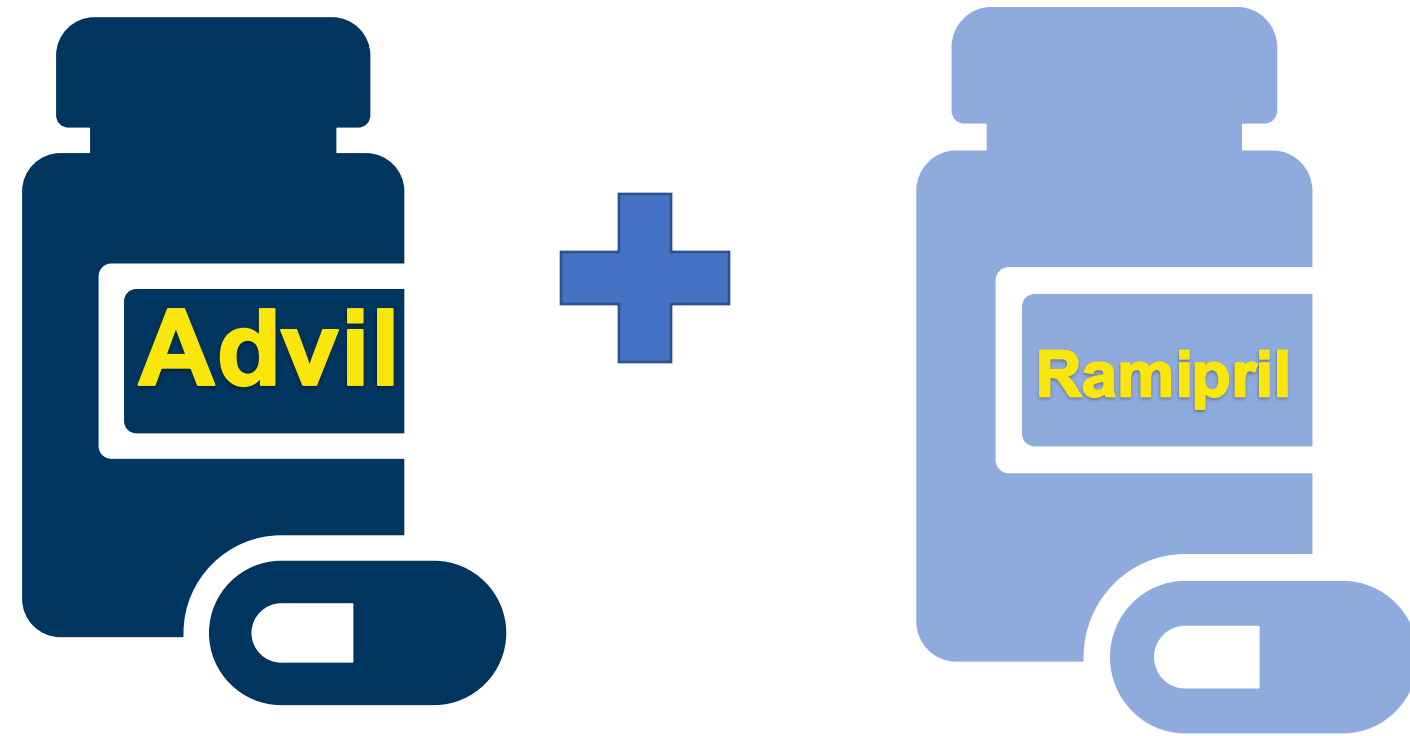


例子 #1:

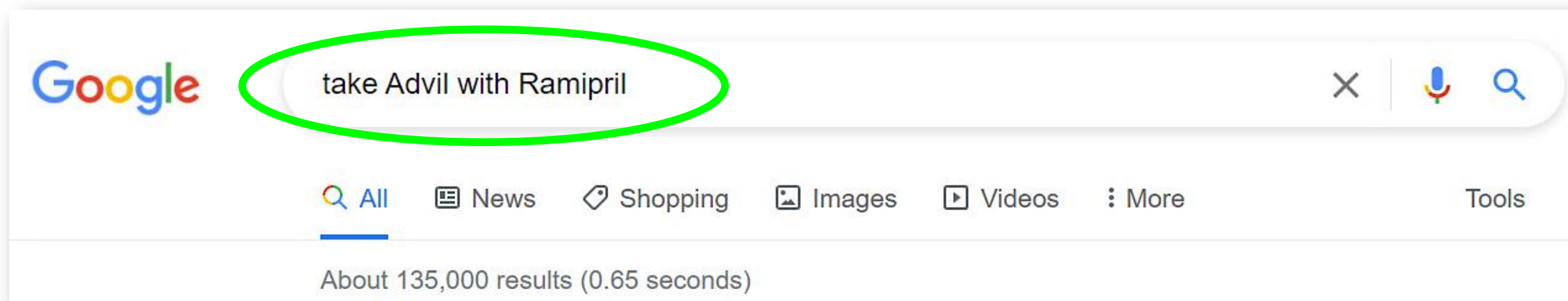
您服用高血压药Ramipril。



您可以同时服用Advil和Ramipril吗？






在搜索栏中输入重要词






寻找更可靠的网上健康医疗信息



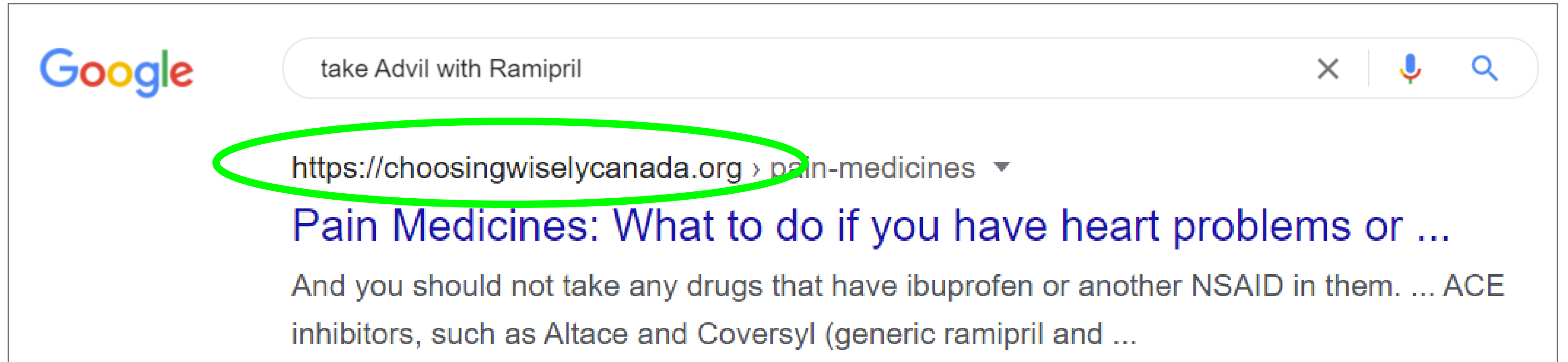
更可靠的信息：

- 尝试教育民众以及分享正确的讯息 
- 来自专家，并经由其他专家的检验 
- 是当前并且是最新的 
- 可能的网址结尾：
website.gov, website.org,
website.edu

不太可靠的信息：

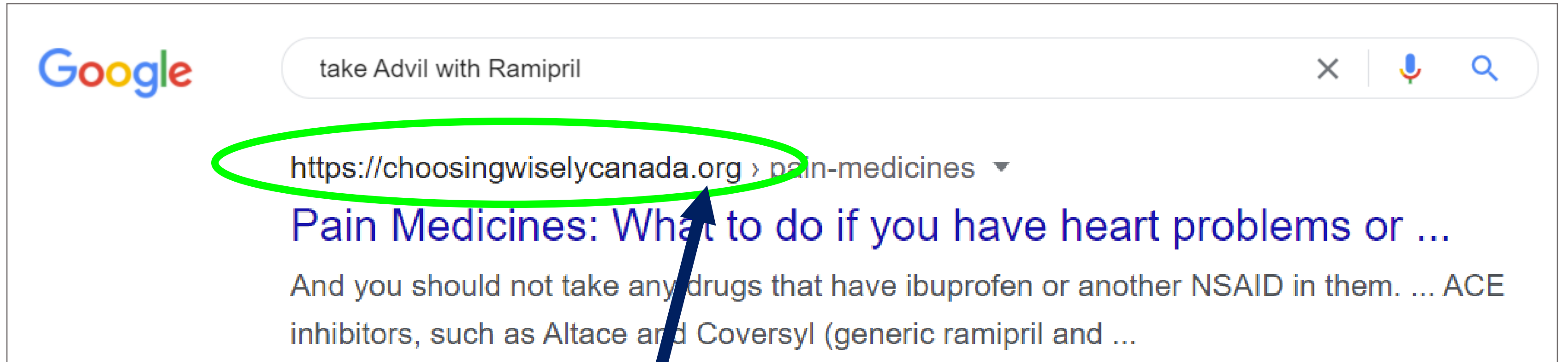
- 尝试赚钱或售卖产品 
- 并非来自于专家，并未经由其他专家检验 
- 并非最新的而且可能包含不正确的信息 
- 可能的网址结尾：
website.com

看看网址的结尾。 这是一个可靠的网站吗？



The image shows a Google search interface. The search bar contains the text "take Advil with Ramipril". Below the search bar, the first search result is displayed. The URL "https://choosingwiselycanada.org > pain-medicines" is circled in green. The title of the result is "Pain Medicines: What to do if you have heart problems or ...". The snippet below the title reads: "And you should not take any drugs that have ibuprofen or another NSAID in them. ... ACE inhibitors, such as Altace and Coversyl (generic ramipril and ...".

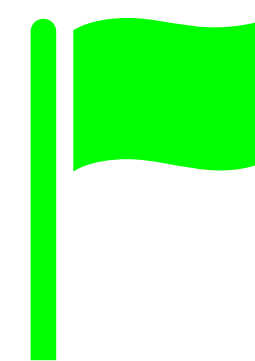
看看网址的结尾。 这是一个可靠的网站吗？



website.gov

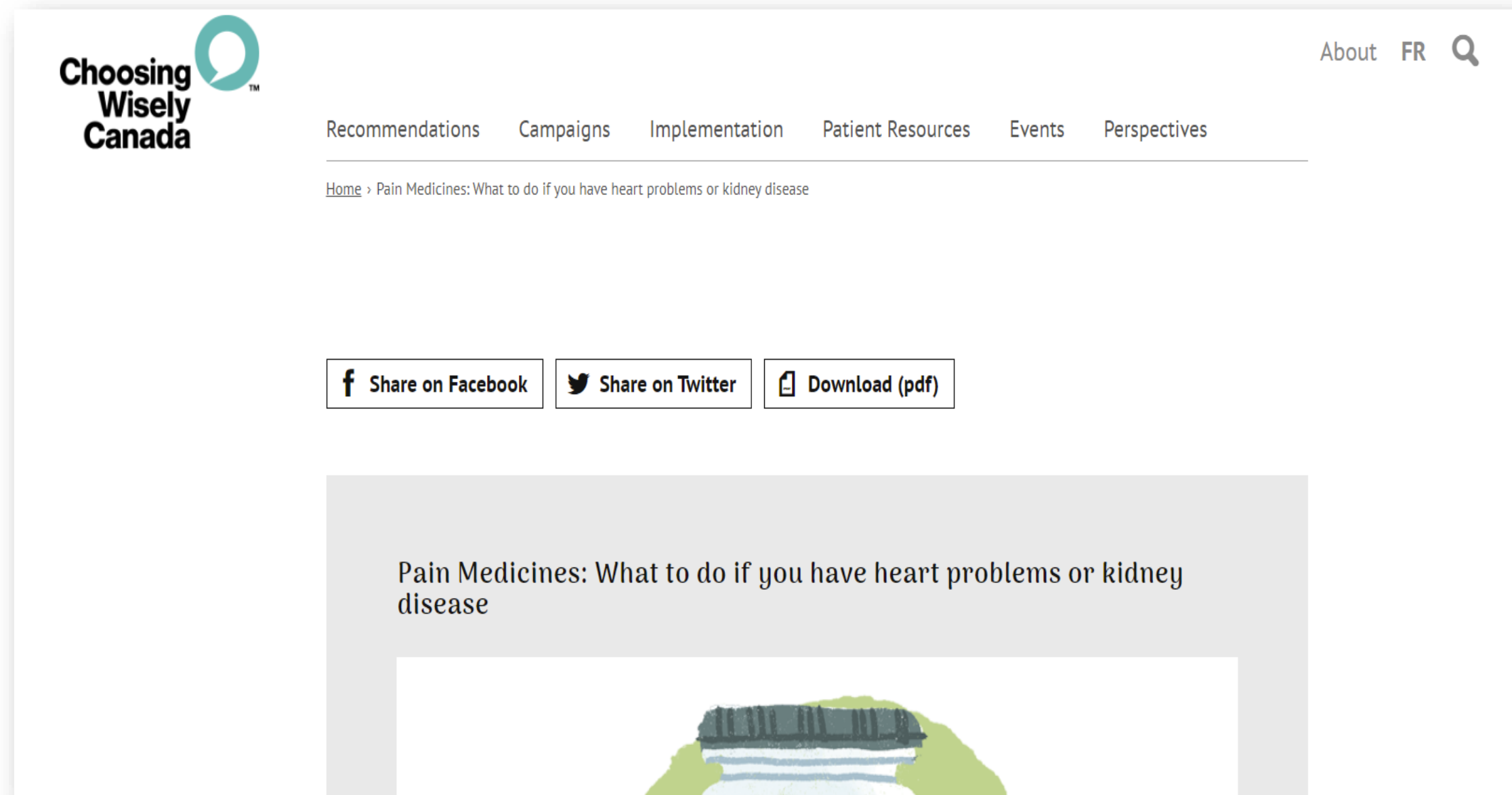
website.org

website.edu



这个网站在分享可靠的网上健康信息。

<https://choosingwiselycanada.org/pain-medicines/>

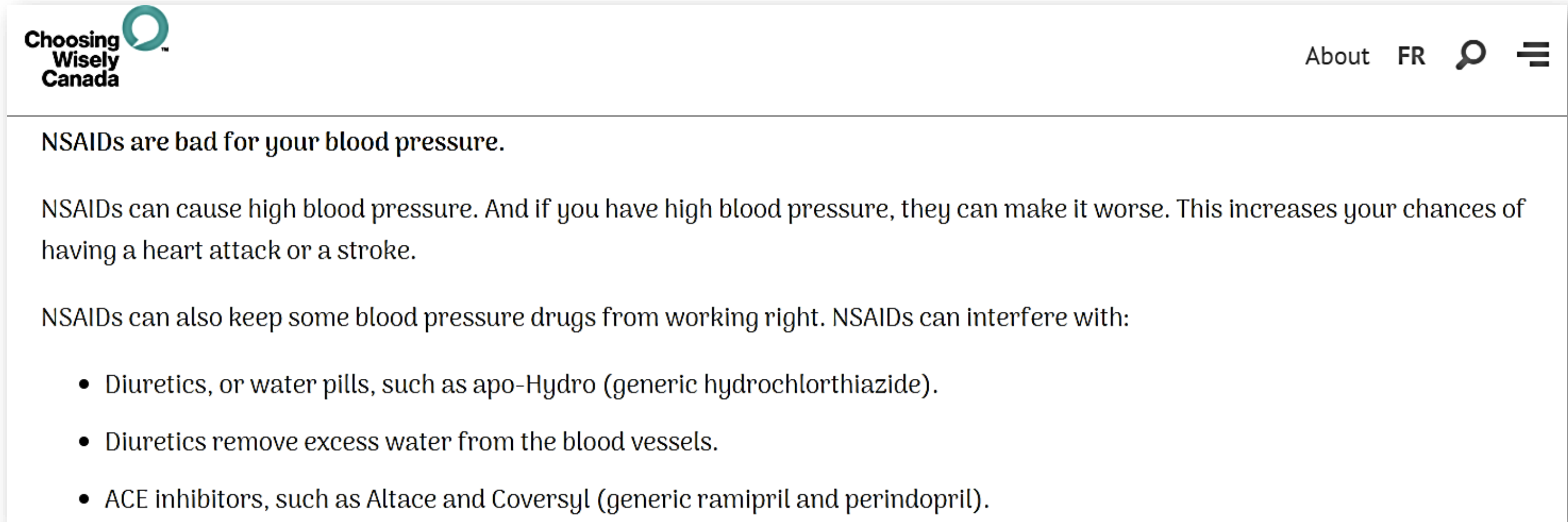


🚩 .org

🚩 没有广告

🚩 沒有要求付款

- 🚩 这个网站在教育我们，并且在回答我们的问题。
- 🚩 没有语法或拼写错误。



Choosing Wisely Canada

About FR 🔍 ☰

NSAIDs are bad for your blood pressure.

NSAIDs can cause high blood pressure. And if you have high blood pressure, they can make it worse. This increases your chances of having a heart attack or a stroke.

NSAIDs can also keep some blood pressure drugs from working right. NSAIDs can interfere with:

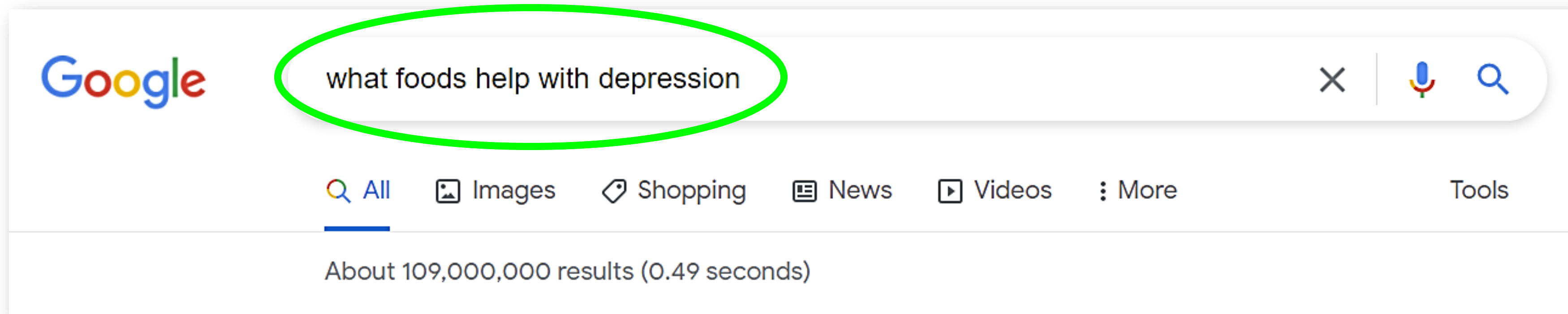
- Diuretics, or water pills, such as apo-Hydro (generic hydrochlorothiazide).
- Diuretics remove excess water from the blood vessels.
- ACE inhibitors, such as Altace and Coversyl (generic ramipril and perindopril).

例子# 2: 您感觉抑郁。

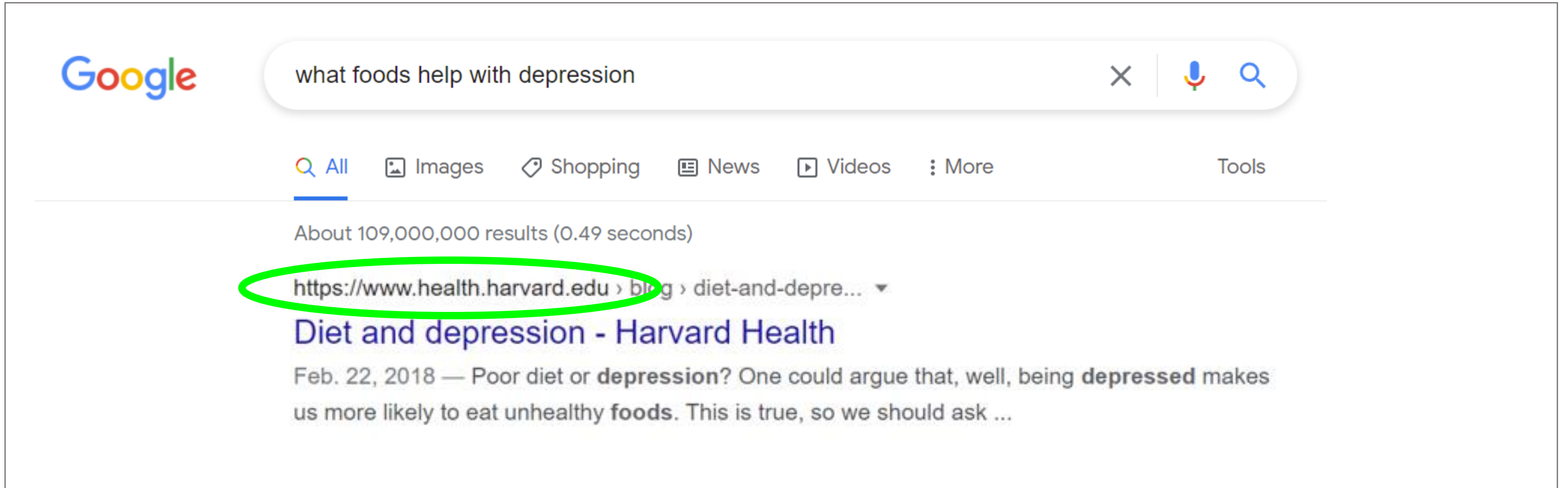
有没有一些食物能够帮助改善您的感觉?



在搜索栏中输入重要词

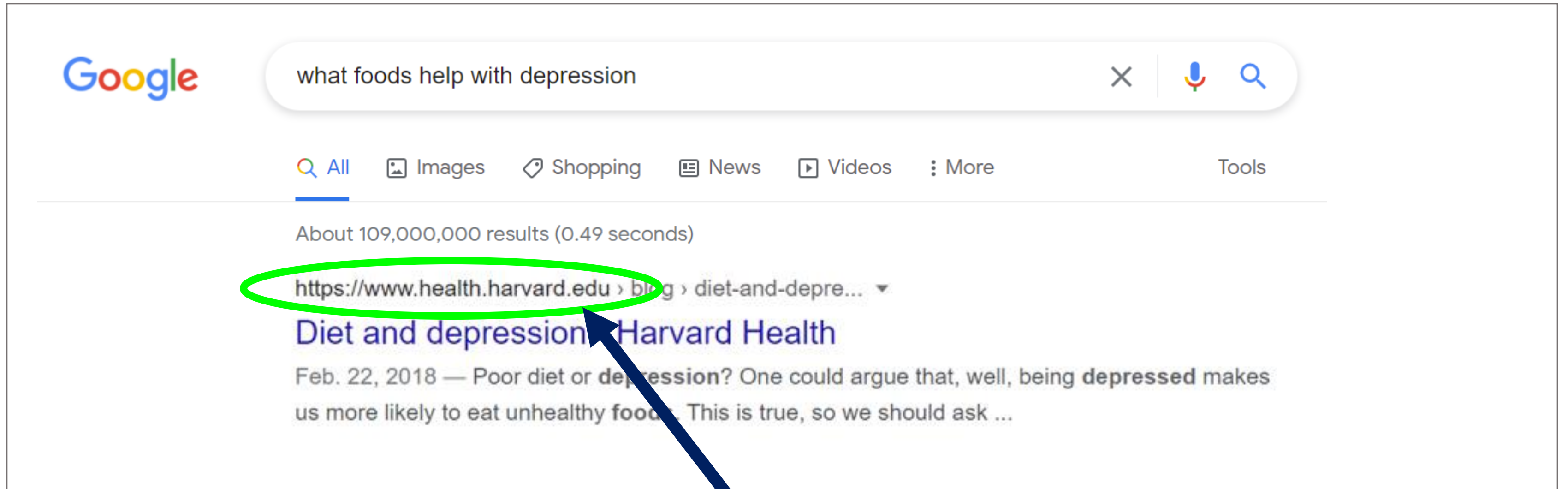


看看网址的结尾。 这是一个可靠的网站吗？



The image shows a Google search interface. The search bar contains the text "what foods help with depression". Below the search bar, there are navigation options: "All", "Images", "Shopping", "News", "Videos", "More", and "Tools". The search results show "About 109,000,000 results (0.49 seconds)". The first result is from "https://www.health.harvard.edu > blog > diet-and-depre..." and is circled in green. The title of the result is "Diet and depression - Harvard Health". The snippet below the title reads: "Feb. 22, 2018 — Poor diet or depression? One could argue that, well, being depressed makes us more likely to eat unhealthy foods. This is true, so we should ask ...".

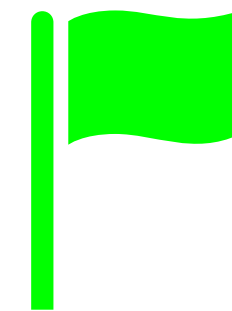
看看网址的结尾。 这是一个可靠的网站吗？



website.gov

website.org

website.edu



这是一个可靠的网站吗？

Google

what foods help with depression

All Images Shopping News Videos More Tools

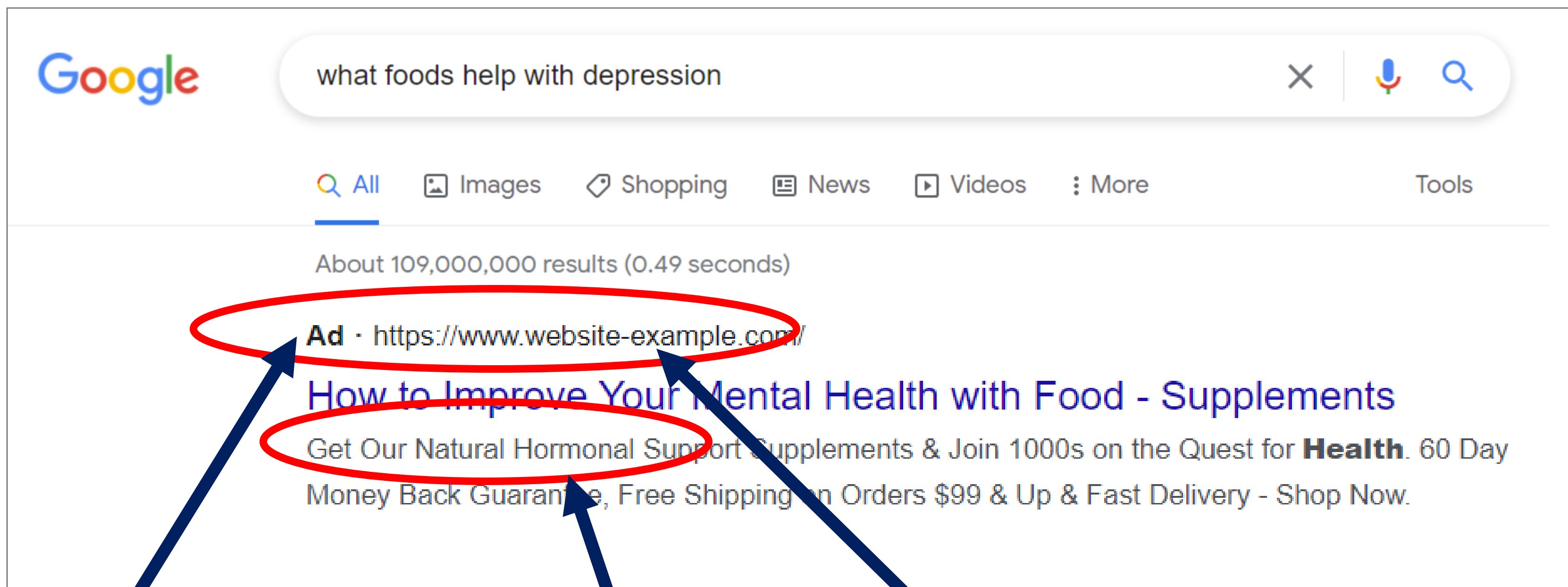
About 109,000,000 results (0.49 seconds)

Ad · <https://www.website-example.com/>

How to Improve Your Mental Health with Food - Supplements

Get Our Natural Hormonal Support Supplements & Join 1000s on the Quest for **Health**. 60 Day Money Back Guarantee, Free Shipping on Orders \$99 & Up & Fast Delivery - Shop Now.

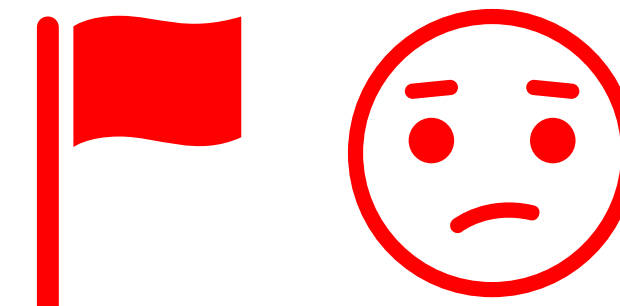
看看网址的结尾和广告标签。 这是一个可靠的网站吗？



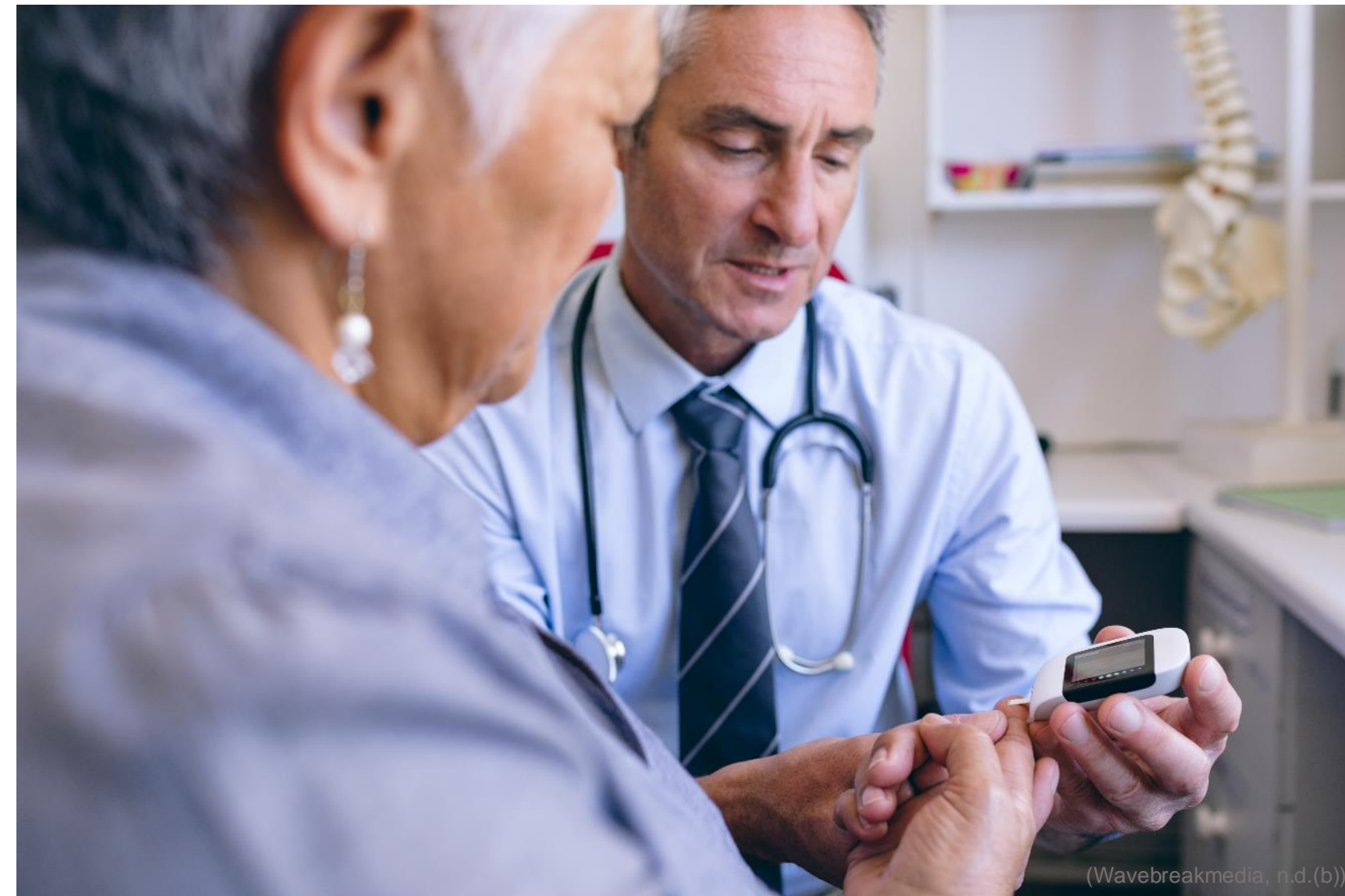
标记为广告

销售补充剂

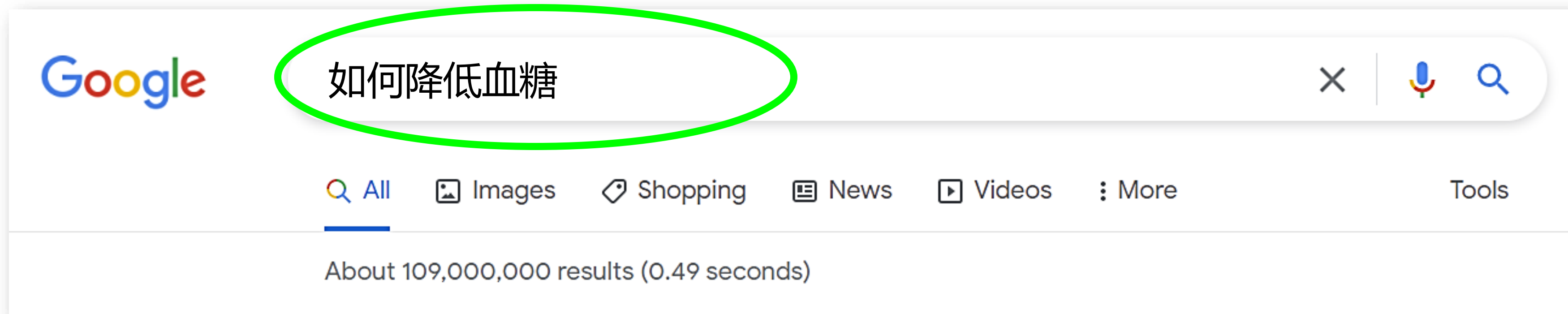
.com



例子# 3: 您嘗試降低血糖。



在搜索欄中輸入重要詞



这个网站在分享不太可靠的网上健康信息。

https://website-example.com/health/how-to-lower-blood-sugar

taking time to clear your mind and reduce stress will help your blood sugar.

2. Make like Popeye

You might not get super strength from spinach like Popeye does, but taking in some high-fiber foods can help bring down your blood sugar. A [1991 study](#) found that fruits, legumes, and other foods rich in water-soluble fiber helped balance blood sugar.

Those fiber-y foods slow digestion, which means the sugar from your meal isn't hastily thrown into your bloodstream. Instead, the fiber helps everything break down more slowly, and there's more time for the sugar to be properly absorbed.

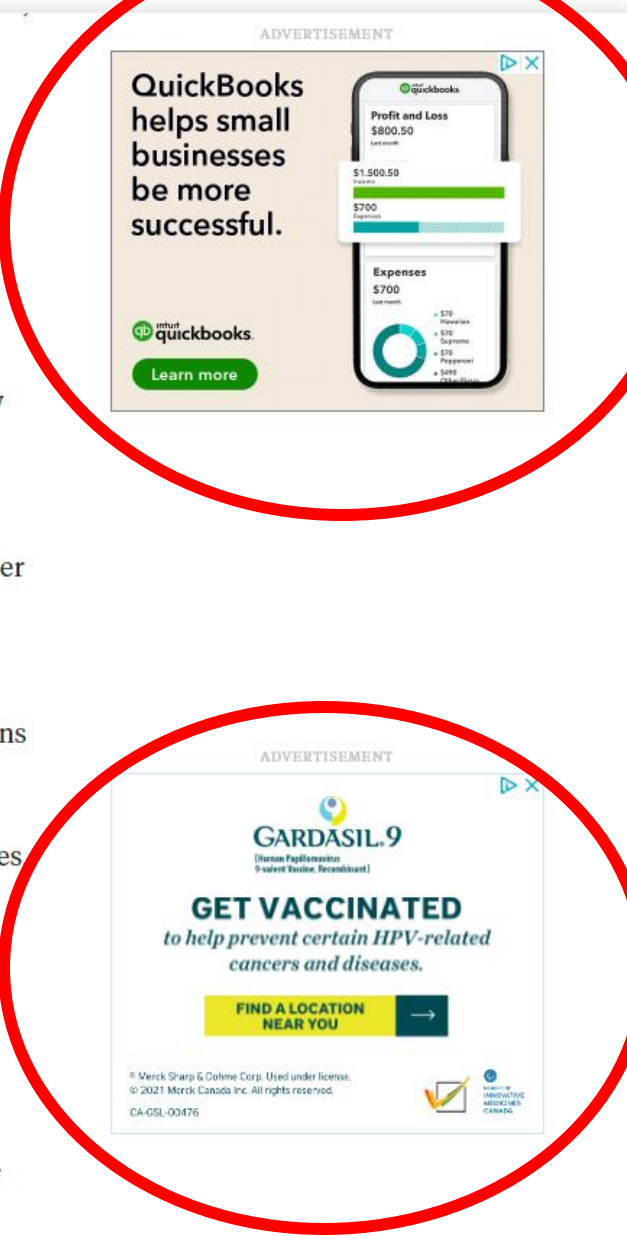
A [major review of diabetic studies](#) found that a high-fiber diet (especially including fiber from cereals) may reduce your chances of developing type 2 diabetes in the first place.

Unfortunately, that doesn't mean you can go to town on Lucky Charms. "Cereal fiber" refers to non-sugary, unrefined cereal grains. Bran cereal, oatmeal, or other whole grains will provide the diabetes-busting fiber you're looking for.

Outside of spinach and cereal, adding black beans, sweet potatoes, avocados, nectarines and other [fruits and vegetables high in soluble fiber](#) to your diet will help bring your blood sugar down.

3. Don't dry out

"Drink more water" isn't cutting-edge nutritional advice, but avoiding dehydration is surprisingly helpful for balancing blood sugar. A [2017 study](#) found that low daily water intake led to high blood sugar.



🚩 .com

🚩 有多个广告

🚩 沒有日期



这个网站在分享更为可靠的网上健康信息。

https://www.cdc.gov/diabetes/managing/manage-blood-sugar.html

The screenshot shows the CDC website page for 'Manage Blood Sugar'. The page includes the CDC logo, a search bar, and a navigation menu. The main content area features the title 'Manage Blood Sugar' with a sub-link for 'Español (Spanish)'. Below the title is a paragraph explaining the importance of keeping blood sugar levels in target range. A section titled 'How can I check my blood sugar?' provides information on using a blood sugar meter or a continuous glucose monitor (CGM). An image shows a doctor and a patient looking at a tablet. A text box below the image states: 'Your blood sugar target is the range you try to reach as much as possible. Read about [Monitoring Your Blood Sugar](#) and [All About Your A1C](#).' At the bottom of the page, the text 'Page last reviewed: April 28, 2021' is circled in green. The content source is listed as 'Centers for Disease Control and Prevention'.

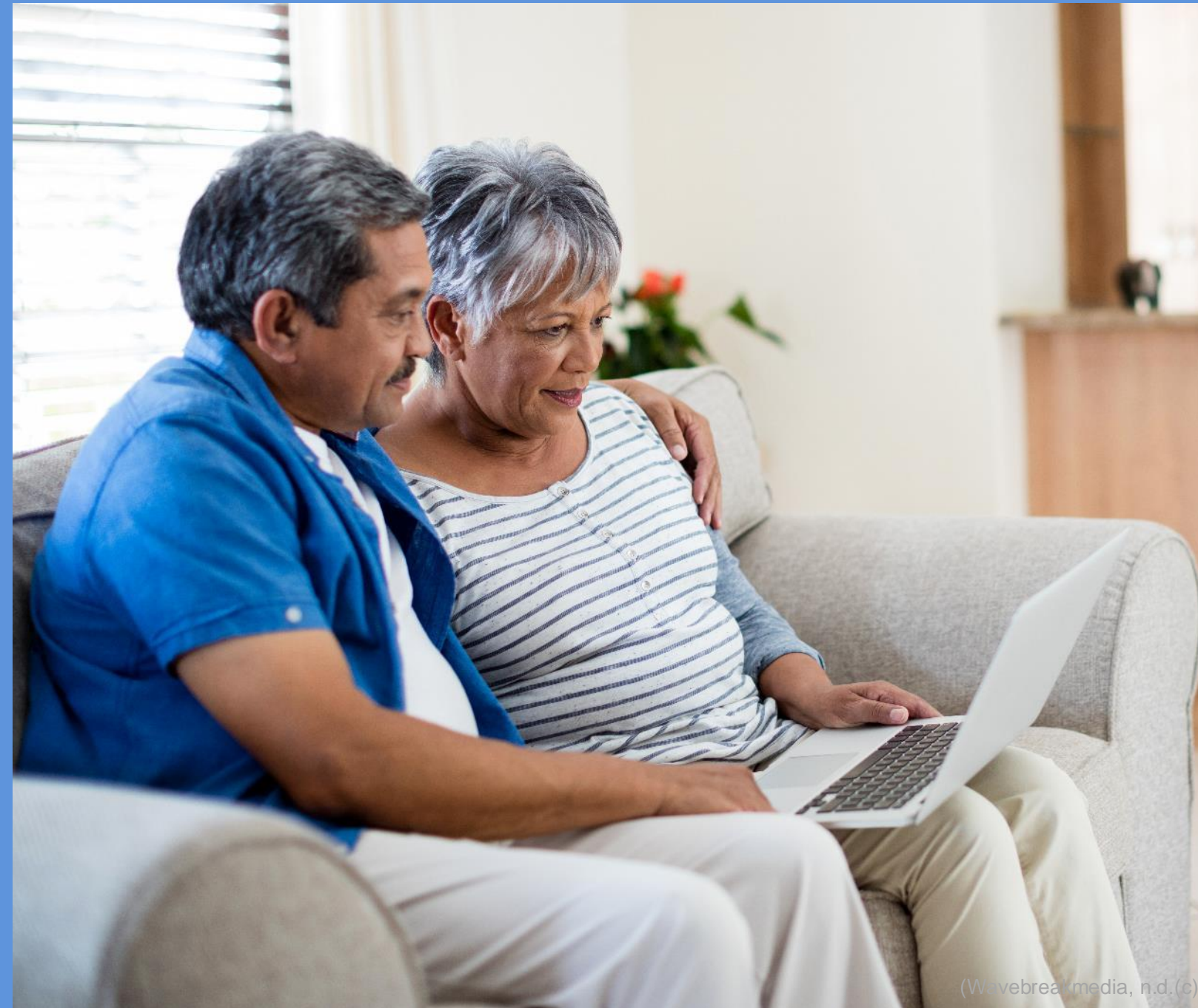
 .gov

 没有广告

 有日期

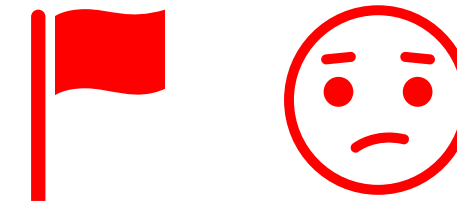


学习总结






(W. vebreat media, n.d. (c))




重温： 更可靠与不太可靠的网上健康医疗信息



更可靠的信息：

- 尝试教育民众以及分享正确的讯息 
- 来自专家，并经由其他专家的检验 
- 是当前并且是最新的 
- 可能的网址结尾：
website.gov, website.org,
website.edu

不太可靠的信息：

- 尝试赚钱或售卖产品 
- 并非来自于专家，并未经由其他专家检验 
- 并非最新的而且可能包含不正确的信息 
- 可能的网址结尾：
website.com

图像来源

Altmann, G. (n.d.). [No title]. Retrieved from: <https://pixabay.com/photos/heart-curve-health-healthy-pulse-3689233/>

Author unknown. (n.d.). *Healthcare facility management*. Retrieved from: https://www.pinclipart.com/downpngs/TobJxm_healthcare-facility-management-clipart/

DragonImages. (n.d.). *Senior woman working on computer*. Retrieved from: <https://elements.envato.com/senior-woman-working-on-computer-78ESECB>

Dumlao, N. (2020). [No title]. Retrieved from: <https://unsplash.com/photos/bRdRUUtbxO0>

KaikaTaaK. (n.d.). *Candid old Asian retired couple use tablet computer to transfer money online*. Retrieved from: <https://elements.envato.com/candid-old-asian-retired-couple-use-tablet-compute-DWLH8SH>

Poungsaed_eco. (n.d.). *Old couples practice using laptops for online shopping and payments*. Retrieved from: <https://elements.envato.com/old-couples-practice-using-laptops-for-online-shop-2ZW59R4>

Rawf8. (n.d.). *Red white color capsules medication on pink background*. Retrieved from: <https://elements.envato.com/red-white-color-capsules-medication-on-pink-backgr-SANN4SD>

Seventyfourimages. (n.d.). *Measuring Blood Pressure*. Retrieved from: <https://elements.envato.com/measuring-blood-pressure-EHGC49P>

Wavebreakmedia. (n.d.(a)) *Senior man taking medicine in bathroom*. Retrieved from: <https://elements.envato.com/senior-man-taking-medicine-in-bathroom-DNPDVQL>

Wavebreakmedia. (n.d.(b)). *Mature male doctor examining senior woman with glucometer at clinic at retirement home*. Retrieved from: <https://elements.envato.com/mature-male-doctor-examining-senior-woman-with-glu-STH6BXC>

Wavebreakmedia. (n.d.(c)). *Senior couple using laptop in living room*. Retrieved from: <https://elements.envato.com/senior-couple-using-laptop-in-living-room-5TQXS9W>

Note: screen captures were provided by iCON on slides 3, 8, 14, 16-29, 36-39, 41-45, 47-49.

再次感谢：



THE UNIVERSITY OF BRITISH COLUMBIA
Department of Emergency Medicine
Faculty of Medicine

感谢卑诗省卫生厅"患者为伴"计划的支持！



© 2020 The University of British Columbia.

The work is licensed under Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 International License (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

It was created by UBC Digital Emergency Medicine. For permissions to use this work for commercial purposes please contact The University of British Columbia's University-Industry Liaison Office.