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## RESEARCH: Finding Credible Information on IM

If a remedy or treatment sounds too good to be true, it probably is. So, how can you find credible information before you integrate new integrative therapies into your healthcare?

### Talk to your healthcare practitioner(s).

- Tell them about specific symptoms you are experiencing and/or health goals you would like to achieve. Ask them to recommend suitable therapies.
- Tell them about the therapy (prescription or non-prescription) you are considering. Ask about safety, effectiveness, side effects, timeline, costs, and potential interactions with medications (prescription or non-prescription).
- Tell them about specific symptoms you are experiencing and/or health goals you'd like to achieve. Ask them to recommend suitable therapies.
- Ask them about the quality and results of evidence for or against potential therapies.
- Ask them to help you interpret any scientific articles you have found.
- If they can't answer your questions, feel free to ask them for the name of someone who may know more.

### Go online.

Not all integrative medicine (or even general health) sites feature credible information. While researching online, keep asking yourself ten simple questions about online medical resources:

- Who runs this site?
- Who pays for the site?
- What is the purpose of the site?
- Where does the information come from?
- What is the basis of the information?
- How is the information selected?
- How current is the information?
- How does the site choose links to other sites?
- What information about you does the site collect, and why?
- How does the site manage interactions with visitors?

*Questions from the National Center for Complementary and Alternative Medicine (NCCAM)*