

Seems OK, but is it evidence-based? Here's how to check

**A health website may seem credible, but how can you be sure?
Check it against a neutral source.**

Science-Based Medicine

<http://www.sciencebasedmedicine.org>

- Evaluates medical treatments and products, particularly alternative medicine, such as acupuncture and homeopathic treatments
- Searchable content organized by health issue and treatment
- Lists additional reliable resources

Sense About Science

<http://www.senseaboutscience.org>

- Covers a wide variety of topics from food additives to health screenings to health claims made by celebrities. Want to know if Jennifer Aniston's diet is actually healthy or if your plastic water bottle is harmful to your health? This is the place for you
- Works with over 6,000 scientists and community, civic, and scientific groups to run programs on understanding scientific evidence, publicize campaigns on scientific research, and provide reliable health information

National Institutes of Health

<http://www.nih.gov>

- Provides information on a wide variety of health topics, from diabetes to dietary supplements, and summarizes the recent research
- The scientific research arm of the government, made up of 21 institutes and six centers in specific areas. Each institute and center (linked to from the NIH site) provides more comprehensive information about its particular topic

Scholarly Open Access

<http://scholarlyoa.com/publishers/>

- Maintains a list of open-access publishers and journals that commit predatory practices, such as lack of transparency in how they operate and sending spam requests for peer review to scientists who are not experts in the relevant field
- Geared toward potential paper authors, but useful for deciding whether or not to trust a scholarly article