Search Health: How to Find Credible Health Information

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Brainstorming...

What makes health information reliable?
Consider…

Authorship
- What is their expertise?
- What do they gain?

Audience
- What is their expertise?
- What do they gain?

Currency
- When was it written?
- How often is it updated?
Start your search:

**MedlinePlus**
http://www.nlm.nih.gov/medlineplus/

**FamilyDoctor.org**
http://familydoctor.org/

**Ask a Librarian**
Library@upstate.edu
(315) 464-7091
There are so many ways to be a good parent. Find quality information and advice on our Parenting page.
Breastfeeding benefits

Why Should I Breastfeed?

Breast milk not only nourishes your baby, but it has health benefits for mothers, is less expensive, and helps develop a mother-baby bond. Learn more.
Look to your libraries!
Health on the go
Visit the Health Sciences Library’s Search Health Guide

http://upstate.libguides.com/searchhealth
Questions?