The Internet can be a great source of health and medical information. Just about every disease and condition known to man is covered. However, as we all should know by now, not all information on the web is accurate and reliable. ‘Dr. Google’ is not necessarily the best source of advice.

If you need more information on a disease or condition than your doctor has time to provide, where can you go for reliable information? The following are several reputable health sites on which you can find information relating to myriad diseases and conditions.

The following caveat is implied however: the health and medical information found on the Internet should not replace the advice of your doctor or health professional.

**Better Health Channel**
One of the best sites on the Internet for health information. Established and fully funded by the Victorian State Government, the Better Health Channel’s information goes through a quality assurance and approval process to ensure its accuracy and currency.

The *Conditions & Treatments* section of this site is of particular interest for this article, and users won’t be disappointed by either its very comprehensive list of diseases and conditions, or the quality and quantity of information provided.

Search or browse health conditions by category, body part/system, or the A-Z list. Find information on tests, treatments, procedures, medications and complementary medicine, amongst a plethora of other topics.

**Health & Wellness Resource Center**
An online database subscribed to for Queensland residents by the State Library of Queensland. Users will need their Bundaberg Regional Libraries membership number to access via the Library’s website.

This database again contains comprehensive information on a range of diseases and conditions, and users can be secure in the knowledge that the information was written and reviewed by medical experts.

Of American origin, but still useful for Australians looking for reputable medical information.
HealthInsite
HealthInsite is the online health information service provided by healthdirect Australia, or the National Health Call Centre Network (NHCCN) Ltd, which is committed to providing 24-hour, 7-day-a-week access to health information.

Their website, HealthInsite, is in the form of a gateway to sites which contain health information. When you search HealthInsite you will see a list of relevant matches from other health information sites.

The section on A-Z Health Topics is the easiest way to find a specific disease or condition.

MedlinePlus
http://www.nlm.nih.gov/medlineplus/
This service is provided by the US National Library of Medicine, part of the National Institutes of Health.

MedlinePlus is also a gateway to health information. Search their Health Topics by alphabet or subject. You will be provided with a short overview and then links to approved sites. MedlinePlus has evaluated these sites for accuracy, authority, and currency, and also to ensure the information is freely available.

An American site, so expect that to be reflected in the information provided. However, still of enormous use to Australians looking for extra information about a disease or condition.

ABC Health & Wellbeing
http://www.abc.net.au/health/
Health information from the ABC including a very comprehensive A-Z library of fact files on many diseases and conditions.

There is also health news and features, videos, fact busters, quizzes, and more. A very useful site for reputable health information.

See also the article “Making sense of health information” by Peter Lavelle. It was published in 2006 but still remains pertinent today. The direct link is http://www.abc.net.au/health/consumerguides/stories/2006/04/17/1837428.htm.

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