Don’t Ask Dr Google – He’s Not An Actual Doctor

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Researchers searched for advice on
and analyzed the
first 100 search
results for 560
different sites

Were completely incorrect
含ained correct information
Failed to answer the question at all

Harvard Weighs the Risks of Symptom Checkers

Researchers created standardized lists of symptoms used to test medical students and input them into 23 SYMPTOM CHECKERS

34% of cases miss the correct diagnosis on the first try
80% of the critical cases correctly recommended emergency care

Paranoia Problems

According to research from Microsoft's research division

25% of web searches for "headache" pointed to a brain tumor as a possible cause

Being a Hypochondriac Isn't a Choice!

Develops typically in the 20s - 30s
Affects men and women equally
Becomes an integral part of your identity
May occur after bouts of depression or generalized anxiety disorder
May ruin doctor/patient relationships and cause distrust for both parties
Stress that accompanies a sufferer's worry can escalate symptoms

Estimates show that hypochondriac patients spend around $20 billion/year on unneeded tests, medicines, and more!

How Should You Deal With Dr. Google?

1. START GOOGLING AFTER YOU'VE SEEN A DOCTOR

Once you have a diagnosis to work with—you'll get better results!

2. FIND BETTER INFORMATION SOURCES

Look for credible, certified, and timely info as you search for specific symptoms
E.g. National Health Service, Mayo Clinic, CDC, US National Library of Medicine

3. GET HELP OFFLINE

• Pharmacists can be a great in-person resource
• Friends, families, and support groups can help calm fears

4. BE PROACTIVE

• Pharmacists can be a great in-person resource
• Friends, families, and support groups can help calm fears

5. JUST STOP GOOGLING

INFORMATION IS ADDICTIVE
MORE INFORMATION doesn't equal ACCURATE INFORMATION

Presented by:
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