

# *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 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

## **Canadian Institutes of Health Research**

<http://www.cihr-irsc.gc.ca/>

- Includes publications on a variety of health topics, such as aging, infection, and immunity, and summarizes recent research
- The CIHR is the scientific research arm of the government and is made up of 13 institutes across Canada. Each institute (linked to from the CIHR 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 publishing operations and sending spam requests for peer review to scientists who are not experts in the area of review
- Geared toward potential paper authors, but useful for deciding whether or not to trust a scholarly article