

如何識別高質素的網上健康資訊

“安康” 數碼健康知識普及, 2022



鳴謝

該數碼健康知識課程由卑詩大學的“安康”健康網絡（iCON）開發。

“安康”得到卑詩省衛生廳“患者為伴”計劃的支持。

“安康”與各多元文化社區合作已超過十年。

“安康”幫助慢性病患者進行自我管理。

“安康”亦幫助人們普及數碼知識，以便他們獲取、評估和使用網上的健康資源。



THE UNIVERSITY OF BRITISH COLUMBIA

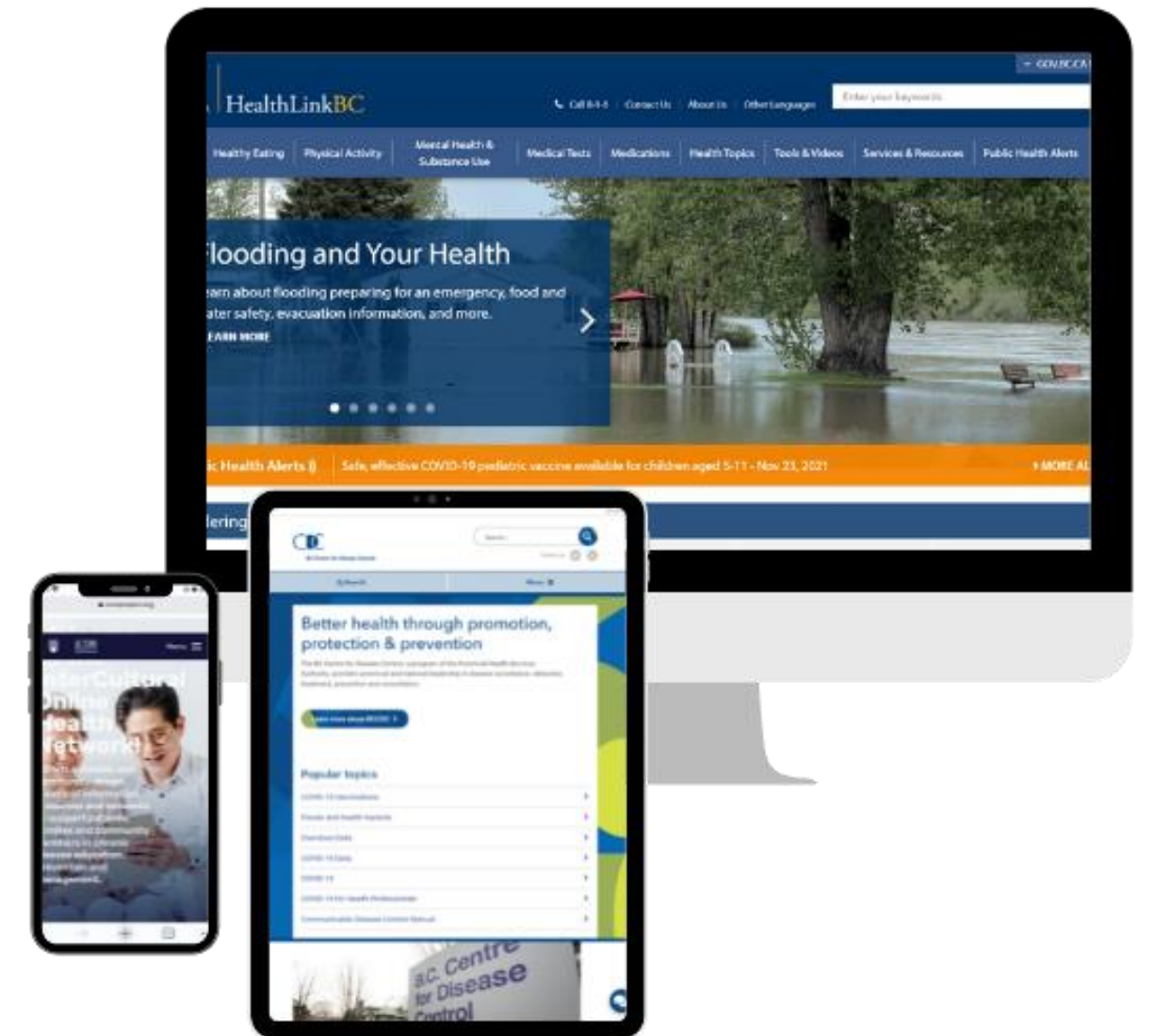
Department of Emergency Medicine

Faculty of Medicine

感謝卑詩省衛生廳“患者為伴”計劃的支持！

網絡研討會概要：

- 更可靠的（較高質素）與不太可靠（較低質素）的健康醫療資訊
- 如何在網上尋找更可靠的健康醫療資訊
- 練習如何尋找更可靠的健康醫療資訊
- 總結



什麼是綠旗 ？什麼是紅旗 ？

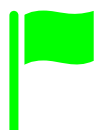

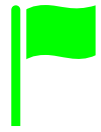

- 綠旗標誌 ，意味著此網站更為可靠。 

什麼是綠旗 ？什麼是紅旗 ？

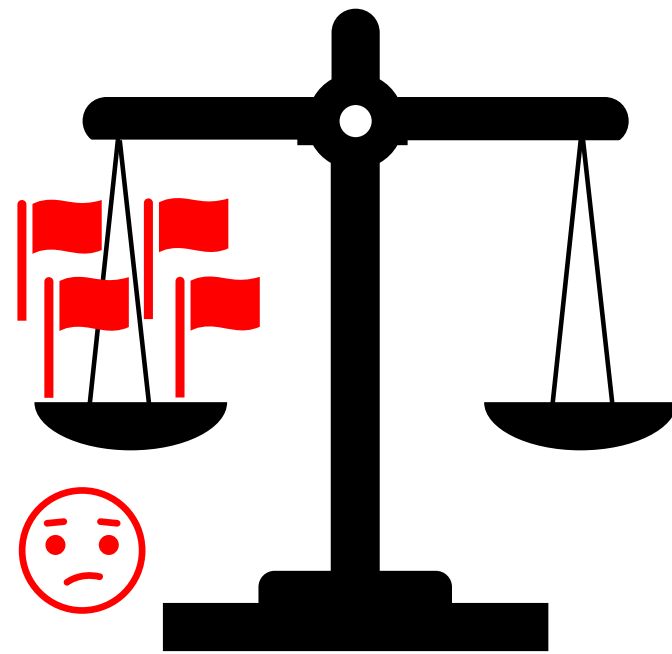
- 綠旗標誌  ，意味著此網站更爲可靠。 

- 紅旗標誌  ，意味著此網站不太可靠。 

什麼是綠旗 ？什麼是紅旗 ？

- 綠旗標誌  ，意味著此網站更爲可靠。😊
- 紅旗標誌  ，意味著此網站不太可靠。😞
- 有的網站可能有一些綠旗  ，也有一些紅旗  。

什麼是綠旗 ? 什麼是紅旗 ?



比較不可靠



可能可靠
也可能不可靠



更可靠

綠旗  : 更可靠 

紅旗  : 比較不可靠 

更爲可靠與不太可靠的網上健康醫療資訊

CDC Centers for Disease Control and Prevention
CDC 24/7. Saving Lives. Protecting People™

Search

Influenza (Flu)

Español | Other Languages

Influenza Updates:

- Laboratory-confirmed [flu activity](#) is low at this time.
- A [COVID-19 pandemic](#) is ongoing.

Flu Report

Take Action to Prevent Flu

Prevent Flu

Symptoms & Diagnosis

Treatment

Flu Activity & Surveillance

Everyone 6 months & older should receive a yearly flu vaccine.

Flu can cause mild to severe illness. Learn the symptoms of flu.

Prescription medications called antiviral drugs can be used to treat flu.

Laboratory confirmed flu activity as reported by clinical laboratories remains low.

Prevention

Symptoms

Treatment

Activity

f t p What Is Glioblastoma?

SUBSCRIBE SEARCH

remove all of it.

Radiation is used to kill as many leftover tumor cells as possible after surgery. It can also slow the growth of tumors that can't be removed by surgery.

Chemotherapy may also help. Temozolomide is the most common chemotherapy drug doctors use for glioblastoma. Carmustine (BCNU) and lomustine (CCNU) are other chemotherapy drugs that might be used.

1 2 View All < > NEXT PAGE

SPONSORED ADS

- 1 Best Mouthwash for Gum Disease >
- 2 Dietary Fiber for Constipation >
- 3 Top Probiotics for Gut Health >
- 4 Best Vitamins for Hair Growth >
- 5 Best Moisturizers for Aging Skin >
- 6 Best Mattress for Lower Back Pain >

What if biologics characterization felt easier?
Let's release compliant biopharmaceuticals. Together.

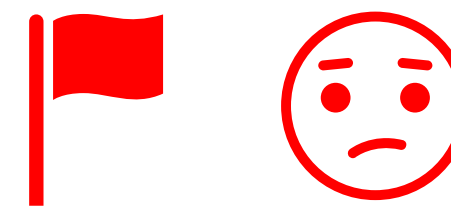
Sigma-Aldrich. Supelco. Find Out How

ADVERTISEMENT


TOOLS & RESOURCES

- Treating Brain Cancer
- Special Dye Helps Brain Surgeons
- Assess Your Cancer Risk
- What's Your Cancer IQ?
- Find a Brain Cancer Clinical Trial
- Dealing with Chemo Nausea

更為可靠與不太可靠的網上健康醫療資訊



更可靠的資訊：

- 嘗試教育民衆，並分享正確的資訊 

不太可靠的資訊：



- 嘗試賺錢或售賣產品





更為可靠與不太可靠的網上健康醫療資訊



更可靠的資訊：

- 嘗試教育民衆，並分享正確的資訊 
- 來自於專家，並經由其他專家檢驗 

不太可靠的資訊：

- 嘗試賺錢或售賣產品 
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更為可靠與不太可靠的網上健康醫療資訊



更可靠的資訊：

- 嘗試教育民衆，並分享正確的資訊
- 來自於專家，並經由其他專家檢驗
- 是當前的并且是最新的



不太可靠的資訊：

- 嘗試賺錢或售賣產品
- 并非來自於專家，並未經由其他專家檢驗
- 并非最新的而且可能包含不正確的信息



如何尋找更正確的網上健康醫療資訊

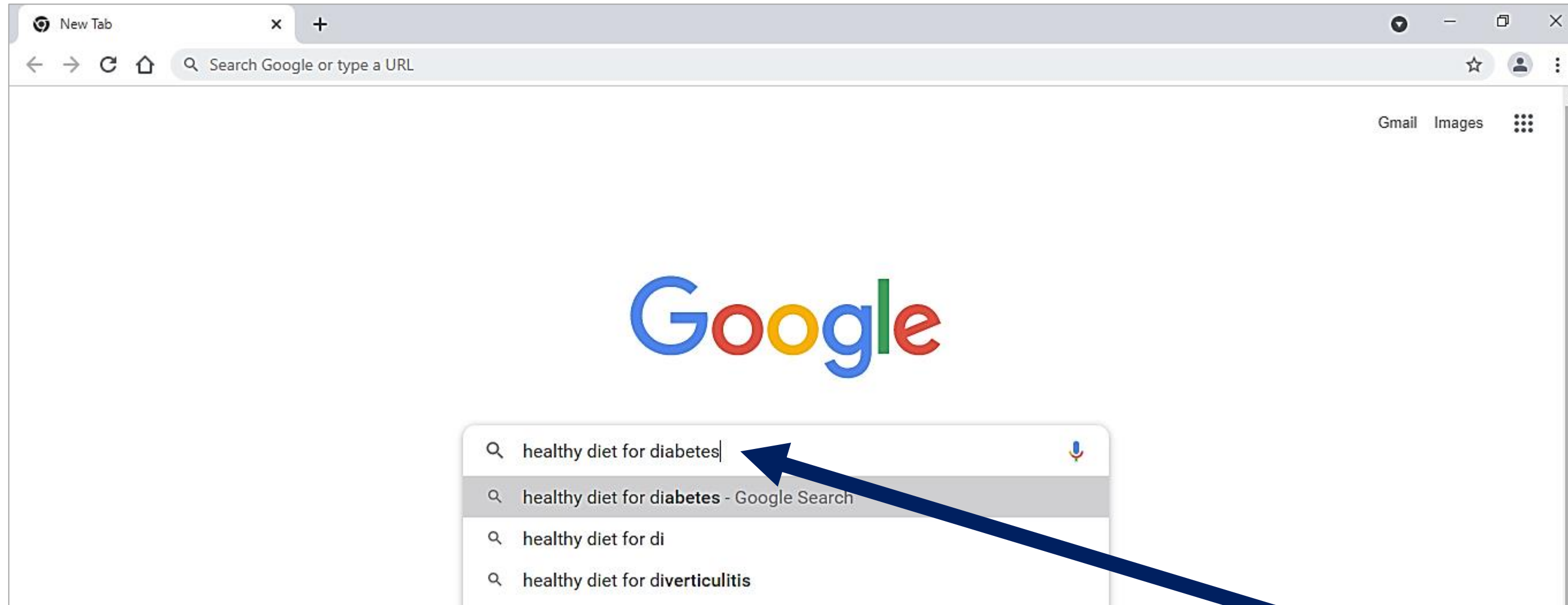


學習如何尋找更可靠的網上健康資訊是非常重要的，譬如要對如下健康狀況作自我管理時：

- 骨病
- 腦退化症
- 糖尿病
- 心臟疾病
- 肝臟疾病
- 心理健康
- 中風



首先，使用搜索引擎來尋找資訊。



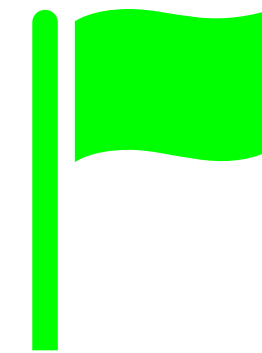
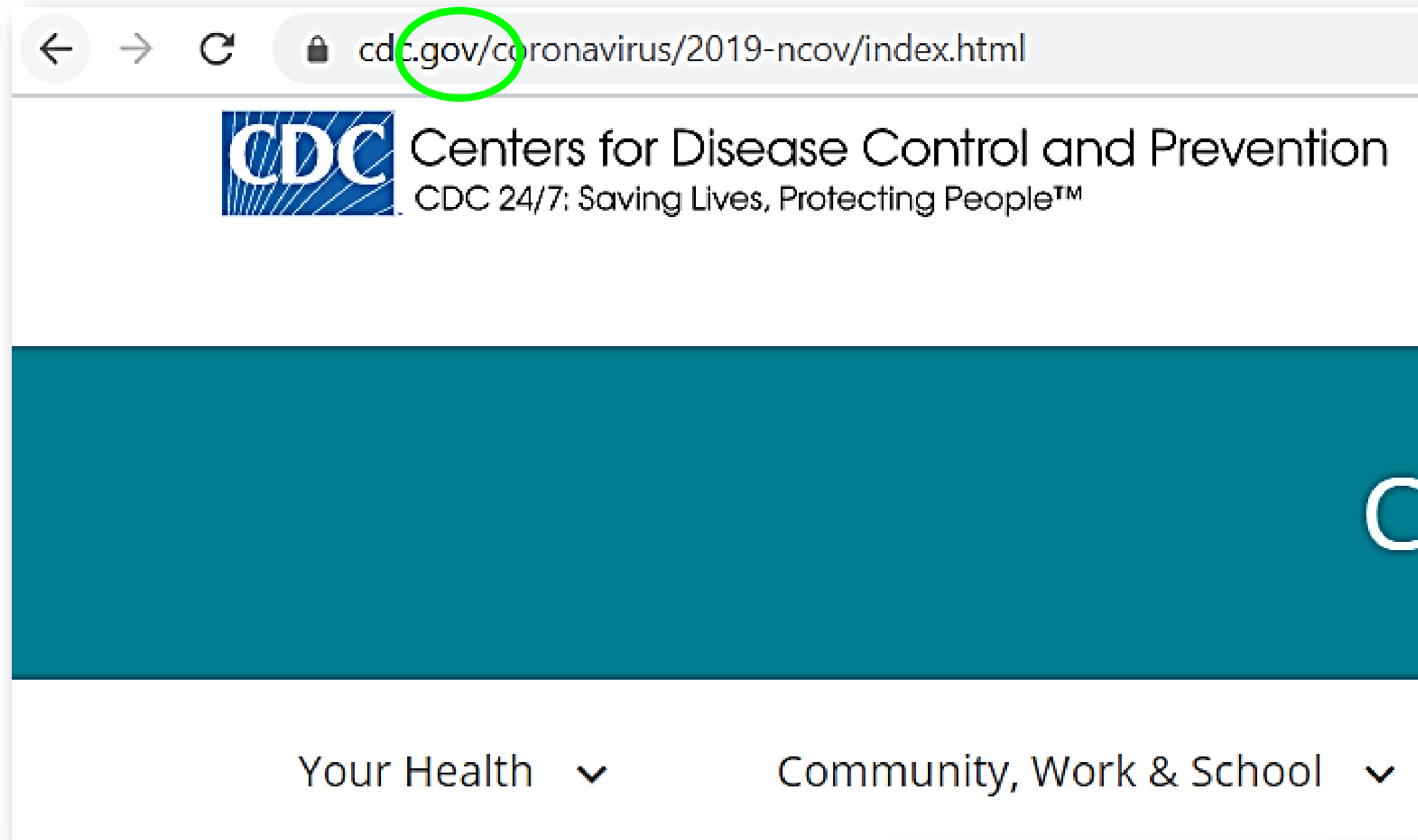
以如下字母結尾的網站可能更可靠：

-   website.gov = 政府資訊
- website.org = 通常為非牟利機構
- website.edu = 教育機構，例如大學

以如下字母結尾的網站可能不太可靠：

-   website.com = 商業生意

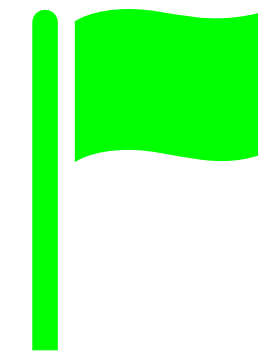
這是一個政府的網站。



這是一個機構的網站。



這也是一個機構的網站。



這個網站正在分享可靠的網上健康資訊。

<https://www.cdc.gov/flu/index.htm>



• gov



這個網站在教育民衆。

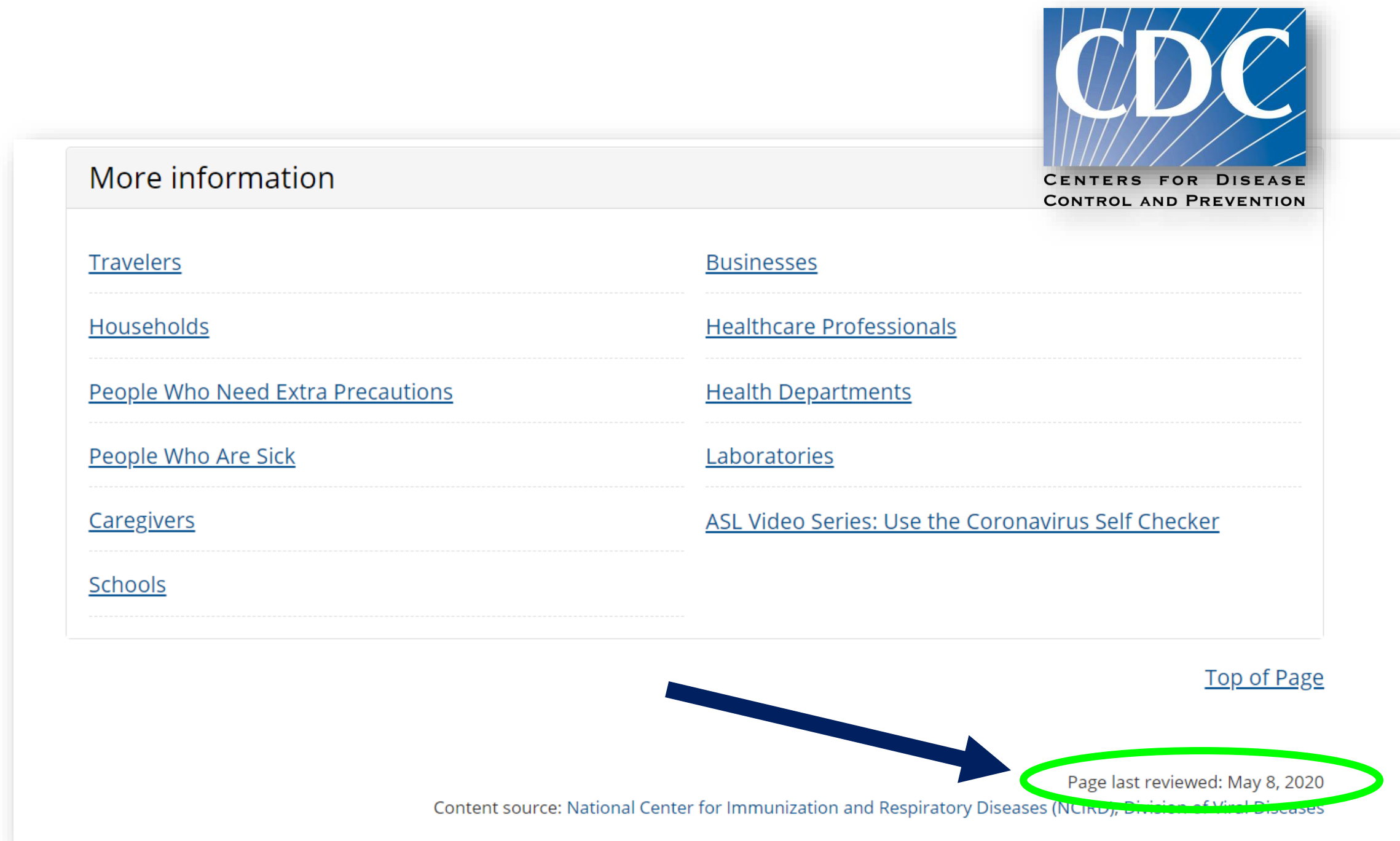


它回答您關於流感的問題。

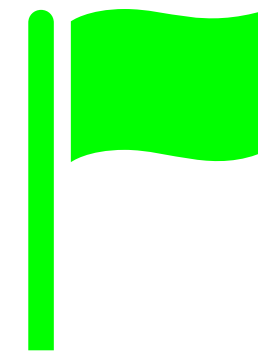


沒有廣告。

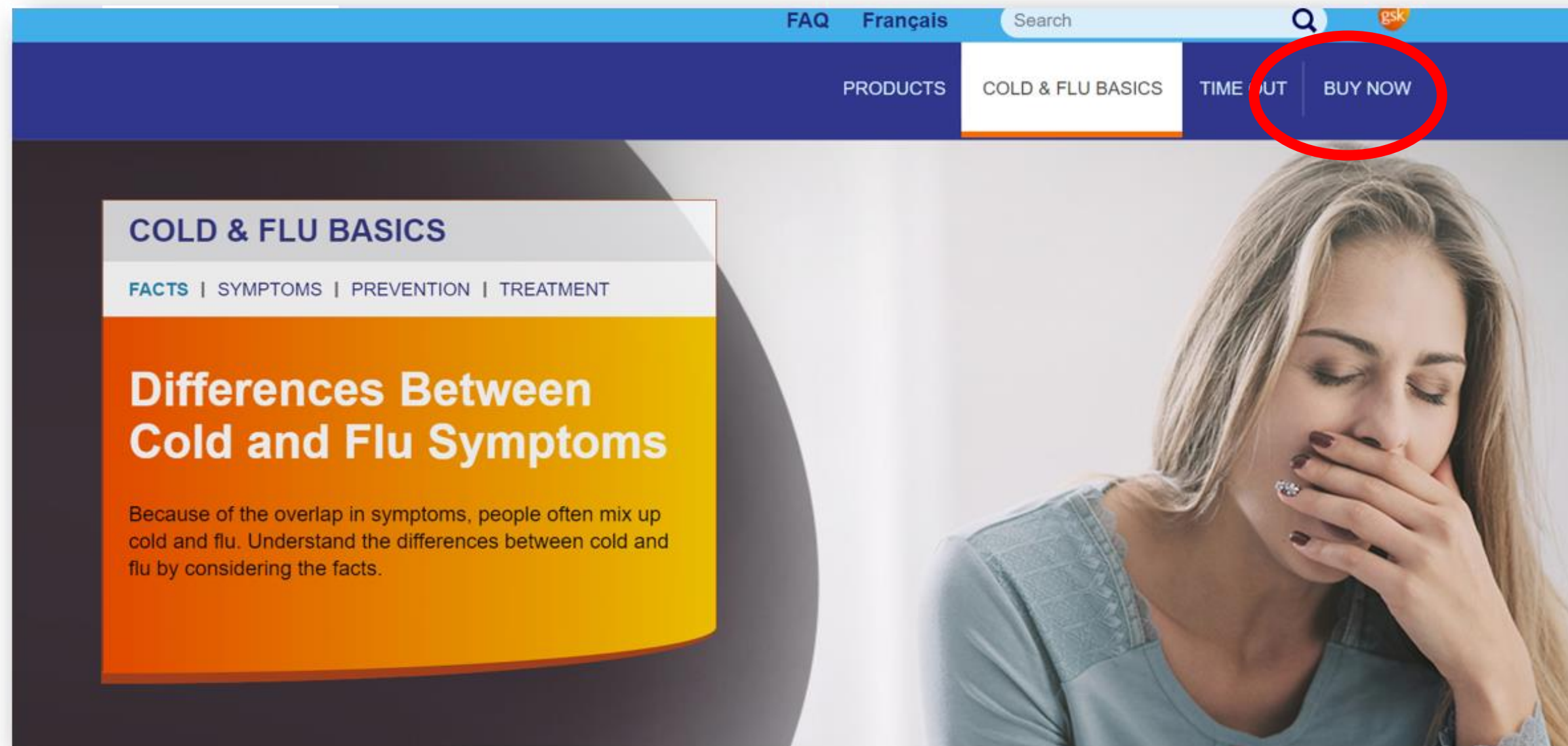
這個網頁上有一個日期，它是當前以及最新的。



The screenshot shows a CDC webpage with a 'More information' section. The CDC logo is at the top right. The 'More information' section contains two columns of links: Travelers, Households, People Who Need Extra Precautions, People Who Are Sick, Caregivers, Schools, Businesses, Healthcare Professionals, Health Departments, Laboratories, and ASL Video Series: Use the Coronavirus Self Checker. A blue arrow points from the 'More information' section to a date at the bottom: 'Page last reviewed: May 8, 2020', which is circled in red. Below the date is the text 'Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases'. A 'Top of Page' link is also visible.



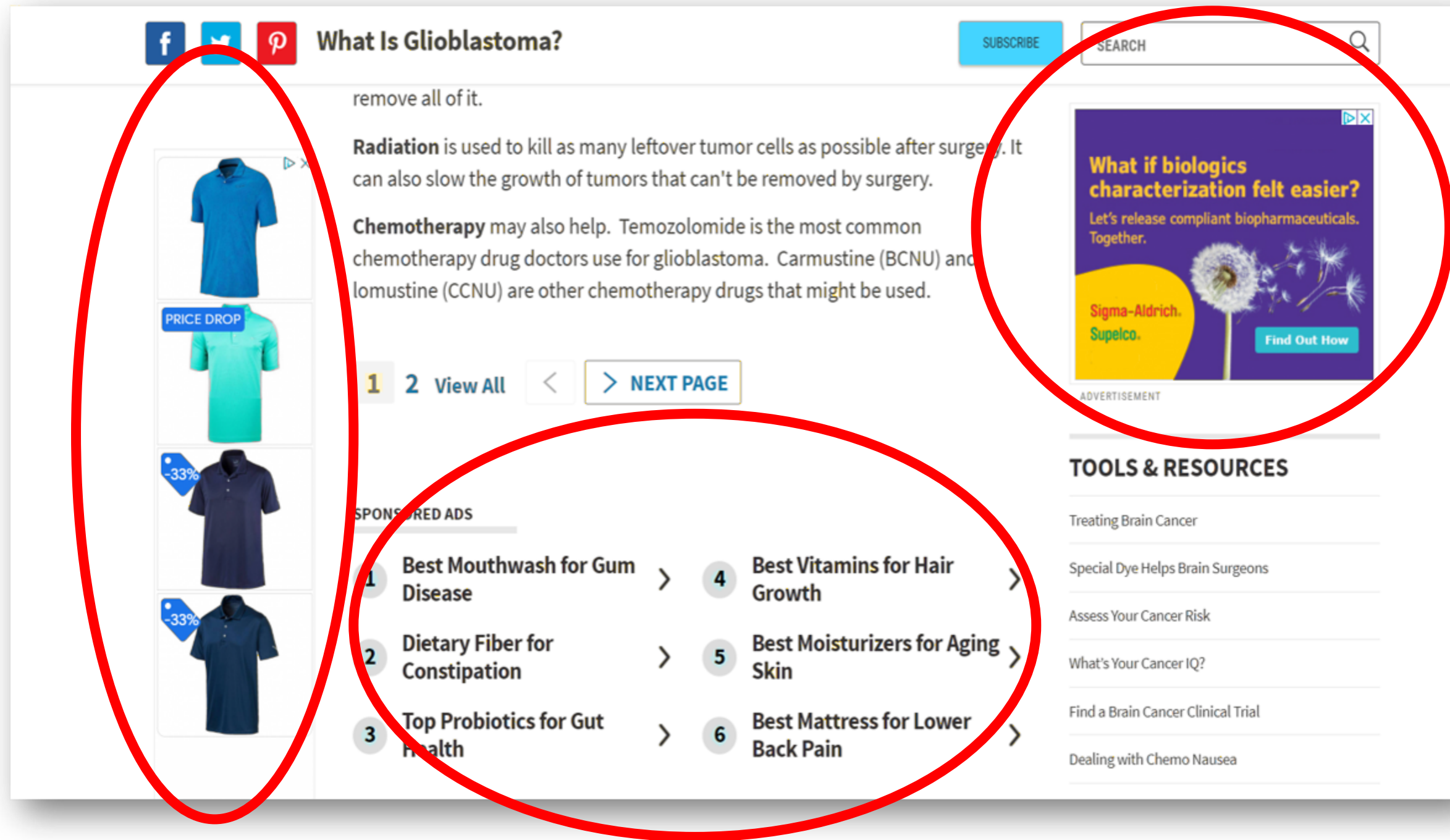
這個網站是商業性質。他們正在銷售一種產品，上面帶有“立即購買”選項。



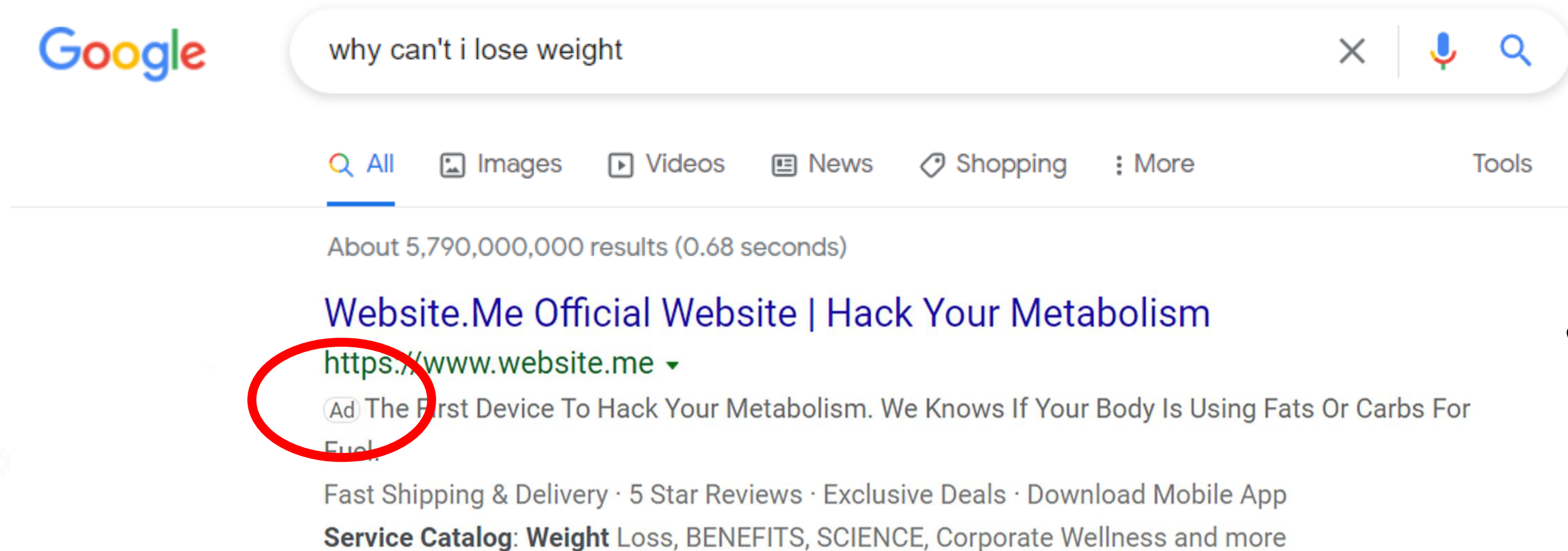
這個網站是為商業服務的，它向您索取您的信用卡訊息，並要付錢。

The image shows a screenshot of a medical website. On the left, there is a sign-up form for a trial. The form includes fields for 'Email address' (with 'example@email.com' entered), 'Credit card number' (with '0000 0000 0000 0000' entered), 'Expiration' (MM / YY), 'CVV' (with 'CVV' entered), and 'ZIP / Postal code' (with '12345' entered). A large red circle highlights the credit card information fields. Below the form is a red button that says 'Start your trial now'. To the right of the form is a 'VERIFIED 100% EXPERTS' badge. At the bottom of the form are logos for Google (4 stars), Norton SECURED, BBB A+ RATING, and Trustpilot (5 stars). On the right side of the screenshot, there is a dark background with a profile for 'Dr. David, MD, General Practitioner, 34,715 Satisfied Customers'. Below this is a 'Membership Benefits' section with three green checkmarks: 'Get answers from doctors in minutes, 24/7', 'Save time and money vs. in-person appointments', and 'More than medical: lawyers, vets, tech support, and 12,000 verified Experts'. Overlaid on the right is a white pop-up window with a yellow coin character holding dollar bills. The pop-up says 'Rewards available!' and 'Rewards Rate 1 to 10%'. It has a red 'Claim Rewards' button and a blue 'TRY LATER' link. A red flag and a sad face emoji are also present on the right side of the image.

這些是廣告。 這個網站正在嘗試賺錢。

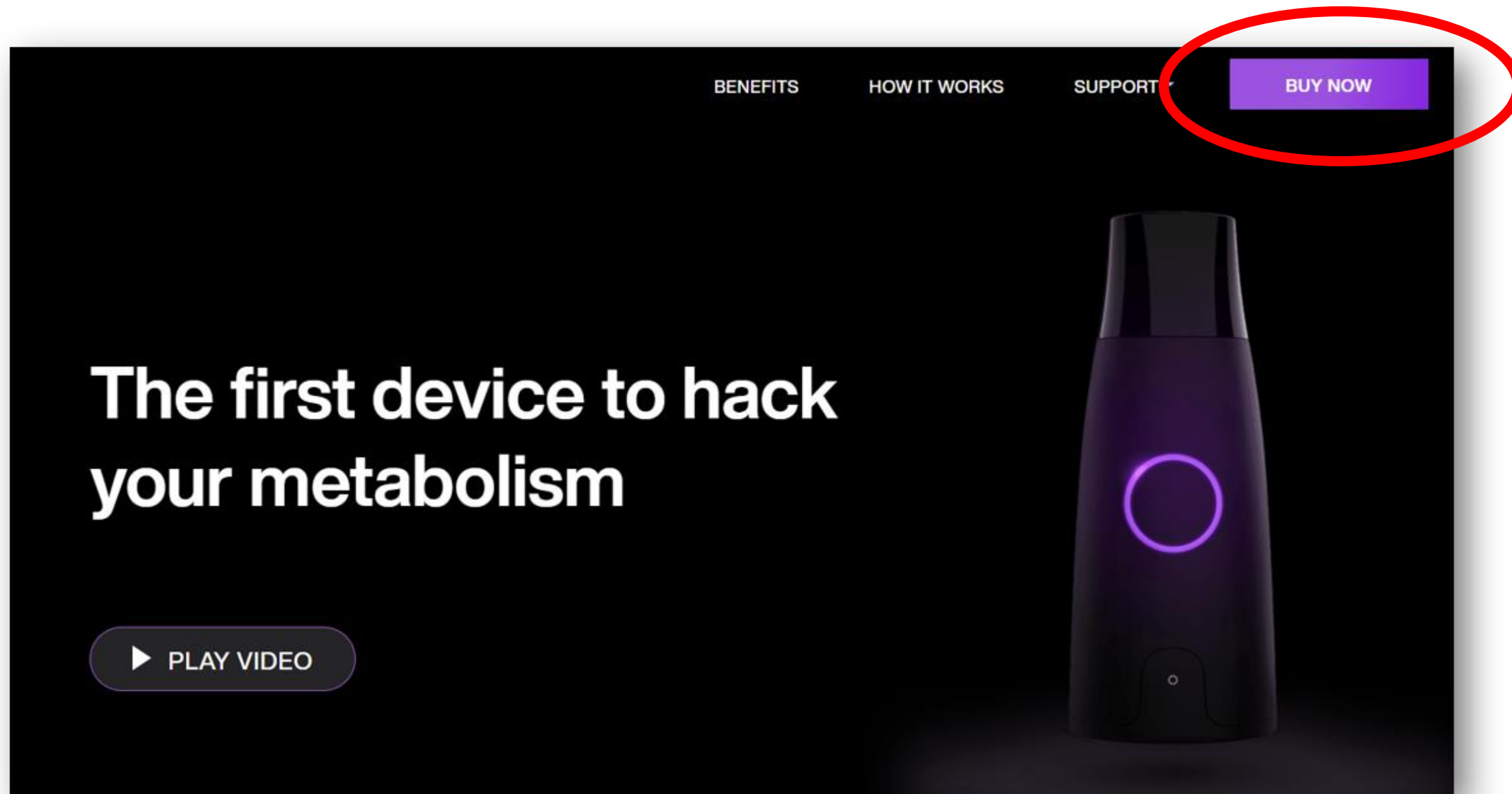


該網站有否回答您的問題？



The image shows a Google search interface. The search bar contains the text "why can't i lose weight". Below the search bar, there are navigation options: "All", "Images", "Videos", "News", "Shopping", "More", and "Tools". The search results show "About 5,790,000,000 results (0.68 seconds)". The first result is titled "Website.Me Official Website | Hack Your Metabolism" with a URL "https://www.website.me" circled in red. Below the URL, there is an advertisement snippet: "(Ad) The First Device To Hack Your Metabolism. We Knows If Your Body Is Using Fats Or Carbs For Fuel." and a service catalog: "Service Catalog: Weight Loss, BENEFITS, SCIENCE, Corporate Wellness and more". A large black mouse cursor arrow points towards the circled URL.

這個網站是商業性質，它沒有回答您的問題，它在銷售一種產品。



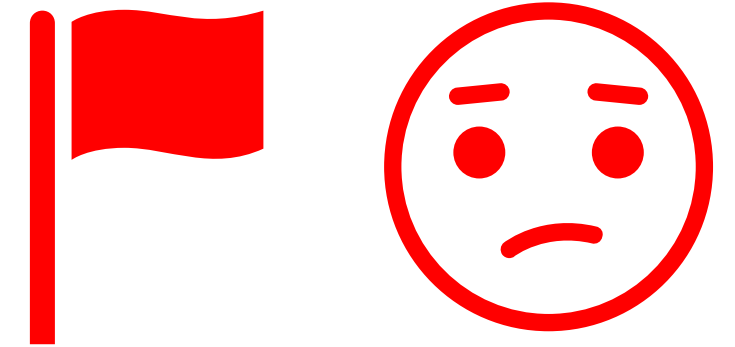
有時候Google會有廣告標籤。

The image shows a Google search interface. The search bar contains the text "why do i have a headache". Below the search bar, there are navigation options: "All", "Images", "News", "Shopping", "Videos", "More", and "Tools". The search results show "About 1,860,000,000 results (0.51 seconds)". The first result is an advertisement, indicated by the word "Ad" in a red circle. The URL is "https://www.painkiller.ca/headache-causes/treatment". The title of the ad is "Why Headaches Happen - Get The Top 10 Common Causes". The description of the ad says: "Find the most common causes of your **headaches**, and how to treat & reduce pain. Take control of bad **headaches** by understanding how to minimize your pain. Relieve Pain. **Get Relief Responsibly®**. Tough On Pain. Fast Acting. Fast, Effective Relief. Reduce Fever." A blue arrow points from the "Ad" label to the text below.

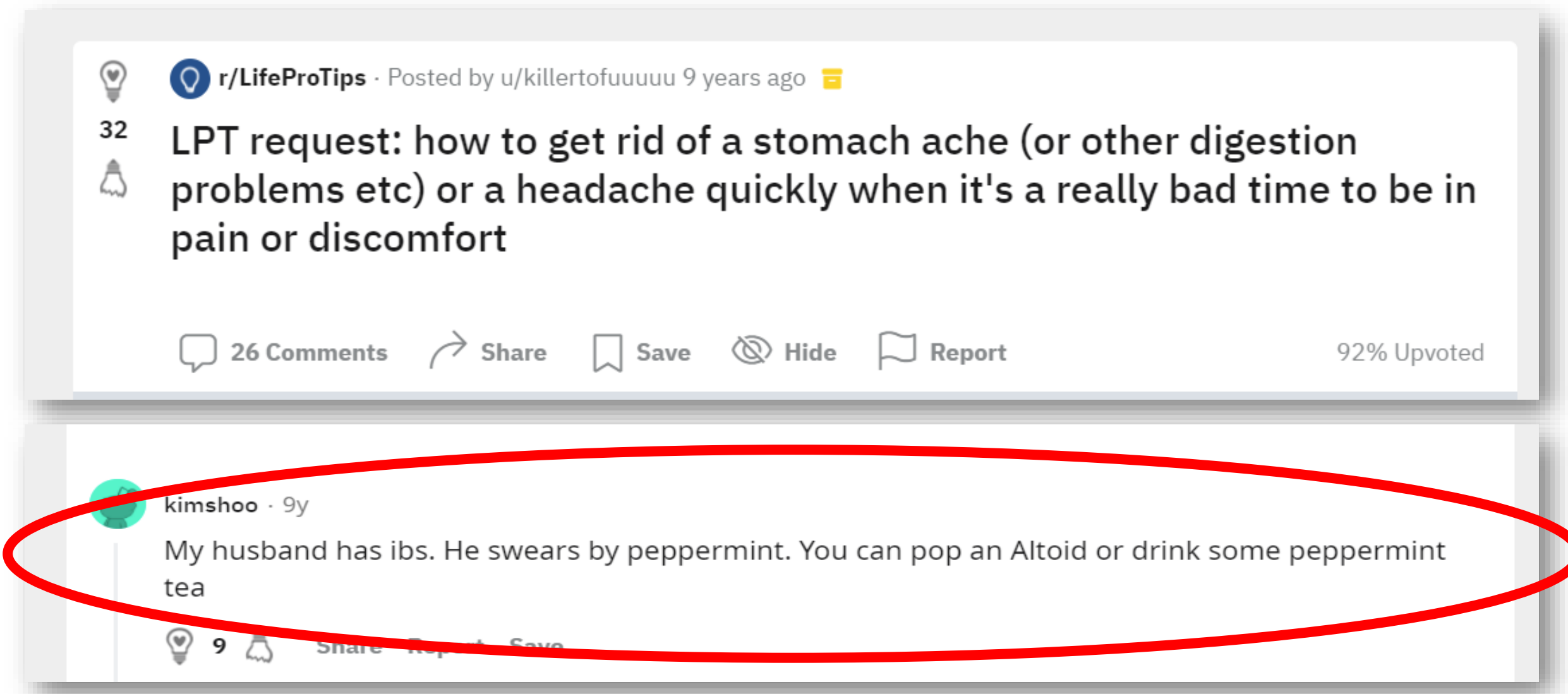


✘ 這是一個廣告。

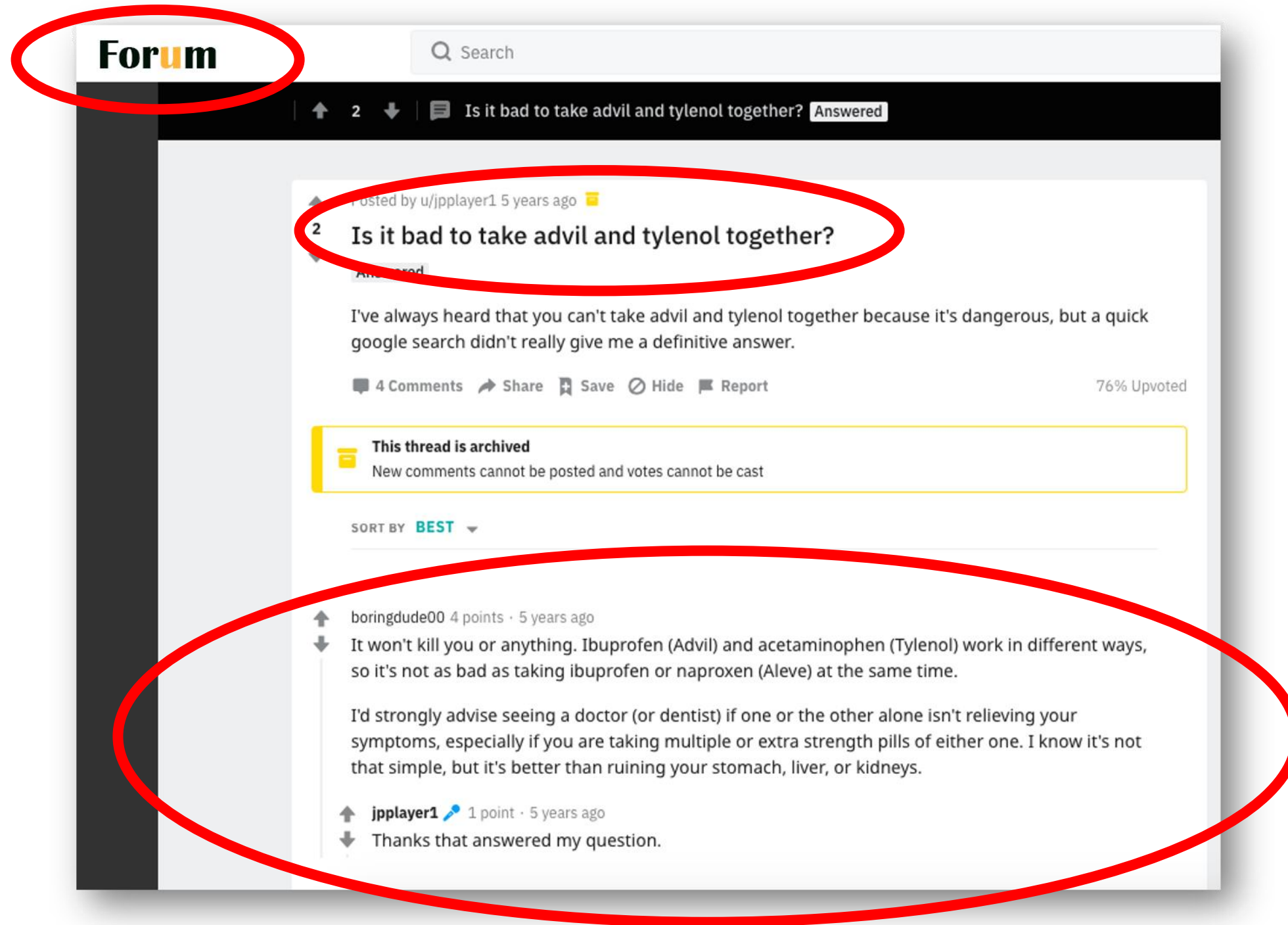
來自專家的資訊不會有拼寫錯誤。



論壇上的大多數貼文都不是來自專家。 任何人（通常不是專家）都可以在論壇上貼出一個回答。



這個網站也是一個論壇。論壇通常有一個發問與回答的格式。



重溫：更可靠與不太可靠的網上健康醫療資訊



更可靠的資訊：

- 嘗試教育民衆以及分享正確的訊息
- 來自專家，並經由其他專家的檢驗
- 是當前并且是最新的
- 可能的網址結尾：
website.gov, website.org,
website.edu



不太可靠的資訊：

- 嘗試賺錢或售賣產品
- 并非來自於專家，並未經由其他專家檢驗
- 并非最新的而且可能包含不正確的信息
- 可能的網址結尾：
website.com

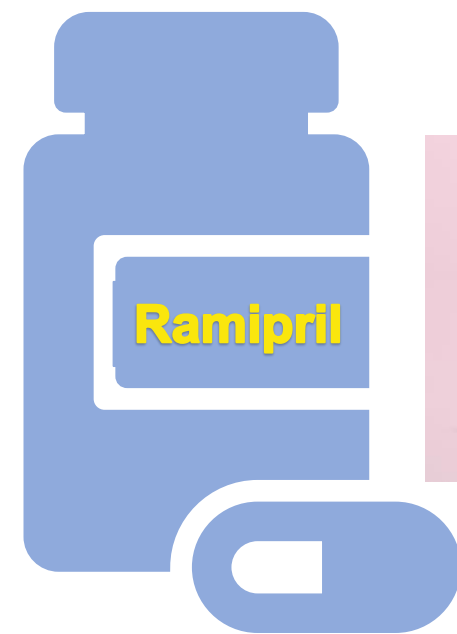


練習尋找更可靠的健康醫療資訊

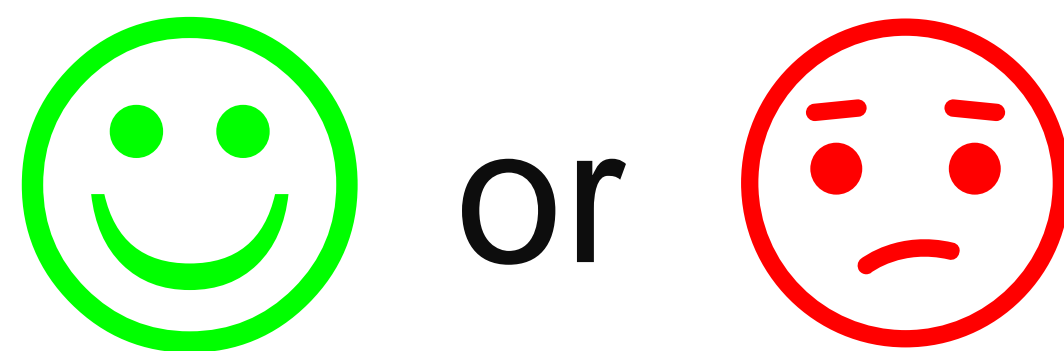
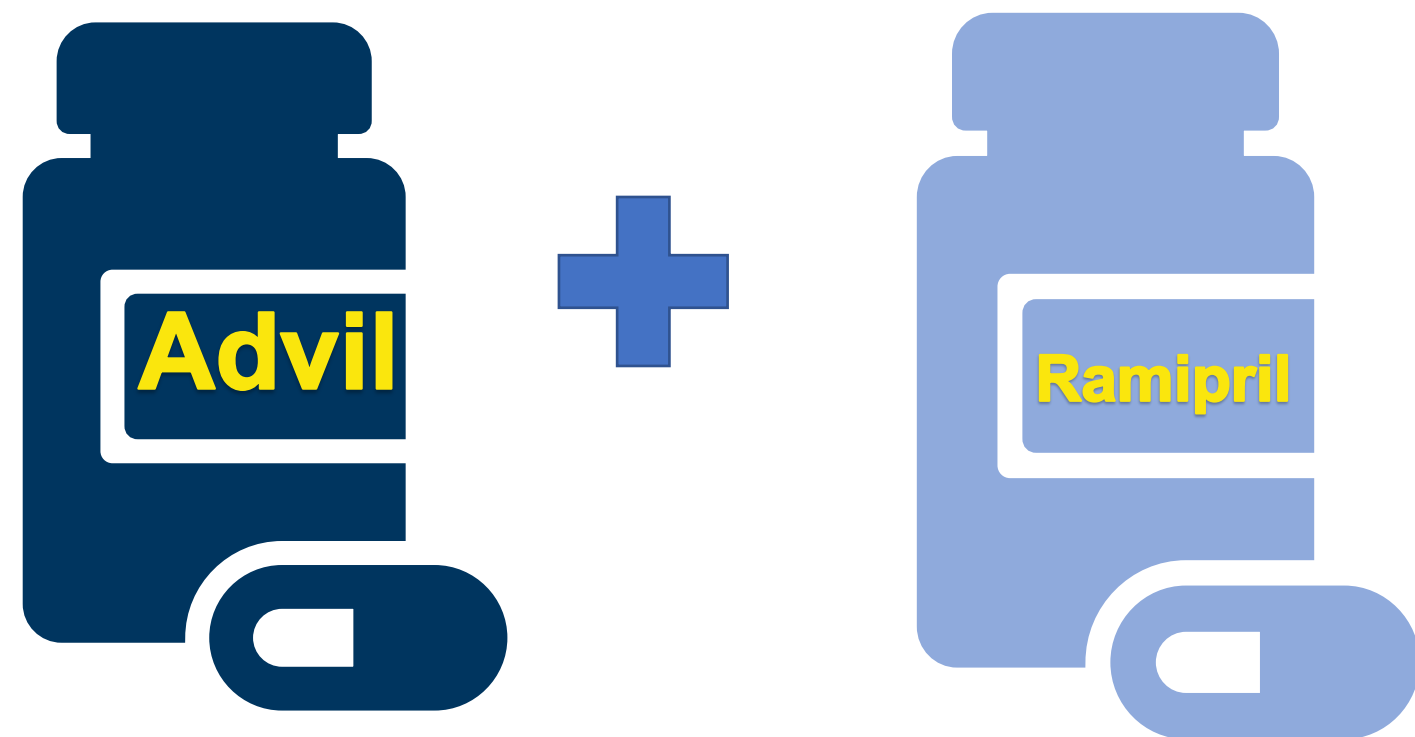


例子 #1:

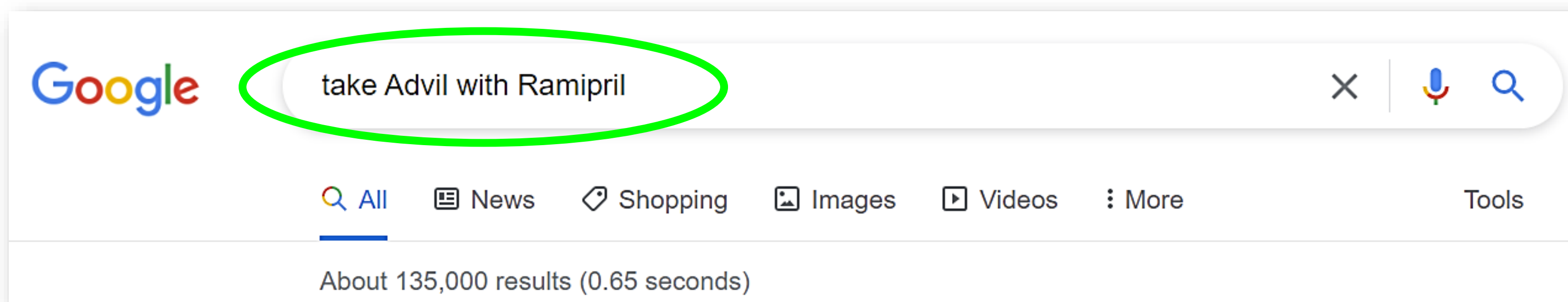
您服用高血壓藥Ramipril。



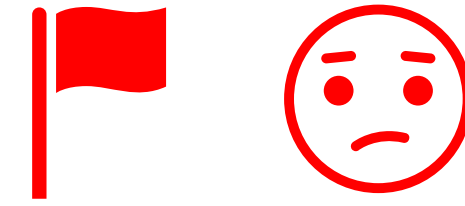
您可以同時服用 Advil 與 Ramipril 嗎？



在搜索欄中輸入重要詞



尋找更可靠的網上健康醫療資訊



更可靠的資訊：

- 嘗試教育民衆以及分享正確的訊息
- 來自專家，並經由其他專家的檢驗
- 是當前并且是最新的
- 可能的網址結尾：
website.gov, website.org,
website.edu

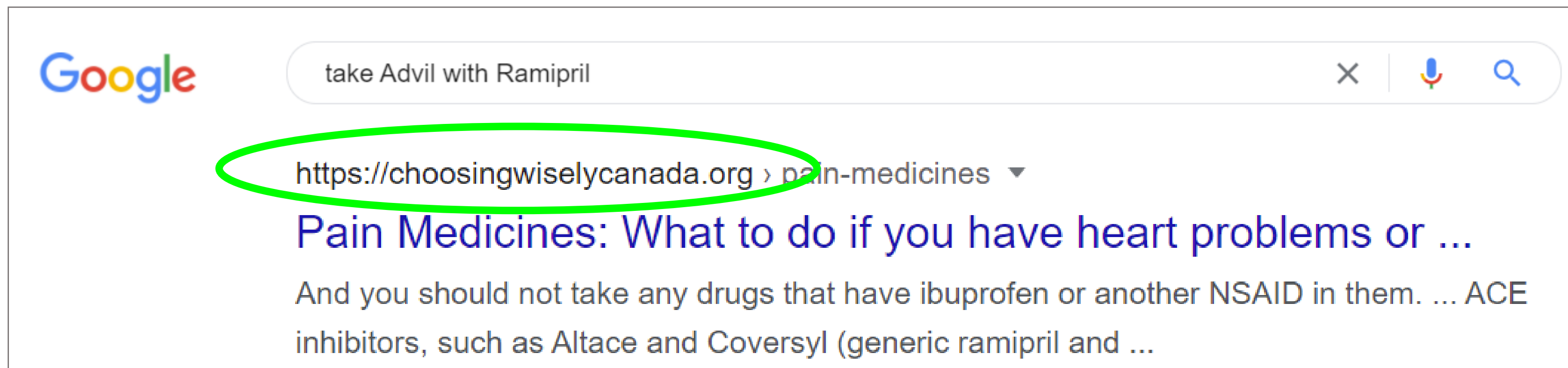


不太可靠的資訊：

- 嘗試賺錢或售賣產品
- 并非來自專家，並未經由其他專家的檢驗
- 并非最新的，而且可能包含不準確的訊息
- 可能的網址結尾：
website.com

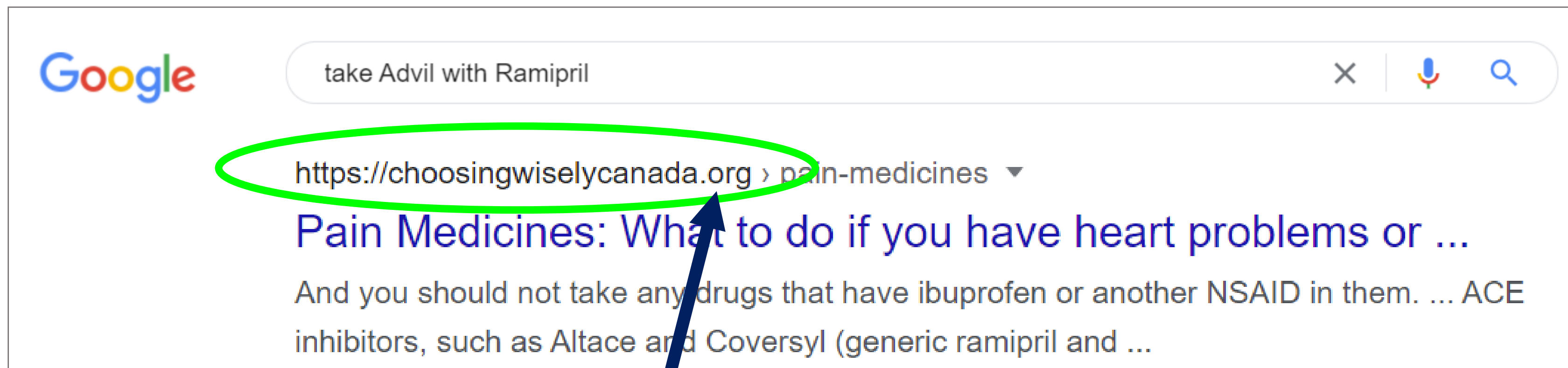


看看網址的結尾。這是一個可靠的網站嗎？



The image shows a Google search interface. The search bar contains the text "take Advil with Ramipril". Below the search bar, a search result is displayed. The URL "https://choosingwiselycanada.org > pain-medicines" is circled in green. The title of the result is "Pain Medicines: What to do if you have heart problems or ...". The snippet below the title reads: "And you should not take any drugs that have ibuprofen or another NSAID in them. ... ACE inhibitors, such as Altace and Coversyl (generic ramipril and ...".

看看網址的結尾。這是一個可靠的網站嗎？

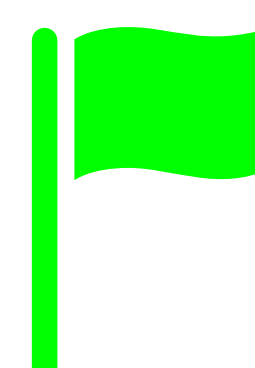


The screenshot shows a Google search interface. The search bar contains the text "take Advil with Ramipril". Below the search bar, the first search result is highlighted with a green oval. The URL of this result is "https://choosingwiselycanada.org > pain-medicines", which is also circled in green. The title of the result is "Pain Medicines: What to do if you have heart problems or ...". Below the title, there is a snippet of text: "And you should not take any drugs that have ibuprofen or another NSAID in them. ... ACE inhibitors, such as Altace and Coversyl (generic ramipril and ...". A blue arrow points from the ".org" part of the URL in the search result down to the "website.org" text below.

website.gov

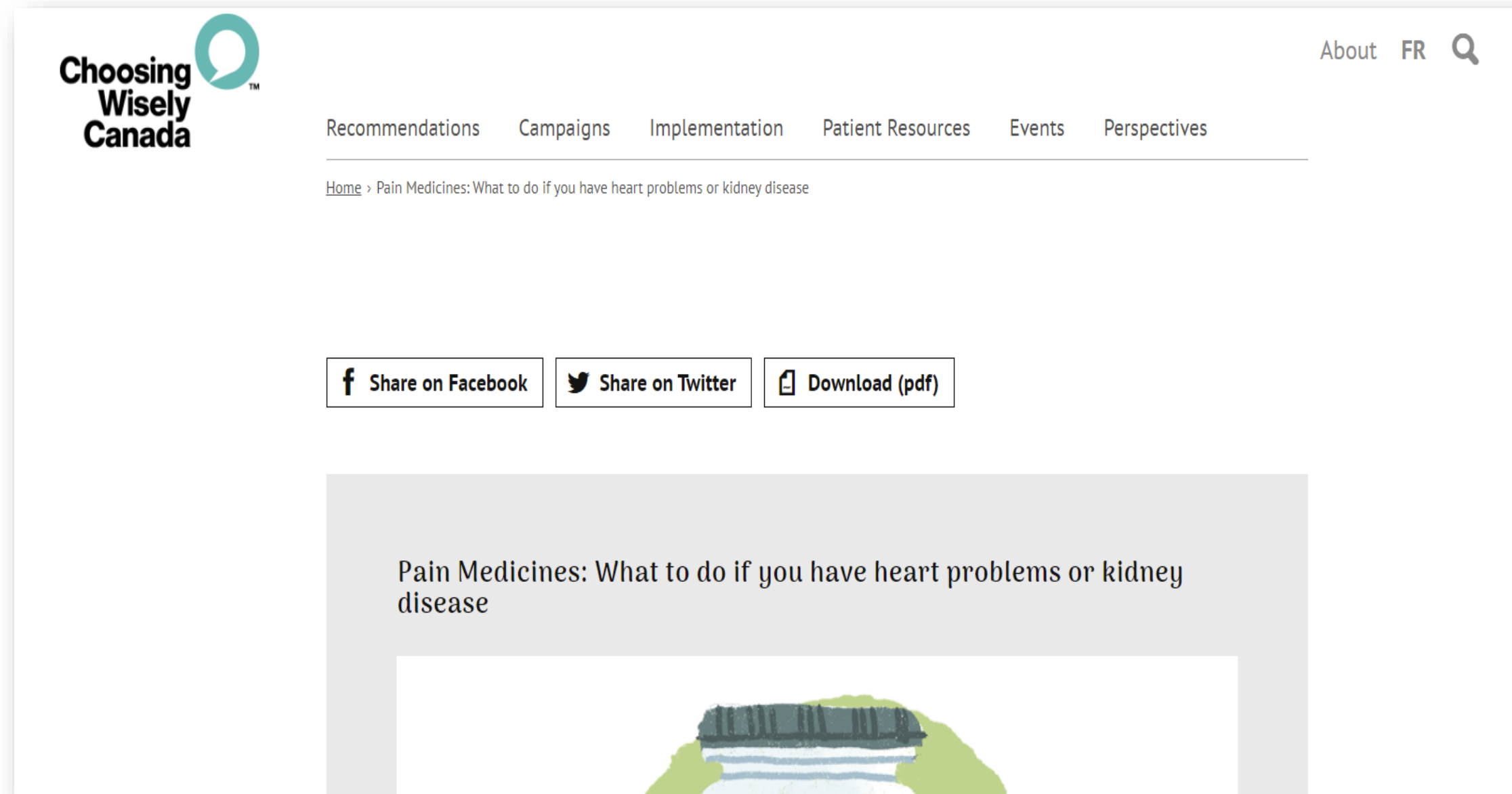
website.org

website.edu



這個網站在分享可靠的網上健康資訊。

<https://choosingwiselycanada.org/pain-medicines/>

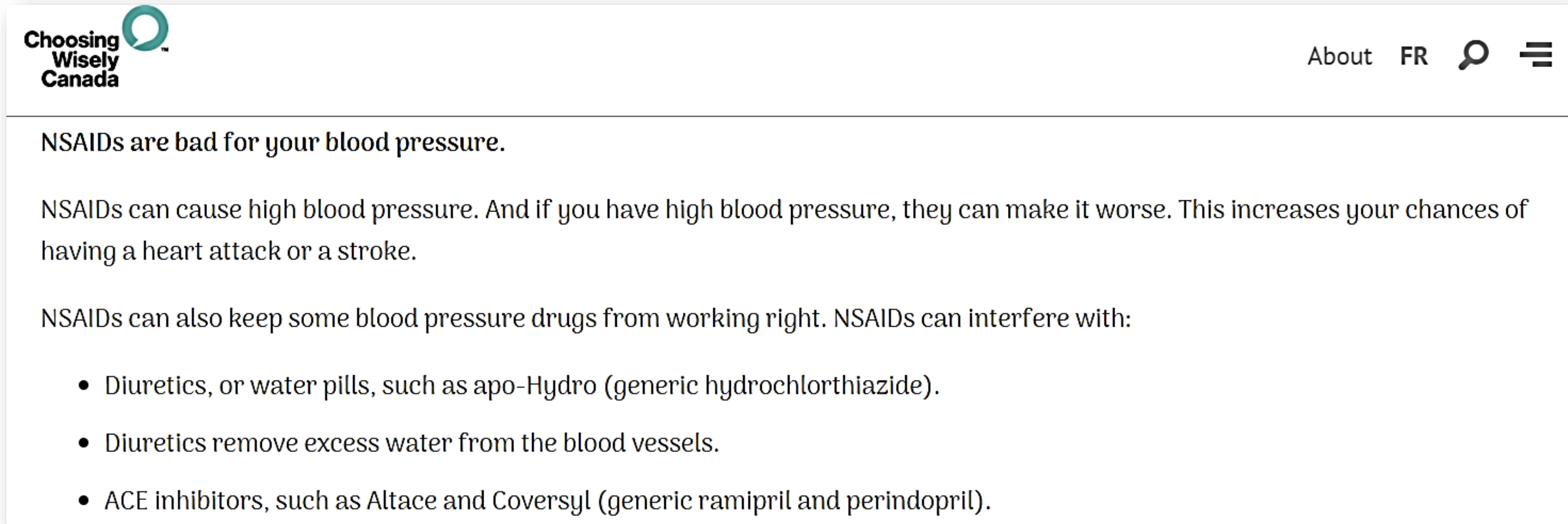


🚩 .org

🚩 沒有廣告

🚩 不要求付款

- 🚩 這個網站在教育我們，並且在回答我們的問題。
- 🚩 沒有語法或拼寫錯誤。



Choosing Wisely Canada

About FR 🔍 ☰

NSAIDs are bad for your blood pressure.

NSAIDs can cause high blood pressure. And if you have high blood pressure, they can make it worse. This increases your chances of having a heart attack or a stroke.

NSAIDs can also keep some blood pressure drugs from working right. NSAIDs can interfere with:

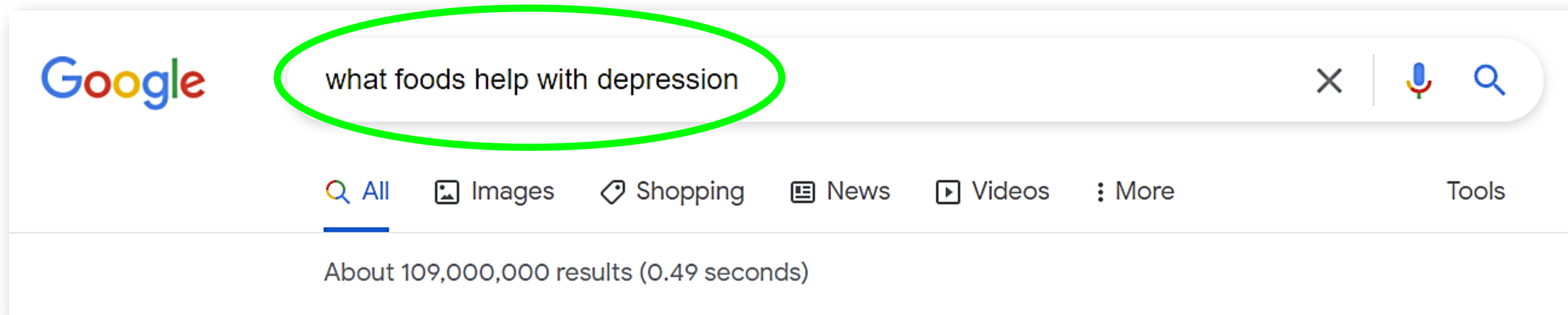
- Diuretics, or water pills, such as apo-Hydro (generic hydrochlorothiazide).
- Diuretics remove excess water from the blood vessels.
- ACE inhibitors, such as Altace and Coversyl (generic ramipril and perindopril).

例子# 2: 您感覺抑鬱。

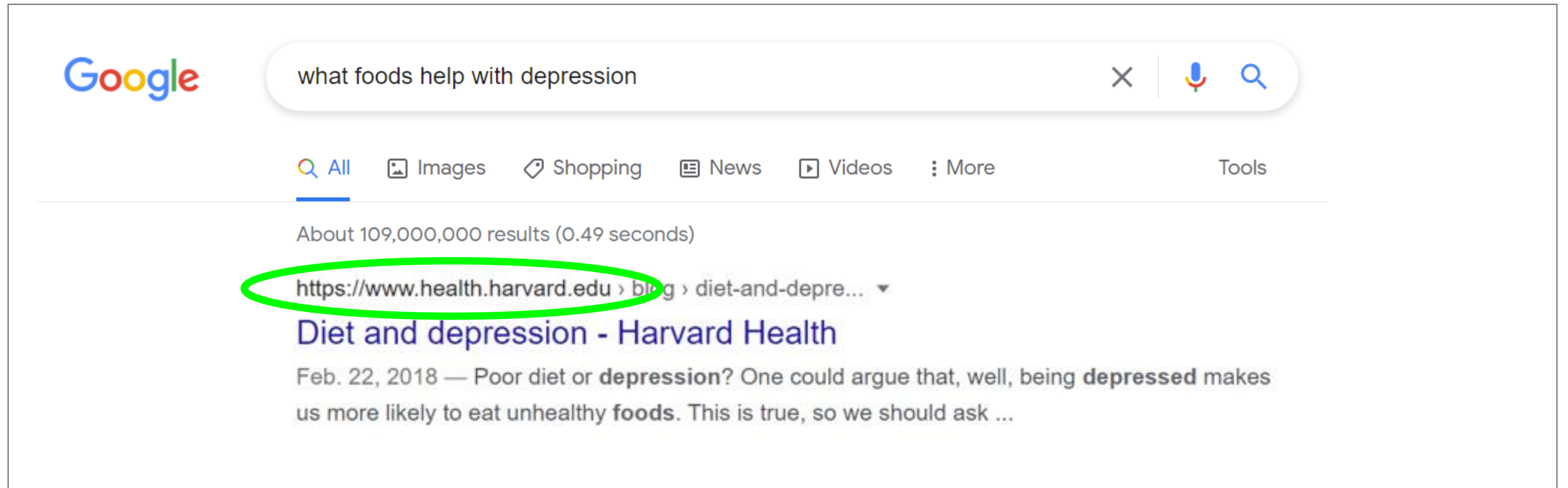
有沒有一些食物能夠幫助改善您的感覺？



在搜索欄中輸入重要詞

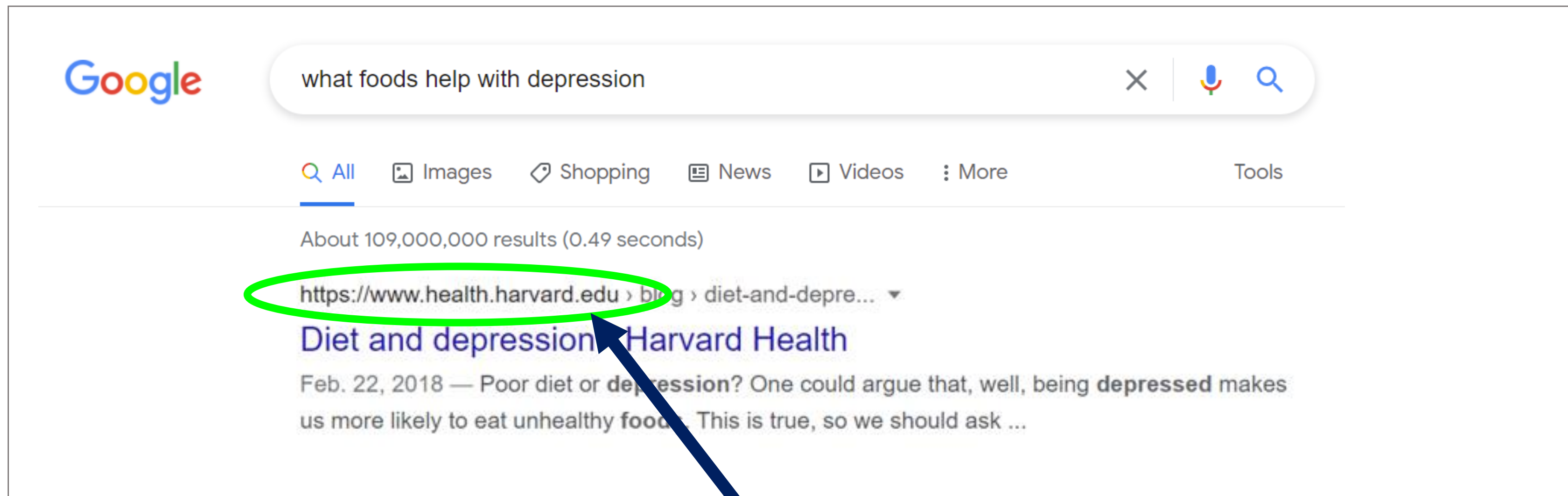


看看網址的結尾。這是一個可靠的網站嗎？



The image shows a Google search interface. The search bar contains the text "what foods help with depression". Below the search bar, there are navigation options: "All", "Images", "Shopping", "News", "Videos", "More", and "Tools". The search results show "About 109,000,000 results (0.49 seconds)". The first result is from "https://www.health.harvard.edu > blog > diet-and-depre..." and is circled in green. The title of the result is "Diet and depression - Harvard Health". The snippet below the title reads: "Feb. 22, 2018 — Poor diet or depression? One could argue that, well, being depressed makes us more likely to eat unhealthy foods. This is true, so we should ask ..."

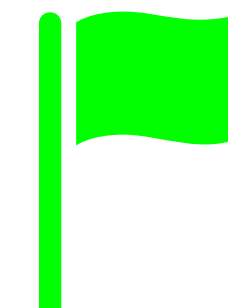
看看網址的結尾。這是一個可靠的網站嗎？



website.gov

website.org

website.edu



這是一個可靠的網站嗎？

Google

what foods help with depression

All Images Shopping News Videos More Tools

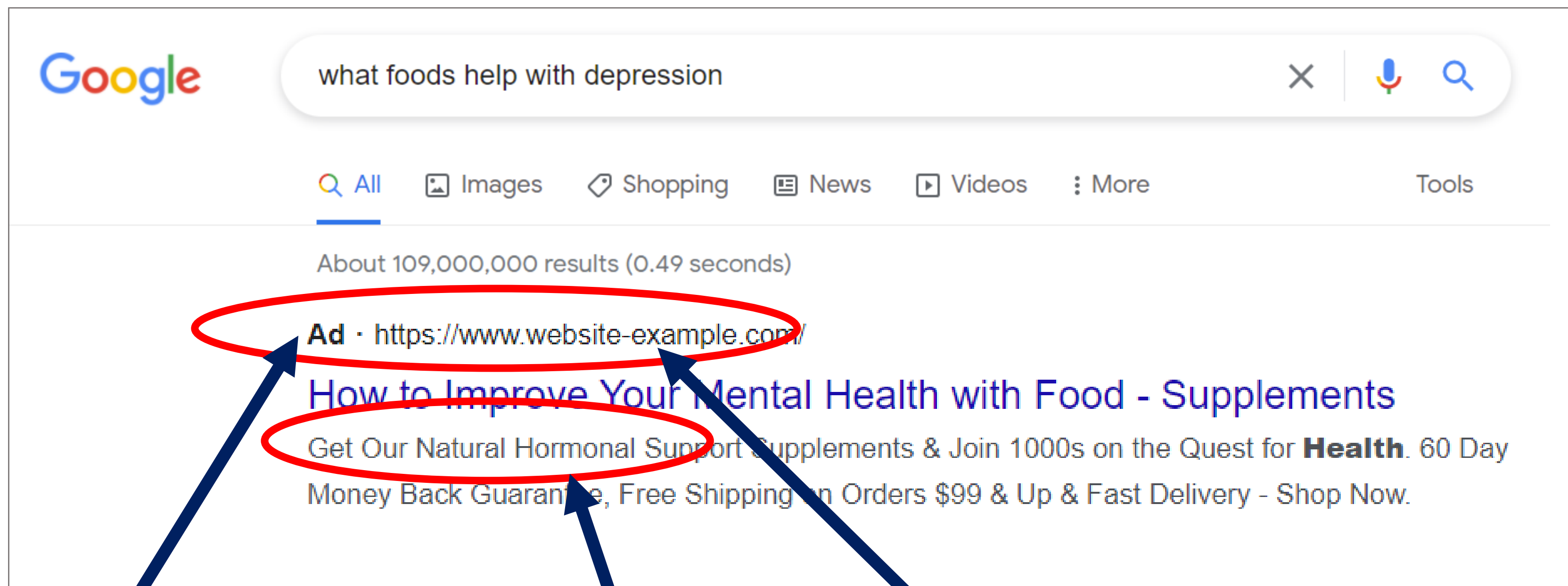
About 109,000,000 results (0.49 seconds)

Ad · <https://www.website-example.com/>

How to Improve Your Mental Health with Food - Supplements

Get Our Natural Hormonal Support Supplements & Join 1000s on the Quest for **Health**. 60 Day Money Back Guarantee, Free Shipping on Orders \$99 & Up & Fast Delivery - Shop Now.

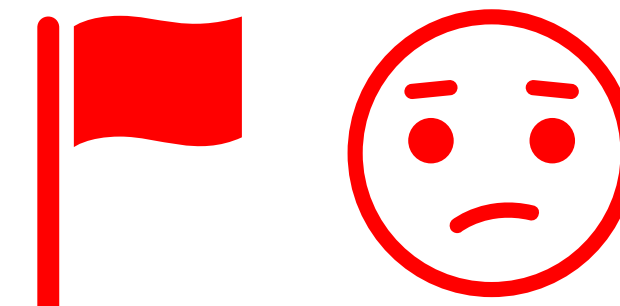
看看網址的結尾和廣告標籤。這是一個可靠的網站嗎？



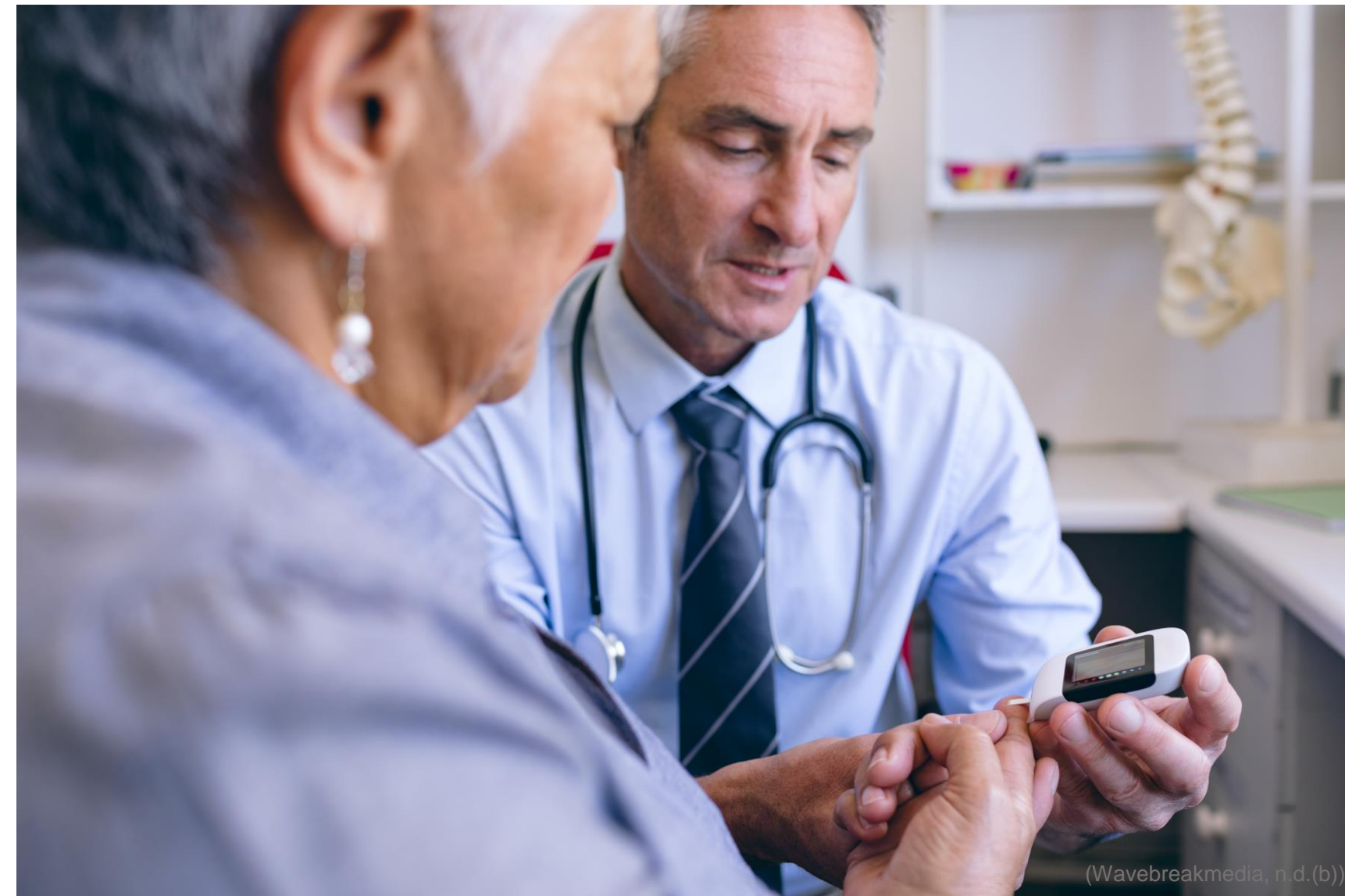
標記為廣告

銷售補品

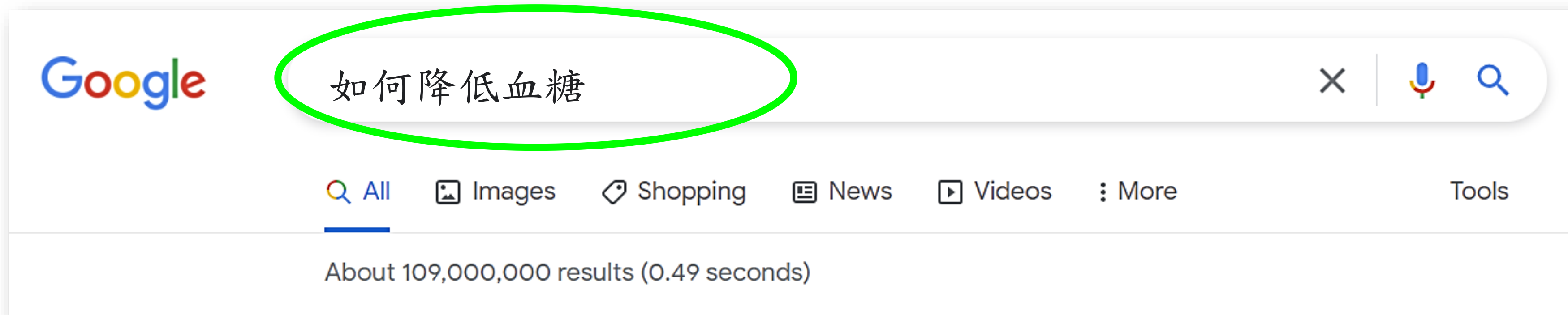
.com



例子# 3: 您嘗試降低血糖。



在搜索欄中輸入重要詞



這個網站在分享不太可靠的網上健康資訊。

https://website-example.com/health/how-to-lower-blood-sugar

taking time to clear your mind and reduce stress will help your blood sugar.

2. Make like Popeye

You might not get super strength from spinach like Popeye does, but taking in some high-fiber foods can help bring down your blood sugar. A [1991 study](#) found that fruits, legumes, and other foods rich in water-soluble fiber helped balance blood sugar.

Those fiber-y foods slow digestion, which means the sugar from your meal isn't hastily thrown into your bloodstream. Instead, the fiber helps everything break down more slowly, and there's more time for the sugar to be properly absorbed.

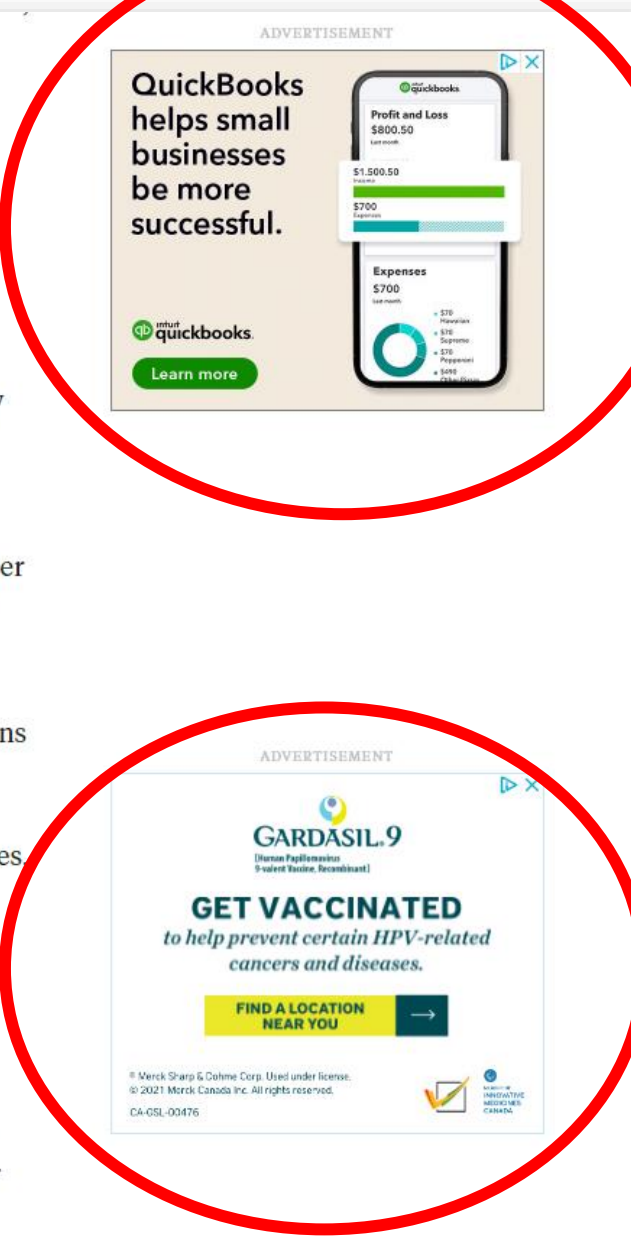
A [major review of diabetic studies](#) found that a high-fiber diet (especially including fiber from cereals) may reduce your chances of developing type 2 diabetes in the first place.

Unfortunately, that doesn't mean you can go to town on Lucky Charms. "Cereal fiber" refers to non-sugary, unrefined cereal grains. Bran cereal, oatmeal, or other whole grains will provide the diabetes-busting fiber you're looking for.

Outside of spinach and cereal, adding black beans, sweet potatoes, avocados, nectarines and other [fruits and vegetables high in soluble fiber](#) to your diet will help bring your blood sugar down.

3. Don't dry out

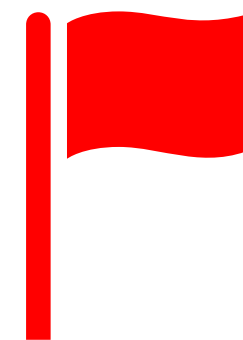
"Drink more water" isn't cutting-edge nutritional advice, but avoiding dehydration is surprisingly helpful for balancing blood sugar. A [2017 study](#) found that low daily water intake led to high blood sugar.



🚩 .com

🚩 有多個廣告

🚩 沒有日期



這個網站在分享更爲可靠的網上健康資訊。

https://www.cdc.gov/diabetes/managing/manage-blood-sugar.html

The screenshot shows the CDC website page for 'Manage Blood Sugar'. The page includes a navigation menu on the left with categories like 'Diabetes Basics', 'Prevent Type 2', 'Living With Diabetes', and 'Manage Blood Sugar'. The main content area features the title 'Manage Blood Sugar' and a sub-section 'How can I check my blood sugar?'. A date stamp at the bottom of the page reads 'Page last reviewed: April 28, 2021', which is circled in green. The CDC logo and search bar are visible at the top.

🚩 .gov

🚩 沒有廣告

🚩 日期



學習總結



(Wavebreak media, n.d.(c))

重溫：更可靠與不太可靠的網上健康醫療資訊



更可靠的資訊：

- 嘗試教育民衆以及分享正確的訊息
- 來自專家，並經由其他專家的檢驗
- 是當前并且是最新的
- 可能的網址結尾：
website.gov, website.org,
website.edu



不太可靠的資訊：

- 嘗試賺錢或售賣產品
- 并非來自於專家，並未經由其他專家檢驗
- 并非最新的而且可能包含不正確的信息
- 可能的網址結尾：
website.com



圖像來源

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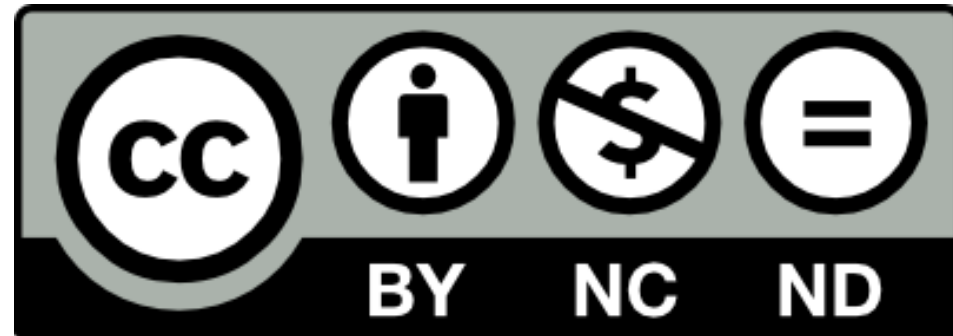
Note: screen captures were provided by iCON on slides 3, 8, 14, 16-29, 36-39, 41-45, 47-49.

再次感謝：



THE UNIVERSITY OF BRITISH COLUMBIA
Department of Emergency Medicine
Faculty of Medicine

感謝卑詩省衛生廳“患者為伴”計劃的支持！



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