

SafeMedicationUse.ca has the following suggestions for consumers navigating through large amounts of health information:

- Consult your healthcare provider(s) with any questions you have about the health information you've read. It is important to speak up if you have any concerns about your medicines or other treatments.
- Obtain health information from multiple reliable sources to gain a more balanced view.
- The following questions can help you discern between reliable information sources and those that are less reliable:
 - How often is the information updated? Reliable sources tend to be updated frequently as new information becomes available.
 - Is the information geared toward selling you a product? If yes, the information may be less reliable.
 - Are the claims based on reliable research studies, that is, studies published in well-known medical or scientific journals? Ideally, they should be. Ask your healthcare providers for help in identifying trustworthy journals.

Tips for Healthcare Practitioners:

- Ask patients and caregivers whether they have any questions about the patients' medical conditions, medicines, and other treatments.
- Actively listen to your patients' concerns. Offer to help in assessing the reliability of their health information. Use patient-friendly language to enhance understanding.
- Provide patients and caregivers with appropriate resources, including credible internet sites, for further learning.

Medication Safety bulletins contribute to Global Patient Safety Alerts

This newsletter shares information about safe medication practices, is noncommercial, and is therefore exempt from Canadian anti-spam legislation.

