Is the Internet the best place for answers to health care questions? NetWellness

Published: Tuesday, March 01, 2011, 1:16 PM

By Special to The Plain Dealer

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If my blood sugar levels are staying high should I increase or decrease my dosage of insulin?

When a person with any health problem for which they are on a medication as powerful as insulin is not sure how to answer a question like this, it is important that the health care professionals involved in their care understand that they have such a question and that they need to have this better explained.

Join your health care team

In your case, the person you need to consult with may be your own doctor, or nurse, or pharmacist or diabetes educator.

Utilizing your health care team in managing your diabetes is the best strategy you can employ to...
minimize the devastating complications of diabetes and maintain your health. You are also a member of that team, and as such you need to get the information necessary to do your part in managing your diabetes.

While I could easily answer your question directly, it would not assist you in learning the larger lesson which is how to have a safe and reliable process for resolving questions like this with somebody who can assure that you fully understand.

I believe I am doing you a greater service to direct you to those people to answer this for you.

**Be careful of health information from Internet**

Although a powerful tool in gaining new knowledge, looking for reliable health information on the web is tricky. Not all sites are reliable, and anyone who says they can diagnose you or recommend any sort of treatment isn’t practicing responsible medicine.

**NetWellness** has answered more than 65,000 questions through the Ask an Expert feature. Questions are always welcome, but many cannot be answered due to their specific nature.

We are here to provide general information and support you in having better conversations with your treating health care professionals. It would be irresponsible to diagnose or recommend treatment over the internet in the absence of an established provider-patient relationship.

Bottom line: Talk to your own health care provider.

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Doc....simple scenario for you, to explain why people such as myself rather go to the net instead of making a live doctor visit. In today's day and age, MANY doctors are just glorified drug dealers......writing scripts for meds willy nilly because they are getting some kind of kickback from Mr. Big Business Pharmaceutical Company. In essence they are taking a very lazy approach to the way they deal with medicine in general, and are looking out more for THEIR interests....instead of the interest of the patient.

So while I think most rational people can understand the wisdom of "consult your own doctor".....the point is a lot of people have a hard time finding an honest doctor any more. I myself would actually have MORE confidence in typing out a paragraph or two to describe what ails me to someone that can NOT profit from the diagnosis they render and most importantly the treatment they deem "worthy" to fix me.

The point being, there is more truth/sincerity/professionalism when consulting someone that has no horse in the race for profits and further monetary compensation. Granted, you may have purchased stock in whatever company that is making Drug XYZ....so you may have SOME alterior motive to prescribe to me whatever drug, but at least there isn't a DIRECT......ummmmmmm 'coaxing'..... from the drug companies to get that script written with your autograph on the order.

To summarize...there will always be more sincerity when dealing with an anonymous doctor, because the likelihood of him profitting off of your "cure" is far less than the person who is actually writing those prescriptions for you.