Our Healthy Internet

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Abstract — In this presentation, I explain the manner in which the internet can be used as a tool to improve health. I discuss the results of research performed through peer review literature study and a survey sent by means of the internet to medical professionals.

Keyword—Internet, health, literature review, survey

I. Introduction

The internet is often blamed for American's increasingly sedentary lifestyles; however, the problem is an inappropriate use of the internet. Physicians are not training the public on how they should, as opposed to shouldn't, be using internet resources. There are methods that can be used to verify the reliability of medical information found online, and there are websites and resources that could benefit the public. It is simply a matter of being educated on such topics

The internet offers greater communication options with physicians or records and resources for the physicians. Of greater importance are the resources available to the public. Information or education on any number of diseases, procedures, or medications is available. Also available are tools and plans to help people change their lifestyles by offering goal setting and tracking options. Medical/health professionals have stated that the internet can change things for the better, but only if we learn the important points to look for that verify that a given resource is reliable.

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