

The internet and the Dangers of diagnosing ourselves

When you have a health problem, what do you do?

Some people ask their family or friends.
Some people go to a clinic or a pharmacy.
But a lot of people do something quicker: they look on the internet to see what their symptoms mean.

The internet is so helpful to us in so many ways, and you can get a lot of useful information from it. But it can be dangerous to use the internet instead of going to the doctor.

Here's why:

- **Not everything on the internet is true.** Some websites can give you wrong information and bad advice, and that could mean you don't get the help you need – or you could even get sicker.
- **Seeing your doctor also gives you a lot of things that you don't get from the internet.** Your doctor can see you in person, and check important things like your temperature and your blood pressure.
- **Sometimes we don't even notice when something goes wrong in our bodies.** Doctors can notice things that you haven't noticed.

B-Wise provides health information, and you can get your health questions answered by a medical expert by going to <https://bwisehealth.com/article/ask-an-expert>, but **no website can take the place of seeing a nurse or a doctor.**

If you are having symptoms you are worried about, a doctor or clinic is always the best place to go. Find your closest clinic here:
<https://bwisehealth.com/clinic/search/>

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