

# Do not search Google to find out the symptoms of the disease

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Currently, many people diagnose themselves through online search information. This is a fatal mistake because most of the online search results are not true, can make you think about your health status.

For example, online information can make people mistaken for symptoms of intermittent abdominal pain due to appendicitis, a common cold caused by bacterial infections, while it is caused by viruses and antibiotics that do not work.



## Why can information on Google adversely affect diagnosis?

Excessive checking of Google disease symptoms will lead to two problems:

1. One is that you underestimate the symptoms, which in turn makes the condition worse.
2. Second, you exaggerate the symptoms that make the medication and treatment wrong.

In addition, this causes you to worry excessively that you are ill, a condition known as "health anxiety" or another name for hypochondriasis (paranoia).

In the absence of paranoia, many people will also feel concerned about their health due to too much information we find. Of course, there is very accurate online medical information, but most of the rest are not. This makes you always feel anxious, affecting life. This condition is named "cyberchondria".



Artwork: Internet.

Studies show that self-diagnosis of health conditions from online information is only effective for minor or nonexistent symptoms.

Here are some tips to help you find accurate medical information and avoid reading bad news.

1. Read articles that have links to original research papers or citations from clinical studies about the subject matter they mention.
2. Read the full report or summary of clinical studies, which may complement the article.
3. Articles written by experts on that topic or quotes from experts are usually more reliable.
4. Check that the information given in this article has been validated by health professionals in the appropriate field to verify its accuracy.
5. Check the date posted, nutrition and medical industry have a very fast growth rate so it is best to look for studies no more than 05 years.
6. Search for information on trusted government websites like the Centers for Disease Control and Prevention and the National Institutes of Health.

In short, the Internet cannot become a doctor to help you answer your health questions. So, if you feel you have a problem, please go to the hospital or clinic for an accurate diagnosis of your condition. Many hospitals now offer online medical advice, which you can use if you do not have time to visit in person.

1. Ho Chi Minh City has deployed the application 'Lookup for medical examination and treatment' on smartphones
2. The first drug database in Vietnam, helping people look up information and prices of more than 10,000 medicines

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