

Good Health Advice Gets Easier To Find

(NAPSA)—When you want medical advice, who are you going to call? If you're anything like one young woman, the answer is "Everyone."

When she first had children, Lydia Voles asked everyone she knew for medical advice.

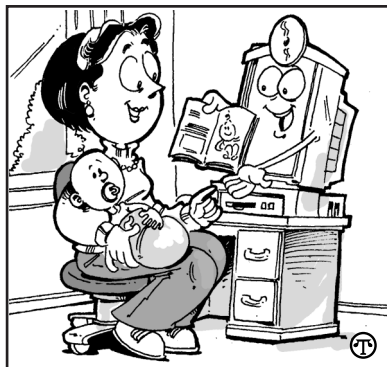
"Every time my baby cried, I'd call my parents, my sisters and, of course, my doctor," Voles said. "I called him so much, I thought he would block my phone number."

Today, health information is easy to find. Thanks to the Internet, there are hundreds of health Web sites and discussion groups devoted to virtually any health question. All this information has led to a new problem: how to tell legitimate advice from old wives' tales.

Voles' solution is to stick to sites with information from respected medical sources such as MSN Health & Fitness (<http://health.msn.com>), a comprehensive site with information from industry leaders such as MayoClinic.com, Harvard Medical School, Healthwise and more.

MSN Health & Fitness includes a Medical Encyclopedia, Interactive Tools such as diet calculators, videos and self-assessment quizzes, and Health Centers, which collect information about specific health concerns such as asthma, diabetes and heart disease, in one easy-to-find place.

"Getting answers to health-



related questions can be one of the biggest challenges people face," said Danielle Tiedt, general manager of marketing for MSN. "There are so many people giving advice that it's easy to be overloaded with information, to the point where you don't know whom to listen to. By working with highly respected health partners and putting all their information in one place, we're giving people a convenient one-stop shop that's as trusted as the family doctor."

Voles said now that she's able to quickly find trustworthy health information online, the number of calls she makes to her family and her doctor in the middle of the night has declined dramatically.

"Knowing that information that impacts my children's health is just a few clicks away has given me a lot more peace of mind," Voles said. "While the Internet could never replace my doctor, it's a great resource to have to help me be better informed."