

Questions about your health?

Contributed by Webmaster
Sunday, 14 December 2008
Last Updated Sunday, 14 December 2008

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We all have health questions from time to time. Things we don't want to bother the doctor with, or afford to go in for a check up, and even things that we are very embarrassed about. Normally we would only confide in a very close friend, or we would just live with the problem. Thank God for the internet. These days there are many health forums and places to talk to an expert. But, this also comes with its own risks.

When someone has a health question about an ingrown toenail, yes you can look that

up online with a safe feeling. However, there are many health questions that people tend to go and research online that should be talked about with a real doctor. The problem we encounter is that if a person has a cough and a runny nose, one site informs us that you just have a cold, and some other site might say you might have a lung infection. We seem to forget that doctors went to school to answer our health questions.

So, when you find yourself on the net to find out what you could or might have, keep some sense of understanding that some things cannot be explained by a search engine and chat group, and that how ever low tech and yesteryears it might be, you may have to consult a real doctor. Luckily, there are plenty of respected and real health forums out there to ask health questions, that real doctors answer. However, for any illness or issue that is not life threatening, forums are a great source to find old fashioned remedies that cost little to no money. Furthermore, for those cases where you have been to many doctors and have found no answer, an online forum can be a great source to find others with the same symptoms.

Another great benefit to asking your health questions online is that it helps with those embarrassing questions we mentioned in the beginning. For some, being face to face with the doctor while you ask certain questions can be so difficult, that you would rather not ask at all. What you will see on an online forum is other people have more than likely asked the same question, and you can read the answers that were already given, or respond to it in kind with more questions of your own.

So, remember that if you are going to ask questions about your health online, make sure you do so at a forum that has actual doctors to answer your questions, and use your own good judgment in researching your problem. And like in real life situations, look around for a second opinion. Also, the best health advice is preventative measures. Eat healthy, get plenty of exercise, and dont let your health questions keep you from seeking help. Whether you seek out your family doctor, talk to a friend, or go online, remember that you are most likely not the first person to have that question.

Dr. Joshua Cetex is author of this article on Ask the doctor.

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