

Three steps to find reliable information on neuromuscular disease research



Christina Vela Davidson



Dr. Angela Lek is the Muscular Dystrophy Association's vice president of research. Lek offers three guidelines for staying well informed on neuromuscular diseases and research:

1. Evaluate health information you find through the internet or social media.
2. Establish a trusted network of institutes and organizations to go to for information.
3. When in doubt, ask an expert in the field, such as a doctor, scientist or patient advocacy organization.

worthy as a public health institution or nonprofit organization dedicated to improving health.

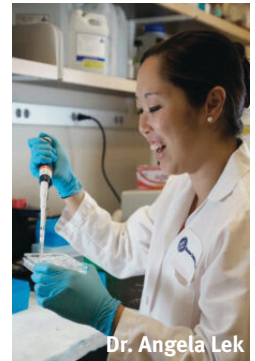
When?

Find out when the health information or its sources were written, reviewed or updated. Medical and scientific knowledge changes with each new discovery, so make sure you're reading the most up-to-date information.

You also can go to the following link and find more information and research: mdaquest.org/3-steps-to-find-reliable-information-on-neuromuscular-disease-research/

Always remember, MDA and NALC dream of a day when every child and adult diagnosed with muscular dystrophy will have access to treatment or even to a cure. NALC's fundraising helps MDA with that promise as it builds on recent successes.

On that note: The beginning of the new year is a time when many people make resolutions to better themselves or those around them. Has your branch set any goals for community service for 2023? If not, I hope your executive board sits down soon to plan for the year and considers helping with MDA and the needs that are still there.



Dr. Angela Lek

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How to evaluate health information

Examine any health-related information you find on the internet or social media for trustworthiness by asking three simple questions:

Who?

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Why?

Think about the intent of the organization or individual providing the information. Are they presenting opinions as facts? Is their site or social media account trying to sell something? A commercial site generally is not as trust-

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And if your branch is planning an activity, please let me know well in advance. We will use the “Deliver the Cure” Facebook page to promote the event once we know the exact date. NALC has MDA-branded items that we can make available to help with your event. Requests will be handled on a first-come, first-served basis until the supply is exhausted. Please call me at 202-662-2489 for details about this incentive.

Thanks again for all your hard work, sisters and brothers!