Want in the Midst of Plenty: How to Finding Reliable Internet Medical Resources...

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Searching the Internet can be intimidating and confusing due to the millions of WebPages out there. For example, a search for ADHD results in approximately 145,000,000 Google matches. Since anyone can publish WebPages and post information trying to find out which website offers reliable information is a daunting task. So much information is misleading and some is outright dangerous. The goal of this short article is to discuss a safer way to access Internet medical resources which can help you and your loved ones in the healing process.

Your physician can be a great resource for you and your loved ones. Physicians are trained to be open to discuss medical information and any concerns you have. Remember: If you access incorrect medical information and apply those recommendations then you may have a higher chance of a bad outcome rather than completing your personal healing journey.

Physicians have the role of being a guide in the healing process of their patients. We respect our patients and look at them as our personal heroes because patients and their families/advocates must do all of the difficult healing work. A good way to reinforce any new medical data is to have a good evidence based website. This is your resource that is available to you anytime you want to read further into your treatment and can be accessed when you get home or at your public library. Many public libraries have faster connections than the ones we can afford at home and they are free! It is important for patients to take an active role in their health care and to try their best to understand their
circumstances. Remember: You are doing all of the hard work! We are only your guides in the healing process.

*My Child Psychiatrist . Com* (http://mychildpsychiatrist.com/) is an evidence based website created by Matthew Parvin, MD. This is a very reliable jump point for Child and Adolescent Psychiatry resources. It helps you to find high yield websites which may answer some of your questions about child psychiatry e.g. data on therapy, medications, autism, drug abuse, ADHD, sex offenders and child advocacy. My Child Psychiatrist . Com is not trying to reinvent the wheel. It just makes it easier for you to travel through the maze of Internet WebPages. You can be linked to empowering websites like the one made by Chris Peterson, MD called *The Child Advocate* (http://www.childadvocate.net/). This website has over 200 pages and strives to serve the needs of children, families and professionals while addressing mental health, medical, educational, legal and legislative issues. The Child Advocate is an award winning website that has over 1 million visits per year making it the number one site of its kind.

These sites offer links to other resources and address many commonly asked medical-psychiatric questions. A reliable website can provide you and your family with an easy way to better understand your care and review the topics covered by your physician. It is worth your time to ask your physician if they have a website they recommend for you to visit as a resource to better educate yourself and your loved ones in your healing process.

*Dr. Parvin completed his residency in psychiatry at the Southern Illinois University Medical School. Since then, Dr. Parvin has served as Fellow of Child and Adolescent Psychiatry at Penn State Milton S. Hershey Medical Center, Pennsylvania. While there, he organized the Operation Chocolate for Children, a community outreach project which impacted ~70,000 children who were victims of hurricane Katrina in New Orleans.*

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*The Arnold P. Gold Foundation Humanism and Excellence in Teaching Award honors 6 residents, chosen by the students they teach who have exhibited particularly strong teaching skills and are role models for compassionate, relationship-centered care at their medical school. He is the first fulltime fellowship trained subspecialist child and adolescent psychiatrist in Will County and Kendall County Illinois.*