



uhealth

Debunking Health Myths Show Notes

In this episode...

Part 1:

- How genetic testing can help determine our risk of developing breast and ovarian cancer (in both women and men).
- In searching for reliable information online, “Google with care”.
- Covid vaccine myths among the general population and specifically people of color.
- People of color and distrust of the health care system in general.

Part 2:

- When searching for information online, look for official organizations that we’ve heard of or that end in “.edu” and “.org”.
- Researching information online is not enough: use the internet to come up with a list of questions to ask your doctor.
- How to get beyond your embarrassment talking about certain personal issues.
- The basics of menopause.

Dr. Wynn’s top five takeaways for debunking health myths:

1. Knowledge is power. Start by finding out your family history since it can be a game-changer.
2. Be careful when searching online for medical information. Check the website to see if there are peer reviewed studies and experts quoted.
3. Take action-able steps, like booking an appointment with your doctor, rather than worrying yourself sick on the internet.
4. Use your research to prepare questions for your doctor.
5. If in doubt, get multiple medical opinions so you can compare them.

Links:

- UCHealth Hereditary Genetic Testing: <https://www.uhealth.org/today/what-have-you-heard-about-hereditary-genetic-testing/>
- UCHealth Nurse Midwives: <https://www.uhealth.org/today/what-are-nurse-midwives/>
- UCHealth Exercise During Pregnancy Misconceptions: <https://www.uhealth.org/today/top-5-misconceptions-about-exercise-during-pregnancy/>
- UCHealth Post-Partum Pelvic Floor Health: <https://www.uhealth.org/today/pelvic-floor-health-after-pregnancy/>
- UCHealth Breastfeeding Myths: <https://www.uhealth.org/today/dodging-the-misinformation-trap-top-7-online-breastfeeding-myths/>
- UCHealth Perimenopause: <https://www.uhealth.org/today/perimenopause-the-slow-shift-to-menopause/>
- UCHealth COVID-19 Vaccines 101: <https://www.uhealth.org/today/coronavirus-vaccines-101-what-you-need-to-know/>

