

informedhealthonline.org
INDEPENDENT, OBJECTIVE AND EVIDENCE-BASED

Media

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Media release - 6 May 2010 (URL: <http://www.informedhealthonline.org/index.642.en.html>)

: IQWiG patient information gets good marks from the World Health Organization

Media release - 26 March 2010 (URL: <http://www.informedhealthonline.org/index.631.en.html>)

: Research confirms that some forms of massage help against low back pain

Media release - 23 December 2009 (URL: <http://www.informedhealthonline.org/index.594.en.html>)

: Brain training can help improve specific abilities in older people

Media release - 3 September 2009 (URL: <http://www.informedhealthonline.org/index.542.en.html>)

: It pays to quit smoking before surgery

Media release - 23 July 2009 (URL: <http://www.informedhealthonline.org/index.531.en.html>)

: The risk of developing deep vein thrombosis during a flight is often overestimated

Media release - 19 June 2009 (URL: <http://www.informedhealthonline.org/index.519.en.html>)

: Three to six months to lose weight gained in pregnancy is normal

Media release - 20 March 2009 (URL: <http://www.informedhealthonline.org/index.507.en.html>)

: Eczema in children is increasing, but diet is not the cause

Media release - 17 December 2008 (URL: <http://www.informedhealthonline.org/index.486.en.html>)

: Children and teenagers can learn how to avoid some migraines and better understand their headaches and medication

Media release - 3 December 2008 (URL: <http://www.informedhealthonline.org/index.478.en.html>)

: Pregnant women with asthma can be more confident about some medicines

Media release - 6 November 2008 (URL: <http://www.informedhealthonline.org/index.478.en.html>)

: How women can improve their quality of life after breast cancer treatment

Media release - 30 October 2008 (URL: <http://www.informedhealthonline.org/index.462.en.html>)

: Research shows that the Pill does not deserve its reputation for causing weight gain

Media release - 17 October 2008 (URL: <http://www.informedhealthonline.org/index.456.en.html>)

: Enlarged prostates: The choice of treatment needs careful consideration

Media release - 8 October 2008 (URL: <http://www.informedhealthonline.org/index.430.en.html>)

: Preventing colds: Washing your hands is more effective than taking vitamins

Media release - 12 September 2008 (URL: <http://www.informedhealthonline.org/index.424.en.html>)

: Osteoporosis: Calcium and exercise to strengthen the bones - do you get enough?

Media release - 21 August 2008 (URL: <http://www.informedhealthonline.org/index.424.en.html>)

: Insomnia: changing your bedtime habits could help

Media release - 9 July 2008 (URL: <http://www.informedhealthonline.org/index.412.en.html>)

: Depression after stroke

Media release - 25 June 2008 (URL: <http://www.informedhealthonline.org/index.382.en.html>)

: Complementary medicines and dietary supplements

Media release - 11 June 2008 (URL: <http://www.informedhealthonline.org/index.380.en.html>)

: Allergies - specific immunotherapy could help

Media release - 22 May 2006 (URL: <http://www.informedhealthonline.org/index.211.en.html>)

: New on the web - independent, updated health information for the general public

The German Institute for Quality and Efficiency in Health Care (IQWiG)

The German Institute for Quality and Efficiency in Health Care (IQWiG) was established by legislation to provide evaluations of the effectiveness, quality and efficiency of healthcare services. This includes the assessment of medicines as well as the publication of health information for consumers and patients.

Evidence basis of our health information

Our information is based primarily on systematic reviews of the effects of health care. Systematic reviews are necessary to gain an objective picture of health care. In order to do this, a clear question is formulated. Researchers then find all the relevant studies that could answer this question. They then evaluate those studies.

You can find a list of the evidence and other scientific literature on which this information is based at **www.informedhealthonline.org**

Disclaimer

This information was prepared and published by the German Institute for Quality and Efficiency in Health Care (IQWiG). It is based on the evidence and other scientific literature available at the time of publication. The information is intended for the use of patients in Germany. It is not intended to for use to diagnose illnesses and the information is not intended to substitute for medical advice.