

**informedhealthonline.org**  
INDEPENDENT, OBJECTIVE AND EVIDENCE-BASED

Textversion of the Guided Tour

## Welcome to Informed Health Online

Would you like to know what health care treatments really work? Researchers around the world are working hard to find answers to your questions. You can find the results of their work here at *Informed Health Online.org* .

*Informed Health Online* is published by IQWiG, the German Institute for Quality and Efficiency in Health Care. The Institute was established by the German Parliament to provide independent scientific advice to the healthcare system.

Our goal is to provide you with information that could help you make informed decisions about your health. To do that, we do a thorough search for studies that have fairly and rigorously tested the effects of treatments. This is a key part of evidence-based medicine or health care. It is often called "EBM" for short. If you would like to learn more about how researchers can test whether or not a treatment works, you can also do this at Informed Health Online.

You can also read patients' stories about their experiences of the treatments.

Let's start with the health information.

Here you can find the topics we cover sorted from A to Z or in topic areas.

Of course you can search the whole website directly by typing a topic into the search box.

The body picture is another way to see what information we have.

This shows you what information we have that affects a particular part of the body. We hope our information is helpful for you.

## The IQWiG Team

Back to the home page (URL:  
<http://www.informedhealthonline.org/index.2.en.html>)

**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](http://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.