

When it comes to your health, from where do you get your facts?

By Lt Col Gordon Helm

HSAT PIO

"Last week more than 23 million people tuned in to watch the Buffalo Bills play the Cincinnati Bengals and instead became witness to a terrifying, life-or-death emergency as safety Damar Hamlin collapsed suddenly on the field after a tackle with a cardiac arrest. His teammates knelt in prayer while medical staff fought for his life. But on the internet, there were unfounded theories as to what Hamlin's collapse was brought on by. "The term is a data void," said Kolina Koltai, a misinformation and social media researcher who until very recently, worked for Twitter."

It is the filling of a data void in a major issue with unproven 'facts.' Millions of people wanted to know more about the athlete's health, and they became the targets of misinformation. It's also about that old axiom "If it's too good to be true, it probably is." Those who support your belief structure are easy to agree with, but have you done your homework?

It is important to exercise critical thinking. A critical thinker analyzes information to get the best answer. Drawing on their own experience, reasoning, observation and communication with others, a critical thinker can make their own informed decisions. Asking those sorts of questions about anything of importance to you, and you will be on your way to getting credible answers.