

EDITORIAL

Internet and Self-Diagnosis

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In modern era, digitization has created a significant impact on quality of life. For a simple day-to-day information people count upon the internet blindly. In this vicissitude aeon, where technology has revolutionized our lives, majority of the individuals troll the web enormously for any disease condition. This has led to pseudo diagnosis of various clinical conditions.

Asking the Internet for medical advice is a common habit among millions of people today. Though the Internet can be a good source for excellent information, but it can also be misleading creating unnecessary anxiety, stoking people's worst fears at vulnerable moments. With millions of medical sites out there, each providing with a different set of information. Internet is more or less like a curate egg, although providing with some useful information but many a times can leave the patients in more stress or depression.

Self-diagnosis has become a common practice in today's life. People find it more convenient to google their symptoms rather than visiting a doctor. Also with self-diagnosis comes the practice of self-treatment. With plethora of treatment options available, the possibility of trying them increases which may further deteriorates their medical condition. All this can lead to more worry about potential conditions and it can also result in spending more money trying to self-treat.

It is not uncommon to find that for a simple cystic lesion of the jaw, the diagnosis may come as tumor on the google which warrants aggressive treatment. This may lead to more confusion and anxiety. Often these cybernauts report to dentist with already diagnosed condition which can be misleading and more harmful as they do not reveal proper history about their condition thereby refraining them from appropriate treatment. Also there are very remote chances that these people follow their dentist instructions properly and some of them might consult various doctors for their psychological satisfaction which may further create a significant disquietude and skepticism regarding various treatment modalities among patients.

Hence the need of the hour is to properly educate and counsel our patients regarding the judicious use of internet. As a dentist it's our responsibility to gain patients confidence and trust so as to extract proper details of the disease condition which will enable us to provide appropriate treatment thereby benefitting the people at large.

