



Evaluating Parkinson's Resources

With the vast amount of information about Parkinson's available at your fingertips, it can be difficult to tell fact from fiction. However, you can use the CRAAP test, developed by Sarah Blakeslee at California State University, as a way to vet your information.

C

urrency - *Is this information up-to-date?
Have new advancements or discoveries been
made since this was published?*

R

eliability/relevance - *Is this fact or opinion?
Are other sources cited and is this peer
reviewed? What information is included?*

A

uthority - *What are the author's credentials?
Is the author biased? Did the author receive
any funding for their work?*

A

ccuracy - *Are there any grammatical or
spelling mistakes? How does the information
in this source compare to others?*

P

urpose - *Why was this written? Is the author
trying to get you to buy something? Is there a
conflict of interest?*

It's tempting to believe promising claims, miracle supplements and treatments claiming to reverse or cure Parkinson's. But the best course of action is to apply this test, investigate both sides of the story and work closely with your **TRAINED MEDICAL TEAM** and then determine the best plan for you.