

**Safe Surfing:
Finding Reliable
Health Information on
the Web**

Linda D. Sabatino-DM

Passwords – Should be strong and unique. The MOST common password are:

Password, 123456, your pets name or your child's name.

Most popular place to hide a password – under the keyboard.

Click Smart -Many of today's online threats are based on phishing or social engineering. This is when you are tricked into revealing personal or sensitive information for fraudulent purposes. Spam email, phony "free" offers, click bait, online quizzes all use these tactics to entice you to click on dangerous links or give up your personal information. Always be wary of offers that sound too good to be true, or ask for too much information.

DON'T SHARE –Personal Information
unless you are **SURE** it is secure.

Practice Safe Surfing & Shopping.

When shopping online, or visiting websites for online banking or other sensitive transactions, always make sure that the site's address starts with "https", instead of just "http", and has a padlock icon in the URL field. This indicates that the website is secure and uses encryption to scramble your data so it can't be intercepted by others. Also, be on the lookout for websites that have misspellings or bad grammar in their addresses.

Ransomware



Ransomware is a type of malicious software from cyberspace that threatens to publish the victim's data or block access to it unless a ransom is paid.

Government Agencies are BIG Targets.

phishing



phish·ing
'fiSHiNG/

noun

noun: **phishing**

the fraudulent practice of sending emails purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

to steal
al information

Smishing

(SMS-Phishing)

It's a type of
Social Engineering

That targets
mobile devices



SMiShing is a security attack in which the user is tricked into downloading a Trojan horse, virus or other malware onto his cellular phone or other mobile device.

SMiShing is short for "SMS phishing."

SMS stands for Short Message Service, which is the formal name for text messaging. It's a way to send short, text-only messages from one phone to another.

DELETE COOKIES?!

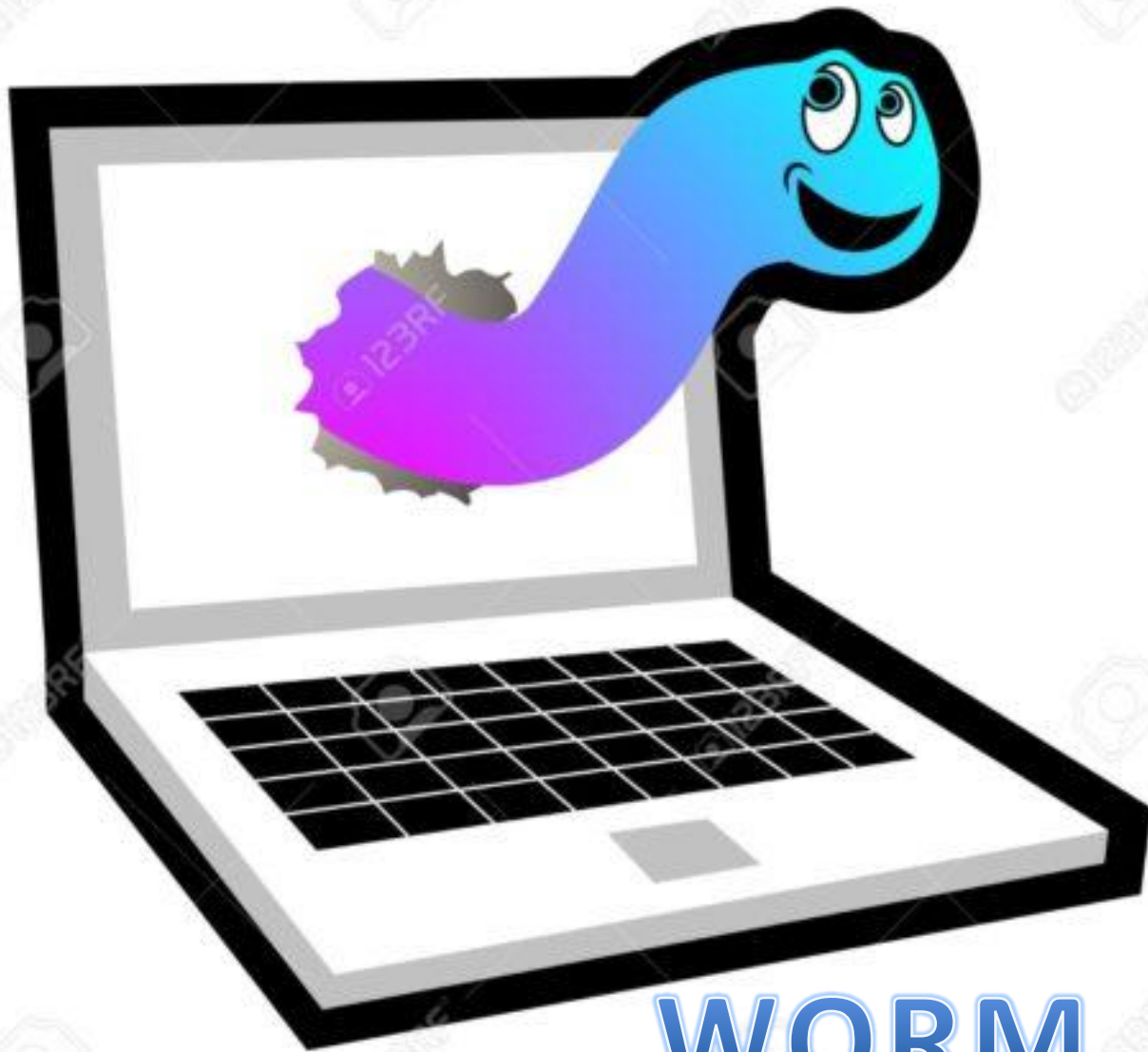


gegen-den-strich.com

FERNANDEZ

Cookies are small files which are stored on a user's computer. They are designed to hold a modest amount of data specific to a particular client and website, and can be accessed either by the web server or the client computer.

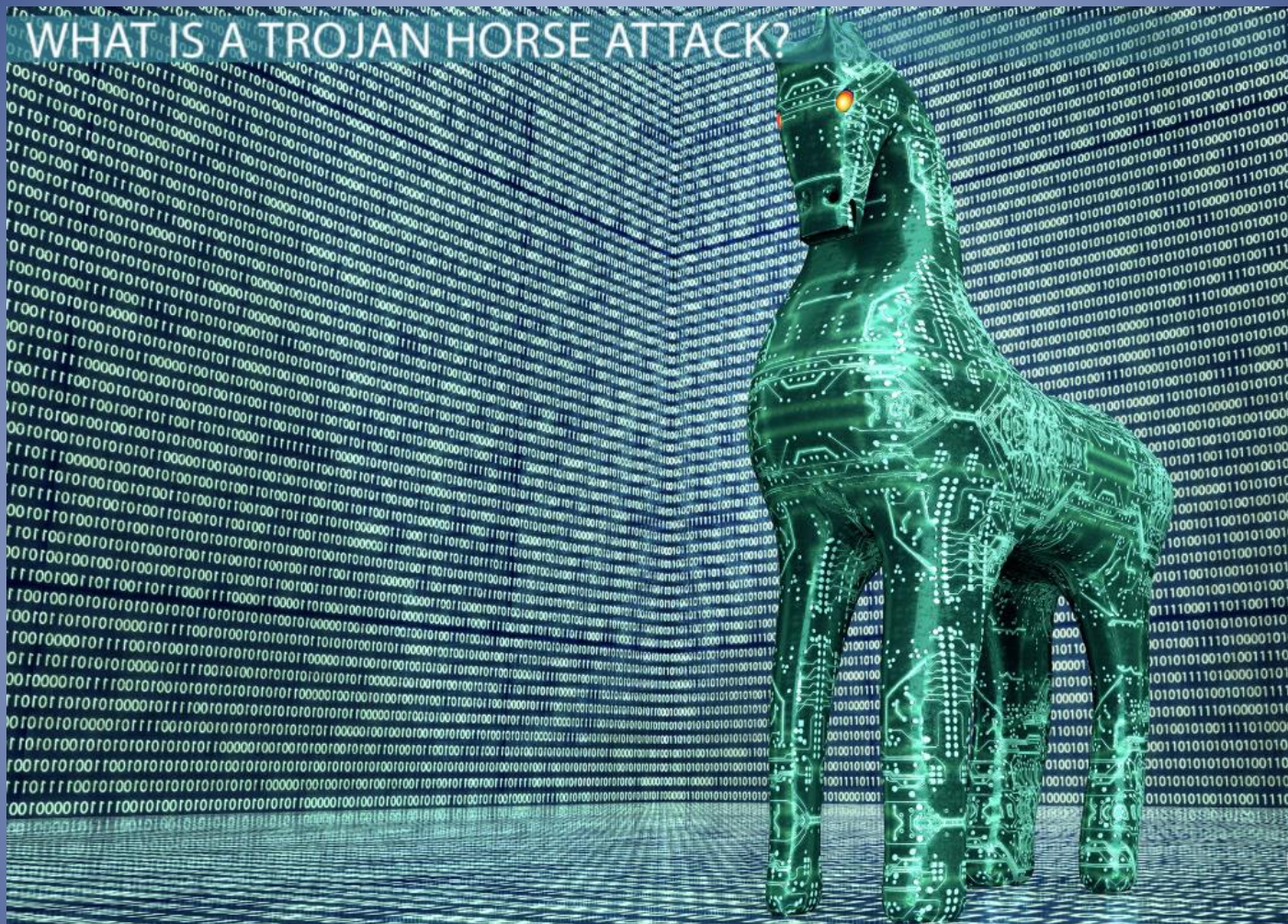
A website might also use cookies to keep a record of your most recent visit or to record your login information. Many people find this useful so that they can store passwords on frequently used sites, or simply so they know what they have visited or downloaded in the past.



WORM

A computer worm is a standalone malware computer program that replicates itself in order to spread to other computers. Often, it uses a computer network to spread itself, relying on security failures on the target computer to access it. Worms almost always cause at least some harm to the network, even if only by consuming bandwidth, whereas viruses almost always corrupt or modify files on a targeted computer.

WHAT IS A TROJAN HORSE ATTACK?



In computing, a Trojan horse, or Trojan, is any malicious computer program which misleads users of its true intent. The term is derived from the Ancient Greek story of the deceptive wooden horse that led to the fall of the city of Troy



A computer virus is a type of malicious software that, when executed, replicates itself by modifying other computer programs and inserting its own code. When this replication succeeds, the affected areas are then said to be "infected" with a computer virus.

Malware



**Malware has a malicious intent,
acting against the interest of the
computer user.**

SPYWARE



Spyware is software that aims to gather information about a person or organization sometimes without their knowledge, that may send such information to another entity without the consumer's consent, that asserts control over a device without the consumer's knowledge, or it may send such information to another entity with the consumer's consent, through cookies.

Often used to spy on spouse or children.

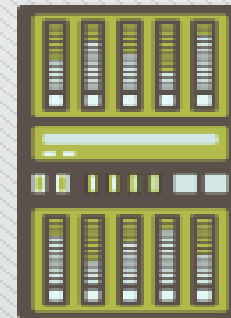
HTTP vs HTTPS

User



Insecure connection

Normal HTTP (80)

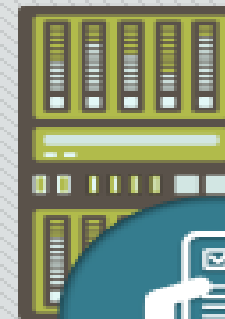


User



Encrypted Connection

Secure HTTPS (443)



SSL Certificate



HTTP VS HTTPS. Hyper Text Transfer Protocol Secure (HTTPS) is the secure version of HTTP, the protocol over which data is sent between your browser and the website that you are connected to. The 'S' at the end of HTTPS stands for 'Secure'. It means all communications between your browser and the website are encrypted.

<https://www.snopes.com/computer/internet/https.asp>



what is myositis

All

Images

News

Videos

Shopping

More

About 537,000 results (0.85 seconds)

Myositis is a term meaning inflammation in the muscles. There are several types of **myositis**, the most common being polymyositis and dermatomyositis. Polymyositis causes muscle weakness around the middle of the body and affects both sides of the body. Dermatomyositis causes muscle weakness as well as a skin rash.

Myositis - Arthritis Foundation

<https://www.arthritis.org/about-arthritis/types/myositis/>



how many people have myositis



All

News

Images

Shopping

Videos

More



Settings

Tools


About 410,000 results (0.50 seconds)


Myositis is a rare disease. In the United States it is estimated that each year five to 10 out of every one million people get one of the forms of myositis. Although myositis can affect people of any age most children who get the disease are between five and 15 years of age and most adults are between 30 and **60**.


[Myositis | UW Orthopaedics and Sports Medicine, Seattle](http://www.orthop.washington.edu/?q=patient-care/articles/arthritis/myositis.html)
www.orthop.washington.edu/?q=patient-care/articles/arthritis/myositis.html

 About this result  Feedback

People also ask

Can myositis cause death? 

Is there a cure for myositis? 

Can myopathy be reversed? 

How long does myositis last? 



*Important

The information contained in the Organizational Database (ODB) is provided for informational purposes only. There is no implied endorsement by NORD. NORD does not promote or endorse participation in any specific organization. The information is subject to change without notice. Every effort is made to ensure that the details for each entry are as current as possible.

Myositis Association

Address

1940 Duke Street
Suite 200
Alexandria, VA 22314 USA

Phone

703-553-2632

Fax

703-548-9446

800 Number

800-821-7356

Email Address

tma@myositis.org

Website

<http://www.myositis.org>

Find an Organization

Enter a patient organization name or disease name.



In the United States, idiopathic inflammatory myopathies **affect** about 1 out of every 100,000 people. **Polymyositis** and dermatomyositis are most common in women, whereas inclusion body **myositis affects** men more often. Sep 30, 2013

Myositis - Harvard Health

<https://www.health.harvard.edu/diseases-and-conditions/myositis>

polymyositis – which affects many different muscles, particularly the shoulders, hips and thigh muscles; it's more common in women and tends to affect people aged **30 to 60**. dermatomyositis – which as well as affecting the muscles causes a rash; it's also more common in women and affects both adults and children.

Myositis (polymyositis and dermatomyositis) - NHS

<https://www.nhs.uk/conditions/myositis/>

Myositis is a rare disease. In the United States it is estimated that each year five to 10 out of every **one million** people get one of the forms of myositis. Although myositis can affect people of any age most children who get the disease are between five and 15 years of age and most adults are between 30 and 60.

Myositis | UW Orthopaedics and Sports Medicine, Seattle

www.orthop.washington.edu/?q=patient-care/articles/arthritis/myositis.html

Best Medical Websites

WebMD One of the most popular and trusted sources you can find medical information online is through WebMD. It's a one-stop medical information site with loads of information. Their **Symptom Checker** is just one reason it sits at the top of this list. Fill out basic information like your gender and age, and then use the body map to pick where on your body the symptoms are occurring. From there, you get to see any possible conditions that are causing those symptoms. WebMD also has lots of interesting interactive calculators, quizzes, and other fun stuff to help you understand medical information a bit more easily. On top of those is the **Living Healthy** page full of healthy recipes, a food planner, and more.

[PubMed](#) is a really, really extensive medical search engine/database that's a service of the [National Library of Medicine](#). Over 20 million MEDLINE articles and journal citations are available here to search through. PubMed is a website that lots of scientific articles.

Depending on what you're reading, you can view an abstract or full-text version of the article, and some are even available for purchase.

PubMed also has how-to guides in categories to help you find exactly what you're looking for.

Healthline has several really interesting tools and resources that you can use for free at any time, and the categories through which you can browse the articles are really easy to understand.

Some of Healthline's unique features include its physician-filtered results, health news, symptom checker, "The Human Body" guide, pill identifier, and diabetes blog

[HealthFinder](#) This is a great medical and health information site put together by the US Department of Health and Human Services. You can browse through hundreds of health-related organizations, and the search process is extremely user-friendly and relevant.

There are over 120 health topics you can browse through.

The *myhealthfinder* tool asks you your gender and age and then gives you information about what doctors recommend for someone that fits that description.



<https://www.mayoclinic.org/>



<https://my.clevelandclinic.org/>



JOHNS HOPKINS
MEDICINE

<https://www.hopkinsmedicine.org/>

The American Autoimmune Related Association (AARDA) has announced a new center to send autoimmune patients for accurate diagnosis and proper treatment.

It is the Autoimmunity Institute with its hub at West Penn Hospital in Pittsburgh, Pennsylvania.

A dozen specialties will care for patients with any of the more than 100 autoimmune diseases.

For more info go to

<https://www.aarda.org/>

SW Florida Myositis K.I.T.
 Closed Group

About

Discussion

Members

Events



Myositis, Healing through a Healthy Diet
 Closed Group



Myositis Support & Understanding Group
 Closed Group

About

Discussion

Announcements

Members

Events

Videos

Photos

ALL QUESTIONS MUST BE ANSWERED IN ORDER TO JOIN THIS CLOSED GROUP

MSU MYOSITIS HOME GROUP

EMPOWERING THE MYOSITIS COMMUNITY

**MYOSITIS SUPPORT AND UNDERSTANDING (MSU)
 IS AN ALL-VOLUNTEER, PATIENT-CENTERED NONPROFIT**

UNDERSTANDINGMYOSITIS.ORG



THE MYOSITIS ASSOCIATION

<https://www.myositis.org>

Let's
Explore TMA
Website

https://www.myositis.org/

2018 Annual Patient Conference registration increases \$50 on August 1 – [REGISTER NOW](#)

Lenabasum for dermatomyositis progresses to Phase 3 clinical [trials](#)



Select Language ▼

Donate

Join TMA

Calendar

Get involved

THE MYOSITIS ASSOCIATION

Sign In

Visit the Myositis Library

[Home](#)

[About TMA](#)

[About Myositis](#)

[Patient Support](#)

[Research](#)

[Blog](#)





Select Language ▼

Donate

Join TMA

Calendar

Get involved

THE MYOSITIS ASSOCIATION

Sign In

Visit the Myositis Library

Home

About TMA

About Myositis

Patient Support

Research

Blog



Find a Support Group

Joining one of the Myositis Association's support groups connects you with other myositis patients and their families. Enter your location below to find the support group closest to you.

Enter Address, Zip Code or Postal Code:

Search



Patient Support

SUPPORT GROUPS ▼

Find a Support Group

International support groups ›

Resources for Support Group Leaders

FIND A DOCTOR

FIND A PHYSICAL THERAPIST

LIVING WITH MYOSITIS ›

CARE PARTNERS ›

RESOURCES FOR VETERANS ›

COMMUNITY FORUM

Florida

SW Florida ›

Southeast Florida ›

Northeast Florida ›

SW Florida

Welcome to the Southwest Florida Keep In Touch Support Group!

We are an upbeat, caring group of more than 100 myositis-challenged individuals who live along the beautiful southwest coast of the Gulf of Mexico in Florida. Our membership is about 50% IBM, 25% PM and 25% DM. We also have several members with Juvenile Myositis. Our ages range from 30 to 86.

We believe it's important to "keep in touch" as we deal with our disease so our group meets quarterly in Sarasota. We meet on the first Saturday of February, May, August and November. Our meetings include: time for everyone to share what's happening in their lives, lunch and a presentation by a medical professional or other speaker of interest. Anyone with a myositis disease plus friends or family members are welcome and encouraged to attend.

We actively support TMA and since our formation in 2007, have raised over \$58,000 to support its programs, services and research efforts. Annual holiday parties, get-togethers, fundraisers and our newsletter all contribute to the feeling that we are 'family'.

Our slogan is "We care, so come and share". So, we invite our SW Florida myositis friends to join our KIT and [join us](#) as we "keep in touch".

Support Group Leaders

Marianne Moyer

Bradenton, Florida

✉ marianne.moyer@verizon.net

Barbara Kluding

University Park, Florida

✉ bmklfl@comcast.net

Newsletters

[February 2017](#)

[May 2016](#)

[November 2015](#)

[February 2015](#)

[May 2014](#)

[August 2013](#)

[Vaccines 2012](#)

[February 2009](#)

[November 2016](#)

[Recipe Book 2016](#)

[August 2015](#)

[November 2014](#)

[February 2014](#)

[February 2013](#)

[February 2011](#)

[August 2016](#)

[December 2015](#)

[May 2015](#)

[August 2014](#)

[November 2013](#)

[August 2012](#)

[February 2010](#)

Patient Stories

Each person's journey is unique, yet familiar. Listen to those living with myositis share their stories of persistence and hope.



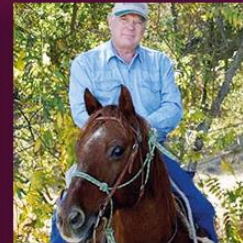
Chris Dotur: Hereditary Inclusion-Body Myositis ›



Eva Avelino: Polymyositis ›



Stanley Prather: Dermatomyositis ›



Michael Bradbury: Sporadic Inclusion-Body Myositis ›

[See All of Our Stories](#)

One of the greatest sections of the TMA website, you are not alone. When you found out you had Myositis, most people have not even heard of Myositis. Many Doctors have never treated Myositis. It takes an average of three years to get a Diagnosis.

Providing Education, Research, and Support to the Myositis Community



What is Myositis?

Myositis is a muscle-wasting disease that results in fatigue and reduced strength.



Visit the Myositis Library

Browse our library to find helpful discussions, presentations and research studies.



Get Involved

We always welcome new members to our community. Join by volunteering, fundraising, and more.

Myositis Library

TMA is committed to helping members learn all they can about their myositis disease and how best to navigate the challenges of living with a chronic disease from the most reputable, evidence-based sources. The TMA Library is a place where visitors can browse and learn from a variety of different electronic media.

TMA's [Annual Patient Conference](#) offers those who suffer from myositis and their care partners a chance to meet others with the same disease and similar challenges. It is a unique opportunity to learn from myositis clinicians and researchers the latest developments related to treatment and investigation of the myositis diseases. Videos and PowerPoint presentations from past Annual Conferences can be found on TMA's website.

[Live Discussions](#) are an online chat program that TMA offers to its members to learn more about myositis-related issues. Every other month, TMA invites a myositis expert to respond to questions on a particular topic. Live Discussions are similar to a Twitter chat, except they are more private since only our members have access to it. Questions may be left in advance or uploaded during the discussion. Members must be signed in to leave their questions. After the session, a transcript is made available on the website.

[Podcast](#) – TMA provides a collection of informative podcasts by myositis experts, covering topics related to the forms of myositis, treatments, complications, research, and more.

[Video Library](#) – Each year TMA video records many of the sessions at the Annual Patient Conference to share with members who are not able to make it to the Conference. These videos are archived and available on the TMA YouTube channel, arranged by topic into Playlists.

[Presentations](#) – Slides and handouts from many presentations at TMA's Annual Patient Conferences can be found here.

[Published Research](#) – TMA provides a curated collection of scholarly publications, including research results and clinically relevant medical reports, related to myositis diseases and complications. In most cases, these are complete versions of medical journal articles provided free of charge for TMA members.

[TMA Publications](#) – TMA offers a number of print publications to help increase awareness and understanding about myositis diseases. Downloadable PDF versions of these booklets, brochures, and articles are available here.

[Patient Stories](#) – TMA members often find they learn the most from hearing the stories of others who are also navigating the challenges of myositis. TMA is grateful to its members who choose to speak openly about living with these rare and chronic diseases.



Select Language

Donate

Join TMA

Calendar

Get involved

THE MYOSITIS ASSOCIATION

Sign In

Visit the Myositis Library

Home About TMA About Myositis Patient Support Research Blog



Get involved

The Myositis Association strives to provide quality services, improve the lives of myositis patients, find better treatments and, ultimately, a cure for these devastating diseases.

Thanks to you, when myositis patients have nowhere else to turn, The Myositis Association is there to help. You can help support TMA in the following ways.

- **Become a member of The Myositis Association.** By joining TMA, you not only receive the many benefits of membership – you make a difference! Your membership adds to the growing number of patients, family members and friends who help fight for more awareness and more funding for research. Please be a partner in this important work.
- **Make a donation to TMA**, in whatever amount is comfortable for you. Every dollar counts toward the goals of reaching out to everyone affected by myositis; educating and supporting patients, families and physicians; and finding a cure. There are many ways to contribute to TMA.
- **By volunteering your time and talents**, you give a priceless gift to all myositis patients. Register your volunteer interests and skills with TMA and you will be contacted when volunteer opportunities arise.
- **Advocate on behalf of myositis patients.** Contact local media, hold an awareness event, or call your legislators to inform the public about myositis and the need for more myositis research.

Get involved

FUNDRAISE

VOLUNTEER

PLANNED GIVING

MYOSITIS AWARENESS MONTH

WAYS TO GIVE

ADVOCATE



You have
To be your
OWN
Advocate!
Make your
VOICE HEARD.

Questions?