Is a medical article real news? Or does it report, ‘alternative facts?’

1. Check the website. What is it for? Is it about making money? Is it from an unbiased source?
2. Who is paying for the website?
3. Check whether it’s based on a real scientific study, or whether it’s just someone’s opinion.
4. Was the study done properly? Or are they just calling it a study, without having used the actual scientific process?
5. Who did the study? Was it scientists, or some news reporter?
6. Is it claiming something super dramatic? For example, “Finally, a Cure for Cancer!!!” or, “Guaranteed Weight Loss, Without Dieting!!!!” ? You can often spot an overly dramatic claim because it is sometimes followed by lots of apostrophes.
7. Is the study based on people, or have they just tested the product or remedy on animals?
8. What people were studied? Was it focussed on a small group, like adult men, or babies under two? If so, it might be a good study, but it won’t necessarily be true for teens.
9. How many people were in the study? A small number of people isn’t enough to be sure the remedy works.
10. Are there any other studies supporting the claim?
11. What does Snopes.com say about the claim?