

Surviving a heart attack when alone (or maybe not)

In gathering material for this newsletter I had an article lined up for an inside page on surviving a heart attack when you're alone. It had appeared in other newsletters and could be good information to know, especially when so many of our employees spend hours alone on the road. Then I decided to verify the cited source of the article. Turns out the cited source is an organization dedicated to heart health issues, they are affiliated with other nationally known organizations, but they are not the writers of the article.

In fact their website had a disclaimer posted stating they could find no record of the article ever being produced by them and that they could not verify the information in the article with current medical information. Consequently, you won't find out how to survive a heart attack when alone in this newsletter. If the article should show up in your inbox, or appear in print somewhere else, please know it is not accurate, and send it to the trash.

This experience made me wonder – with the volume of information that is available, how do you know what to believe and what not to? We all know to view information that comes via the web with a healthy dose of skepticism, but what about the other materials that cross your desk? Do you have confidence in the presenting entity? If you do, then feel confident in the value of the information.

What if you're unsure of the presenting entity? Try to verify the source. If you can't verify the source then be suspect of the information. So where do you start? The web is a good place to start your search.

With a few clicks in any web browser it is fairly easy to find information on companies, organizations, authors, topics, etc. Use <www.WhitePages.com>, <www.switchboard.com>, or <www.anywho.com> to find phone numbers or addresses, and visit the Better Business Bureau website <http://www.bbb.org> to see if organizations are listed. Some additional websites to check are: <www.hoax-slayer.com>, <www.snopes.com>, and <http://hoaxbusters.ciac.org>. These sites contain lists of stories and pictures that are in circulation and whether or not they have been able to verify the information.

These are just a few websites to get you started. Eventually you will find others that are more specific to the information you receive. You'll need to do some digging, but you should be able to find the verification you need to have confidence in the information.

But for now, the best way to survive a heart attack is still knowing the signs of a heart attack and getting to medical help as quickly as possible.

Diane

The Bridge

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LTAP Steering Committee

The Local Technical Assistance Program (LTAP) is a nationwide effort financed by the Federal Highway Administration and individual state departments of transportation. It intends to bridge the gap between research and practice by translating the latest state-of-the-art technology in roads, bridges, and public transportation into terms understood by local and county highway or transportation personnel.

The LTAP Steering Committee makes recommendations on, and evaluations of, the activities of the Local Technical Assistance Program based on discussions at the Technology Transfer Interchange and Advisory Committee meeting. This meeting is held annually and is open to all rural and urban agencies, and individuals concerned with the transfer of transportation technology in Michigan.

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