

Undoing Myths and Giving Facts

Written by Administrator

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UNDOING THE MYTHS & GIVING THE FACTS

We are all familiar with reading an article or watching a program about ME/CFS or FM that makes our blood boil. Not only are you exposed to that misinformation but so are others who have no reason to doubt the facts as presented. This misinformation is filtered to others they come in contact with and they in turn do the same and you can see why it is so difficult to correct that misinformation.

The media is all around us and articles written are done by individuals with their own opinions based on their experiences and what sources they use to. In the world of advocacy and activism, there are many opinions expressed about information filtered through the internet and individual sources and also through the media. Although it is a quick way to get information, it does not necessarily mean the facts are accurate.

check their facts. These sources also have their own opinions and experiences which all come into play when conveying information. Without realizing it, you may be influenced by the information being passed to you and without going back to the original source, you may never know whether you would have come to the same conclusion.

As harmful as that misinformation can be, look at this as an opportunity to bring awareness and knowledge as you know what the misinformation is and you can follow up and correct it. On the other hand, if what has been published is well done and brings knowledge and awareness, acknowledgement and an expression of appreciation gives you another contact you can use in the future, when needed. Communication plays an important role in advocacy and activism.

Information can be passed on in a positive way but it can also that it is more meaningful than it really is or played down or even negated if the objective is to cast doubt or play down its significance. Those who have taken on the responsibility to better the lives of others and to effect change, it is important that when you contact those who can assist you with that goal, you must be sure that the facts you present are accurate. The only way to accomplish that is to go back to the originator, the source. There is no better way to check medical and scientific data than to examine the original reports or abstracts and from that you can be confident that no interpretation or opinions came into play when disseminating the information.

A good reporter may use others to gather information but before the individual can be confident that it is dependable, he or she must go back to its originator before putting his reputation on the line and support the news he is presenting.

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It is easier to work with the facts from the beginning. You are in the position of not only making a difference but changing attitudes and bringing awareness to those who are in the position to bring knowledge to the masses. Taking a shortcut may seem time-saving but in the long-run may be the an error that is almost impossible to correct.