

Rationale and features

1. There's too much scientific research coming out every day, it's often overhyped and can conflict with existing research, and I can't understand most of it
 - ✓ **Evidence Summaries**
Key messages from scientific research that you can act on
2. Scientific research often only partly answers one question among the many I have
 - ✓ **Blog Posts**
Commentaries on what the scientific research on a topic actually means and why good science matters
3. Making health care decisions can be difficult and overwhelming
 - ✓ **Patient decision aids**
Evaluations that tell you whether aids on a topic are well developed and based on scientific research
4. Newspapers cover lots of stories but the emphasis is usually on drama (dramatic findings from a new study, dramatic events with no mention of related scientific research), not substance
 - ✓ **@Mac_AgingNews Twitter feed**
Service that is 'hitting the headlines' with tweets about NEWS and related EVIDENCE from the McMaster Optimal Aging Portal

The Portal draws content from five best-in-class one-stop shops:

- >> McMaster PLUS and Patient Decision Aids ('my health'),
- >> Health Evidence ('our health'), and
- >> Health Systems Evidence and Social Systems Evidence ('our systems').

To keep up to-date with new research and receive lists of new content recently added to the Portal, users can opt in to receive **email alerts**.