

# How to Start a Health or Medical Blog

By [Trisha Torrey](#), About.com Guide

Updated February 05, 2012

10 of 10

[Previous](#) [Next](#)

## Some Health Blog Don'ts - Aspects of Blogging to Avoid

Unless you are a medical professional, **don't give medical advice**. Talking about your own experience is a good idea. But recommending medical treatments, or trying to diagnose someone else can be dangerous.

**Don't execute a vendetta** by focusing anger on one healthcare professional or facility in your blog. Avoid using specific doctor's, hospital's or other names when you are angry, even if your purpose is to expose them. It's too easy to cross the line to libel or slander and you could get yourself into legal problems. It could even get you [blacklisted](#).

**Don't pretend to know things you don't know**. And **don't pretend to be someone you aren't**. Remember, real human beings will be reading your blog, and if you state something as a fact that is really only your opinion, they may act on it, even if that's foolish and dangerous.

**Don't be afraid to respond to a comment by saying "I don't know" or "I'm sorry."** As bloggers, we are also human beings. We can't know everything! We also make mistakes and should be open minded enough to learn from others and change our opinions, if that makes sense.

**Don't pretend to be someone or something you aren't**. This is more difficult to quantify, but claiming to have knowledge you don't have, or pretending you have had an experience you haven't had will get you into trouble in the long run. Your readers will sense that you don't know what you are talking about.

**Don't preach**. There's a difference sharing experiences and advice - vs - preaching. An approach that sounds like "this is what I have learned and it might work for you, too" is far more readable and acceptable than "do it this way or else!" If you preach, you'll likely lose your audience, or you won't develop one to begin with.

.....