HOW TO USE THE INTERNET TO FIND
THE PROSTATE CANCER INFORMATION YOU WANT

(TIPS FOR EVERYONE – EVEN IF YOU DON'T OWN A COMPUTER)

by
Robert Young

Many feel they are unable to access prostate cancer information on the Internet because they do not own a computer or think it is too difficult.

The purpose of this introduction is to show how to:

1   Access the Internet with or without your own computer; and
2   Show how simple it is to find prostate cancer information.

This primer is best used while doing the actual actions or after being shown how it is done.

Graphics are in black and white for the purpose of reproduction.

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What is the Internet?
The Internet is an international collection of computer networks that allow the exchange of information between computers. It began as a Department of Defense project in the 1960s but has expanded greatly from there, especially in the last 10 years. It is usually referred to as "The Net."

What does the Internet allow me to do?
Just as telephones allow anyone with a phone to reach another person or organization, you can now use the Internet to access information around the world. The Internet provides you entrance to libraries, government offices, medical centers, magazines, journals, newspapers, etc., around the globe.

How is this done?
Organizations are now storing formation on computers. It is then a simple task to make it available to others through what is called the **World Wide Web**.

What is the World Wide Web?
Abbreviated **WWW** or simply called "the **Web**," it consists of **Web sites**. There may be millions of them around the world by now, merely to give an idea.

What is a Web site?
Consider a **Web site** to be a type of electronic library where information can be stored as text, illustration, audio/video etc. A **Web site** can be accessed and viewed by anyone, providing they have the right computer setup.

What is on the Web to be found?
With regard to prostate cancer, almost anything you want. Besides text information (books, journals, magazines, newspapers), you can find illustrations, photos, audios and videos. The problem is that there is too much – some of it inaccurate - and one has to learn how to find the exact and the correct information.

Does one need to own a computer to access the Internet?
No. Libraries usually have computers that are connected to the Net that can be used by local residents. This also saves the headaches of having to set up a computer to do it, not to mention expense, and a good way to learn for free.

What if one doesn't know how to type?
You can still do it. The amount of "typing" needed is merely the spelling out of a word or a short phrase, such as "prostate cancer," which can be done by looking at the keyboard. The rest of it doesn't involve typing.

How hard it is to learn how to access the Web?
With a tutor, you can learn how to access the Web and find information in about an hour.

What do I have to learn?

You will have to learn how to operate a mouse, a very simple device (see diagram) that allows you to "point and click" on the screen. (More on this later.)
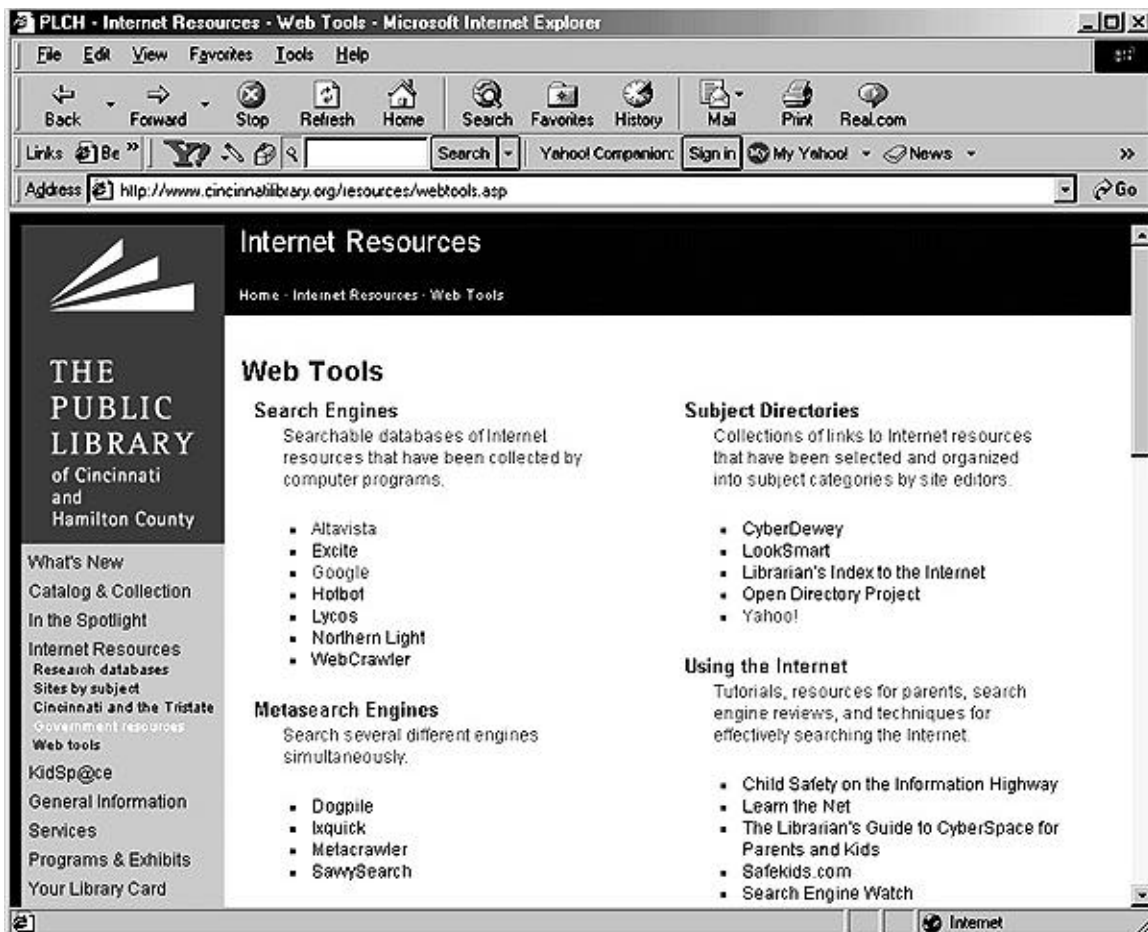
Knowing how to point and click, you then need to learn:
How to navigate in a browser
How to use a search engine
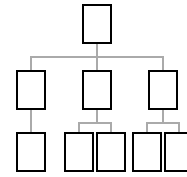
What is a browser?

A **browser** is the computer program that gives access to the **Web.** Here is a page from the **Web site** of the Cincinnati/Hamilton County Library as it appears on my computer screen, in my **browser**. Don't worry about all those icons at the top for now.

The top part of the page (with the icons) will vary according to the type of browser used and where you are. For example, the top will look different at the library. But don't worry. The parts you will need to know are very simple.
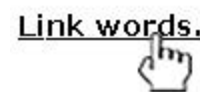
What does it mean to navigate?

Web sites are like books or magazines. They consist of pages. The difference is that the pages are **linked**. This allows one to move or **navigate** from one page to another or to another **web site**. This is an example of how the pages of a small site might be **linked** (gray lines).
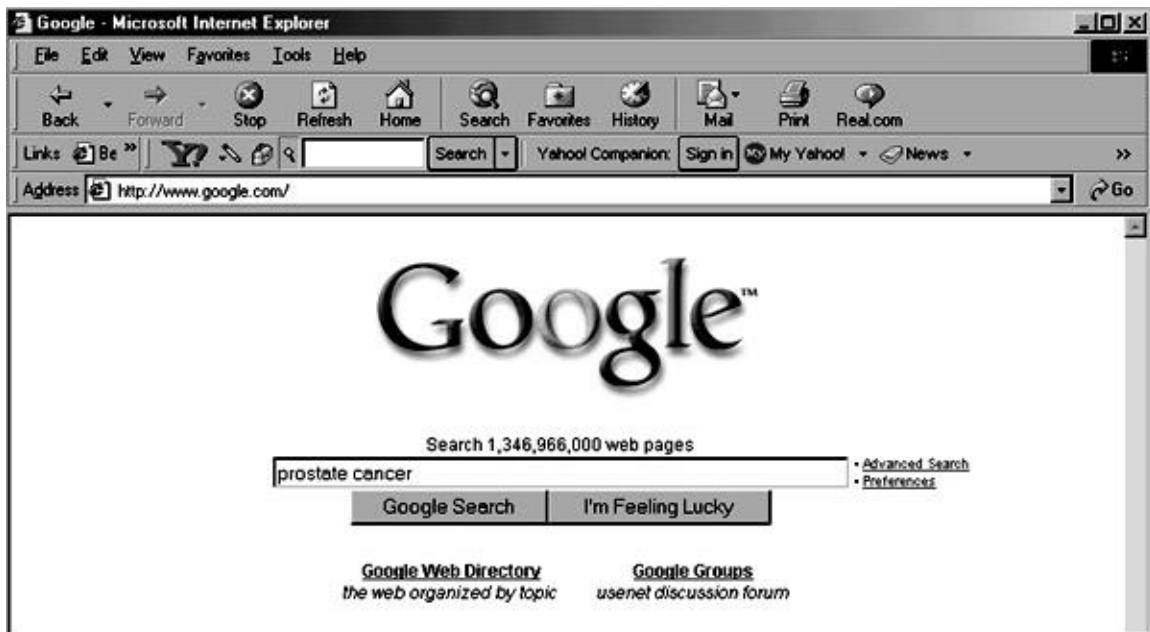
What is a link?

A **link** is simply an electronic connection, like clicking a button on a TV remote. A **link** might appear as a word or phrase or a picture or an icon/symbol. They can be found on a computer screen because:

1. The text is usually underlined and colored
2. The screen pointer that is moved with the mouse becomes a hand when over a **link**. (The example illustration is enlarged.)

By then using the mouse to click on a **link**, you will "jump" to that page. The new one will replace the page you were viewing. For example, the words under SEARCH ENGINES on the library page – Altavista, Excite, Google, etc. - are all links, even though not underlined. Clicking on them will take you to the search engines by that name.

If we click on the word **Google**, this is what we get, minus the "prostate cancer." (I typed that in.)
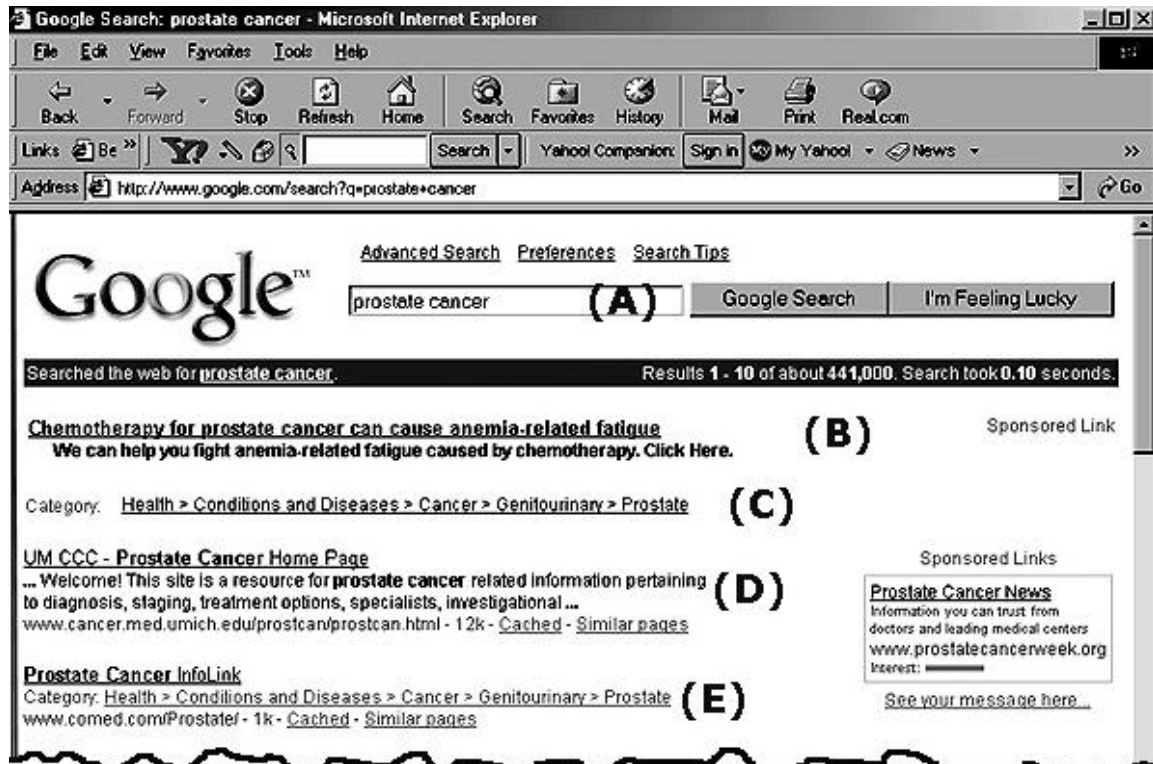
What is a search engine?

A **search engine** is merely a way to search the Web, like telephone white or yellow pages. They are run as businesses and are in competition. Most **search engines** have ads that appear on the opening page. Google does not so others will appear differently.

Remember that box (on the previous page) with the words "prostate cancer"? That is where you type the words you want to find on the **Web**. I typed in the words. Let's imagine that is what we are going to search for. And, yes, Google is will search 1.3 billion **Web** pages.

If you hit RETURN or click on GOOGLE SEARCH, this is what you will get.

AND DON'T PANIC! THIS WILL BE EXPLAINED

I have added letters (A), (B), (C) etc., to steer you through this. Reading this page is actually no more difficult than figuring out a TV guide in a new city.
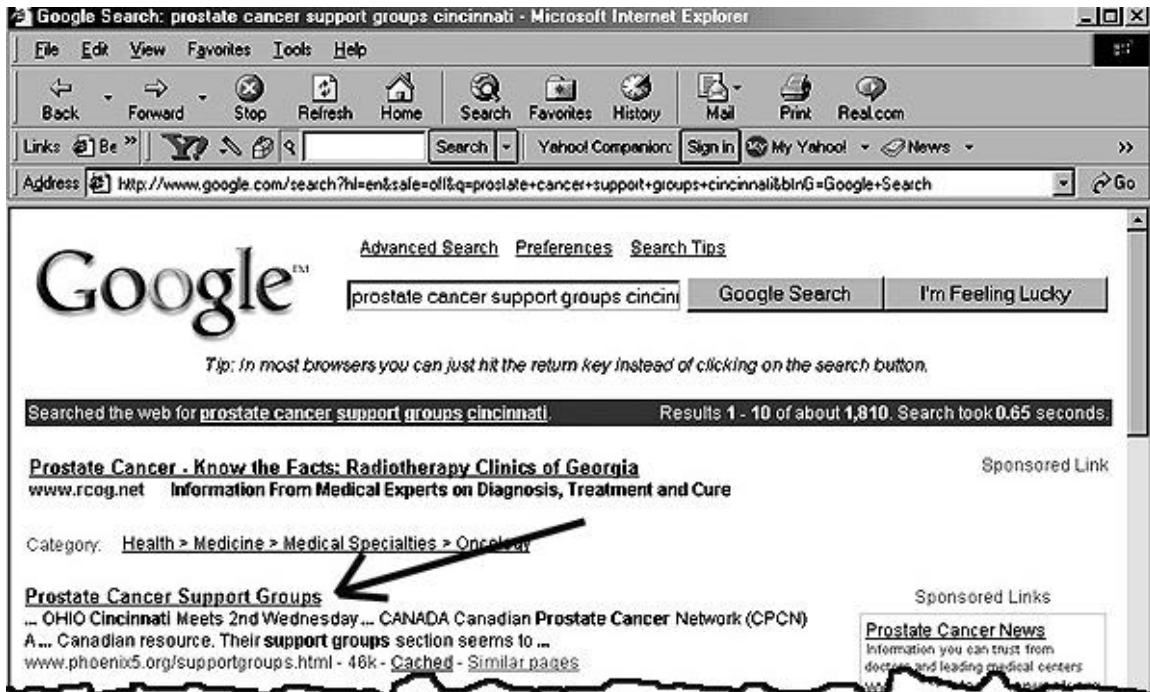
(A) This is your search box. It shows what you used. It will appear on the top and bottom of each page. You can enter new search words at any time. (And NOTE: I cut off the rest of the page merely to save space.)

(B) This is **link** (see the underlining?) to a site by a company who paid to be at the top of the page. See that "Sponsored Link" to the right?

(C) Google offers **Web sites** by categories. This is a **link**. If you click here, you will go to their listing of Prostate **Web sites,** which is a group in the category Genitourinary, which is a group in the category Cancer, etc. This feature may help you *but* the listings may not be relevant to your search and not all sites are listed.

(D) This is the first **Web page** of 441,000 Google found. (Look just above the (B). The underlined part is the name of the page. The text after is from the page, to help you decide if you want to select it.

(E) This is the second **Web page** of the 441,000 Google found.

441,000? HOW TO NARROW YOUR SEARCH

Computers are dumb. This is where you get to be smarter by learning how to use it.

Adding words narrows a search. Let's say we are really trying to find if there is a prostate cancer support group in Cincinnati. Okay, here is what we put in the box:
PROSTATE CANCER SUPPORT GROUPS CINCINNATI

Here is the start of what Google will give.

I have added an arrow to point to the top return in your search.

Note the CATEGORY and the SPONSOR has changed.

Also note that Google found 1,810 pages. Do they all refer to PCa support groups in Cincinnati?

No. It found every page where those five words appeared. So a page that says (and note the typo), "Born in Cincinnati, Arkansas, Joe has no means of support. You'll find him prostate on his couch, watching rock groups. He acts like a Taurus but he is a Cancer. "

Yes, it will even pick up typos.

HOW TO NARROW IT AGAIN

There are many tricks and search engines vary but here are the simplest ways.

1. **Use quotation marks.** If you put quotation marks around words, the search engine will try to look for that PHRASE. Putting "prostate cancer" in quotes (and leaving the other words free) will narrow your search.
2. **Think of other related words.** Support groups **meet** at a certain **time**. Putting those words into the search brought it down from 1,810 to 140. So think of words related to the topic you are searching.

EXAMPLE: SEARCHING FOR PROSTATE CANCER & DIET

Let's say you want to learn about diet and prostate cancer. Here is an example of narrowing down. This was done in Google.

WORDS SEARCHED	PAGES FOUND
prostate cancer diet [without quotes]	110,000
"prostate cancer" diet [with quotes]	79,000
"prostate cancer" diet dinner	3,000
"prostate cancer" diet dinner lunch	1,200
"prostate cancer" diet dinner lunch breakfast	802
"prostate cancer" diet dinner lunch breakfast snacks	242
"prostate cancer" diet dinner lunch breakfast snacks vitamins	107

Get the idea?

One More Tip

If you find a pretty good page, look for words on that page that you can feed back into the search engine.

For example, you see a page with recipes and feed in:
"prostate cancer" diet dinner lunch breakfast cups tablespoons teaspoons
When we did it, we found 90 pages.

And sure enough, web sites about diet and prostate cancer.

The trick is that the more words you can use that are associated ONLY with the topic, the more likely you will find exactly what you are trying to find. So read what you find and then use that information to narrow your search.

MOVING RIGHT ALONG . . .

So let's click on **Prostate Cancer Support Groups** back on page 6. Here is what we get.

We have left the Google search engine and gone to the Phoenix5 site.

POINTS TO NOTE ON THE PAGE

(A) These words across the top are a **navigation bar**. Most **Web pages** have them. They allow you go move to that part of the **Web site**.
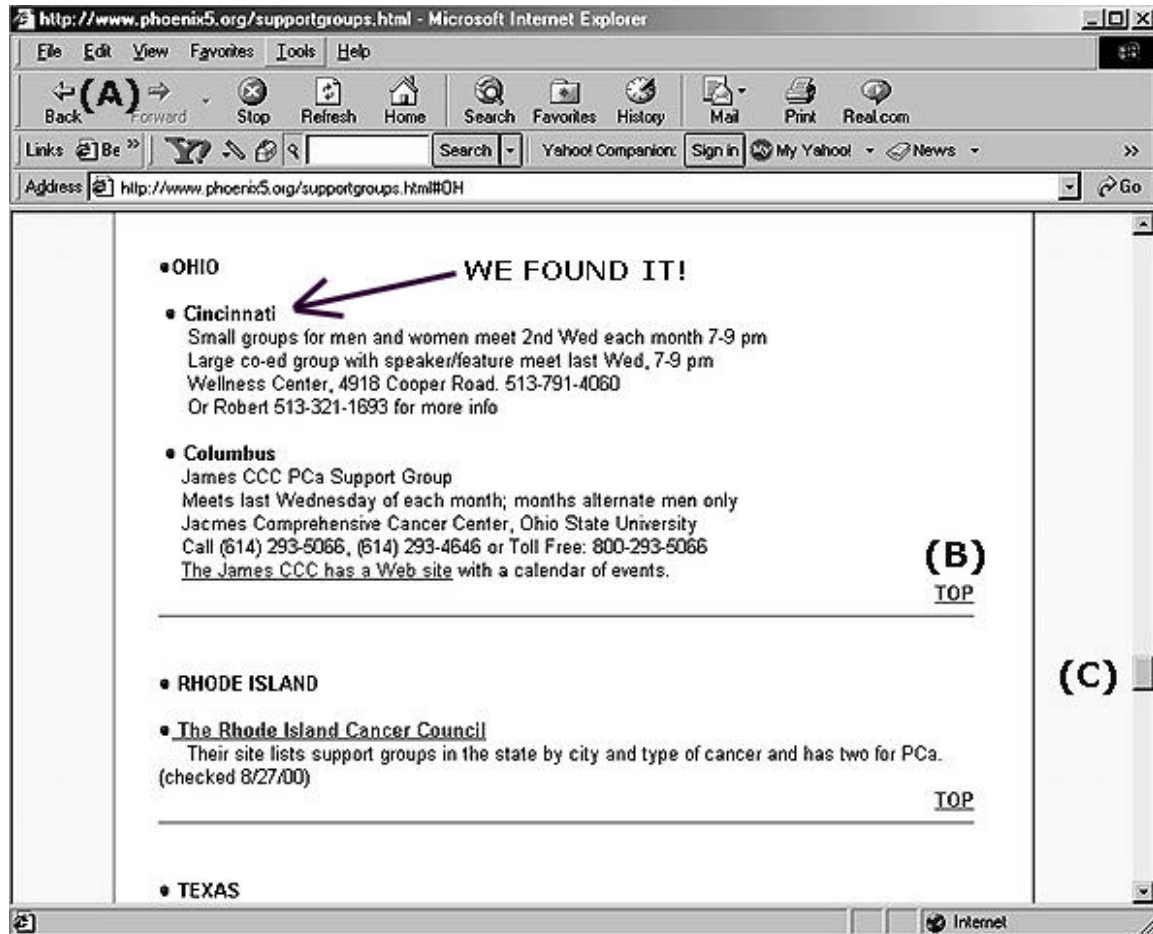TIP: Stay focused. It is easy to get distracted and lost.

(B) This is a link to a part of Phoenix5. Disregard. You are on a search.

(C) More links to disregard for now. You are on a search.

(D) These are all links. Each takes you to a state. You want Ohio. (ARROW ADDED)

If you click on it, you will now be sent DOWN the same page to the OHIO section. Here is what you will get.

THERE IT IS!

We've found our Cincinnati support group but we are now in the MIDDLE of a Web page so it is time to learn some. . .
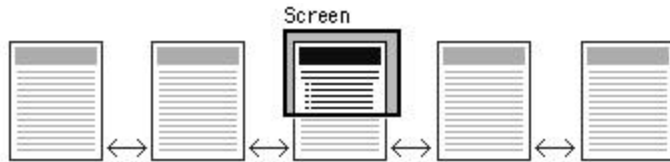
MORE NAVIGATION TIPS

(A) Look for the (A) in the upper left corner. On the left is an arrow with BACK. If you click on that, you go BACK to the last page that was on your screen, which will be the Phoenix5 Support Groups menu. If you clicked BACK again, you go BACK to the Google search engine page that brought you to the Phoenix5 page. Get it? Then if you click FORWARD, you would come FORWARD to the Phoenix5 page and clicking again you would return to this page. I'll show you more in a second. Don't worry about the other icons for now.

(B) TOP is a link that takes you to the top of the page. Many Web pages have them.

(C) That little box on the right shows you where you are on this page, about two-thirds through. It is called an "elevator" and you will need to learn how to move it in order to move up and down the page.

Let me show you more what this up and down and back and forward means.

MOVING BACK AND FORWARD ILLUSTRATED

These represent a series of **linked** pages. But each is too long for the screen, so the screen only shows part of the page. That is why you need to use the **elevator**.

You see, with a **search engine**, you might drop into the top, bottom or middle of anything. So what you have to learn (by practice and, if lucky, with some tutoring) is how to move up and down the page and then between the pages.

The arrows above show how you can move using the **BACK** and **FORWARD** buttons already mentioned.

Believe me, it is LOT easier than learning how to program a VCR.

FOR LATER ON. . .
As you gain confidence that you can easily access the Web and find information, here are some things you need to learn later. They will help you even further.

CACHED COPY – Google has a WONDERFUL feature that they offer with the search results. If you go back to Page 6 and look at the very bottom of the image sample, you will see **Cached** (followed by **Similar Pages)**. Google <u>saves</u> Web pages and this is the <u>saved</u> (or cached) copy. It may be as much as a month old and so if the page was updated, this will be different but when a Web site goes down or you can't find the page, you can use **Cached** to call up the last copy. Additionally, this feature will highlight the words you were searching, in different colors. This is highly valuable when you have a very long page and you wonder where on Earth that word is in the document. **Cached** can help you find it. '

SIMILAR PAGES – Google will take a guess at the content and give you similar pages at that Web site and others. This might be of great help.

READING A URL – Long before the Net was popular, the URL got its name. It stands for Universal Resource Locator but it is nothing more than the ADDRESS of a Web site. You even see these now on commercials, for example, WWW. BUYTHIS. COM . The URL for Google is WWW. GOOGLE. COM . But if you can learn how to read complex URLs (ready?)
http// www. example. com/ main/ prostate/ chemo/ diet/ page3 / recipes.html
then you will learn how to manipulate it so you can find more, but that is another lesson.

Happy Surfing!
Robert Young