for validated hospital healthcare and community support groups.

Thus, whereas social networking web sites have transformed the way in which the world’s population communicates and socially interacts, there is a distinct lack of data as to whether such services are of benefit or detriment to health. Given the clear potency of social support as a moderator of health and longevity, prospective study is needed to evaluate the impact of social networking upon health. The tide may be unstoppable but the undercurrents should not be forgotten.

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