

Word of the Day - Cyberchondria

by Rev. Joe Dirt - Tuesday, April 16, 2024

<https://curmudgeon-alley.com/word-of-the-day-cyberchondria/>

Word of the Day... not actually daily, but whenever I encounter one I think worth sharing and there are not too many on my landing page. Words have always fascinated me, and I am a fan of all types of word play, especially puns. I have a hard time not looking up a word that I am unfamiliar with or not sure of the definition. I like those authors that stretch me by throwing in unexpected terms.

- **Noun: Cyberchondria**

1. unfounded anxiety concerning the state of one's health brought on by visiting health and medical websites

- **Synonyms:**

1. hypochondriac
2. valetudinarian
3. valetudinary
4. hypochondriast
5. hypochondriast
6. melancholico
7. neurotic
8. malade imaginaire
9. obsessive person
10. morbid person

- **Usage:**

1. "Working with our mortality in a meaningful way can be challenging. For one, we live in a death-averse culture in which comforting and life-affirming ways of thinking and talking about illness and death are rare. Further, the unprecedented nature of Covid-19, as well as an increase in self-diagnosis via the internet ("cyberchondria"), has been associated with an overall rise in health anxiety.."

- **Encountered:**

1. While reading the [Guardian](#) piece: [Illness and death are facts of life – Buddhism teaches us to be mindful but not fearful of it](#)

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