

Your Health Education

Questions to ask your doctor: *Place a checkmark next to the questions that are the most important to you.*

- What are my treatment options? (Remember, choosing to do nothing also is an option.)
- What are the benefits and risks of each option?
- What is the goal of each option — will it treat the condition or improve symptoms?
- What does the research say about the probability of success for each option in situations similar to mine?
- How will each treatment make me feel?
- How long will it take to recover?
- How will it affect my quality of life?
- When do I need to make a decision?
- Can I share with you what is important to me as we talk about these options?
- Where can I find more information about each of these options?

You also can ask your doctor for an opinion on the best treatment option for you — but wait until **AFTER** asking the questions listed above.

My notes:
