



Health: 12 Q's to Ask Health Care Providers Regarding Treatment & Procedures by award-winning author / stress-relief expert Susie Mantell

Many people experience a degree of anxiety when health concerns arise. Whether the problem is headache or heartache, sniffles or cancer, understanding a treatment's potential benefits and risks is our own responsibility. It's not uncommon for patients or family members to exit a medical consultation feeling overwhelmed, perhaps without a clear recollection of what was even said. Bring a pen and paper to your appointment and take thorough notes.

Here are some questions that might be helpful to ask, as you explore a possible treatment or procedure.

1. What is the intended action of this treatment? (e.g. *Increase white cells to fight infection? Moist heat to release spasm? Ice to reduce inflammation?*)
2. How long have you been prescribing and monitoring results of this treatment?
3. These are all the medications I am presently taking. Are there are contraindications?
4. How can I reach you with questions if they arise, and when should I come back to evaluate how it's going?
5. What are common side-effects and how can I minimize them? (e.g. *Take with food, not near bedtime, etc.*)
6. May I please have some literature about this treatment?
7. How and when will I know if this protocol is working?
8. What are my other options?
9. Are there sources of financial assistance for this treatment?
10. What outcome can I realistically hope for as a result of this treatment?
11. Are there any serious risks and if so, what are the danger-indicators?
12. What would you recommend if I were your sister/brother/spouse/child?

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