

## Let's Talk About Medicines

All medicines have risks. Some medicines are very effective for some people. Some provide little benefit. In other cases, they may even cause harm.

Use these questions to talk to your healthcare provider and community pharmacist about medicines and determine what is right for you.

### My Health

1. What are the chances my test results are inaccurate?
2. Do I have a disease or are you concerned about preventing a disease?

### My Treatment Options:

3. What lifestyle changes such as diet, sleep, exercise, or stress management could improve my health and my test results?
4. If I do not take this medicine right away will my health get worse?

### My Health Benefits:

5. If I take this medicine how will it improve my health?
6. What is the success rate of this medicine?

### My Health Risks:

7. What side effects could I experience if I take this medicine?
8. If this medicine is not right for me how easy is it to stop it?
9. If I stop this medicine will I experience any permanent side effects?
10. Is this medicine compatible with my other supplements or medicines?

### My Genetics:

11. Do I have the enzymes to metabolize and eliminate this medicine?

### My Health Review

12. If I take this medicine, when will we talk about how I am going on it?

