



5 Questions to ask your Doctor

The best doctor-patient relationship is one of partnership. Prepare for a medical consultation and make sure the following five questions are addressed.

1. Are there multiple treatment options?

2. What are the advantages and disadvantages of the recommended treatment?

3. How likely are the advantages and disadvantages?

4. What happens if I do nothing?

5. What can I do myself?

**Less is
sometimes more.**

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**Against overuse and misuse
in medicine.**