



analyzing alternative treatment options



IMPORTANT QUESTIONS TO ASK

WHERE DID YOU LEARN ABOUT THIS?

Knowing the source of information is important because some options have not been scientifically proven. Has this treatment been tested through clinical trials or other types of research? (look at websites that end in .edu, .gov, etc)

WHO BENEFITS FROM THIS TYPE OF TREATMENT?

Knowing who exactly has benefited from this treatment is also important because it can help you decide whether you may benefit. What was their diagnosis? What was their age, gender, and/or race? What was their lifestyle like?

DOES TREATMENT SUGGEST STOPPING OTHER MEDICATIONS OR TREATMENTS?

See if the new treatment requires that you stop taking another basic medication because of dangerous drug interactions. Do not stop taking prescribed medication without first consulting with your doctor.

DOES TREATMENT SUGGEST NOT EATING A WELL-BALANCED DIET?

Maintaining a balanced diet is important. Be aware of treatments that ask you to eliminate or cut back on any important dietary nutrients. Make sure you are not sacrificing important vitamins! Concentrating on only a few nutrients can overstress your body's organs.

CAN YOU THINK OF ANY POSSIBLE DANGERS OR HARM?

Consult with your doctor about the risks and benefits to any treatment regimen and then decide whether the potential side effects are worth the possible benefits. Also, do not assume that 'natural' ingredients are better for you, they can be harmful if taken improperly. Natural supplements have no regulatory agency that determines whether the ingredients listed on the label are actually in the bottle. What is the legitimacy of the company selling the product?

CAN YOU AFFORD IT?

Consider your financial resources. Do you have the money to try the treatment long enough to see if it produces improvements?

HOW WILL THIS TREATMENT AFFECT YOUR LIFESTYLE?

Consider how this treatment may require you to change your everyday habits and routines. Will your social life be impacted by this change?