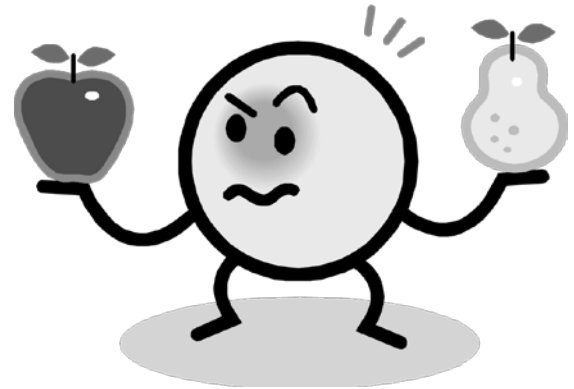




Sometimes taking an active role in your health means making difficult decisions. Decision guides can help you decide which priorities are most important with regard to your medicine.

### What does a decision guide look like?

Guides vary, but most include a few basic questions to get you thinking about your health. Then they have a section where you can list the pros and cons of a healthcare decision. Once you've done this, the decision guide will provide you a list of possible actions to take based on your answers.



### Where can I find a decision guide?

Your healthcare provider (HCP) or pharmacist may be able to help you find a decision guide. You can also find them online. Below are some web sites that you can use to find decision guides for specific conditions or treatments:

- **The Ottawa Hospital Research Institute Patient Decision Aids**  
<http://decisionaid.ohri.ca/index.html>
- **Center for Shared Decision Making**  
[www.dhmc.org/shared\\_decision\\_making.cfm](http://www.dhmc.org/shared_decision_making.cfm)