

My Medicine My Choice

A guide to help you make decisions about your health in partnership with your health care team



Learn about medicines. Know your choices.
Start a conversation with your health care team.

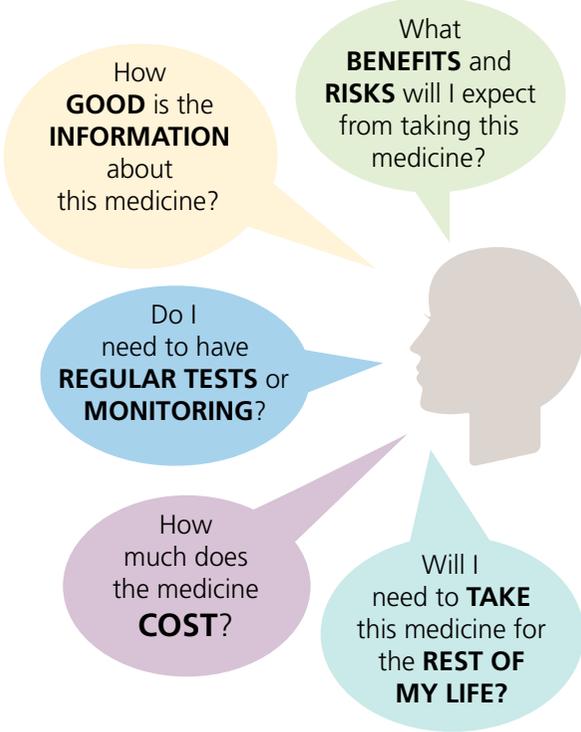
Making the Decision

When deciding between treatments, your choice depends on what matters the most to you.

Talk through the options before making a decision:

- do you understand the choices?
- have you had enough time to make a decision?
- do you feel comfortable to say 'no'?
- are you aware you can change your mind?
- do you have any other concerns?

Things for you to **think about** if you choose a medicine.



When you have considered your options and made your decision, **share it with your health care team.**

Knowledge

Which options are available and what are the benefits and risks of each option?

Values

Which benefits and risks matter the most to you?

Choice

Do you feel comfortable you have made the best choice for you?

Communication

Who will you share your decision with?

For more information

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Adelaide SA 5000
Tel: (08) 8204 1944
www.sahealth.sa.gov.au/qumsa
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Public A1- IA



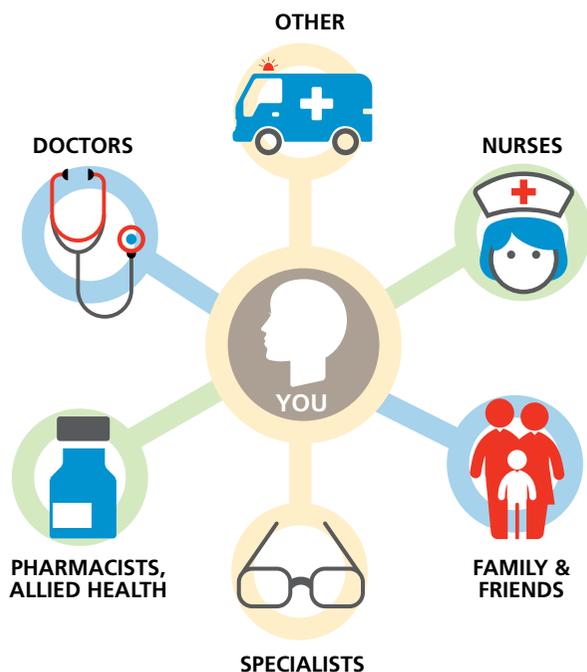
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Being an active member of your health care team is important when making decisions about your health.

Who are the members of your health care team?



Working with your health care team

Sharing information will get the best results. Your team may ask lots of questions; for example about your personal and family medical history, allergies and what medicines you are taking. It is important to ask your own questions and explain how you feel.

Treatment Choices

Your treatment options will depend on your condition and may include dietary changes, medicines, counselling or surgery.

Sometimes regular treatment may not be necessary or you may need to have tests or wait and see if your symptoms change.

Patient decision aids can help you decide what is important to you. Ask your health care team or check the Ottawa Health Research Institute website: <http://decisionaid.ohri.ca/>

Think about what your choices are and ask about the chance they will work for you.

It's usually ok to ask for more time to decide or make another appointment if you are not sure about your options. Know that you can seek a second opinion if you are unsure.

When choosing a medicine:

Ask about the evidence – how you know it works

Your health care team helps you make sense of the information by evaluating and explaining the evidence.

How do you find the evidence?

Sources of balanced, evidence-based and accurate information can be obtained from:

Your health care team
Consumer medicines information leaflets available from your pharmacist
NPS MedicineWise – www.nps.org.au/medicines
Health Direct Australia – www.healthdirect.gov.au
1300MEDICINE call centre (1300 633 424)
Health Direct Australia call centre (1800 022 222)

Information from on-line forums, current affairs television programs, magazines and newspapers is less balanced and should be considered with caution.

Weigh the risks and benefits of your options



What is most important to you – possible improvement in your health or concern about side effects? Medicines can make you feel better and help you get well; however they have risks as well as benefits and not all medicines work the same way in all people.

The benefits of medicines are the helpful effects you get when you use them such as curing an infection, lowering blood pressure or preventing stroke.

The risks are the chances that you may experience something unwanted or unexpected. Risks can be common side effects such as a slight headache or more serious side effects such as bacteria becoming resistant to antibiotics or liver damage.



The best choice depends on your particular situation. It is not always clear if a benefit will be achieved so **ask your health care team for advice**. You may choose to start a medicine and check its effects before deciding to continue or find another option.

Things to consider when thinking about benefits and risks include:

Medicine name: _____

What are the benefits for you?

What are the side effects you may experience?

What do you need to watch out for?
