

What Should You Ask Your Health Care Practitioner?

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Many people can help us on our quest for wellness, whether that means recovering from an illness or simply feeling fantastic every day. Here in the Comox Valley we have an abundance of compassionate and knowledgeable health care providers – acupuncturists, chiropractors, naturopaths, holistic medical practitioners, massage therapists, fitness and nutritional consultants and body workers of all kinds.

With so many health care choices available, it is up to us to be as engaged as we are in making decisions about other important matters. Just as we shop around for a new car or a good mechanic, comparing prices and services and dependability, we must be equally diligent as customers in the health care market.

When we are seeking out experts to assist us with our health it is vital that we be properly informed. This means taking responsibility for our own well-being and asking practitioners some basic questions. Of course we need to know about their training and the cost of care but we should also ask them :

1. What do you understand to be my problem/challenge?
2. In your opinion, what is the most likely cause?
3. What treatment do you recommend for me?
4. Is this treatment intended to correct the problem or just relieve the symptoms?
5. Are there any possible side effects to this treatment?
6. Where can I get more information?
7. How can I help myself?

Your health care provider – no matter what their area of specialty – should give you clear and honest answers. It is their business to help you take better care of yourself. Don't hesitate to shop around and take an active role in restoring and maintaining you and your family's good health.

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