

# It's OK to Ask

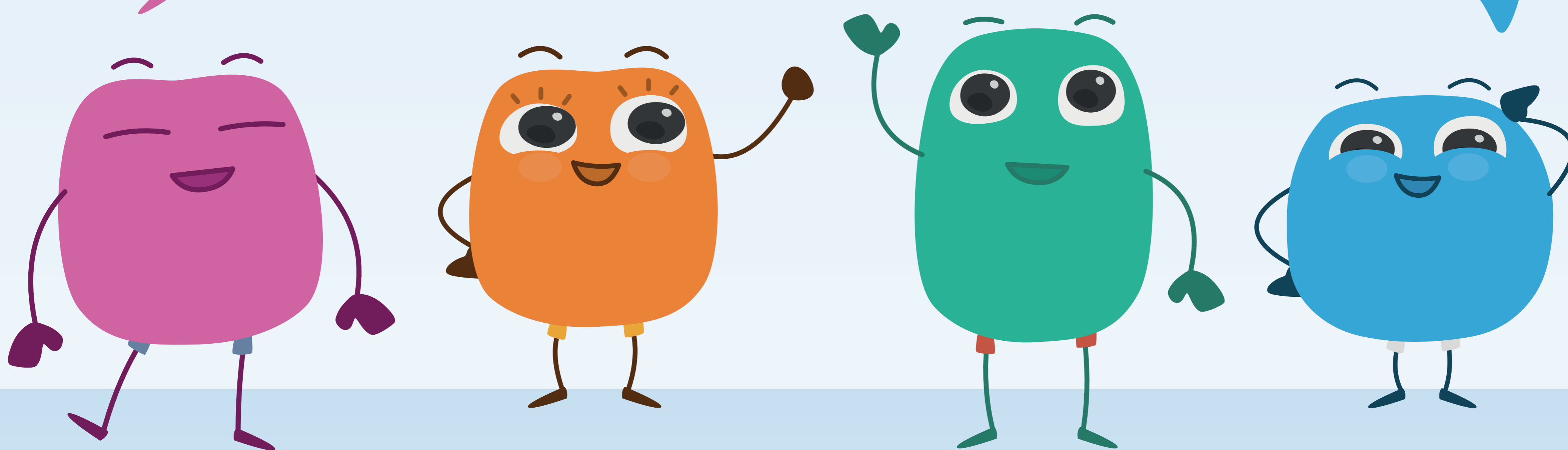
When you understand what's going on with your health, you can make better decisions around your care and treatment. That's why it's important to ask your healthcare team the right questions.

**What are the benefits of my treatment?**

**What are the risks of my treatment?**

**Any alternative treatments I can try?**

**What if I do nothing?**



Our healthcare staff are more than happy to answer these and any other questions you may have. Start feeling more informed about your health today and remember, it's OK to ask.

To find out more visit,

**[nhsinform.scot/its-ok-to-ask](https://nhsinform.scot/its-ok-to-ask)**

