



## Questions to Ask about Complementary and Alternative Medicine

*Getting information you want to know about complimentary and alternative options*

Medications are one option for dealing with mental health problems. Some people find it helpful to use other approaches in addition to or instead of prescribed drug treatments. These are often called Complementary and Alternative Medicine (CAM). CAM approaches may include diet changes and exercise, spiritual practices, vitamins, supplements and herbal preparations, special treatment, or activities.

There is limited scientific research on the effectiveness of different types of CAM, even though many people use at least one type of CAM to support their recovery.

Is CAM right for you? Here are some questions to ask your doctor or CAM provider about complementary and alternative approaches.

Check off questions you want to ask. Add other questions you want to discuss. Take this list with you to your next appointment.

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### Questions to Ask

- |   |   |
|---|---|
| <input type="checkbox"/> What are some other ways people deal with problems like mine?  | <input type="checkbox"/> What are the possible side effects? Are there other risks?   |
| <input type="checkbox"/> I have heard that _____ can be helpful for people in my situation. What do you know about this approach? | <input type="checkbox"/> How does it interact with my other medicines or treatment?   |
| <input type="checkbox"/> What do studies say about the effectiveness of this approach?  | <input type="checkbox"/> What does it cost? Does my insurance cover any part of this? |
| <input type="checkbox"/> How might it help me? How will I know it is working for me?  | <input type="checkbox"/> Do I need to purchase special equipment or other items?      |
|   | <input type="checkbox"/> What else do I need to know? Where can I find information?   |

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### Other Questions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### For more information on CAM:

National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov>

PubMed: <http://www.ncbi.nlm.nih.gov>

Medline Plus: <http://medlineplus.gov>