



# Shared Decision Making

At the heart of patient-centred care.

## During your appointment today, remember to ask:

- ☑ What are my options for treatment?
- ☑ What are the benefits, risks and harm?
- ☑ How do these apply to my own condition?
- ☑ Where can I find more information to help me decide?

Everyone benefits when patients and their caregivers are well-informed and play a primary role in deciding how to treat or manage their own health conditions.

**Know your options and make the right choice for you.**

**Learn more. Contact a Decision Coach today:**

519-685-8500 ext. 58332 | [decisioncoach@lhsc.on.ca](mailto:decisioncoach@lhsc.on.ca)



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