

Key Questions to Ask

Benefits—Why? (What problem are we trying to prevent / fix?)

Risks—Why Not? (What are the tradeoffs? Common side effects? Rare risks?)

Alternatives—What Else? (Are there other options? What if we wait? What if we do nothing?)

Timing—How Urgent is This? (Do I need to make this decision immediately, or do I have time to think?)

After you have the answers, think about your goals and values, and make the best decision for you.

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