

When making important  
**Healthcare Decisions**  
use your **BRAIN**



**B**

**BENEFITS** What can I expect if I choose this option? When would we see results?

**R**

**RISKS** What are the possible side effects? How can we reduce the risks of problems?

**A**

**ALTERNATIVES** Does this respect my values + preferences? What are my options?

**I**

**INFORMATION** Do I know everything that I need to know to make an informed decision?

**N**

**NOTHING** What are the risks of waiting to make a decision? What if we do nothing?