

# Why I want to use CAM



Complementary and alternative medicine (CAM) is any medical system, practice, or product that is not thought of as standard medical care in Western countries. Before trying any CAM therapies, it is important that you speak with your health care providers. Try to answer the following questions before your next office visit. At your visit, remember to discuss your thoughts with members of your health care team.

**I am interested in using CAM because:**



**The side effects I would like to relieve by using CAM are:**



**The specific CAM therapies I might like to try are:**

