

hello my name is...



Chris Tiplady
@christiplady

The Haematologist's Profanisaurus

**NO IT'S NOT NORMAL TO BE ANAEMIC
JUST BECAUSE YOU ARE OLD...**

Five Questions Your Doctor & Nurse Want You To Ask Them Today

- **Is this test, treatment or procedure really needed?**
- **What are the benefits and what are the downsides?**
- **What are the possible side-effects?**
- **Are there simpler or safer options?**
- **What would happen if I did nothing?**

Please talk to us about you what you need and what you don't.
Contact us at www.nhsborders.scot.nhs.uk

Choosing Wisely
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***For every evil under the sun,
There is a remedy or there is none.***

***If there be one, try and find it.
If there be none never mind it.***

Mother Goose Rhymes 1765