# hello my name is...

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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

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NHS Borders
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