

WE HAVE THE POWER TO MAKE INFORMED CHOICES



CLAIMS



ASSUMPTIONS

Do not assume interventions are safe, effective, or certain



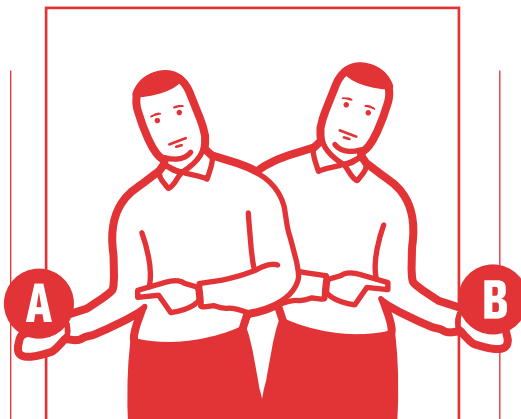
LOGIC

Check that claims are based on sound logic



TRUST

Check that claims are based on more than personal experience



COMPARISONS



FAIR

Don't be misled by unfair comparisons



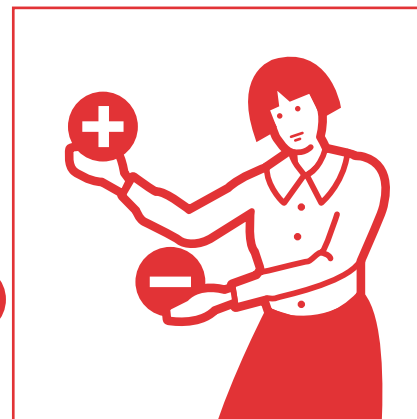
RELIABLE

Check that summaries of studies are reliable



EFFECTS

Don't be misled by how effects are described



CHOICES



OPTIONS

Problems, goals and options should be clearly defined



RELEVANCE

Check that the available evidence is relevant



PROS AND CONS

Expected pros should outweigh cons