



HILLCREST CENTRE FOR HEALTH

832 St. Clair Ave W. Toronto, ON M6C 1C1 Tel: 416-651-6602 Fax: 416-651-9058

PLEASE NOTE THAT THIS FORM MUST BE SIGNED PRIOR TO YOUR 1ST APPOINTMENT

INFORMED CONSENT

Naturopathic medicine is the treatment and prevention of diseases by natural means. Naturopathic Doctors assess the whole person, taking into consideration physical, mental, emotional and spiritual aspects of the individual. Gentle, non-invasive techniques are generally used in order to stimulate the body's inherent healing capacity. I will take you through case history, perform a physical examination, including a breast exam **and may also take blood and urine samples**. If your case requires, the physical may include more specific examinations such as gynecological, rectal, prostate or genital exams.

It is very important that you inform me immediately of any disease process that you are suffering from and any medications/over the counter drugs that you are currently taking. Please let me know immediately if you are pregnant, suspect you are pregnant or if you are breast-feeding.

As a patient you will receive information about your diagnosis and/or treatment, alternative courses of action, the material effects, costs, expected benefits, risks, side effects and in each case the consequences of not having the diagnosis and/or treatment acted upon.

There are some slight health risks associated with treatment by naturopathic medicine.

These include but are not limited to:

- Homeopathic remedies may occasionally result in the aggravation of pre-existing symptoms. When this occurs the duration is usually short.
- Some patients experience allergic reactions to certain supplements and herbs. Please advise regarding any allergies you may have.
- Pain, bruising or injury from venipuncture or acupuncture or parental therapy.
- Fainting or puncturing of an organ with acupuncture needles, accidental burning of the skin from the use of moxa.
- Muscle strains and sprains, disc injuries from spinal manipulation.
- There is a very small potential for stroke, a concern in neck manipulation. You will undergo a thorough screening prior to manipulating the neck.
- I am trained to handle emergencies should the need arise.

I understand:

- The clinic does not guarantee treatment results.
- That my naturopathic doctor will explain to me the exact nature of any treatment provided and will answer any questions I may have.
- I am free to withdraw my consent and to discontinue treatment at any time.

Patient Name: (Please print name): _____

Signature of Patient or Guardian: _____ Date: _____

Witness: _____