

Personal experiences about a particular treatment are unreliable

Because...

- A treatment might not be responsible for the benefit or harm observed afterwards
- Different people may react differently to the same treatment
- Symptoms sometimes improve or worsen on their own

Warning signs

“....it works **for me...**”

“...many people **say so...**”

“...I use it **without any problems...**”

Pain and other symptoms vary over time.
Also, the effects of a treatment vary with age, genetics, health status, etc.

- **Be cautious** when someone recommends a particular treatment because it has worked for them
- **Remember** that personal experiences are not scientific evidence
- **Find out** what a review of the most relevant studies says about this treatment

