

My research and appointment notes

Compare the claim with the study. Bring questions to an appointment.

Review date

Exact claim or question

Study title, author or link

Participants and condition studied

Actual endpoint and comparison

Treatment identity or clinical context, if relevant

Unanswered question to discuss

Agreed next step after the discussion

This worksheet does not verify evidence or diagnose a condition.

Do not use it to select a peptide, injection schedule or treatment dose.

Discuss persistent symptoms and any proposed treatment with a qualified clinician.