



## FACT SHEET

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## Doctor/Patient Discussions: Dietary Supplements

What are cardiologists and their patients discussing when it comes to dietary supplements? According to the 2008 “Life...supplemented” Healthcare Professionals (HCP) Survey, quite a bit!

- When asked, “Do you or anyone else in your practice inquire about which dietary supplements patients are taking?” (*chose all that applied*)
  - 63% of cardiologists responded “myself”
  - 36% of cardiologists responded a “nurse”
  - 23% of cardiologists responded a “medical assistant”
  - 20% of cardiologists responded “other physician”
  - 17% of cardiologists responded a “nurse practitioner”
  - 15% of cardiologists responded a “physician assistant”
  - 13% of cardiologists responded “no one in practice inquires about which supplements patients are taking”
  - 12% of cardiologists responded “patients fill out a form specifying which supplements they are taking”
  - 2% of cardiologists responded a “registered dietitian”
  - 2% of cardiologists responded a “secretary”
- When asked, “When you discuss dietary supplements with your patients, who brings up the subject most often?”
  - 51% of cardiologists responded “more often the patient or other family/caregiver”
  - 26% of cardiologists responded “both equally”
  - 19% of cardiologists responded “most often themselves”
  - 4% of cardiologists responded “don’t discuss supplements with patients”
- Additionally...
  - 69% of cardiologists agree, “My patients are generally comfortable telling me about their dietary supplement usage.”
  - 66% of cardiologists agree, “My patients are generally honest and forthcoming about their usage of dietary supplements.”
  - 50% of cardiologists agree, “I have a good understanding of the dietary supplement usage habits of my patients.”

### Further, according to the [2009 CRN Consumer Survey on Dietary Supplements](#):

- 84% of consumers agree, “I feel my physician takes seriously the questions I have about supplements.”
- 65% of consumers agree, “I feel my physician spends enough time talking with me about supplements.”

**Note:** The 2008 “Life...supplemented” Healthcare Professionals (HCP) Impact Study comes from the “Life...supplemented” consumer wellness initiative, a program managed by the CRN Foundation. Results from the study comprise three separate surveys – 300 cardiologists, 300 dermatologists and 300 orthopaedic specialists. Margins of sampling error at a 95 percent confidence level are +/- 5.7 percentage points for each of the specialty groups of healthcare professionals surveyed (dermatologists, cardiologists and orthopaedic specialists). A nominal honorarium was given to each healthcare professional completing the survey. Ipsos Public-Affairs conducted the survey online. [Click here for more information on this study and the HCP studies from 2007 and 2009.](#)