

Therefore, physicians should inquire in detail about supplement use and spend more time discussing potential dietary supplement medication interactions with their patients.

Finally, this study showed that most of the NVDS users (7 in 10) did not discuss NVDS use with their health care providers. In a recent Health Canada survey on the use of complementary and alternative medicine, about 12% of Canadians who have ever taken a natural health product (including herbs) reported an unwanted side effect or reaction; yet less than 40% of those who experienced side effects reported the event to someone.⁸ Both the Gardiner et al and Health Canada⁸ studies reinforce the responsibility of FPs to ask and advise patients about the use of NVDSs and prescribed medications, rather than waiting for patients to mention the issue on their own. ❁

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Competing interests

None declared

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Elliptical excision

Minor surgery video series

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This month, check out the latest minor surgery video—"Elliptical Excision"—from the Élisabeth Bruyère Family Medicine Centre in Ottawa, Ont. The video reviews the equipment, technique, and postoperative care required for this procedure.

The video "Elliptical Excision" is available at www.cfp.ca. Go to this article on-line, then click on **CFPlus** in the menu at the top right-hand side of the page.

Past minor surgery procedure videos can be accessed on-line at www.cfp.ca. On the homepage, click on **Collections** in the left-hand menu, then click on **Video Series**.

Video 3. Elliptical excision



Competing interests

None declared

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The video "Elliptical Excision" is available at www.cfp.ca. Go to the full text of this article on-line, then click on **CFPlus** in the menu at the top right-hand side of the page.