

When it comes to your health sometimes **LESS** is more

When it comes to your health, more medical tests, treatments and procedures are not always better. In fact, sometimes they are unnecessary and could do more harm than good.

Next time you see your doctor, have a conversation.

Do I really need this test, treatment or procedure?

Tests should help you and your doctor decide how to treat your problem, and treatments and procedures should help you live a longer, healthier life.

What are the downsides?

Discuss the risks as well as the chance of inaccurate results or findings that will never cause symptoms but may require further testing. Weigh the potential complications against possible benefits and the symptoms of the condition itself.

What happens if I do nothing?

Ask your doctor if your condition could get worse — or get better — if you don't have the test, treatment or procedure now.

Are there simpler, safer options?

Sometimes lifestyle changes will provide all the relief you need.

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