

## Questions to Ask at your Next Health Care Appointment

**Choosing Wisely Canada** is a national campaign to help clinicians and patients engage in healthy conversations about potentially unnecessary tests and treatments making smart and effective choices to ensure high-quality care.

When Choosing Wisely surveyed Canadians, they found out that three in five people (62%) agree that there is too much unnecessary health care and that over nine in ten (92%) Canadians said patients need more support to know what is necessary for their health, and what is not. Up-to-date information can be found on their Facebook page ([click here](#)).

The goal is ultimately about good care - the right person getting the right treatment at the right time avoiding unnecessary testing with the message “**More is Not Always Better**”. For example, 70% of medical diagnoses can be determined by your medical history alone, without needing any tests. Superbugs are on the rise due to antibiotic overuse; it is estimated approximately half of all antibiotic prescriptions are unnecessary. An interesting fact...the amount of radiation from one full-body CT scan is equivalent to approximately 200,000 airport scans!

When talking to your doctor or nurse practitioner about appropriate testing, it is good to mutually understand if this test is needed. If you leave your health care provider's office without a prescription or order for a test, don't feel that you haven't received medical care; this is not necessarily true. Have an open, honest conversation with your practitioner on what is truly needed and when it's needed.

Doctors, other healthcare providers, and patients need to talk to each other honestly about what's going on, what they need, what they don't need, what's safe, what's risky, what helps and what could actually hurt.

Take the time to ensure you understand that the best choice is being made for your individual needs and health. To see a compiled list of identified unnecessary tests, or for more information, visit [www.ChoosingWisely.ca](http://www.ChoosingWisely.ca).

### 4 Questions to ask your health care provider:

1. Do I really need this test, treatment or procedure?
2. What are the downsides?
3. Are there simpler, safer options?
4. What happens if I do nothing?



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