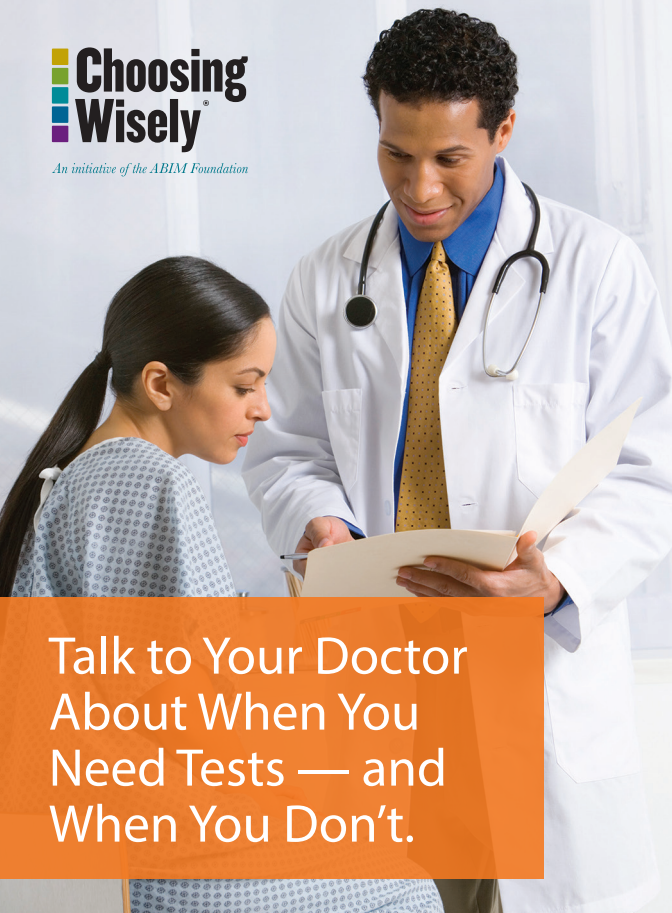




*An initiative of the ABIM Foundation*



## Talk to Your Doctor About When You Need Tests — and When You Don't.

When it comes to your health, more can be better. More exercise. More fruits and vegetables. More sleep. But maybe not more tests.

A talk with your doctor is the smart way to make sure you end up with the right amount of care: not too much, not too little. The Puget Sound Health Alliance has partnered with the ABIM Foundation, the Washington State Medical Association and Consumer Reports to help you make sure you're Choosing Wisely® when it comes to your care.

Visit our new site at [www.ownyourhealthwa.org/partners/choosingwisely](http://www.ownyourhealthwa.org/partners/choosingwisely) to learn more.



Presented by the Puget Sound Health Alliance. Visit the Community Checkup [wacommunitycheckup.org](http://wacommunitycheckup.org).

The Choosing Wisely® campaign includes more than 100 tests that physicians and patients should question. These lists, designed by physicians, were created to improve care and eliminate unnecessary tests and procedures by encouraging conversations between doctors and patients. Here are a few highlights on five topics that are particularly important to the health of people throughout Washington. Keep these in mind when you talk to your doctor about your treatment needs.

### Overuse of Cervical Cancer Screenings

It's important to get regular tests for cervical cancer, but many teenage girls and some women have the test when they don't need it.

### Overuse of Antibiotics

Antibiotics are prescribed more often than necessary, which can do more harm than good.

### Overuse of Cardiac Imaging

Heart imaging can help doctors plan your treatment, but if you don't have an existing heart condition or symptoms of one, and are low risk, these tests may not help you.

### Overuse of Other Imaging

MRIs, CT scans and other forms of high-resolution imaging are great tools, but for low back pain, uncomplicated headaches and sinusitis, these tests don't always make sense.

### Overuse of Early Elective Deliveries

An early elective delivery is a birth scheduled by choice before the 39th week of pregnancy without a medical reason or need. However, without a minimum of 39 weeks of pregnancy, a baby faces increased risk for health problems.

Information about these topics and many others, including materials from Consumer Reports and recommendations from leading medical societies, are available at [www.ownyourhealthwa.org/partners/choosingwisely](http://www.ownyourhealthwa.org/partners/choosingwisely).