Patient Pamphlets

Choosing Wisely Canada General Messages

- Choosing Wisely Canada; A Healthy Conversation
- Common tests, treatments and procedures you may think you need.
- Engage in Conversations about Unnecessary Tests, Treatment/Procedures
- When it comes to your health, sometimes LESS is more

Choosing Wisely Canada Specific Topics

- Antibiotics for urinary tract infections in older people
- Avoid Unnecessary treatments in the Emergency Department
- Bone Density tests
- Care at the end of life for advanced cancer patients
- Chest X-Rays Before Surgery: When you need them and when you don’t
- Chronic kidney disease
- Colds, Flus, and Other Respiratory Infections: Don’t rush to antibiotics
- Colonoscopy
- Common Tests, Treatments and Procedures you may think you need
- CT Scans for Adults with Head Injuries
- CT Scans to Find a Blood Clot in the Lungs
- ECG (Electrocardiogram)
- Echocardiogram Before Surgery
- Feeding tubes for people with Alzheimer’s disease
- Health checkups
- Heart Tests Before Surgery
- Imaging tests for Headaches
- Imaging tests for Lower Back Pain
- Insomnia and anxiety in older people
- Low Risk Prostate Cancer – Don’t rush to get treatment
- Minor Head Trauma
- Pain medicines (heart problems, kidney disease)
- Palliative Care
- Pap tests
- Preventing Infections in the Hospital
- Think you need ECG or exercise stress test? Let’s think again. (poster)
- Think you need antibiotics? Let’s think again. (poster)
- Think you need an X-Ray or MRI? Let’s think again. (poster)
- Tests before surgery
- Treating blocked leg arteries
- Treating disruptive behaviours in people with dementia
- Treating frequent headaches with pain relievers
- Treating migraine headaches
- Treating heartburn and gastro-esophageal reflux (GERD)
- Treating Lower Back Pain
- Treating osteoarthritis of the knee
- Treating rheumatoid arthritis
- Treating sinusitis
- Treatment for erection problems
- Vitamin D Tests