

FOUR QUESTIONS TO ASK YOUR DOCTOR

- 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?**

Talk to your doctor about what you need, and what you don't. To learn more, visit www.choosingwisely.ca

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