

# Five Questions To Ask a Doctor Before Agreeing to a Test or Procedure

Al Lewis, Quizzify Founder and MIIA Health Care Consultant

There are 5 classic questions to ask your doctor before a test or procedure. You may not be asking them, for one of three reasons.

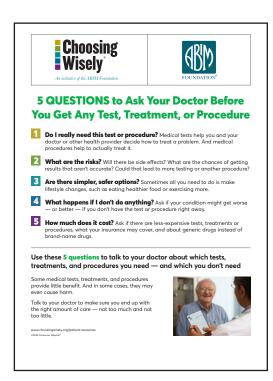
## 1. You don't know these five questions

You are not alone. Neither did we here at Quizzify, before we started Quizzify. Here they are, right on the original Choosing Wisely poster.

## 2. You read them, but you don't remember them

We've fixed that very elegantly by making these questions downloadable right into your Apple Wallet. This assumes you are reading Well Aware on your iPhone right now and that the internet gods are smiling upon us.

If the tech isn't working or if you are on a PC or a pad right now, you can use your iPhone later to find this Quizzify post, where you can scroll to this picture and - once again, using your iPhone - click on "Add to Apple Wallet." (Android users will have to wait until the next issue of Well Aware.)





### 3. You've read them and remember them, but don't want to confront your doctor

Many people (including some of us here at Quizzify) are reluctant to question those authority figures wearing white coats. That's why the last line of the version in the Wallet says: "If you're reluctant to ask these questions, blame us!"

It's not "confrontation." It's simply asking questions. Almost by definition, a good doctor welcomes this type of informed interaction. If your doctor discourages this – or even gives off a vibe discouraging this – you might want to change doctors.

#### 4. To summarize...

Americans are the most <u>overscreened</u>, <u>overdiagnosed</u>, <u>overtreated</u>, <u>over-medicated</u> society on earth, partly because we often demand inappropriate healthcare and partly because we don't question doctors as much as we should.

Remember the Quizzify observation: "Just because it's healthcare doesn't mean it's good for you." For example, our recent articles on <u>back pain</u> and <u>stents</u> (Part 1, with Part 2 next month) cover classic examples of overused procedures that are often inappropriate.

Stay tuned for more Classic Questions. We'll be covering scans, surgeries, and drugs in later issues. All will be downloadable into your phone. And, yes, including your Androids.

