# 5 Questions to Ask Your Doctor or Other Health Care Provider Before You Get Any Test, Treatment or Procedure

Some tests, treatments and procedures provide little benefit. And in some cases, they may even cause harm.

Use the 5 questions to make sure you end up with the right amount of care — not too much and not too little.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td><strong>1. DO I REALLY NEED THIS TEST, TREATMENT OR PROCEDURE?</strong></td>
<td>Tests may help you and your doctor or other health care provider determine the problem. Treatments, such as medicines, and procedures may help to treat it.</td>
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<tr>
<td><strong>2. WHAT ARE THE RISKS?</strong></td>
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<td>Costs can be financial, emotional or a cost of your time. Where there is a cost to the community, is the cost reasonable or is there a cheaper alternative?</td>
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