

We're rethinking the way we do the ANNUAL PHYSICAL

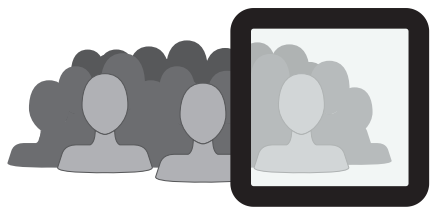
Why the rethink?

Although we like to connect over prevention and learn more about you, there is no scientific evidence that giving people an annual “checkup” actually prevents more disease and saves more lives.

Doing the same screening tests every year on everybody often means **over-testing low-risk people** and **under-testing those at higher risk of certain diseases**.



What do we mean by screening?



The testing we're rethinking is the **blanket screening** of all patients

every year—regardless of whether they have symptoms or risk factors. We're not talking about tests done because of symptoms.

If you do have symptoms, talk to your doctor.

The Solution: Customized Care

Instead of running the same test on everybody every year, we recommend moving to a Periodic Health Review and more focused testing that takes into account your unique risk factors, your age, your lifestyle, and so on.

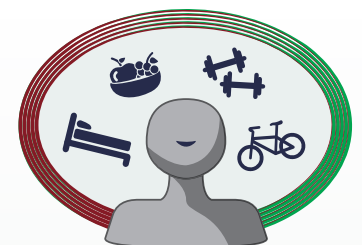
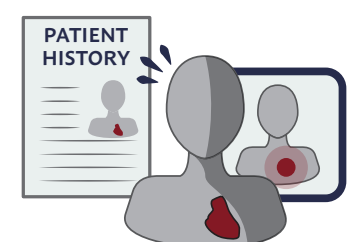
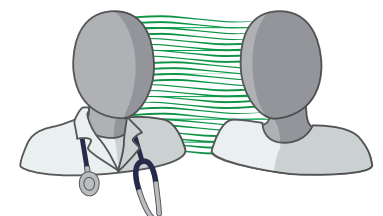
What's the best approach for you?

It's not actually about more testing, but rather **maintaining a good relationship with your doctor**.

Having open conversations, partnering around prevention, and trying to make positive change are critical to making the most of preventive visits with your family doctor.

Smarter screening considers your personal values and individual risk factors alongside scientific evidence.

Simple changes such as walking more, curbing mindless overeating, and having good friendships are priorities.



Resources:

For more information, visit www.cfpc.ca/ChoosingWisely.

See advice for when you need a test and when you don't at www.choosingwisely.ca.

Watch Dr. Mike's videos on smart testing and more at www.YouTube.com/DocMikeEvans.