

Is this necessary?

Written by Administrator

Friday, 22 October 2010 17:49 - Last Updated Monday, 20 December 2010 23:21

One of the reasons for the high cost of health care in the US is the over-utilization of services. Unfortunately, many times the tests and doctor procedures are not necessary and may even be detrimental to your health.

Here are some resources to help you determine whether or not you need a particular test or procedure:

Bone Mass Measurement

<http://www.cms.gov/BoneMassMeasurement/>

<http://www.drugs.com/cg/bone-scan.html>

<http://www.mayoclinic.com/health/bone-scan/MY00306>

Colorectal Cancer Screening

<http://www.cms.gov/ColorectalCancerScreening/>

Mamography

<http://www.cms.gov/Mammography/>

<http://www.radiologyinfo.org/en/info.cfm?pg=mammo>

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<http://women.webmd.com/mammogram-16573>

Prostate Cancer Screening

<http://www.cms.gov/ProstateCancerScreening/>

Prevention Services

<http://www.cms.gov/PrevntionGenInfo/>

Here is an interesting article about the potential pitfalls of testing:

http://www.thehealthcareblog.com/the_health_care_blog/2010/12/a-couple-of-days-ago-archives-of-internal-medicine-published-a-case-report-online-now-it-is-rather-unusual-for-a-high-impact.html

Spine surgery is often unnecessary and ineffective but [reaps big rewards](#) for the medical industry.