

## Why Regular Check-ups Are Not Recommended

According to the recommendation from *smarter medicine / Choosing Wisely*, regular comprehensive check-ups are not recommended for individuals without noticeable symptoms.

### Comprehensive Check-up

Comprehensive check-ups include preventive care and other tests for individuals without any specific symptoms for a certain medical disease. Anything beyond preventive care is not useful and not recommended. There are no established guidelines regarding which additional tests, aside from the recommended preventive care, should be performed and what diseases are looked for.

### Preventive Care

Preventive care is designed to detect diseases at an early, symptom-free stage, when they are easier to treat. Preventive care is performed at certain ages and intervals for people without symptoms of the disease. Although preventive care is recommended, it is important to be aware of possible downsides as well. The decision to undergo preventive care or not should be made based on an individual basis.

### Advantages and Disadvantages of Skipping Comprehensive Check-ups

#### Advantages:

- No risks associated with tests
- No potentially false positive results
- No diagnosis of potentially irrelevant diseases

#### Disadvantages:

- Fear of undetected conditions
- Possibly missing the recommended preventive care

### Next steps

Comprehensive check-ups with tests beyond the recommended preventive care have more disadvantages than benefits.

If you are and feel healthy but are still interested in a comprehensive check-up, please write down your reasons, concerns and any specific questions before contacting your primary care provider. This will allow them to address your needs more effectively.