DISCOVER ACT BLOG [FRANÇAIS] ABOUT

"Cured yesterday of my disease, I died last night of my physician"

- MATTHEW PRIOR



In medicine, more is not always better. Patients and healthcare providers can work together to pursue care that improves health outcomes, all the while minimizing harm and unnecessary interventions.

If we avoid testing and treating when it is not needed, we can focus on doing more of the things that really matter. That's why physicians and patients alike are beginning to advocate for the \emph{right} amount of medicine.

This "just right" or "Goldilocks" approach is patient-centred and evidence-informed. The goal is to bring the best health outcomes to patients, and in so doing, lay the foundation for a wise and sustainable system for future generations.

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NAVIGATION:

- · Discover: learn about the background. FAQs, and existing projects that take a ${\it 'Less~is~More'}\ approach\ to\ health\ care$
- Act: read a book, attend a conference, advocate, or use a shared-decision making aid
- $\mathbf{Blog:}\ the\ latest\ news,\ essays\ and\ articles$ are highlighted here

Featured Blog Posts:

utics Initiative: Best Evidence ans



EVENT: SAT OCT 17 08:30 PDT: THERAPEUTICS INITIATIVE (TI) HALF DAY: DR J MANDROLA @DRJOHNM ON CV RISK, + TRAMADOL, OSELTAMIVIR, BUPROPION, + 'PEARLS' FOR OBSERVING ADES

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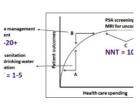
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