

The Four Medical Testing Questions

1. "If the recommended testing results in normal findings, then what is next?" (Options might be further testing, the same treatment as if abnormal results were obtained, no treatment but merely a "wait and see," or referral to another conventional medical provider.)

2. "If the results of this test come out abnormal, what does that mean?" (Possible answers are the same. Options might be further testing, the same treatment as if the results were normal, no treatment but merely a "wait and see," or referral to another conventional medical provider.) When testing is recommended it usually means that the outcome will either confirm or rule out a diagnosis. *Rule out* is a term that means a particular diagnosis is being eliminated based on the test. Doing a swab of your throat will either confirm or *rule out* a strep throat infection. Other questions to ask would be: What are we looking for? What are we ruling out? Note: If the options of treatment do not change based on the results of the test, do not get the test performed. Testing should only be done to discern a path towards treatment or healing. If there is no different path based on test results, do not get the test. It is not a benefit to you. It is a benefit to the System.

3. In what way will the results of this medical test direct treatment options for me? What benefits or adverse side effects can be expected from those treatment options?

a. If drug treatment is recommended, "How long will I be on those drugs? Short term? Or indefinitely?"

b. If surgery or another type of intervention is recommended, "What is the recovery time? Can expect to need another surgery or intervention of this type again in the future? How will my life be changed if I have this done? Would you recommend that I get a second opinion?"

4. How invasive is this test? Are there any dangers to this test? Is another less invasive test that will give me the same or better information?

Bonus: "Is there an opportunity to use holistic care, a nutritional regiment, and are you aware of any drug-free alternatives?"