Overkill  
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Millions of Americans get tests, drugs, and operations that won’t make them better, may cause harm, and cost billions. An avalanche of unnecessary medical care is harming patients physically and financially. What can we do about it?

NOTES

1. low-value care (from line 11)
2. wasted money more than total spent on education (from line 20)
3. better to do too much than too little (from line 51)
4. author's mother's fainting episode--too many tests done (from line 61)
5. benefits and risks of expensive tests and surgery done on a very sick old man--cure was worse than the disease (from line 72)
6. up-selling in car repair business (from line 105)
7. second opinion, do research, wait, refuse tests and treatment, asymmetry of information (from line 136)
8. direct risk of tests--radiation, invasive procedures, infections, over-testing, (from line 147)
9. uncertainty of non-normal results (from line 160)
10. over-diagnosis, over-treatment (line 173, and after line 566)
11. the thyroid cancer case (from line 182)
12. tumors are rabbits, turtles or birds (from line 201)
13. US insurance companies used to refuse many tests and treatments; now insurance companies can't refuse care, so costs have increased (line 235)
14. solution: care in a center for excellence--doctors there are more qualified in diagnosing and eliminating unnecessary care (from line 243)
15. this is better than being denied coverage by an insurance company--patient gets educated, involved in the treatment plan for alternative treatment (from line 311)
16. the cleanup of health delivery in a Texas town (from line 340)
17. doctors had investments in the labs and clinics they were sending patients to (from line 349)
18. one doctor blew the whistle--outcast for a while, but he gradually got accepted again (from line 370)
19. criminal investigation cracked down on the corruption (from line 392)
20. the guilty doctors didn't know the large scale of the problem (from line 409)
21. insurance company gave bonuses for cost savings (from line 422)
22. slower, more dedicated primary care, investigate the patient's circumstances, knowledge, give training, importance of general practitioner (from line 449)
23. control chronic problems like diabetes (from line 481)
24. every payment system can be gamed (abused), risk of cutting costs too much; conservative care can become inadequate care (from line 547)
25. over-treatment of a thyroid tumor produced a worse outcome--surgery complications, scars, hormone replacement (from line 566)