

AAACE issues top five 'Choosing Wisely' recommendations

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(HealthDay)—The top five endocrinology-related issues that physicians and patients should question have been released by The Endocrine Society and American Association of Clinical Endocrinologists (AAACE) as part of the *Choosing Wisely* campaign.

Members of The Endocrine Society and the AAACE identified tests or procedures that should only be used in specific circumstances. They compared the evidence supporting each item, the value of the recommendation, and the potential for cost savings, and voted on the top five recommendations.

The top five recommendations are: (1) avoiding routine multiple daily

self-glucose monitoring for adults with stable type 2 diabetes treated with agents that do not cause hypoglycemia; (2) unless [patients](#) have hypercalcemia or decreased kidney function, they should not undergo routine 1,25-dihydroxyvitamin D measurements; (3) for patients with no palpable abnormality of the [thyroid gland](#), thyroid ultrasound should not be routinely ordered, even in the cases of abnormal thyroid function tests; (4) in hypothyroid patients, total or free (T3) level should not be ordered when assessing levothyroxine (T4) dose; and (5) [testosterone therapy](#) should only be prescribed when there is biochemical evidence of testosterone deficiency.

"These recommendations give endocrinologists a platform to engage patients in important discussions about their health and the benefits of various treatment options," Teresa K. Woodruff, Ph.D., president of The Endocrine Society, said in a statement. "We are pleased to be empowering patients and physicians to be true partners in determining the wisest course of care for each individual."

More information: [More Information](#)

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