

## When less is better, but physicians are afraid not to intervene.

July 18, 2016

Esserman L. When Less Is Better, but Physicians Are Afraid Not to Intervene. JAMA Intern Med. 2016;176(7):888-9. doi:10.1001/jamainternmed.2016.2257.

<https://psnet.ahrq.gov/issue/when-less-better-physicians-are-afraid-not-intervene>

---

Biased physician recommendations can undermine safe, patient-centered care. This commentary and related perspective illustrate how [unneeded](#) treatment for breast cancer represents the problem of [overdiagnosis](#) and describe the subsequent harm to patients. The author suggests that physicians should provide patients with a range of treatment options along with their associated risks and benefits, consider patients' preferences, and encourage shared decision-making.