



American Association of Clinical Endocrinologists

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MEMORANDUM

DATE: June 18, 2015
TO: AACE Membership
SUBJECT: AACE's Withdrawal from ABIM *Choosing Wisely* Campaign

Dear Colleagues:

You may recall that in 2013 AACE joined the Endocrine Society in participating in the *Choosing Wisely* Campaign, an initiative of the American Board of Internal Medicine Foundation. *Choosing Wisely* partnered with national and state medical specialty societies to identify specific tests or common procedures that may be overused or unnecessary. More than 80 national and state medical specialty societies joined in the conversation about appropriate care for patients in their respective specialties. The five possible unnecessary tests or treatments addressed by AACE and the Endocrine Society at that time included:

- Avoid routine multiple daily self-glucose monitoring in adults with stable type 2 diabetes on agents that do not cause hypoglycemia.
- Do not routinely measure 1, 25-dihydroxyvitamin D unless the patient has hypercalcemia or decreased kidney function.
- Do not routinely order a thyroid ultrasound in patients with abnormal thyroid-function tests if there is no palpable abnormality of the thyroid gland.
- Do not order a total- or free-T3 level when assessing levothyroxine (T4) dose in hypothyroid patients.
- Do not prescribe testosterone therapy unless there is biochemical evidence of testosterone deficiency.

While AACE was pleased to participate, it was AACE's position that these considerations were not meant as guidelines for care but rather as observation of experts. AACE feels the patient - physician encounter is unique and there may be exceptions to each of the recommendations. It was also recognized that the recommendations were likely to evolve over time as more is learned about each endocrine condition.

At its meeting in May 2015, the AACE Board of Directors evaluated the current status of the campaign and voted that AACE officially withdraw from participating in the *Choosing Wisely* Campaign. AACE is concerned that the campaign's direction may lead to unintended consequences and drive a wedge between our members and their patients and become a barrier to open communication. This could potentially impact on the level of their care. It is critical that the physician/patient relationship remains to be based on trust which includes discussion of all information and options available for the specific patient. This relationship cannot be constrained or adversely affected by any considerations other than what is in the best interest for each individual patient. Consequently, the Board has determined that the *Choosing Wisely* Campaign is no longer an initiative in which AACE can participate or support.

AACE remains committed to enhancing the ability of its members to provide the highest quality and most cost-effective care to their patients. AACE will continue to encourage its members to maintain an open dialogue with patients that will promote the patient's active participation in their care, both from the standpoint of quality and cost-effectiveness. AACE will continue to offer its members guidance to help achieve this important goal.

With warmest personal regards to you all,

George Grunberger, MD, FACP, FACE
President

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