

Questions for Physician

Studies show that people with cancer who are well informed about the disease, treatment options and all therapies have better outcomes and fewer side effects. Understandably some feel information overload and do not want too many details. Decide how much information you want and want to share with your health care team

- Bring a notebook or a tape recorder to the appointment. During the appointment, write down the answers or make an audio recording. You can also ask a family member or friend to record them for you. This will allow you to read or listen to the information later and take the time you need to process it.
- Consider writing your questions down before your appointment. This can lower your stress level and help you make the most of your visit. You may want to print the list of questions below to bring to your next appointment
- Tell your health care team if you are having trouble understanding an explanation or certain medical words. Sometimes they may be able to draw a picture or give an example that would help you understand.
- Let your doctor know if you are interested in seeking a second opinion. Most doctors understand the value of a second opinion. And your current doctor may even be able to recommend another doctor.
- Ask your health care team where you can find additional information or printed materials about your condition. Many offices have this information readily available.
- Talk with your health care team about information you have found on the Internet or in books or magazines. Not all information is accurate and reliable

Cancer Diagnosis: What type of cancer do I have? What is my exact diagnosis? Where is the cancer located? Has it spread? What is my prognosis?

Cancer staging: What's the stage of my cancer? What does this stage mean for my cancer treatment and prognosis?

Cancer treatment: What are my treatment options? Which treatment do you recommend and why? What's the goal of my treatment? What side effects does this treatment have? How often will I have treatments? How long will they last? How should I prepare for treatment?

Cancer research and clinical trials: What are clinical trials? Are clinical trials an option for me? How can I learn more?

Cancer treatment side effects: What are possible risks and side effects? What should I do to manage them? Will treatment make me infertile? If so, is there anything I can do to try to preserve my fertility? Whom should I call with questions? What about if it's after hours or an emergency? How will treatment affect my daily life? Can I still work? Can I still exercise? What can I do to stay as healthy as possible before, during and after treatment?

Support: What support services are available for my family and me? Can you refer me to support services?

Financial: Who handles health insurance concerns in your office? I'm worried about paying for my treatment. Who can help me?

Learning more: Can you please explain my pathology report to me? To avoid confusion, what terms should I use when looking up information about my disease? What resources do you suggest to help me learn more? Are other members of my family at risk?