

ASKING QUESTIONS IS IMPORTANT

When visiting with your doctor, you may have questions and concerns. Often these are forgotten during the visit, so we have compiled a list of questions to help you get the information you want about your illness and possible treatments. You and your family can use this brochure to help you decide what you need to ask your doctor each time you have an appointment.

Diagnosis

- What kind of cancer do I have?
- How common is my cancer?
- Where is the cancer at the moment?
- Has it spread to other parts of my body?

Prognosis

- What is the aim of the treatment: to cure the cancer or to control it and manage symptoms?
- What symptoms will the cancer cause?
- Am I going to get sick from my treatment or from the cancer itself?
- Am I going to lose my hair?
- How likely is it that the cancer will spread to other parts of my body without any more treatment?
- What is the expected range of survival for people with my type of cancer?
- How likely is it that treatment will improve my symptoms? Is it worth going through?

Tests

- Are there any further tests that I need to have?
- What will the test(s) tell us? Will they confirm my diagnosis?
- What will I experience during the test(s)?

TREATMENT OPTIONS AND INFORMATION

Treatment Options

- Is it necessary to have treatment right now?
- If so, do I have a choice of treatments?
- What are the pros and cons of each treatment option?
- What can I expect if I decide not to have treatment?
- How much time do I have to think about this?
- Do you need my decision today?
- What is your opinion about the best treatment for me?

Treatment Plan

- What exactly will be done during the treatment and how will it affect me?
- When are the side effects likely to occur?
- What is the treatment schedule? (For example, how many treatments will I have, how often and for how long will I have treatment?)
- Where will I have the treatment?

Preparing for Treatment

- Is there anything that I can do before or after my treatment that might make it more effective? (For example, diet, work, exercise, etc.)
- What are the do's and don'ts while undergoing treatment?
- What problems should I look out for, and who do I contact if they occur?
- Are there long-term side effects from the treatment?
- What is my long-term follow-up plan?

Clinical Trials

- What are clinical trials? Are there any that could help me?
- Will I be treated differently if I enroll in a trial?
- What can I expect?

Optimal Care

- Do you specialize in treating my type of cancer?
- How well established is the treatment you are recommending?
- Are there guidelines on how to treat my cancer?
- Is there another doctor who treats this type of cancer that you recommend for a second opinion?

Multidisciplinary Teams

- Do you work in a multidisciplinary team and what does this mean?
- Can you explain the advantages of a team approach?
- How do you all communicate with each other and me?
- Who will be in charge of my care?

Support Information

- Are there support services that can help my family and me deal with this illness?
- What information is available about my cancer?
- Are there palliative care options for my cancer?

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