

4

## ON STARTING AND DURING TREATMENT

- ➔ Who will co-ordinate my treatment plan if different facilities/hospital departments and doctors are involved?
- ➔ Can a family member or friend be with me during treatment?
- ➔ How will I feel after treatment? Will I be able to drive/travel after treatment?
- ➔ What possible side effects should I prepare for? How can I manage the side effects of treatment? What treatments can help relieve side effects?
- ➔ Are there any signs or symptoms I should look out for during and after treatment?
- ➔ Are lifestyle modifications necessary? A special diet?
- ➔ How will I know if treatment is working?
- ➔ What should I do in case of an emergency medical situation?
- ➔ Who can I speak to if I have any more questions?



5

## WHEN YOU COMPLETE YOUR TREATMENT

- ➔ What happens after I've completed my treatment?
- ➔ How best can I continue to monitor myself for complications related to either my disease or my treatment?
- ➔ How often do I need a check up? What kind of tests will I need and how frequently?
- ➔ What happens if my cancer comes back?
- ➔ Can you refer me to a survivor's support group?

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# #ASK YOUR DOCTOR

**RIGHT TREATMENT. RIGHT TIME.**

## KNOWING WHAT QUESTIONS TO ASK YOUR DOCTOR



Learning more about your diagnosis and treatment plan helps you take an active role in planning your cancer care.

## STAGES OF YOUR JOURNEY TO ASK QUESTIONS AT

1

WHEN YOU ARE DIAGNOSED

2

IF YOU WANT A SECOND OPINION

3

WHEN DECIDING WHAT TREATMENT TO HAVE

4

ON STARTING AND DURING TREATMENT

5

WHEN YOU COMPLETE YOUR TREATMENT

To download a list of important questions to ask your doctor go to [www.campaign4cancer.co.za](http://www.campaign4cancer.co.za)



## 1 QUESTIONS TO ASK WHEN DIAGNOSED

- ➔ What is the primary site of the cancer? Where is it located?
- ➔ What stage is it in? How does the stage of the cancer influence my treatment options?
- ➔ How much is known about the type of cancer I have?
- ➔ How aggressive is my cancer?
- ➔ Is there anything unique about my cancer or my health status that makes my prognosis better or worse?
- ➔ Will you need to do more tests to determine my treatment options?
- ➔ Can you direct me to credible materials or suggested resources about my type of cancer?
- ➔ Who can I contact if I have any questions?



## 2 QUESTIONS TO ASK IF YOU WANT A SECOND OPINION

### Before your appointment:

- ➔ Would you like me to bring any copies of diagnostic tests I have had?
- ➔ If so, which tests would you require copies of?

### At the appointment:

- ➔ In light of the tests provided, what is your opinion regarding my current diagnosis/treatment?
- ➔ How would you treat this type of cancer?
- ➔ Will you need to do more tests to determine my treatment options?
- ➔ Can you direct me to credible material or suggested resources about my type of cancer?
- ➔ Who can I contact if I have any questions?

## 3 WHEN DECIDING WHAT TREATMENT TO HAVE

- ➔ What are my treatment options? What treatment plan would you suggest? And why?
- ➔ What is the goal of treatment? Is it to completely destroy the tumour, to reduce the size of the tumour, to alleviate symptoms?
- ➔ How often must I receive treatment and how will I feel during and after treatment?
- ➔ What risks or potential side effects are associated with each treatment?
- ➔ Would a clinical trial be appropriate for me?
- ➔ How will treatment affect my daily life? Can I continue working?
- ➔ Can you recommend any resources that will inform me about this treatment?
- ➔ How much will this treatment cost me?
- ➔ What will happen if I choose not to have treatment? How much time should I take to make a decision about treatment?
- ➔ Can you refer me to someone who has gone through treatment for this cancer or to a support group?