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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?



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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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www.campaign4cancer.co.za



#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



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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?