

20 questions to ask your oncologist

20 questions to ask your oncologist are essential for patients navigating a cancer diagnosis and treatment journey. Understanding what to inquire about helps patients make informed decisions, manage expectations, and actively participate in their care. This article outlines key questions to discuss with an oncologist, covering diagnosis clarity, treatment options, possible side effects, prognosis, and support resources. Asking these questions ensures that patients receive comprehensive information tailored to their unique condition and preferences. Knowing what to ask can alleviate anxiety and empower patients to collaborate effectively with their healthcare team. Below is a detailed guide categorized into relevant sections to help patients prepare for consultations with their oncologist.

- Understanding Your Diagnosis
- Exploring Treatment Options
- Managing Side Effects and Symptoms
- Prognosis and Outcome Expectations
- Support and Resources

Understanding Your Diagnosis

Before beginning treatment, it is crucial to fully understand the diagnosis. Clear communication about the type and stage of cancer forms the foundation for all subsequent decisions.

What type of cancer do I have?

Knowing the specific type of cancer is fundamental. Ask your oncologist to explain the cancer's origin, whether it is primary or metastatic, and any relevant subtypes or characteristics.

What stage is my cancer, and what does that mean?

Understanding the cancer stage helps clarify the extent of disease spread and guides treatment planning. The oncologist can explain staging systems, such as TNM (Tumor, Node, Metastasis), and what the stage indicates for your condition.

Are there any diagnostic tests I still need?

Additional tests may be necessary to determine the best treatment approach. Discuss which imaging, biopsies, or molecular analyses might be pending or recommended.

Can you explain my pathology report in detail?

The pathology report contains vital information about tumor grade, aggressiveness, and molecular markers. Request a detailed explanation to understand how these factors influence treatment.

Is a second opinion recommended?

In some cases, consulting another specialist can provide confirmation or alternative perspectives. Ask if a second opinion is advisable based on your diagnosis.

Exploring Treatment Options

Choosing the appropriate treatment plan involves evaluating all available options, their benefits, and potential risks. This section highlights questions to clarify treatment goals and modalities.

What are my treatment options?

Inquire about all recommended treatments, including surgery, chemotherapy, radiation, targeted therapy, immunotherapy, or clinical trials. Understanding each option allows for an informed decision.

What is the goal of the treatment?

Treatment goals vary, such as curing cancer, controlling disease progression, or relieving symptoms. Clarify what the intended outcome is for your specific case.

What are the benefits and risks of each treatment?

Discuss the expected effectiveness, potential side effects, and risks associated with each treatment option to weigh pros and cons effectively.

How long will the treatment last?

Knowing the duration of therapy helps in planning and managing personal and professional commitments during treatment.

Are there clinical trials I might be eligible for?

Clinical trials may offer access to new therapies. Ask if there are trials suitable for your diagnosis and how to enroll if interested.

Managing Side Effects and Symptoms

Side effects can significantly impact quality of life during cancer treatment. Proactively discussing symptom management is essential for maintaining well-being.

What side effects should I expect from my treatment?

Each treatment has unique side effects. Request detailed information on both common and rare potential adverse effects you might experience.

How will side effects be managed?

Ask about medications, lifestyle adjustments, or supportive therapies that can help alleviate side effects such as nausea, fatigue, or pain.

What symptoms require immediate medical attention?

Knowing which symptoms indicate complications or emergencies ensures timely intervention to prevent serious problems.

Will treatment affect my daily activities?

Discuss how treatment might impact work, exercise, diet, and social interactions to prepare for necessary adjustments.

How can I maintain my nutrition and physical health?

Nutrition and physical activity play a vital role during treatment. Seek advice on maintaining strength and managing weight changes.

Prognosis and Outcome Expectations

Understanding prognosis helps patients and families plan for the future and set realistic expectations for treatment outcomes.

What is my prognosis with treatment?

Ask your oncologist about survival rates, likelihood of remission, or disease control based on your individual case and treatment plan.

How will we monitor my response to treatment?

Regular assessments are necessary to evaluate treatment effectiveness. Inquire about follow-up tests, imaging, and frequency of visits.

What are the chances of cancer recurrence?

Discuss the risk of cancer returning and what signs or symptoms to watch for after treatment completion.

How will my quality of life be affected long-term?

Some treatments may have lasting effects. Understanding potential long-term impacts helps in planning ongoing care and support.

What are the options if the cancer does not respond to treatment?

It is important to discuss alternative strategies or palliative care options in case initial treatments are ineffective.

Support and Resources

Comprehensive cancer care includes emotional, social, and logistical support. Asking about available resources can improve overall treatment experience.

What support services are available for me and my family?

Find out about counseling, support groups, social workers, and other resources that can assist you and your loved ones throughout treatment.

Are there financial assistance programs or insurance guidance?

Cancer treatment can be costly. Ask about resources to help manage expenses and navigate insurance coverage.

Can you recommend any patient education materials?

Request brochures, websites, or other educational tools to better understand your condition and treatment.

How can I contact you or your team between appointments?

Knowing how to reach your oncologist or support staff for questions or concerns promotes timely communication and care coordination.

What lifestyle changes should I consider during and after treatment?

Discuss modifications in habits such as smoking cessation, exercise routines, and stress management to support overall health.

Summary of Key Questions to Ask Your Oncologist

Preparing a list of questions before your appointment can help ensure all critical topics are covered.

Here are 20 essential questions to consider:

1. What type of cancer do I have?
2. What stage is my cancer, and what does that mean?
3. Are there any diagnostic tests I still need?
4. Can you explain my pathology report in detail?
5. Is a second opinion recommended?
6. What are my treatment options?
7. What is the goal of the treatment?
8. What are the benefits and risks of each treatment?
9. How long will the treatment last?
10. Are there clinical trials I might be eligible for?
11. What side effects should I expect from my treatment?
12. How will side effects be managed?
13. What symptoms require immediate medical attention?

14. Will treatment affect my daily activities?
15. How can I maintain my nutrition and physical health?
16. What is my prognosis with treatment?
17. How will we monitor my response to treatment?
18. What are the chances of cancer recurrence?
19. How will my quality of life be affected long-term?
20. What are the options if the cancer does not respond to treatment?

Frequently Asked Questions

What are the specific type and stage of my cancer?

Understanding the type and stage of your cancer helps determine the best treatment approach and gives insight into prognosis.

What treatment options are available for my cancer?

Your oncologist can explain all possible treatments, including surgery, chemotherapy, radiation, immunotherapy, or targeted therapies, tailored to your diagnosis.

What are the goals of the recommended treatment?

Knowing whether the treatment aims to cure, control, or relieve symptoms helps set realistic expectations.

What side effects should I expect from the treatment?

Each treatment has potential side effects; your oncologist can provide information on what to anticipate and how to manage them.

How will treatment affect my daily life?

Discussing the impact on your work, physical activity, and routine helps you prepare and arrange necessary support.

Are there any clinical trials I should consider?

Clinical trials may offer access to new treatments; your oncologist can inform you if any are suitable.

How often will I need follow-up visits and tests?

Regular monitoring is important to assess treatment effectiveness and detect any recurrence early.

What lifestyle changes can help improve my treatment outcomes?

Nutrition, exercise, and quitting smoking can influence recovery and overall health during treatment.

How can I manage pain and other symptoms during treatment?

Your oncologist can recommend medications and therapies to control pain, nausea, fatigue, and other symptoms.

What support services are available to me and my family?

Oncology centers often provide counseling, support groups, and resources to help patients and families cope emotionally and practically.

Additional Resources

1. *Essential Questions for Your Oncologist: Navigating Cancer Care with Confidence*

This book offers a comprehensive list of critical questions patients should ask their oncologists to better understand their diagnosis and treatment options. It empowers readers to take an active role in their care and facilitates clearer communication with their medical team. The guide also includes tips on how to prepare for appointments and track symptoms effectively.

2. *Talking to Your Oncologist: 20 Must-Ask Questions Before Treatment*

Focused on helping patients gather vital information, this book outlines the most important questions to discuss with your oncologist before starting any treatment. It addresses topics such as treatment goals, side effects, and clinical trials. The straightforward language makes it accessible for patients and caregivers alike.

3. *Patient's Guide to Cancer Conversations: 20 Questions to Ask Your Oncologist*

Designed to improve patient-doctor communication, this guide highlights twenty essential questions to clarify cancer diagnosis, prognosis, and treatment plans. It emphasizes the importance of understanding medical terms and encourages patients to be proactive in their healthcare journey. The book also includes real patient stories to illustrate effective dialogue.

4. *Empowered Patient: 20 Critical Questions to Ask Your Oncologist*

This book empowers patients by outlining questions that help uncover the best personalized cancer care strategies. It covers topics from diagnostic tests to emerging therapies, helping patients make informed decisions. The author provides guidance on how to interpret medical information and seek second opinions when necessary.

5. *Clear Answers: Questions You Should Ask Your Oncologist*

Offering clarity in the often overwhelming cancer treatment process, this book lists essential questions to ask your oncologist to better understand your condition and options. It also discusses how to manage side effects and maintain quality of life during treatment. The resource is intended to reduce anxiety and build patient confidence.

6. *Oncology Appointments Made Simple: 20 Questions for Better Care*

This practical guide prepares patients for oncology visits by suggesting focused questions that cover diagnosis, treatment choices, and follow-up care. It encourages patients to take notes and bring a support person to appointments. The book also includes advice on how to handle emotional challenges during treatment.

7. *Understanding Your Cancer: 20 Questions to Ask Your Oncologist*

Aimed at demystifying cancer for newly diagnosed patients, this book provides a list of key questions to ask about cancer type, staging, and treatment options. It explains complex concepts in easy-to-understand language and highlights the importance of personalized treatment plans. The book also discusses the role of clinical trials and palliative care.

8. *The Cancer Patient's Conversation Guide: 20 Questions for Your Oncologist*

This guide focuses on fostering open and honest communication between patients and oncologists through essential questions. It addresses concerns about prognosis, treatment side effects, and lifestyle adjustments. Additionally, the book offers tips for caregivers on how to support patients during medical consultations.

9. *What to Ask Your Oncologist: A 20-Question Checklist for Cancer Patients*

Providing a structured checklist, this book helps patients cover all important aspects of their cancer care during appointments. It emphasizes preparing questions in advance and understanding treatment risks and benefits. The guide also includes sections on insurance, second opinions, and emotional support resources.

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20 questions to ask your oncologist: Metastatic Bone Disease R. Lor Randall, 2015-12-01

Providing an integrated approach to the diagnosis and management of patients with metastatic bone disease (MBD), this comprehensive text combines discussion of the pathobiology of the disease with the latest oncological and orthopedic treatment modalities. After opening with an examination of the epidemiology and impact of MBD, the biology of bone metastases are discussed, along with considerations of the tissue of origin. Evaluation, biopsy and medical therapy, including metabolic agents and bio targeting. The heart of the book presents oncological approaches (supportive, radiation and interventional) and principles of orthopedic surgical oncology, with subsequent chapters covering specific anatomy, from the pelvis to the lower extremity and the spine. Chapters on emerging surgical technology and future directions conclude the text and redefine an integrated approach to patient care. Taken together, *Metastatic Bone Disease* is an excellent resource for orthopedic surgeons and cancer specialists alike.

20 questions to ask your oncologist: *SECRETS OF CANCER SURVIVORS (EasyRead Super Large 20pt Edition)* ,

20 questions to ask your oncologist: *The 10 Best Questions for Surviving Breast Cancer*

Dede Bonner, 2008-09-30 A good mind knows the right answers...but a great mind knows the right questions. And never are the Best Questions more important than after a diagnosis of breast cancer. Drawing on cutting-edge research and original interviews -- including with former surgeon general C. Everett Koop, bestselling author Dr. Susan Love, well-known breast cancer survivors like Betty Rollin, and experts at the top cancer-care centers in the world -- *The 10 Best Questions™ for Surviving Breast Cancer* is a guide you'll take with you into your doctor's office and keep close to you through every step of your treatment and recovery. In addition to the medical questions, you'll also learn what you need to ask your friends, colleagues, and loved ones so that the rest of your life doesn't take a backseat to your diagnosis: How many days I can afford to be out? (p. 211) What questions are my children likely to ask? (p. 261) When will I be comfortable being intimate again with my partner? (p. 234) With a wealth of resources and up-to-the-minute information, *The 10 Best Questions™ for Surviving Breast Cancer* shows you how to move past a scary diagnosis and use the power of questions to become your own best advocate for your emotional, mental, physical, and financial health.

20 questions to ask your oncologist: *The Metabolic Approach to Cancer* Nasha Winters, Jess Higgins Kelley, 2017 The Optimal Terrain Ten Protocol to Reboot Cellular Health Since the beginning of the twentieth century, cancer rates have increased exponentially--now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. *The Metabolic Approach to Cancer* is the book we have been waiting for--it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person's terrain (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain ten elements--including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar balance--is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription. The metabolic theory

of cancer--that cancer is fueled by high carbohydrate diets, not bad genetics--was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible clinical outcomes when cancer cells are deprived of their primary fuel source (glucose). The ketogenic diet--which relies on the body's production of ketones as fuel--is the centerpiece of The Metabolic Approach to Cancer. Further, Winters and Kelley explain how to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer--an approach Western medicine does with drug based therapies. Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States). Through addressing the ten root causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer's endemic spread and live optimized lives.

20 questions to ask your oncologist: 100 Questions & Answers about Ovarian Cancer Don S. Dizon, Nadeem R. Abu-Rustum, Andrea Gibbs Brown, 2004 Covers a wide range of topics, including ovarian cancer; risk factors, diagnosis, treatment and side effects; and strategies for coping with emotional and healthcare issues.

20 questions to ask your oncologist: 100 Questions and Answers about Cancer and Fertility Kutluk H. Oktay, Lindsay Nohr Beck, Joyce Dillon Reinecke, 2007-08 Approximately 130,000 of people diagnosed with cancer in the United States each year are in their reproductive years and 1,000,000 cancer survivors are diagnosed during their reproductive years. Whether you're a newly diagnosed cancer patient, a survivor, or loved one of someone suffering from infertility, this book offers help. The only text available to provide both the doctor's and patient's views, 100 Questions & Answers About Cancer & Fertility, provides practical, authoritative answers to 100 of the most common questions asked by cancer patients and survivors about fertility. Written by an ObGyn/reproductive medicine specialist and cancer/fertility patient advocate, with commentary from actual patients, this is an invaluable resource for anyone struggling with the medical, physical, and emotional turmoil of cancer and infertility. I am a cancer survivor but I am also a Dad. When I look at my three beautiful children and realize that they would not be here if I wasn't told to bank my sperm, I feel overwhelmed with gratitude. They are my life they are my legacy. Every cancer survivor deserves the chance to be a parent, and this book can make it happen! - Lance Armstrong Chairman Lance Armstrong Foundation See the interview from the Today show with authors Lindsay Nohr Beck and Kutluk H.Oktay See the interview from the Today show with authors Lindsay Nohr Beck and Kutluk H.Oktay

20 questions to ask your oncologist: Handbook of Communication in Oncology and Palliative Care David Kissane, 2011-03-31 Communication is a core skill for medical professionals when treating patients, and cancer and palliative care present some of the most challenging clinical situations. This book provides a comprehensive curriculum to help oncology specialists optimize their communication skills.

20 questions to ask your oncologist: Understanding Successful Communication about End-of-life Care Jennifer Rebecca Levin, 2000

20 questions to ask your oncologist: Life Ozzy Vera, 2020-10-23 LIFE INSIDE THE STORAGE BOX continues where I KEPT MY PROMISE left off. It's OZZY'S personal journey on understanding his clients. It touches on: PSYCHO ONCOLOGY PSYCHO SOCIAL BEHAVIOR CHEMO BRAIN and FORGETFULNESS Through a HAIR REPLACEMENTS SPECIALIST PERSPECTIVE. Catering to clients losing their hair due to cancer or contemplating making negative decisions on their life while living with cancer. I HAD TO DIG DEEPER!

20 questions to ask your oncologist: Bone Cancer Heather Hasan, 2009-01-15 Thoroughly

researched and reviewed by an expert oncologist, this book looks closely at bone cancer, a disease that affects mostly children and adolescents. The author clearly explains the various types of bone cancer before discussing individual bone cancer risk factors, including genetic factors. She then goes into a detailed discussion of diagnosis and treatment of the disease. The final chapter examines improved surgical techniques that have led to fewer amputations as well as the technological advances in prosthetics that have greatly improved the lives of bone cancer survivors.

20 questions to ask your oncologist: Treating Fear of Cancer Recurrence with Group Cognitive-Behavioural Therapy: A Step-by-Step Guide Josée Savard, Aude Caplette-Gingras, Lucie Casault, Jennifer Hains, 2022-12-02 Cancer is the leading cause of death in the United States. The improvement of screening procedures and treatments have led to higher survival rates, and consequently to an increased number of individuals who fear that their cancer might come back. Fear of cancer recurrence (FCR) is defined as the fear, worry, or concern that cancer may come back or progress. FCR has been found to be the number one unmet need of cancer survivors. High levels of FCR are associated with greater psychological distress, impaired functioning, decreased quality of life, and increased medical consultations, psychotropic usage and health-care costs. It is therefore crucial to offer these patients an appropriate and effective treatment. The book's first propose a theoretical model of FCR that identifies the five main targets of intervention in this program: 1) cognitive interpretation; 2) behavioural avoidance; 3) cognitive avoidance; 4) reassurance and control seeking; 5) intolerance of uncertainty. Then, each target is discussed and specific cognitive-behavioural therapy strategies are suggested that focus on each of them based on the best available empirical evidence for the treatment of anxiety disorders (e.g., generalized anxiety disorder) and cancer-related anxiety. This book will be of interest to clinicians working with cancer patients such as psychologists and other health care providers as well as cancer patients and survivors. Graduate students in clinical health psychology, and connecting disciplines such as psycho-oncology, psychiatry, nursing, social work, rehabilitation, spiritual care, and sexology might also find this text of value.

20 questions to ask your oncologist: Understanding Breast Cancer Treatment , 1998

20 questions to ask your oncologist: *How To Fight Breast Cancer And Win!* DEANN. AKANDE M. D., 2009-08-25 This book is not just another book on breast cancer. It is written by a physician who has had the disease twice and candidly relays her experience with the disease. This book also has a thorough and understandable manual on breast cancer diagnosis, a personal health journal, a pictorial monograph of actual breast cancer cases, traditional and alternative treatments and life style changes that you can make to beat the disease.

20 questions to ask your oncologist: Cancer Free: Your Guide to Gentle, Non-toxic Healing (Fifth Edition) Bill Henderson, 2014-11-15 About the Book If you love your stricken one, this is your Bible. said Denzel Koh of Brisbane, Australia after he healed his daughter's cancer using the information in a previous edition of this book. A cancer diagnosis always causes fear. All of us have seen relatives and friends destroyed by conventional cancer treatment. Now, thanks to books like this one and the Internet, you can quickly learn what you need to know. You can heal the cancer using natural, non-toxic substances that work. What you need is a guide to cut through the overwhelming jungle of information. This book provides that guide. The information in it has been refined over twelve years using feedback from real cancer survivors about what worked for them. Bill Henderson, one of the authors, has counseled about 4,000 cancer patients by phone and video in 64 countries. At least 3,000 of them have recovered using his information. He is not a medical professional. He is a reporter furnishing you with information that consists of what he would do if he were you or your loved one. His coaching is available to you after you have read this book, if you need it. The co-author is Dr. Carlos Garcia, a formally trained M.D. who has broken out of that mold and trained himself to be a well-informed holistic physician. His Utopia Wellness clinic in Oldsmar, Florida regularly helps Stage IV cancer patients heal themselves. Bill Henderson has published 165 free newsletters on natural cancer treatment to 38,000 subscribers all over the world, starting in 1999. The information in these newsletters has now been incorporated into this, his third book. The

book is up-to-date, specific and accurate. Bill and Dr. Garcia inform you of over 140 web sites and dozens of other books and newsletters you can use to expand your knowledge of natural cancer treatment. The self-treatments they recommend are harmless enough that you can start them immediately, without more research, if you like. They do not interfere with conventional cancer therapy, if that is your choice. In fact, they offset most of the side effects of that treatment. Cancer is not a disease, says Bill. It is a reaction to what your body has experienced. Reverse those causes and the cancer goes away. Continue what you did to reverse it and it stays away. Bill explains that there are four common characteristics of all cancers. These have been known since the 1920's: 1. Low oxygen uptake by the cells. 2. A weak immune system. 3. Toxins -- usually caused by diet and dental work. 4. Acidity -- again, usually caused by diet, as well as stress and dental work. Bill Henderson's and Dr. Garcia's recommended regimen tracks with the knowledge for which Otto Warburg, a famous German doctor and researcher, won a Nobel Prize in 1931. He described the cancer cell and stressed the need to reverse the above four characteristics of the cancer in order to heal it. None of these are addressed by conventional cancer treatment. Bill's mission to help cancer patients heal started with his experience with his former wife, Marjorie. Her ovarian cancer was treated with conventional cancer treatment from 1990 to 1994, when she died. Bill is convinced that the treatment killed her. He wants to help as many people as possible avoid her fate. Dr. Garcia's mission is to help cancer patients heal themselves starting in a controlled clinical environment and continuing at home. He has been doing this successfully for 15 years.

20 questions to ask your oncologist: *The Fight Is On!* Louise A. Battle, 2010-07 This book also shows how through the move of the Holy Spirit, the warm embrace of friends, the enlightenment of doctors/professional help, a so called life threatening illness is not the end, but the beginning of a journey that introduces a closer encounter with God! This is a book that will be vital to those struggling with cancer, and also to those struggling with any illness. Bishop Alfred A. Owens, Jr., D. Min Senior Pastor, Greater Mt. Calvary Holy Church Washington, DC Elder Battle tackled cancer with all the faith, dignity, and hope that those who know her see, as a guiding light that shines so bright in her life that thousands of others who read her story will find illumination! Evangelist Susie C. Owens Co-Pastor, Greater Mt. Calvary Holy Church Washington, DC Elder Louise Battle's story will help thousands find their way through troubles/trials instead of being lost in fear/hopelessness and defeat. Through Louise's story, we see cancer losing its power as we understand the seriousness of it, through God. God is still a Healer, cancer does not have to be a death sentence! Reverend Dr. Barbara A. Reynolds Radio Talk Show Host and Syndicated Columnist LOUISE A. BATTLE was diagnosed in February 2007 at the age of 55 with Stage II breast cancer. She had a lumpectomy, a partial mastectomy, months of chemotherapy and weeks of radiation treatments. Cancer whipped her in a way that she has never been whipped before, but her last name is BATTLE and she has always liked a good fight. She understands that you cannot win, if you don't fight! Ultimately, God decides who wins or loses and Louise belongs to Him. Cancer is no opponent for Louise, her strength comes from God! And the winner is..... Louise A. Battle and her God!

20 questions to ask your oncologist: Ask the Nutritionists George Rapis, 2005-08-16 Do you have a question about proper weight loss or need ideas for healthy eating? Are you confused about what are the right foods to eat? Is nutrition a subject you would like to know more about but find there is much conflicting information? In this book, nutrition expert George Rapis fields questions from people around the world. These questions range from heart health and sports nutrition to toddler eating habits and low carb diets. This book contains over 100 questions, alphabetically arranged, with easy to understand answers. You'll also find healthy recipes and simple dietary recommendations for improving conditions such as high blood cholesterol, high blood pressure and body weight.

20 questions to ask your oncologist: Cancer Survivorship: How to Navigate the Turbulent Journey Hussam Haj Hasan, 2020-02-05 Forget about your cancer for a moment and imagine your life without it. Now, ask yourself the question: does cancer have to consume my whole life? The answer lies dormant inside your mind and you urgently need to let it out, but you need help.

Whether your hope is escaping the emotional pain, reducing the burden on your family, searching for remission, or just finding a new normal to cope peacefully, *Cancer Survivorship: How to Navigate the Turbulent Journey* is your roadmap. This step-by-step strategy to self-management teaches:

- How to learn about your diagnosis and staging to help you make informed decisions about treatment choices
- How to establish effective communication channels with your oncologist to allow for collaboration and to participate in making health decisions
- How to categorize your health status at any moment on the cancer continuum and how to proceed with progress from that point forward
- How to adapt to new lifestyle adjustments to help you find your new normal and what to do to reduce the chances of recurrence and the emergence of second primary cancers
- How to navigate your survivorship journey during and after cancer to minimize side and late effects of treatment and sustain a healthy mind and body

In this book, Hasan dives into what it means to enact a follow-up survivorship plan, why you should implement it, and then deeply explains how this can be done. If you think that cancer is treatable and can be controlled as a chronic condition, or you can't find a reason not to hope and wish for remission or recovery, this is the book for you. Cancer is a complex system of complex diseases making the road to recovery or remission not easy, but possible. It is your turn to join the millions of cancer survivors who are living with cancer just fine. This book gives you the tools to enable you to join those millions, now get out there and use them.

20 questions to ask your oncologist: Pain-Wise David Kloth, M.D., Andrea Trescot, M.D., Francis Riegler, M.D., 2011-11-22 Chronic pain doesn't have to be a life sentence with this accessible guide to pain management and treatment—from identifying your problem areas to finding the right specialist. Suffering from chronic pain can be incredibly isolating and frustrating. Visiting doctor after doctor can leave you feeling as if there is no treatment for your pain. If you or a loved one is suffering from chronic pain, this book can be a first step to understanding treatments that can help manage pain. Though doctors have tried to treat patients in pain throughout history, more recently, focused training and certification in pain medicine has resulted in the emergence of a new specialty designed to help people suffering from chronic pain. Pain-Wise also includes expert advice on:

- Identifying what parts of your body are in pain, using a simple anatomy guide
- How to choose a pain specialist that is right for you
- Getting the most out of your doctor's visits
- Basic explanations of common interventional pain management techniques
- How to follow-up on treatment

Written by three doctors with years of experience in pain management, Pain-Wise is a patient's guide to simplifying the confusing and often overwhelming process of finding treatment for chronic pain. It will teach you the basics of how pain works, explain different interventional pain therapies in layman's terms, and help you find a doctor that can manage, and potentially relieve, your chronic suffering.

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