

PROPOSED TREATMENT PLAN.

Questions to ask your oncologist or medical team

The five most important questions you need to ask your oncologist.

1. **How effective** is this treatment?
2. Will you show me a few studies that will verify this treatment will **prolong my life**, when directly compared to **no treatment at all**?
3. Will this treatment **cause secondary cancers**?
4. What is the chance that the **cancer will come back** after treatment?
5. Will you get permission from a few of the **patients you have treated** with this method so that I can speak to them?

All questions

1. Which treatment, or combination of treatments, do you recommend – and why?
2. For my type of cancer, can personalized medicine be useful? *(see below)
3. Are there any tests (such as biomarker tests) that may help us know which treatments are more or less likely to work?
4. What is the recommended treatment for my stage of cancer?
5. Why do you think that this is the best treatment for me?
6. What is the goal of the treatment you are recommending?
7. Please explain how the treatment will help.
8. How effective is this treatment?
9. What results would you expect to see if I have this treatment?
10. Will the results of the treatment be worth the side effects I may get?
11. Besides treating cancer, what can be done to treat my symptoms?
12. How much experience do you (or the team) have treating this type of cancer?
13. Do I have a type of cancer which would be better treated at a specialized center?
14. Will you show me a few studies that will verify the treatment you are recommending will increase my lifespan, **when directly compared to no treatment at all**?
15. Will you show me a few studies that will verify the treatment you are recommending will enhance my quality of life?
Please don't show me studies showing that the treatment will shrink the tumor. Please be specific and be sure the studies directly relate to longevity and quality of life **compared to no treatment at all**?
16. Will you get permission from a few of the patients you have treated with this method so that I can speak to them?
(Don't accept refusal from the physician due to a patient privacy issue. Any physician can ask a patient if they would be willing to speak with another patient. It is done by legitimate physicians all the time).
17. Should I change my diet or take any vitamins, minerals or other supplements?
(This simple question will tell you immediately if this physician is keeping up with hundreds of study findings from all over the world that have shown dietary changes and supplements have a direct effect on many types of cancer).
18. Who will be part of my treatment team, and what does each member do?
19. When should I start treatment?
20. How can I keep myself as healthy as possible during treatment?
21. What is the expected timeline for my treatment plan?

22. If my cancer is to be removed by surgery, should I have additional treatment?
23. What additional treatment do you recommend?
24. How will I benefit from this additional treatment – please be specific?
25. What if I choose not to have treatment?
26. What lifestyle changes (diet, exercise, rest) do you recommend I make to stay as healthy as possible before, during, and after treatment?
27. Do I need to decide on my treatment right away, or can I take time to think about my options and discuss them with my family?
28. What is the chance that the cancer will come back after treatment?
29. If the cancer does come back, can it again be treated successfully?
30. What are clinical trials?
31. Are there Clinical Trials I might benefit from participating in?
32. How can I find out about clinical trials in my area?
33. Will any treatment I have affect my fertility (ability to become pregnant or father children)?
34. This is a big decision, how do I get a second opinion?
35. Is there a support group I can join or a support programme you can tell me about?
36. Is there an alternative therapy that has proven effective in treating my type of cancer?
37. What would be the “down-side” of trying an alternative therapy before starting standard treatment? **Prove it to me.**
38. Any additional questions you may have.

** The term “**personalized medicine**” is often described as providing “the right patient with the right drug at the right dose at the right time.” More broadly, “personalized medicine” may be thought of as the tailoring of medical treatment to the individual characteristics, needs, and preferences of a patient during all stages of care, including prevention, diagnosis, treatment, and follow-up. (Source: [US FDA](#))

You are the most important member of your healthcare team. Your situation is unique, and your treatment should be developed just for you. You can participate in your care by doing the following:

Be involved in decisions that affect you.

Learn about your cancer and all available treatment options.

Go to all your doctor, clinic and hospital appointments.

Ask your team how to contact them between appointments if you have any questions that need answers quickly.

Talk to your team about your worries or concerns.



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