

Questions for my doctor or oncologist

Below is an extensive list of questions that you may want to ask your doctor or oncologist. We recommend that you focus on the ones related to your situation, beginning with those you consider most important; this is particularly important in the case of shorter appointments. Divide the questions into two categories, the first one consisting of questions to which you want answers during the appointment in question and the second one of questions that can be addressed in future visits. You may also want to keep a separate journal for your notes.

Understanding my diagnosis and treatments

What cancer do I have (i.e., which organ is touched)? What stage is my cancer at?

Has the cancer spread to other parts of my body?

Will I need to undergo further tests to determine the best treatment for my specific situation?

At this time, what are the recommended treatments (surgery, radiation therapy, chemotherapy, hormonal therapy, etc.)?

Are there other treatment options? What are the advantages and disadvantages of each of them?



What would you recommend I do?

Are there clinical trials for my specific cancer?

How long will the treatments last? How frequently will they occur? When will they start? Where will they take place?

Does your team regularly treat this type of cancer? How many times a year?

Will I be able to continue working and doing my regular activities during this period?

What could happen to me if I don't undergo the treatments? What would the prognosis be? And what about the follow-up?

Side effects of cancer and the related treatments

What are the potential side effects of the disease and the treatments (initially, during, after and over the long term)?

Are there ways of preventing or managing these side effects?

Are there any specific instructions I should follow during the treatments?

What should I do in the event of pain, unusual symptoms or if I otherwise feel unwell? Who should I reach out to and how do I do that?

What tests will you conduct to determine if the treatment is effective?

Should I be taking certain contraceptive measures during the treatments?

Can the treatments impact my ability to conceive? What steps should I take to make sure this doesn't happen?

At each appointment

Here is a list of my current symptoms or ailments. Are there any options or solutions to bring me relief?

Here is a list of the medication I'm currently taking. Could you renew my prescriptions?

When will my next appointment be?

Following the treatments

What kind of follow-up will I benefit from post-treatment? Who will be handling this follow-up and how long will it last? 1 year, 5 years, indefinitely?

Who do I need to talk to if I'm worried about the cancer or long-term side effects?

Are there any specific post-treatment instructions I should be aware of?

What can I do to make me get back to a normal life?

Notes



You're not alone.

A cancer diagnosis is upsetting. It's normal to be scared, to feel emotionally overwhelmed and to be completely at a loss as to what to do first. Seeking information, asking questions and gaining a good understanding of the situation can help you find your footing. Give yourself the time and space you need. Write down the questions you want to ask and have a loved one accompany you; not only will the latter's presence prove comforting, but they can also help you remember the key points discussed.

Stay in contact with your healthcare team, your loved ones and other resources, such as the Quebec Cancer Foundation, to more easily cope with your cancer journey. You can also reach out to cancerquebec.ca/en for information regarding various services.

Info-cancer Hotline

Your direct access to credible information

Our healthcare professionals, including experienced oncology nurses, respond to your questions and concerns regarding the disease, treatments and ways of better coping with cancer.

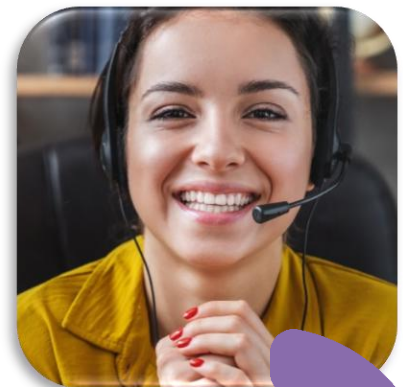
You can ask any questions you may have regarding:

- how the healthcare system works;
- the causes and early signs of cancer;
- treatments and associated side effects;
- prevention;
- being accompanied by a loved one;
- returning to work;
- psychological concerns and sexuality;
- complementary therapies (kinesiology, art therapy, massage therapy, acupuncture, yoga, etc.);
- and much more.

Call 1-800-363-0063.

Free and confidential.

From 9:00 a.m. to 5:00 p.m., Monday to Friday.



Learn more about how our **services help improve the lives of people with cancer:**
cancerquebec.ca/en/services