

how should I approach my doctor to see if cancer immunotherapy is right for me?

For many people, talking to a doctor about new treatments can be overwhelming. Here are a few tips that may make it easier.

“Do your own research first—ask a close friend or family member to help—so you are ‘armed’ with information before approaching your doctor.”

Have a voice in the partnership

The first step is having a doctor who makes you feel comfortable and listens to your concerns. Good communication is essential. Treating cancer is not a one-way street. Your doctor must be willing to allow you to speak your mind and be proactive about your course of treatment.

Make a list

Make a list in advance of the questions you want to ask and the topics you want to discuss. The simple act of writing down what you want to talk about will help organize your thoughts, and it will help ensure that you don't forget anything.

Research your cancer type

Before visiting your doctor, go to www.theA2C.org/types to find detailed information about cancer immunotherapies for your tumor type. This will help you be informed for your conversation. Print out this information and bring it with you to your next appointment. If you do not find a section for your cancer type on our site, please email info@theanswertocancer.org for further information.

Bring a family member or loved one

It always helps to have another person with you to ask questions and take notes. Be sure to let this person know in advance what you want to get out of the discussion. Your companion can help remind you of your key points if you forget.



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