



## 20 Questions to Ask Your Oncologist

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*If you have any questions, or would like to book a consultation, please contact us at [info@ctoam.com](mailto:info@ctoam.com)*



## What to Ask Your Oncologist, *BEFORE* You Agree to Treatment

In 2019 and beyond, there are hundreds of possible cancer treatments for literally thousands of possible genetic mutations that could be involved in any one person's cancer. Most cancer patients have more than one mutation involved in their cancer - in fact we've had patients with more than 20.

***Bottom line: If you are getting cancer treatment without having been given a genetic panel test, neither you, or your oncologist, can say with confidence that you're getting the right treatment, let alone the best treatment for your cancer.***

### What You Need to Do

On that note, I've made a list of things you need to know, and think on, before you agree to any cancer treatment and before you decide whom your treating physician/oncologist will be. **You have options** – for cancer treatment, and for whom your treating oncologist will be.

Do your best to get answers to all of these questions before you agree to any treatment plan, and remember the **Four Pillars of Precision Oncology** (see our e-book and website for more information) and make sure you get each and every one covered in your cancer care.

### Use All Four Pillars of Precision Oncology

Remember, when you add just **one part** of Pillar #1 (Enhanced Imaging with PET/CT) to a patient's treatment plan, the original plan is **significantly modified more than 80% of the time!** And when you add the second part of Pillar #1 (Genetic Testing), the **treatment plan is modified 98%** of the time. As in, almost always. Which means that there is **almost always more that can be done** than what standard care can provide you with.



## Your Oncologist Is Doing Their Best

Also keep in mind, it is not your oncologist's fault that they have literally **just 15-20 minutes**, per visit, maximum, to spend on your case – including the creation of your treatment plan. They are **required** to see a certain number of patients per week (as per their contract with the medical system).

And they are **not** free to offer you whatever the latest and best test or treatment is. They have a short menu of tests and treatments that they have been given permission to offer you as part of their **standard protocol**. This does not mean those are the best, or even the right, tests and treatments for **you**.

What it does mean is that your oncologist alone is **unable to provide you** with more detailed case management. They would have to conduct genetic testing and more detailed personalized research to assure you of that. And that is where we come in...

If, after asking your doctor the following questions, **you do not have confidence** that the treatment plan they are proposing for you will be as thorough as it can be, remember this:

**CTOAM is here to gather the data that your oncologist needs to confidently modify their treatment plan for you and to access the best possible options for you.**

So, get all the information you can from your doctor, as per the questions below, and then we can fill in the gaps and ensure you get everything you need to give yourself the best chance to beat cancer.

## 20 Questions to Ask Your Oncologist (*Before Agreeing to Treatment*)

1. Will you be **my treating physician for my cancer**?
2. If you are not treating me yourself (or, if other doctors will be involved in my case): **Which doctor(s) will you be referring me to** for my cancer treatment, and when can I expect to meet with them?

### Diagnosis

3. If you are going to treat me: **Which tests are you going to conduct to ensure an accurate diagnosis, and that we are targeting all possible tumours?**  
The answer you want to hear is that they're going to give you a **PET/CT** and a **broad panel genetic test**, at minimum. And, if they aren't going to do that, then you want to ask them to show you why they think you don't need one. Hint: they can't, because the research is too stacked in favour of genetic testing and PET/CT – however, it will be important for you to hear their explanation...and for them to hear it, too.

### Treatment Plan

4. **Which treatment are you going to offer me first?**  
And why? (What is this decision based on?)  
You want to know that their choice is based on **your specific case** – and not just on what they offer everyone.
5. **What is the process for receiving that treatment?**  
It is important that you know what to expect and that you also understand what this recommended treatment will require of you versus your other options (such as targeted therapies).
6. **How successful is this treatment for people with my cancer?**  
How many people survive, and for how long do most people survive with this treatment?
7. **What kind of side-effects are common with this treatment?**  
How long do they last? And what are the potential long-term and short-term consequences of this treatment?



- 8. When will I have my first treatment?**
- 9. And how frequently will I receive treatments thereafter?**
- 10. How will you be monitoring me during treatment to tell if it's working?**  
Which test will you use? And how frequently?

### **Backup Plan**

- 11. What is your backup plan for treatment if this first option is not successful?**  
And how successful is that treatment for my type of cancer?
- 12. What kind of side-effects are common with this treatment?**  
How long do they last? What are the potential long-term and short-term consequences of this treatment?

### **Surgery**

- 13. Will there be surgery?**  
And if so when?
- 14. And what can I expect with that in terms of procedure, outcome and recovery?**  
What kinds of side-effects can this procedure lead to?

### **After Treatment Follow-up Care**

- 15. What kind of testing will be performed when my treatment is complete to ensure it has been successful?**  
How accurate is that testing?  
(For example, CT scans are less than 70% accurate, while liquid biopsies are 99.98% accurate.)
- 16. How frequently will there be follow-up monitoring?**  
Will there be annual screening? And how will that be conducted?

### **Treatment Team**

- 17. How often will we be meeting during my treatment process and after?**
- 18. Who else will I be meeting with during this time?**



## Lifestyle Changes

**19. What can I do to help myself during this time?**

What diet and exercise changes should I make? What other aspects of self-care should I pay attention to?

**20. What else do you think is important for me to know before I make a decision about my treatment?**

*Remember...*  
When it comes to cancer,  
**Knowledge is Power!**

**For More Powerful Resources, Visit our Website**

**[www.ctoam.com](http://www.ctoam.com)**