ABOUT US

***P**roviding* timely access to evidence-based information about lymphomas.

***A**dvancing* the patient's right to know the potential risks and benefits of cancer treatments – whether standard, investigational, complementary, or alternative.

***L**eading* in the effort to achieve regulatory policies developed from a patient's perspective; in ways to improve patient access to effective treatments; and in the encouragement of innovative research in safer more effective treatments supported by government and private investment.

Visit our website at
www.Lymphomation.org

Some Highlights

About Lymphoma

About Side Effects and Tests

About Standard & Emerging Treatments

Advocacy & Art

Diet for the Immune Suppressed

Evidence-based Information on Complementary Medicine

How to Evaluate Medical Claims and Data

Guidelines at Diagnosis

Finding Experts to Consult

Finding Lymphoma-specific Clinical Trials

Joining Online Peer-to-Peer Support Groups

Patient Stories

Want to help? *Please consider sending a contribution that you can afford to:*

Patients Against Lymphoma

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KarlS@Lymphomation.org

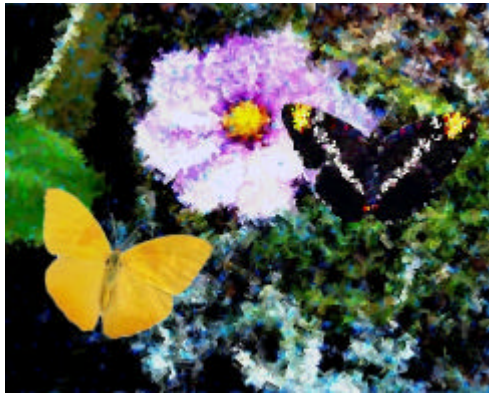
We are a 501(3) (c) not for profit organization.

Donations are tax-deductible to the extent allowed by law.

Federal Tax ID # 51-0426732

PATIENTS AGAINST LYMPHOMA

Communicating with your doctor



Patients helping Patients

Linking you to reputable evidence-based information, and voicing patient perspectives in the fight against lymphoma

COMUNICATING WITH YOUR DOCTOR

Here we provide a checklist of questions you may refer to when it's time to talk with your doctor or nurse. Of course, you need not ask all these questions at one time -- and, yes, you should be respectful of your doctor's time. That said, be aware that the purpose of the medical system, and the science that drives it, is the care of patients. You.

A good doctor-patient relationship requires honesty on your part, and diplomacy.

Diplomacy: "Is this a good time to ask questions, doctor." Or, provide the questions in writing so your doctor can answer your questions when time allows.

Honesty: Let your doctor decide if a symptom or change is important or not – communicate with your doctor and the nursing staff.

There is no one correct way to communicate. If you're uncomfortable speaking, bring someone along who isn't. Write your questions down, or have someone do this for you ... or print out the list that follows and underline the questions you want to ask.

GENERAL QUESTIONS

- How often should I schedule visits?
- What prescriptions do I need & how should they be taken and stored?
- Prior to treatment or tests: Ask the staff to verify that your doctors, the healthcare facility, and the type of treatment or test you are receiving are all covered in your insurance plan, and check if the tests and treatments require pre-authorization.
- Can you refer me to a social worker that specializes in helping with finances and insurance matters?
- What is the best way and time to communicate with you about my concerns? Phone? Fax? Email?
- What materials or resources can you provide to help me to become informed about the disease?
- What resources are available to me to help me cope with the anxiety I feel?
- What other resources are available to me: Nutrition? Psychosocial? Sexual?

TREATMENT QUESTIONS

Treatment, and initial, consults should not be rushed. Ask your doctor to schedule a time that allows for a thorough discussion of all appropriate options. Bring your written questions to this consult, and provide a copy for your doctor.

- What is my diagnosis? And can you please provide me a copy of the pathology report.
- How widespread is the disease?
- Does the disease require prompt treatment and why?
- Can the disease be cured?
- What are the symptoms of the disease, and which indicate a need for treatment?
- What are my treatment choices? What are the pros and cons of each?
- Are new treatments under study? Would a clinical trial be appropriate for me?
- Which treatment do you recommend? Why?
  - What is the goal of this treatment?
  - What are the chances that the treatment will be successful?
  - How long will the treatments last?
  - How easy is it to administer, and will it disrupt my normal life or ability to work?
  - How durable is the response likely to be?
  - Does this treatment preclude the use of important subsequent treatments?
  - What toxicity and/or risks are associated with this treatment?
  - What tests will be used to measure or gauge response to treatment?
  - What signs will indicate that the therapy is starting to work or that it is not working?

SIDE EFFECT QUESTIONS

- What side effects should I expect? And what side effects should I report to you?
- What signs or changes should I report immediately? And how can I best contact you when this happens?
- How will I feel during therapy, and will it affect my normal activities?
- What can I do to minimize risks during therapy?
- Will you prescribe medications to minimize side effects and risks? Neupogen? Anti-nausea? Etc.
- What side effects may I experience that are not dangerous?
- What foods, supplements, procedures, or medications should I avoid during treatment?

TEST QUESTIONS

- What tests will you order? What do they measure? Will you provide copies?
- How often should I receive these tests?
- What changes or symptoms may indicate the need for tests?
- When is a bone marrow biopsy indicated? What steps can you take to minimize dis-comfort and anxiety associated with this test?
- What test results indicate a need to initiate or change treatment?