Talking with your doctor about multiple myeloma

Standing in the Gaap

It's important to be open and honest with your doctors and nurses. Always tell them how you're feeling at every visit, and ask questions about your health and your treatment. It may be helpful to bring a list of questions to each appointment. Consider taking a family member or friend with you. He or she can help take notes for you.

Here are some examples of questions you may want to ask your doctor or nurse:

Questions about diagnosis

- ○ How is multiple myeloma different from other cancers, like breast or lung cancer?
- ○ How would you describe my risk level?
- ○ What is my prognosis (outlook)?
- ○ What doctors will be involved in my care?
- ○ Will there be one doctor or nurse coordinating my care?

Notes

Questions about testing

- ○ What should I expect when I go for testing?
- ○ What types of tests will I undergo, and how often?
- ○ What will I need to do to prepare for these tests?
- ○ Where will I go for these tests?
- ○ When and how will I get the results of my tests?
- ○ Can you explain what my results mean after each test?

Notes

Print out this guide and take it with you to each visit.

Questions about treatment

- ○ What types of treatments are available for multiple myeloma?
- ○ Could a stem cell transplant be an option for me?
- ○ Do I need chemotherapy as part of my multiple myeloma treatment?
- ○ What are the risks and benefits of each treatment?
- ○ What treatment do you recommend, and why?
- ○ Will I be able to continue my normal work schedule with this treatment?
- ○ What are your thoughts on visiting a multiple myeloma specialist? Is there a multiple myeloma specialist you would recommend and would coordinate with?

Notes

Questions about paying for treatment

- ○ Is this treatment covered by my insurance?
- ○ Are there patient assistance programs?
- ○ Is there a financial counselor or someone in the office I can speak with about affording treatment?

Notes

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