YOU HAVE CANCER
AND NOW WHAT?
10 Questions to Ask the Doctor if You or Someone you Love is Diagnosed with Cancer.

By Dr. Thomas Incledon

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10 Questions to Ask the Doctor if You or a Loved One is Diagnosed with Cancer

Once you’ve heard the word “cancer,” it’s hard to really hear any of the words that follow. After you get over the initial shock, it’s important to be able to take in, comprehend, and act on all the information washing over you.

With an overwhelming diagnosis, it can be hard to remember exactly the right questions to ask your doctor. The reality is, out of 20 million Americans with cancer, 6.7 million will die because they received the wrong treatment.

So, how do you know if you’re receiving the right treatment for you?

It’s critical to ask the right questions and discuss various treatment options before treatment begins. Your doctor should make you feel comfortable and ensure you understand your medical team’s treatment strategy.

The 10 questions below will ease the burden for you and your loved ones when you are meeting your doctor and the medical team. The traditional healthcare system unfortunately is not structured to allow long face-to-face conversations with your lead doctor.

1. Can I bring a loved one to meet with my doctor?

The answer should always be, “Yes!” Make sure every decision maker is present, so you can all hear the same information at the same time and ask questions. Don’t rely on second-hand reporting from well-meaning loved ones - it will never be as complete or, frankly, as correct as hearing it directly from the doctor.
2. How much of my health history will be reviewed?

For optimal treatment planning, your doctor should do a thorough review of your entire health history. Such a review often reveals gaps in testing that must be addressed before treatment can be recommended.

Your doctor should have a complete understanding of your health, including any current conditions, no matter how minor. Every facet of your health can impact the success of your treatment.

3. How do you know what tests to order?

(AKA: Why do you need more tests?!)
Yes, by the time you’ve gotten a cancer diagnosis, you’ve probably already undergone a number of tests.

The problem is that these tests are often not coordinated between different healthcare providers, and sometimes they’re not sufficient to help your doctor chart the right treatment course for you. In fact, if your doctor doesn’t conduct a detailed review of all your tests and order additional testing before recommending a treatment plan, consider getting a second opinion.
4. How will you help me beat my cancer?

Don’t ask about survival rates for your type of cancer. Those statistics are inflated and don’t reflect you or your health history. Just because one person lives does not guarantee anything for you. Your body is unique and so is the way it will react to treatment and protocols.

Ask healthcare providers how they’ll work with you to treat your cancer. Beware: some very reputable institutions follow a standard protocol that may not be the best option for your particular needs. Ask doctors to explain every treatment option that they’re recommending until you’re comfortable that the treatment is customized to meet your needs. If you’re unsure of a recommended treatment, keep asking.
A Word from the Author

“When people are under stress, they don’t think logically. They think reactively.”

Dr. Thomas Incledon, PhD
Chief Scientific Officer
5. What are the benefits and risks of the recommended treatment options?

Doctors are notorious for downplaying the recovery time for surgery or the medication side effects that can have a serious impact on your quality of life. So, press hard. Be sure you know all of the pros and cons of any recommended treatment.

6. What will you do if treatment doesn’t work?

Make sure your doctor is willing to course-correct if it appears that a particular treatment isn’t working for you. Your doctor should have a plan in place for monitoring treatment progress and adjusting treatment if goals aren’t being met.

You should know within two to four months whether any given treatment is having the desired effect.

7. How will you manage my pain?

Cancer hurts. Pain management is a very important part of cancer treatment, but effective pain management is as individual as you are. Ask what options your doctor typically recommends so you can discuss pain remedies that you already know are not a good fit for you. Your doctor should be well-versed in a variety of pain remedies and therapies so that pain management can be tailored to your needs. Alternative treatments such as acupuncture, massage therapy, and other devices like the Magnesphere help to alleviate cancer pain.
At Causenta, one way we manage cancer pain is through exercise and movement. The goal with our cancer patients is to get them pain free without relying on pills. They feel stronger to beat cancer and don’t have to constantly call a doctor for a prescription.

Managing cancer pain is an important factor to the success of every cancer treatment. In our recent article “Tell Me Where It Hurts,” patients can find out about the latest therapies and technologies for managing cancer pain.

https://www.causenta.com/tell-me-where-it-hurts/

8. Could my dietary supplements or other medications interfere with my treatment?

On one hand, even vitamins and other healthy supplements can have unexpected interactions with some medications, so be sure to bring a list of everything you take on a daily basis. If it’s easier for you, take photos using your phone—just make sure the labels are clearly visible. On the other hand, taking the right vitamins and supplements will positively complement your cancer treatment plan and greatly impact your overall wellness.
9. How will treatment affect my work and personal life?

This is a very important question to ask up front. Your priority is to beat the cancer. You’ll need to work with your doctor to formulate the best treatment plan while minimizing your stress about missing work or impacting your ability to take care of your family. The FMLA can be used in segments, which will allow you to take a few hours of time off work for appointments or on days when you’re not feeling well.

10. Do you provide support services for my family?

No one should have to face cancer alone. Your family will be an important source of support and strength, but they will also need support from your medical team. Find out what support services your healthcare provider offers. For example, at Causenta, we encourage families to work out together.

To make things easier, at the end of this document, you will find a list of resources available online for cancer patient and their loved ones.
Remember that while in the midst of a very stressful situation like a cancer diagnosis, it can be difficult to keep a clear head. When deciding on a cancer treatment provider, it’s critical to ask these questions and choose the provider that best aligns with your lifestyle and personal beliefs. Although insurance providers will encourage traditional treatment methods, do not eliminate alternative cancer therapies. Know all of your options; just because it’s covered by the insurance, it doesn’t mean it’s the best option to beat your cancer.

Do your research to find out which healthcare providers will be most proactive in treating your cancer and eliminating complications caused by stressful healthcare systems. Be gentle with yourself during this trying time, and rely on a medical team that’s the best fit for your body. And remember

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About Causenta

At Causenta, we recognize that no two patients are alike. Our approach is unique in that we specialize treatment for each patient based on extensive testing. For over 17 years, our team of experienced and highly trained doctors have combined traditional medicine and alternative therapies to provide the highest quality care. Here you’ll find the latest technologies and a state-of-the-art facility combined with treatment protocols not found anywhere else in the world. Causenta is dedicated to strengthening both body and mind while focusing on personalized medicine to provide patients the right treatment for even the rarest conditions.

Whether you are fighting to win a gold medal in the Olympics or fighting for your life to beat cancer. Causenta is the right place for you.
About the Author:

Dr. Thomas Incledon, PhD

Dr. Thomas is the founder and CEO of Causenta Wellness and the Causenta Cancer Treatment Center in Arizona. From working with NFL, MLB, MMA, world-class athletes, and even the White House, his reputation of personalized medicine and cutting-edge technologies has put him on the map for caring for some of the most powerful people in the world, making him one of the most sought-after healthcare professionals of all times.
List of Resources:

Your diagnosis won’t defeat you. At Causenta, we understand the importance of a strong community. We’ve compiled a list of some (not all!) online resources to help you connect with other fighters and families. Here you’ll find information on where to find local support groups, online support and alliances for your specific cancer type.

This is not an exhaustive list, so we encourage you to research your specific cancer type and join alliances for more information and financial guidance.

**Cancer Information:**
- American Cancer Society: http://www.cancer.org

**Work/Employment:**
- Triage Cancer: http://www.triagcancer.org
- Patient Advocate Foundation: http://www.patientadvocate.org

**Legal Support:**
- National Cancer Legal Services Network: http://www.nclsen.org/

**Insurance/Financial:**
- Be The Match: www.bethematch.org/patient
- Centers for Medicare and Medicaid Services: www.cms.gov

**Transportation:**
- Air Care Alliance: http://www.aircarealliance.org
- Angel Flight Central: http://www.angelflightcentral.org
- Patient AirLift Services: http://www.palservices.org
- National Patient Travel Center: http://www.patienttravel.org/

**Resources for Young Adults:**
- Stupid Cancer: www.stupidcancer.org
- The SAMFund: www.thesamfund.org
- Be Bright Pink: www.bebrightpink.org/home
- Cancer Scholarships: http://www.finaid.org/scholarships/cancer.phtml

**Personal Care/Well Being**
- Treatment Diaries: www.treatmentdiaries.com
- LIVESTRONG: www.livestrong.org
- Look Good, Feel Better: http://www.lookgoodfeelbetter.org

**Nutrition**
- OncoLink: http://www.oncolink.upenn.edu
- Life with Cancer: http://www.lifewithcancer.org

**Community Support- Local & Online**
- https://www.cancer.org/treatment/support-programs-and-services.html
- http://www.stupidcancer.org/app/
- https://www.cancersupportcommunity.org/online-cancer-support
- http://www.cancertifeline.org

**Community for Survivors:**
- https://www.projectkoro.org/