



multiple myeloma cancer coaching

questions guide

introduction



DAVID EMERSON
Director PeopleBeatingCancer
Multiple Myeloma Survivor
MM Cancer Coach

One of the themes that runs through the MM CC Program is my regret that I didn't learn more about my diagnosis of MM in early 1994 when I was first diagnosed.

My regret begins by my not asking my oncologist any questions at all about my cancer.

If the questions below seem extensive it is because they are extensive. Some of the question that I think you should ask your oncologist are redundant to the information contained in the MM CC guides. I think you should hear about possible treatment side effects, for example, from both me and your oncologist.

Lastly, I'm biased of course, but I think that all MMers should consult with me at some point because I think that the most complete answers to surviving myeloma are from someone who has survived myeloma. While oncologists are often well-educated, knowledgeable people, they aren't MM survivors.

questions to ask after getting a diagnosis

- Can you explain my pathology report (laboratory test results) to me?
- What stage is the myeloma?
- Am I symptomatic or asymptomatic? What does this mean?
- Is my kidney function being affected?
- Should I consider cytogenetic testing? What is involved, and what do the results mean?

questions to ask about choosing a treatment and managing side effects

- What are my treatment options?
- What treatment plan do you recommend? Why?
- What is the goal of each treatment? Is it to eliminate the cancer, help me feel better, or both?
- What are the possible side effects of this treatment, both in the short term and long term?
- Who will be part of my health care team, and what does each member do?
- Who will be leading my overall treatment?
- Who can you recommend for a second opinion?
- Could this treatment affect my sex life? If so, how and for how long?
- Could this treatment affect my ability to become pregnant or have children? If so, should I talk with a fertility specialist before cancer treatment begins?
- If I'm worried about managing the costs of cancer care, who can help me?

questions to ask about planning follow-up care



- What is the chance that the cancer will come back? Should I watch for specific signs or symptoms?
- What long-term side effects or late effects are possible based on the cancer treatment I received?
- What follow-up tests will I need, and how often will I need them?
- How do I get a treatment summary and survivorship care plan to keep in my personal records?
- Who will be leading my follow-up care?
- What support services are available to me? To my family?
- Where can I get more information?
- Whom should I call with questions or problems?