

Cancer Treatment: Get the Most from Your Doctor Appointment
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If you have been diagnosed with cancer, you probably have a hundred questions to ask your physician. But when you are actually sitting in the office, it's very easy to forget to ask one or more of the questions on your mind. To improve the information gathered at your next appointment, below are a few tips to make the most of the one-on-one time with your cancer specialist.

- Make a list of your questions before each appointment. You can keep a “running list” and write down new questions as you think of them. Make sure to have space on this list to write down the answers from your doctor or nurse.
- Bring a family member or trusted friend to your medical visits. This person can help you understand what the doctor or nurse says and talk with you about it after the visit.
- Ask all your questions. If you do not understand an answer, keep asking until you do.
- Take notes for later review when meeting with your doctor, or ask a family member to accompany you for that purpose.
- Ask for printed information about your type of cancer and chemotherapy.
- Let your doctor or nurse know how much information you want. Some patients want to learn everything about cancer and its treatment. Others want only a little information.
- Find out how to contact your doctor or nurse in an emergency or after

hours, including who to call and where to go.

Being able to have the opportunity to ask all your questions at your next appointment and receive an immediate response will make you more knowledgeable, comfortable and confident in the treatment and care provided by your physician and cancer team.