

QUESTIONS TO ASK YOUR DOCTOR

It is important to ask your doctor any questions you might have. Some questions might be difficult for you to ask – and for your doctor to answer – but ask them anyway. Write questions down when you think of them so you have a list at the time of your appointment.

When you are being given answers by your doctor, make written notes and ask for answers to be repeated or explained if there's something you miss or don't understand. It's always useful to have a friend or family member with you at an appointment to take notes, to help remember things and give you someone to discuss the appointment with afterwards. You can also find more information at: newlydiagnosed.saveyourskin.ca

Some Of The Things You Will Likely Want To Ask Are:

- What stage of melanoma or non-melanoma skin cancer do I have?
- Will I have a biopsy, or have I had a biopsy? Is there specific testing I should have such as BRAF and NRAS gene testing for melanoma? When will I get my biopsy results, and how do they impact my treatment options?
- If my melanoma or non-melanoma skin cancer is metastatic, should I see a Medical Oncologist? (unless you are already with a Medical Oncologist)
- What are the available treatments for this stage of skin cancer? Am I eligible for these treatments?
- Should I consider a clinical trial? Am I eligible for any clinical trials?
- Will I have more than one treatment? I.e., surgery, immunotherapy, targeted therapy, radiation? Which one(s) might I get and in what order?
- What are the risks and benefits of each treatment for skin cancer?
- Will my age, cancer stage and other health conditions affect my treatment choices?
- Do I have any current health conditions or concerns that may affect my treatment options?
- What are possible side effects of my treatment? How will I be advised to manage side effects?
- Where will I be treated? Will I have to stay in the hospital or can I go home after each treatment?
- Will I still be able to work? Will I still be able to do normal activities?
- How often will I have appointments and imaging (CT/MRI/PET scans)
- Is there anything I can do to prepare for treatment? Should I stop taking any other medications or supplements I am currently on?
- How soon should I start treatment? How long does treatment take?
- Is there a cost to the treatment? If yes, are there options for the costs to be covered by my insurance, or any other options?
- How likely is it that I'll be cancer-free after treatment?
- What is the chance that the melanoma will come back or spread?
- What should I do after I finish treatment?
- Are there supportive services that I can get involved in? Support groups?
- What do I need to do next? When will my next appointments be?



Hand In Hand, We Fight Skin Cancers And Melanomas Together

For those living with [melanoma](#), [non-melanoma skin cancer](#) or [ocular melanoma](#), support can be vital to the healing process. Save Your Skin Foundation (SYSF) provides a collection of resources as well as several ways for patients to connect with others or with private support. Click on any or all of the below to find compassionate and confidential support.

Ways to Connect

JOIN OUR MONTHLY PATIENT FIRESIDE CHATS

Held on the first Thursday evening of each month, our monthly chats explore different topics each month, allowing plenty of time for questions and discussion. [Click here to read more!](#)

GET SOCIAL WITH US

We run two private groups on Facebook for patients to connect with fellow patients, survivors and caregivers: [Melanoma and Skin Cancer Connect](#) [Ocular Melanoma Connect/Connexion mélanome oculaire](#)

VISIT I'M LIVING PROOF

Find other patients or survivors on our [I'm Living Proof map of stars](#) – request to connect with someone on the map, choose to share your story, or simply read through others' experiences – you are not alone.

GET OUR NEWSLETTER

We are always working on new ways to help those touched by melanoma, non-melanoma skin cancer, and ocular melanoma. Stay informed by [subscribing to our Newsletter](#).

Educational Resources

CATCH OUR PREVIOUS WEBINARS

Watch our collection of [Educational Webinars](#) – topics range from Mental Wellness and Support After a Cancer Diagnosis, to Treatment Options and Clinical Trials in Canada. If you'd rather not register to watch, check out all of the recordings on the [SYSF YouTube Channel](#)

LEARN MORE ABOUT MENTAL WELLNESS

Check out the poster we developed in 2018 from survey responses about [The Affects of Melanoma on the Mental Wellness of Patients, and the Landscape of Mental Health Support in the Canadian Melanoma Community](#)

READ OUR WELLNESS RESOURCES

If you like to read, we have plenty of information about [Self-Care After Cancer](#), as well as [Emotional and Mental Wellness Resources](#) such as Strategies for Dealing with Overwhelm and for Maintaining Hope.

EXPLORE PATIENT STORIES THROUGH PHOTOS

If you're more of a picture person, take a look at our 2016 e-book: [Melanoma Through My Lens](#)