

Questions to Ask Your Doctor - Follow-Up Care

Informed and Empowered Ocular Melanoma Patients Live Longer, Better Lives.

Following primary treatment, you will likely make a follow-up plan with your healthcare team. These questions can help guide that discussion.

Follow-Up Questions for Your Oncologist:

- What is metastatic disease?
- How does ocular melanoma spread, and where is it most likely to spread?
- How will you determine if the cancer has spread to a different part of my body?
- Are there any symptoms I should be aware of that could signal that the cancer has spread?
- Given the details of my case, what is the risk of having the OM spread beyond my eye? What are the ways to help determine this risk?
- Are there any preventative treatments for metastatic disease I should know about?
- If the cancer in the eye responds to the treatment, can it still grow back? Should I look into genetic counselling?
- What is the likelihood of recurrence? What are those treatment options?
- Can ocular melanoma develop in my other eye? What are those treatment options?

- What do you recommend in terms of scans and visits for follow-up care?
- Can you show me how to read my scans?
- Are there changes to my diet or lifestyle that will make a difference in my cancer battle?
- Should I seek a second opinion?
- Will my cancer be registered at a cancer agency?

Questions Regarding Adjuvant Therapy:

- What does adjuvant therapy mean?
- Will adjuvant therapy decrease my chance of developing metastatic disease?
- Are there clinical trials for adjuvant treatment?
- Do I need scans on a regular basis? If so, what type of scan do you recommend? MRI with contrast? CT scan? Ultrasound? Bloodwork?
- What would a “regular basis” look like? Every 3 months? 6 months? Annually?
- After my treatment, should I continue to follow-up with both an ophthalmologist and a medical oncologist? If so, how often and what tests do I need?
- Will I be able to continue my normal daily life?

This document was created with the permission of CureOM, an initiative of Melanoma Research Foundation www.cureOM.org

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All references can be found on the Melanoma Research Foundation website at www.melanoma.org