



Video Transcript:

From the UnitedHealthcare Cancer Education Series

Every minute of every day, three new people are told these words: “You have cancer.”

What you would do if you were on the receiving end?

What would be your next step?

While you may not have that answer right away, there are plenty of people who can help.

Your oncologist is surrounded by a team of professionals – a team dedicated to making sure you know – and understand – your choices.

That team may include specialists, nurses and social workers – all working with you to help you make informed decisions about your health, as you weigh the risks and benefits of various approaches to treatment.

And a good team will encourage you to ask plenty of questions.

Most of us are aware of that old phrase “there’s no such thing as a dumb question.”

It’s especially true when it comes to cancer, where making the diagnosis and developing a treatment plan is often complex.

What kind of cancer do I have?

Where is it in my body?

What stage is my cancer?

Should I get a second opinion?

How should the cancer be treated?

Where is the best place to be treated?

How long will treatment last?

How will I know if the treatment is working?

Can I get support for child care while being treated?

How about help with transportation to and from treatments?

Those are 10 questions, but you might have 100 – or 1,000 – more.

The point is – ask.

Don't forget to include questions about communication.

Does your oncology team respond quicker to phone calls or email?

Who is responsible for responding?

What hours are the best to call?

How are test results handled in a particular office?

When visiting your care team, it's OK to bring family or friends along to take notes – or even record conversations.

And if you need more time, schedule more time. That's a good way to ask more questions, and get more answers.

It's also OK to ask for a second opinion.

Doctors will rarely take offense, and chances are you'll be given the name of another specialist you can trust.

You can look online for information about the challenges you may be facing, but try to stick with trusted, reliable sources, and talk with your doctor to discuss your findings. Together you can determine what will work best for you.

For starters, try the American Cancer Society at [Cancer.org](https://www.cancer.org) or the Association of Cancer Online Resources at [ACOR.org](https://www.acor.org).

Both are excellent resources.

If you still have more questions, the people you've teamed up with are there to help.

You might have 10 questions.

100.

1,000.

It doesn't matter.

Just ask.

And remember – you're not alone.

This is a journey you can ... and should ... share with others.

