



Questions To Ask Your Doctor

Your guide to meaningful conversations with your care team

When You First Receive Your Diagnosis

- What type of cancer do I have?
- What stage is my cancer, and what does that mean?
- Will I need more tests before we decide on treatment?
- How much time do I have to make decisions about treatment?
- Can you recommend resources to help me understand my diagnosis?
- Should I get a second opinion, and will that delay treatment?

About Your Treatment Options

- What treatments do you recommend, and why?
- What is the goal of treatment: cure, control, or comfort?
- What are the benefits and risks of this treatment?
- Are there other treatment options I should consider?
- How long will treatment take?
- How often will I need to come in?
- What happens if the treatment doesn't work?



About Side Effects

- What side effects should I expect?
- When will side effects start, and how long will they last?
- What can I do to manage side effects at home?
- Which side effects should I report immediately?
- Will I be able to work during treatment?
- How will treatment affect my appetite, energy, and sleep?



Practical and Financial Questions

- How much will treatment cost?
- What does my medical aid cover?
- Are there payment plans available?
- Do I need to arrange transport for treatment days?
- Should I make any changes to my diet or exercise?
- Can I continue taking my other medications?

Questions for Your Family to Ask

- How can we best support our loved one during treatment?
- What signs should we watch for at home?
- Who should we contact if there's a problem after hours?
- Are there support groups for families?
- What should we know about nutrition and care at home?



After Treatment Questions

- How will we know if treatment is working?
- What follow-up care will I need?
- What are the signs of recurrence I should watch for?
- How often will I need check-ups?
- What long-term effects should I expect?

Tip: Bring this list to your appointment. Write down the answers or ask if you can record the conversation. Don't hesitate to ask your doctor to explain anything you don't understand.



Your Questions Are Always Welcome

Asking questions is **not** a burden. It helps your care team understand what matters to you and ensures you can make informed decisions about your treatment.



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