

FEEL CONFIDENT AND IN CONTROL WITH A SECOND OPINION

Receiving a cancer diagnosis is a life-changing event.

You may be overwhelmed with different emotions and feel unsure about what to do next. Exploring a second opinion can help you make a more informed decision about your cancer treatment, and can also introduce you to advanced treatment options.

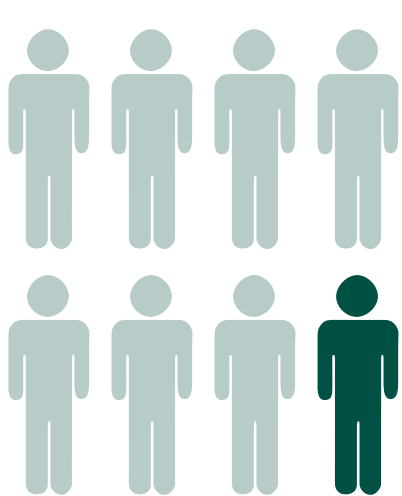
THE PATH TO THE RIGHT TREATMENT PLAN.

CONFIRM YOUR DIAGNOSIS

Confirming your diagnosis can help you feel more confident that you are choosing the right treatment path. In some cases, a second opinion might yield a different type or stage of cancer, which changes the treatment plan. If the original diagnosis is confirmed, a second opinion may provide additional treatment options for you to consider.



The average patient devotes an hour or less to researching his or her surgery or surgeon, which is less time than a person spends researching a new refrigerator.¹



1 in 8

cancer patients are misdiagnosed.²

Once you've begun treatment, starting over with a new plan can be hard on your body, and in some cases won't be possible. Knowing all your options before you begin can help ensure you choose the right treatment from the start.

MANAGE SIDE EFFECTS



A dedicated care team that includes nutrition therapy, naturopathic medicine, mind-body medicine and more can help you feel strong and maintain quality of life while going through treatment.



Working with a nutritionist can help keep you nourished during treatment, as well as help ease any nausea you might be feeling.



Mind-body therapists can help you understand the powerful connection that exists between the mind, body and spirit, between stress and illness, and between health and hope.



A truly integrated approach means that all of your doctors and providers communicate regularly to discuss your treatment and support your overall health.

GOAL



The right treatment plan for your individual needs.

In every situation, there is always hope. One doctor may say that your cancer is untreatable, while another may be willing to explore other treatment options. If you're concerned that all of your needs aren't being met, then a second opinion might help you find the right treatment path.



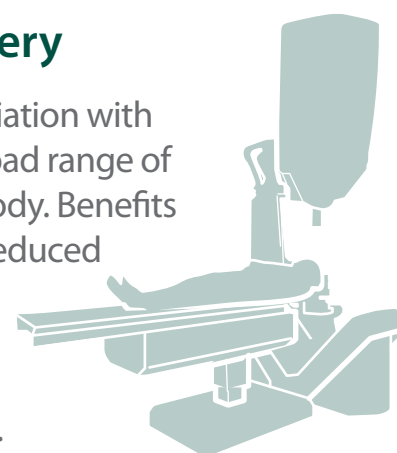
DISCOVER MORE TREATMENT OPTIONS



Some hospitals have treatments that are not available at other facilities. Seeking a second opinion from a doctor in another health system could provide more cancer treatment options, including treatments that are more advanced or more tailored to your individual needs. Some examples include:

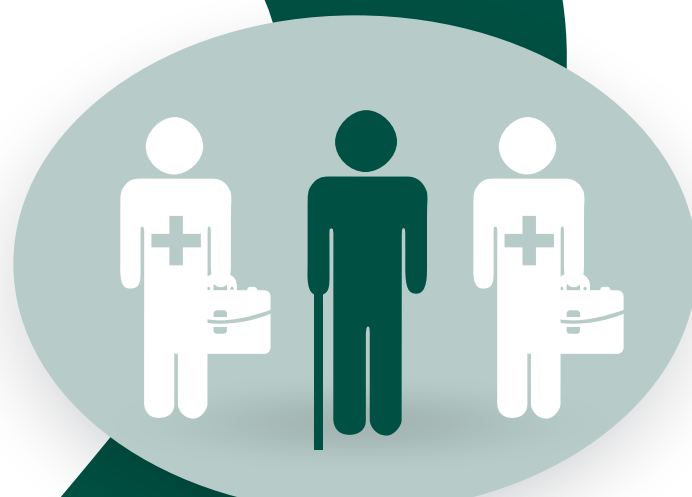
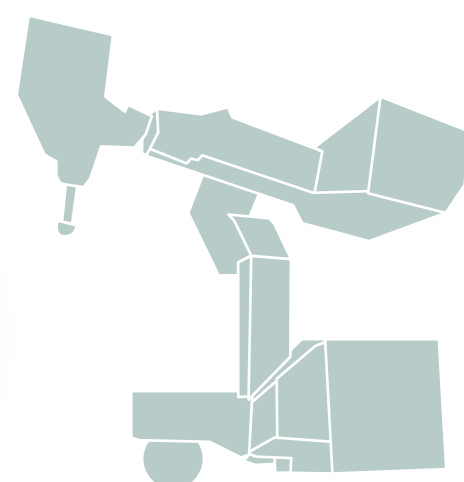
CyberKnife® VSI™ Robotic Radiosurgery

Delivers high doses of radiation with pinpoint accuracy to a broad range of tumors throughout the body. Benefits may include no incision, reduced pain, no anesthesia or hospitalization, greater comfort and immediate return to normal activities.



Intraoperative Radiation Therapy (IORT)

Allows patients with a variety of cancer types to receive a single, powerful dose of radiation directly to a tumor site during surgery, helping to reduce treatment times and minimize side effects.



THE BEST DOCTOR AND FACILITY FOR YOUR NEEDS



Most doctors understand that patients have a right to a second opinion and should not feel offended. In fact, many doctors encourage it before making a treatment decision. When meeting with a new doctor, take note of the nurses and office staff to make sure you choose to treat with the best team and/or hospital for your needs.



Services for caregivers and family members, such as counseling sessions, can help your loved ones help you along the way.



A care advocate can assist with navigating insurance concerns, as well as answer any questions you may have.



Activities, outings and classes can keep you occupied and educated, and help keep your mind off of treatments for a little while.



SOURCES

1. <http://www.facs.org/news/russell.html>.
2. Raab S, Grzybicki D. Quality in cancer diagnosis. CA Cancer J Clin. 2010;60: 139-165

For more information, call 1-800-296-9333.