

Are you asking the right questions about your cancer diagnosis?



A cancer diagnosis can be scary and confusing. But advances in research mean more therapies are available. At NYOH, we sit down with every patient and family to discuss options and develop a personalized treatment plan. Below are questions our physicians recommend asking to understand and prepare for cancer treatment, with space to write down answers.

What is my diagnosis and stage of cancer?

Your physician should discuss this information with you and how it affects your treatment options.

Will I need more tests?

Many patients do require additional tests to determine the best possible treatment options. Be sure to ask your physician why they are being done and how they may affect your treatment options.

What are the treatment options for my cancer?

This depends on the type and stage of cancer. At NYOH, options may include: observation, surgery, radiation, targeted molecular therapy, immune therapy, chemotherapy, and clinical research trials.

What is the goal of treatment—to cure or control my symptoms?

This also depends on the stage and type of cancer. While many treatments are curative, some are used to control symptoms and improve quality of life.

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What are the side effects of my treatment options?

Potential side effects should always be reviewed before treatment. With advancements in treatments and medications that prevent/manage side effects, many patients tolerate treatment with minimal disruptions to their lives.

Am I eligible for a clinical research trial?

Ask your physician if clinical trials are a treatment option. With the region's largest research program, NYOH provides eligible patients with access Phase I/II and III trials for a variety of cancers.

How long will my treatment last?

From a 15-minute radiation treatment to several hours of chemotherapy infusion, it depends on the type of therapy. The duration of treatment can range from a few weeks to several months of visits.

What problems or symptoms should I report right away?

Your physician should provide a list of possible severe reactions prior to treatment and discuss them with you. It is important that this information also be shared with your family and caregivers.

Do my siblings or children have an increased risk of developing my type of cancer?

Your physician should discuss whether your cancer is thought to have a genetic link. At NYOH, our Hereditary Cancer Risk Assessment program provides testing and information for patients and their families.

Can I exercise during treatment?

Moderate exercise is usually encouraged unless there are specific risks with your disease. Your oncologist/hematologist should discuss this with you prior to treatment.

Will I need to see other doctors or cancer specialists as part of my treatment?

Most patients receive care from several physicians, technologists, therapists, and nurses, who each provide a specialized skill or expertise. At NYOH, we also provide second opinions for patients before they begin treatment.