



melanomaWA
AWARENESS & SUPPORT



**QUESTIONS TO ASK
YOUR DOCTOR ABOUT
YOUR MELANOMA
DIAGNOSIS**

Being diagnosed with melanoma can be an unsettling time. It's worthwhile to have an understanding of melanoma so you know what treatments you may need and what your options are around these treatments.



The important thing to remember is there are **many new medical treatments** and the prognosis for most people diagnosed with melanoma is good.



To get a thorough understanding, it is good to ask questions. This will also help you build a relationship with your doctor and feel more confident when discussing your diagnosis with family and friends.

We recommend that you make a new appointment, or put some time aside at your next appointment, to ask your doctor questions about your diagnosis.

Before your appointment

- * Prepare your questions; write them down so you don't forget what you would like to ask.
- * Take your partner or relative or friend to the appointment to take notes. This will help if you forget some of the information you are told.

SOME SUGGESTED QUESTIONS

Please tick the questions you want to ask. It's OK to ask your doctor to explain their answers again if you don't understand them.

Suggested questions for your GP or Dermatologist

Learning about your diagnosis

- What is melanoma?
- How did I get melanoma?
- What type of melanoma do I have?
- What stage of melanoma do I have?
- How do they determine the stage?
- What is the Breslow Depth and the Clark Level?
- Is it ulcerated?
 - Why is this important to know?
- Can you explain my pathology report?
- Is it likely the melanoma has spread?
 - Why? Why not?
- When will I be cured?

- Will it come back?
- Will I need to be checked to see if I have more melanomas?
- Are my chances of developing more melanomas in the future increased?
- Have all the melanoma cells been removed when you cut the mole out, or will I need more surgery?
- Who will do that surgery?
- Can you explain the difference between primary and secondary melanoma?
- Will I need to see other doctors or specialists?
- What steps can I take to reduce the risk of more melanomas?
- How often will I need to make a skin screening appointment?
- Is melanoma hereditary?
 - Do my family members need to be checked?
- Am I eligible to get my treatment plan reviewed by the Western Australian Melanoma Advisory Service (WAMAS)?

Learning about treatments for primary melanoma

- Do I need a biopsy to find out if the melanoma has spread to my lymph nodes?
- What treatment plan do you recommend?
 - Why?

- 📖 What is my prognosis if I follow this treatment plan?
- 📖 Are there other treatment choices for me?
- 📖 Will surgery be able to remove all of the cancer?
- 📖 Will I need a skin graft?
- 📖 Should I have another type of treatment following surgery?

Suggested questions for your Specialist

Learning about treatments for secondary melanoma

- 📖 What are the possible side effects of each treatment?
- 📖 Are there things I can do to reduce the side effects?
* Please refer to our pack for information on Lifestyle Options.
- 📖 How long will my treatment take?
- 📖 Will I have to stay in hospital?
- 📖 How will each treatment affect my daily life?
 - 📖 Will I be able to work, exercise, and perform my usual duties?
- 📖 Could this treatment affect my ability to become pregnant or have children?
- 📖 How much will my treatment cost?
 - 📖 Who will pay for this?
- 📖 What follow-up care is necessary?
- 📖 What are the chances of my cancer coming back?

- 📖 Where can I get more information on the latest news about treatments and therapies for melanoma?
- 📖 Have I been tested for gene mutations (BRAF, NRAS, C-KIT)? Can you explain these to me?

Learning about Clinical Trials

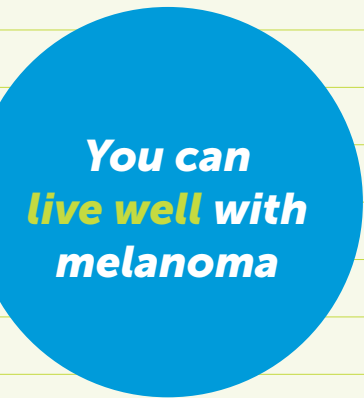
- 📖 What clinical trials are open to me?
- 📖 What would I have to do as part of the clinical trial?
- 📖 What are the known side effects?
- 📖 What are the benefits and risks for me?
- 📖 Can I withdraw from the clinical trial at any time?
- 📖 Do I pay to be on the clinical trial?
- 📖 Are these studies important for me or for others?

For more information about current clinical trials, call the Western Australian Melanoma Advisory Service (WAMAS) on 9382 9445.

Lifestyle Options

- 📖 Is there anything I can do in my everyday life to improve the outcome?
* Please refer to our pack for information on Lifestyle Option.

YOUR NOTES



*You can
live well with
melanoma*



melanomawa
AWARENESS & SUPPORT

P 9322 1908 **E** support@melanomawa.org.au

A Cancer Wellness Centre
80 Railway Street, Cottesloe WA 6011

www.melanomawa.org.au