

| Suggestions |

You and your family may choose to use this list at any time as a tool to discuss with your medical care team about the most suitable treatment and care for you.



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Question Prompt Lists for Oral and Oropharyngeal Cancer Patients



Questions to ask your
Oral Cancer medical care team.



When you see your medical oncologist today, you may have questions and concerns.

Often these are forgotten in the heat of the moment, only to be remembered later.

We have compiled a list of questions to help you organize the information about your illness you may like to seek from your oncologist.



I was just diagnosed with cancer and I am wondering what's next...

Diagnosis and Tests

- What type of oral cancer is it?
- What is my stage? Has it spread ?
- What does the test result say about my cancer? Do I need to do any other tests?
- Is it possible that my siblings or children will also get this cancer? Is it contagious?
- Is it possible to cure my cancer?

Treatment Options

- What is your opinion about the best treatment for me?
- How likely is it that the treatment will improve my symptoms?
- Can I have children after cancer treatments?

Costs

- Are cancer treatments covered by National Health Insurance?
- Are there any drugs not covered by NHI that I can consider? If so, what will be the costs?
- If I'm worried about managing the expenses of cancer care, who can help me?
- Can I work while getting treatments? Am I eligible for any benefits if I cannot work?
- Am I eligible for social welfare (disability ID, disability pension, caregiver allowance, etc.)?

I am worried about the physical impacts of treatment...

Living With Cancer

- How will the cancer treatment affect my daily activities (diet, exercise, work, sexual drive, etc.)?
- What foods should I eat to get nutrition during cancer treatment?
- Is there anything that I can do before or during my treatment to make it more effective (diet, exercise, quite smoking, etc.)?
- Can I take Chinese medicine or my other medications (such as prescriptions for diabetes)?
- What signs or symptoms should I go to the ER for?
- Is sexual activity OK during cancer treatment?

Support Information

- Are there rehabilitation services available to help me improve my speech, swallowing, or shoulder motion?
- Are there any specific materials that would be useful (pamphlets, books, videos, websites)?

I want to know more about different types of cancer treatment...

Surgery

- Is surgery absolutely necessary?
- What type of surgery will I have? Why do I need surgery?
- What parts will need to be removed? Will there be a need for a skin graft?
- What are the possible risks of this operation (anesthesia, complication, blood transfusion, etc.)?

- What are the possible long-term effects of having this surgery? How could this affect my daily life?
- How long will I be in the hospital? Will I get an implanted port?
- What is my follow-up plan after surgery?
- Will this surgery affect my appearance in any way? If so, what can I expect?
- Will I need major reconstruction after surgery? If so, how will this affect my ability to speak and eat?

Radiation Therapy (Radiotherapy)

- Why do I need radiation therapy?
- How effective is radiation therapy?
- What is the treatment plan and schedule, e.g. how many treatments will I have, how often, and for how long will I have treatment?
- Will I have side effects from radiation therapy? When are these effects likely to happen? How should I care for myself during radiation therapy?
- What are the long term late effects of radiation therapy?

Chemotherapy

- What is chemotherapy?
- Why do I need chemotherapy?
- What is the treatment plan and schedule, e.g. how many treatments will I have, how often, and for how long will I have treatment?
- What is a port, and will I need one?
- Will I have side effects from chemotherapy? When are these effects likely to happen? How should I care for myself during chemotherapy?
- What are the long term late effects of chemotherapy?

Targeted Therapy

- Is targeted therapy an option for me?
- How long does targeted therapy last?
- Is targeted therapy covered by National Health Insurance?
- Will I have side effects from targeted therapy? When are these effects likely to happen? How should I care for myself?

Immunotherapy

- Is immunotherapy an option for me?
- How long does immunotherapy last? How effective is immunotherapy?
- Is immunotherapy covered by National Health Insurance?
- Will I have side effects from immunotherapy? How should I care for myself?



I want to know more about post cancer treatment care...

Follow-up Care after Treatment

- What are the signs of cancer recurrence? Can I do anything to prevent it?
- What are the options available for voice/speech rehabilitation?
- What is my long-term follow up plan? What tests do I need to do and how often?

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