

Question checklist for myeloma

Asking your doctor questions will help you make an informed choice. You may want to include some of the questions below in your own list.

Diagnosis

- What type of myeloma do I have? What stage and category is it?
 - What tests do I need?
 - Has the myeloma spread? How fast is it growing?
 - Does it need treatment now or do you recommend active monitoring?
 - If you recommend active monitoring, how often will I need check-ups?
 - Are the latest tests and treatments for myeloma available in this hospital?
 - Will a multidisciplinary team be involved in my care?
 - Are there clinical guidelines for this type of myeloma?
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Treatment

- What treatment do you recommend? What is the aim of the treatment?
 - Are there other treatment choices for me? If not, why not?
 - If I don't have treatment, what should I expect?
 - How long do I have to make a decision?
 - I'm thinking of getting a second opinion. Can you recommend anyone?
 - How long will treatment take? Will I have to stay in hospital?
 - Are there any out-of-pocket expenses not covered by Medicare or my private health cover?
Can the cost be reduced if I can't afford it?
 - How will we know if the treatment is working?
 - Are there any clinical trials or research studies I could join?
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Side effects

- What are the risks and possible side effects of each treatment?
 - Will I have a lot of pain? Can I work, drive and do my normal activities?
 - Should I change my diet or physical activity during or after treatment?
 - Are there any complementary therapies that might help me?
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After treatment

- How often will I need check-ups after treatment?
 - If the myeloma returns, how will I know? What treatments could I have?
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My questions
