



Questions to Ask Your Health Care Team About Skin Cancer

Thinking about having cancer or being told you have cancer can be scary. Most people have a lot of questions but might not be sure how to ask them. Here are some questions you might want to ask your doctor or nurse about skin cancer. Not all of these questions will apply to you, but they can help get you started.

Questions to ask about your risk for skin cancer

- What are the risk factors for skin cancer?
- Are there any risk factors I should be concerned about?
- What can I do to help reduce my risk for skin cancer?
- What sunscreen and other sun protection products do you recommend?
- How do I do a skin check at home? And how often should I do it?
- What should I be looking for when I do a skin check?
- What should I do if I find something new or changed on my skin?
- How often do you need to check my skin?

Questions to ask if you are diagnosed with skin cancer

- Would you please write down the exact kind of skin cancer I have?
- Did we catch this cancer early?
- Has the cancer grown deep into the skin or spread?
- Do you know the stage of the cancer?
- If not, how and when will you find out the stage of the cancer?
- Would you explain to me what the stage means?
- What happens next?

Questions to ask when deciding on a treatment

- Will I need any other tests before we can decide on treatment?
- Do I need to see any other doctors?
- What treatment do you think is best for me?
- What's the goal of this treatment? Do you think it could cure the cancer?
- What will treatment be like? Where will it be done? How long will it take?
- How much will my treatment cost? Will my insurance cover it?
- Will I be OK if the cancer is just removed with no other treatment?
- What side effects could I have from these treatments?
- Will I have a scar? What will it look like?
- Is there a clinical trial that might be right for me?
- What about special vitamins or diets that friends tell me about? How will I know if they are safe?
- How soon do I need to start treatment?
- What should I do to be ready for treatment?
- Is there anything I can do to help the treatment work better?
- What's the next step?



Questions to ask after you are done with treatment

- What are the chances that the skin cancer will come back? What would we do if that happens?
- What are my chances of having skin cancer again? What should I watch for?
- Should I take special precautions? How should I do that?
- What sunscreen do you recommend?
- Are my family members at risk for skin cancer? What should I tell them to do?
- How often should I have checkups to watch for other skin cancers?
- Will I need other follow-up tests, and how often will I need them?

For more information, go to cancer.org/skincancer or call our 24/7 helpline at **1-800-227-2345**.

