

What to do when the doctor says, “It’s cancer.”

If you’ve been diagnosed with cancer, you’re not alone. Half of all men and a third of all women in the United States will be diagnosed with the disease at some point, and nobody is ever prepared for it. Following these steps can help guide you to learning about your diagnosis, choosing treatment and finding your way forward.



CANCER COPING TIP

Focus on what you
can control; let go
of what you can't.



Take a deep breath.

Allow yourself time to take in the news and push back against feelings of panic. Most cancers grow slowly and it's likely that you don't need to act immediately.



Learn the details of your diagnosis.

Cancer isn't one disease, but a group of more than 200 different diseases. Ask your doctor the name of your cancer type, its location, stage, where it started and whether it has spread. It's especially important to make sure you have the proper diagnosis before beginning treatment. Roswell Park pathologists report that 10% of patients received a change in diagnosis after coming from another care facility.



Find a cancer center designated by the National Cancer Institute (NCI).

Roswell Park is one of only 49 NCI-designated comprehensive cancer centers, a recognition that reflects scientific expertise in cancer research and ability to offer cutting-edge treatments. Patients treated at these centers have higher overall survival compared to those treated at community hospitals, and in some cancers, up to twice as high.



Questions to ask your cancer care provider

- Can my cancer be cured?
- What are the best treatment options for my cancer?
- What is the goal of this treatment?
- How long will treatment take?
- Will I be able to continue working?
- What side effects are expected and how will they be managed?
- What are your outcomes in treating this cancer?
- What options are available if I choose not to have this treatment?

Make an Appointment

Request a consultation by completing the short form found at RoswellPark.org/become-a-patient or call Roswell Park at 1-800-ROSWELL (1-800-767-9355).

What is Immunotherapy?

Our Center for Immunotherapy is a national leader in developing new treatments to help a patient's immune system fight cancer. Schedule a consultation to see if immunotherapy is an option for your specific type of cancer.



Bring someone along to your appointment.

A supportive friend or family member can help listen, take notes or ask questions for you.



Evaluate your options.

Some cancers need just one type of therapy while others are treated best with a combination of approaches. Don't be afraid to ask questions, especially if there's something you don't understand.



Consider a second opinion.

Visiting another doctor can help you learn more about your cancer, confirm your diagnosis or offer a different approach to therapy.

Life Beyond Cancer

We provide a full menu of services — all in one location — for not only diagnosing and treating cancer, but also for helping survivors live healthy lives after treatment has ended.

For more information about your cancer or its treatment, call **1-800-ROSWELL (1-800-767-9355)** or visit roswellpark.org/about-us/roswell-difference.



What are Clinical Trials?

Clinical trials are carefully controlled research studies that evaluate whether a new treatment is safe and how well it works. Trials are only conducted when there is good reason to believe the new treatment may be better than what's being used now. Clinical trials are important options for many people with cancer and participating in a trial is always your choice. Learn more at RoswellPark.org/Clinical-Trials.



Find support.

Seek and accept support from family, friends, community resources and others with cancer to help manage emotional, practical and financial issues.



Seek care for your whole self.

Cancer affects more than just your physical body. True comprehensive care will give you access to pain management, psychological support, clinical genetics counseling, nutrition assistance and more.



Read online reviews.

Facebook, Google, Healthgrades, Vitals and RateMDs are just a few websites where you can see what other patients have to say about a physician or hospital.



Take care of yourself.

Exercise, eat well, stay hydrated, and get plenty of sleep, as this will help you stay stronger both mentally and physically during treatment.

About Roswell Park

Founded in 1898, Roswell Park was the first center in the world to focus exclusively on cancer. Our patients receive cancer care in disease-site specific clinical centers at our state-of-the-art facilities. Our multidisciplinary teams of experts—board-certified surgical, medical and radiation oncologists—collaborate to ensure each patient's treatment evaluates all options, follows evidence-based best practices, is optimally coordinated and delivered with compassion and respect.



Designed to De-stress

Atmosphere makes a difference. A cancer diagnosis can lead to intense stress. We've designed beautiful and uplifting spaces to help relieve some of that stress, with a rich collection of artwork, friendly therapy dogs, musicians who perform daily in the hospital lobby and a beautiful park for relaxing when the weather's warm. It's all part of how we take care of both body and spirit.



For more information about your cancer or its treatment, call **1-800-ROSWELL (1-800-767-9355)** or visit roswellpark.org/about-us/roswell-difference.