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Melanoma Guide – Patients and Relatives

Asklist for the visit to the doctor

Diagnosis: stage I melanoma

Dear readers,

The following are questions to ask when visiting a doctor if I have been diagnosed with first-stage melanoma.

1. What criteria led to the diagnosis of stage I?
2. Did the biopsy remove all the melanoma, or will I need another biopsy?
3. Do you think that a second opinion regarding the biopsy needs to be sought to confirm the diagnosis before starting treatment?
4. Is a sentinel lymph node biopsy necessary?
5. How much experience does the surgeon in charge have with a sentinel lymph node biopsy, if I need it?
6. Do you recommend getting a second opinion on this?
7. Are there options other than surgery that would be suitable for treatment?
8. After the current stage of melanoma, what is the probability that it has already spread to other parts of my body?
9. Will I need additional diagnostics to confirm the stage of melanoma; will you arrange for tumor marker analysis?
10. Which treatment plan (e.g. adjuvant chemotherapy) do you suggest and why?
11. What is my prognosis if I follow this plan?
12. What kind of follow-up care will I need?
13. What is the probability that the cancer will reappear?
14. How do you assess the possibility that a second melanoma could develop?
- 15. General questions for stage I**
16. Have you inspected all moles and assessed my lymph nodes?
17. How often should I attend skin cancer screenings?
18. What preventive measures can I take to reduce the risk of second melanoma?
19. How do you assess the risk that other family members will also develop melanoma?