



Being your own healthcare advocate means asking questions and making sure you understand everything your doctors are explaining. It may be helpful to bring something with you to your appointment to write with as you may not remember everything that was said. Remember to speak up if you have more questions, feel unsure, or are uneasy about any aspect of your care. No one else knows you better than you do.

9 Questions for your dermatologist:

- Do I have any moles that look suspicious?
- How do you determine which is a suspicious mole?
- What's the difference between a freckle and a mole?
- Are there any growths I should monitor moving forward?
- What else can I be doing to protect my skin?
- Am I at a high risk for skin cancer?
- What type of sunscreen should I use?
- How often should I get my skin examined?
- Is there anything else I can do to reduce my risk of skin cancer?

Questions for your surgeon or surgical oncologist:

- What kind of skin cancer do I have?
- Have you diagnosed and/or treated a lot of melanomas?
- Was my biopsy examined by a pathologist who has experience diagnosing skin cancer?
- How deep is the cancer?
- Do I need a sentinel lymph node biopsy?
- Has it spread to other parts of my body?
- What stage is my cancer/tumor?
- Do I need any other tests prior to surgery?
- Will I need to see any other doctors?
- What are my surgical options? Which do you recommend, and why?
- Are there risks with my surgery?
- How soon do I need to decide about my options?
- Where will my surgery take place?
- How should I prepare for my surgery?
- Will I be hospitalized overnight, or can I go home after my surgery?
- What side effects (if any) will I experience after my surgery?
- Will I have a scar?
- What are the chances the melanoma will come back?
- How can we work to prevent a recurrence?
- Will my insurance cover the cost of my surgery?
- I don't have adequate insurance coverage. Is there assistance available to help me pay for my surgery?
- What follow-up care do I need after surgery?

For more information, please visit melanoma.org/skin-of-color

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References: *Diagnosed with skin cancer? Here's what you should ask your doctor.* (2022, February 9). Center for Surgical Dermatology. <https://www.centerforsurgicaldermatology.com/diagnosed-with-skin-cancer-heres-what-you-should-ask-your-doctor> MRF's *melanoma patient guide*. (n.d.). FlippingBook. <https://online.flippingbook.com/view/340078/18/>