



**5 STEPS
TO HELP CHOOSE
THE RIGHT
CANCER TREATMENT**

***Tzvia Bader**
-Founder, CEO & Cancer Survivor*

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Responding to a Cancer Diagnosis

Finding out you or a loved one has been diagnosed with cancer can be one of the most profoundly challenging times in your life. The need to navigate through complex medical and insurance information while dealing with fear and confusion can seem impossible.

Through all of these difficult times, there is something to be optimistic about. Today, there are more treatment options than ever before, new innovative drugs offering better outcomes and less side effects are being developed and tested continuously. For the first time ever, we see a decline in mortality rates of cancer patients.



5 STEPS TO HELP CHOOSE THE RIGHT CANCER TREATMENT

When you begin your path of evaluating cancer treatment options for yourself or your loved one, there are several questions you should ask before making a decision. This can seem like an overwhelming process, but by gaining the right information and considering specific criteria, you can more easily identify the best option for you.

We created this toolkit to help you navigate this important decision.

01 *Own Your Treatment*

Taking ownership of your path to recovery is one of the most important steps in selecting a treatment. Physicians are committed to your health as much as they possibly can, but the reality is that high volumes of patients means they have limited time to focus on each one. By playing an active role in your own treatment plan, you will gain the knowledge and confidence required to settle on the right choice.

Here are some steps you can take to achieve that confidence:

View your oncologist as a partner. Don't hesitate to get a second or third opinion on your case, and choose the physician who seems the most qualified, trustworthy, and compassionate. Once you did, consult with him on different treatment options you identify don't be afraid to come up with your own thoughts and ideas. Challenge him with questions, and most importantly make the decision together.

Utilize online tools. The internet is chock-full of helpful resources. Searching for information online can be scary and overwhelming, however using the right sources of information can prove to be life saving.

Tools such as Trialjectory can be invaluable to you as you expand your knowledge of the possible courses of treatment. Others, like the American Cancer Society, offer credible information and news on all cancers and treatments. Talk to experts. Talking to a few highly-vetted experts on your diagnosis can point you in the right direction. However, keep in mind that even those who share the same expertise might have different recommendations. Keep track of everyone's feedback and ask them to address the differences in opinions so you get the full picture.

02 *Consider All Your Options*

Remember - there is almost always more than one possible treatment path you can take. There are many different treatments options: surgery, radiation, chemotherapy, immunotherapy, targeted therapy and hormone therapy. There are many criteria that come into play when trying to find the right treatment, such as: type of cancer, stage and also genetic mutations, treatment history and other health conditions.

Ask your physician to describe all possible routes — including the standard-of-care treatment (meaning already approved treatment) and relevant clinical trials.

Clinical trials are now the most recommended treatment for cancer patients. In 2019, The National Comprehensive Cancer Network (NCCN) came out with a new declaration that clinical trials are the best management and highly recommended for the millions of cancer patients worldwide. The reason for it is innovative, better treatment and better care for patients resulting in better outcomes for patients.

The good news is you don't need to wait to learn about them, you can help your physician by doing the research yourself, and come prepared to discuss with him the right trials for you.

TrialJectory can empower you to help you find the right trials, quickly and easily (and of course for FREE) you will find the right trials for you. TrialJectory Artificial Intelligence reads through all existing clinical trials, from all the biopharma companies, all states; analyze them and present to you the one who fit your medical profiles.

03 *Gather All of the Details*

Whether you're leaning toward an approved treatment or a clinical trial treatment, it's paramount to get all of the relevant information. Ultimately, your decision will be based on which treatment option seems to offer the most potential benefits with the least drawbacks.



Before making a decision, get the answers to these key questions:

- Where do I receive the treatment?
- Outpatients clinic or will I need to stay in the
- How many treatment cycles will I receive?
- How is the drug delivered? (IV, oral, surgical, etc.)
- What are the known side effects?
 - Are they short or long term, meaning will they stay after treatment is done, for how long?
 - How can the side effect be treated?
- How will the treatment affect your life?
 - Will I be able to work during the treatment?
 - Will I be able to take care of myself or will I need help?
 - Will I be able to take care of my family?
- What is the expected outcome? Curing cancer, controlling disease spread, make me feel better etc.
- What is the treatment's success rate? What is the likelihood of the cancer to come back? If a clinical trial is using new drugs, were they previously tested on a different indication?
- What were the prior studies' outcomes? (Trialjectory can help you figure this out).

04 *Familiarize Yourself With Your Insurance Coverage*

We all know that dealing with insurance companies can be frustrating. Understanding from the outset what costs will be covered by your insurer and which you will be responsible for is important.

Clinical trials are also good to reduce cost as all the drug cost is being given for free, and all the additional required scans and tests. The federal law requires most health plans to cover routine patient care costs in clinical trials.

You should call your insurance, before starting treatment to make sure you are covered. If you have insurance or financial challenges they are many non-profit organizations that can help with the cost associated with the treatments. Click [here](#) for a list of organizations.

05 *Consider Travel*

Whether you wish to participate in a clinical trial or receive care from a particular specialist, traveling might be necessary. While staying close to home during your treatment is usually desired, finding options near and far is important for choosing the most effective treatment path.

Whether you are looking for a local treatment or willing to travel across the state, Trialjectory can help you find clinical trials anywhere. You have the ability to search locally, within the state, in the country, or anywhere around the world.

If traveling is necessary but costs are a barrier to access, know that there are several organizations that can provide financial travel and accommodation support. Click this [link](#) to see list.



As you navigate through this challenging time, remember that you always have options. By preparing yourself with the right information, you will feel empowered to make the best possible choice for your cancer treatment plan, and win the fight against cancer!

Trialjectory is here to help. We are dedicated to helping patients match with the best possible clinical trial for them.

You can try our tool for FREE today by clicking this [link](#).