

## Oncology member story: Cindy



Cindy\* was diagnosed with follicular lymphoma following the discovery of an enlarged lymph node on her neck that turned out to be cancerous.

After undergoing six rounds of chemotherapy, Cindy had a PET scan and the results came back clear.

Her oncologist told her she was "cancer free," but that her cancer would likely recur in five to 10 years. She was put on a maintenance treatment designed to help control the disease and stave off a recurrence.

As an expat living in Australia, Cindy, in her early 30s at the time, grew very concerned about her prognosis when she learned her condition affected the status of her visa to remain in the country.

Seeking more information about the chances of a recurrence and recommendations about treatment options going forward, Cindy reached out to Best Doctors, which she had access to through her spouse's insurer.

Best Doctors gathered Cindy's medical records, and a Best Doctors medical oncologist and haematologist reviewed her case. After retesting the pathology from the lymph node that had been removed from her neck, Best Doctors confirmed her diagnosis and concurred with the chemotherapy treatment she had received.

Best Doctors told Cindy that recurrence is common for her type of cancer and the only curative treatment option for follicular lymphoma is a bone marrow transplant. The maintenance drug she was taking treats the symptoms but not the root cause of the disease. The Best Doctors expert also provided more information about this treatment as there are mixed opinions among oncologists about taking a maintenance drug for Cindy's type of cancer. While the Best Doctors expert said she was doing well on the drug, he also provided a recommendation for an alternative medication for her consideration.

The expert explained that in approximately 50 percent of patients, the cancer will recur before 10 years and in the other 50 percent it will recur after 10 years. He said that if Cindy isn't responding well to the maintenance therapy or if the disease starts to change, a bone marrow transplant should be considered.

The Best Doctors expert also said Cindy's prognosis was very good, providing her with peace of mind.

After receiving the report, Cindy's spouse reached out to thank Best Doctors. "We are overwhelmed with the service provided by Best Doctors. Many thanks for your prompt service," he said. "It was a great experience."

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## Best Doctors is an expert medical opinion service.

Our world-renowned doctors can review an existing condition and treatment so you can make the best possible choices for your health. We can confirm or recommend a change in your diagnosis or treatment for conditions like back and joint pain, cancer, chronic disorders, and much more.

### An informed medical opinion can help you:

- Feel confident in your diagnosis
- Verify correct treatment and prescription
- Avoid unnecessary surgery and costs
- Get the peace of mind you deserve

### Use Best Doctors when you:

- Are unsure about a diagnosis or need help deciding on a treatment option
- Have medical questions or concerns and want a leading expert's advice
- Need help finding a local expert who specialises in your condition
- Have been admitted into the hospital and want expert intervention in your care

Between  
**30 to 50%**  
of cancers can be  
prevented by implementing  
existing strategies<sup>1</sup>

**88%**  
of the patients who get a  
second opinion learn that their  
diagnosis needed to change<sup>2\*\*</sup>

<sup>1</sup><http://www.who.int/news-room/fact-sheets/detail/cancer>

<sup>2</sup><https://www.hrdive.com/news/to-cut-healthcare-costs-more-employers-are-offering-second-opinion-service/518205/>

\*\* For all specialties, not just cancer

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