

Oncology member story: Mary



Mary* had a CT scan before undergoing surgery to remove her thyroid, and the results revealed a lesion on her right lung that turned out to be a cancerous tumour.

Further testing, including a biopsy, confirmed the presence of adenocarcinoma, a type of cancer that starts in the mucous glands inside organs like the lungs.

Mary underwent a resection of her right lung to remove the tumour. The pathology results were consistent with a diagnosis of stage 1 lung cancer, and there was no evidence that the cancer had spread to the lymph nodes.

Mary's surgeon recommended that she undergo surveillance scans every six months and did not feel she required any further treatment.

Seeking reassurance on this recommendation, as well as a second medical opinion about the further evaluation and management of her condition, Mary reached out to Best Doctors, which she had access to through her insurer.

Best Doctors gathered Mary's information and her case was reviewed by a Best Doctors oncologist, who agreed with the diagnosis of stage 1 lung cancer. The Best Doctors expert explained that the fact the cancer had not spread to the lymph nodes reaffirmed there was a low risk of recurrence.

Best Doctors confirmed these findings by reviewing Mary's pathology samples.

The Best Doctors expert also agreed with the surgeon's recommendation of surveillance scans to monitor for any signs of recurrence, and agreed that no additional therapy was needed. He explained that there is no good evidence that chemotherapy for stage 1 lung cancer helps reduce the risk of recurrence and that there is a 90 percent chance there will be no recurrence of the cancer, even by doing nothing further.

The Best Doctors expert recommended follow-up CT scans of the chest and abdomen every three months for the next two years, scaled back to every six months for the following two years, and then further scaled back to yearly CT scans thereafter.

The member shared the Best Doctors report with her treating doctor, who decided to stick to his plan of follow-up CT scans every six months (as opposed to every three months).

The member said the Best Doctors report provided her with peace of mind because the expert confirmed her diagnosis and treatment plan.

"The team was professional, easy to understand, and updated me on a regular basis," Mary said. "The results were a confirmation of my next steps."

"The team was professional,
easy to understand,
and updated me on
a regular basis."

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

On average,

510

Canadians will be diagnosed with lung cancer every week¹

Smoking causes most lung cancers. Quit for good today:²

- Government of Canada
- Smoker's Helpline
- SmokeFree.Gov

¹<http://www.lungcancercanada.ca/Lung-Cancer.aspx>

²<http://www.lungcancercanada.ca/Lung-Cancer/Smoking-Cessation.aspx>

1-877-419-2378 | members.bestdoctors.com

*Name changed upon request. This is a real Best Doctors case. Where necessary, personal details have been modified and photographs have been used for illustrative purposes in order to respect and maintain patient privacy. Best Doctors services are being provided solely for the purpose of providing medical information for use in the treatment provided by your treating doctor(s). The outcome of this case does not represent or guarantee that anyone will obtain a similar result, as the case will vary depending, among other circumstances, on the information provided to Best Doctors. It's prohibited to copy, use, or publish the content or parts of the content of this case story without the express permission of Best Doctors.

Best Doctors is now part of Teladoc Health, the global leader in virtual care.

© 2019 Best Doctors and the star-in-cross logo are trademarks of Best Doctors, Inc., in the United States and in other countries, and are used under licence.
288442134_12182018_CA_Cancer