

Oncology member story: Stephen



After being diagnosed with prostate cancer, Stephen didn't get the guidance he needed from his doctors on how to proceed.

Stephen first learned his PSA (prostate-specific antigen) levels had spiked after he underwent a blood test for another medical issue. He then had a biopsy done on his prostate, and the results confirmed he had prostate cancer.

Doctors told Stephen that his cancer wasn't aggressive and was slow-growing. He was given the option of either having surgery or undergoing radiation treatment, but wasn't given any direction on which option would be better for him.

"They told me to decide which one would work for me, and I had no clue," said Stephen, who works for Boeing. "Any information I got I had to look up myself online, and that was only getting me more confused."

Weeks passed and Stephen wasn't getting any answers. "The radiation oncologist and the urologist couldn't agree on anything," he said.

Stephen's wife found information about Best Doctors when searching through his employer benefits. After reaching out, Stephen was contacted by a Best Doctors Member Advocate. He explained that he was unsure what would be the best course of action to treat his cancer.

"I felt that I actually had someone on my side with that first phone call from Best Doctors."

Best Doctors collected his medical records, re-did his pathology, and discovered that his biopsy results had been read incorrectly by Stephen's urologist.

"I didn't have a non-aggressive, low-grade cancer—it was a highly aggressive, high-risk cancer," said Stephen. "This shocked the living hell out of me—I didn't know what to think."

Best Doctors advised against surgery, explaining that it would do more harm than good in Stephen's case; according to Stephen, he probably would have ended up with a colostomy bag had he gone ahead with surgery.

Best Doctors provided Stephen with two treatment recommendations: external beam radiation therapy or

external beam radiation with brachytherapy, which would involve injecting Stephen's prostate with radioactive pellets to destroy the cancer from the inside, along with external beams delivered on the outside.

Stephen opted to proceed with external beam radiation therapy combined with hormone therapy. He also switched hospitals.

Stephen has started treatment and said everything has been moving along well. He credited Best Doctors with guiding him on the right path.

"I felt that I actually had someone on my side with that first phone call from Best Doctors," said Stephen. "When I talked to them on the phone, I felt relieved—I felt like I had someone who was going to help me to find the answers, to point me in the right direction in which I need to go, and they did that."

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

1 in 7



Canadian men will develop prostate cancer during their lifetime¹

Foods that may reduce the risk of prostate cancer:

- Tomatoes
- Broccoli
- Fish
- Brussels sprouts
- Soy
- Kale
- Olive oil

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2698782/>

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

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_12182019_CA Cancer