

Melanoma: Newly Diagnosed



Melanoma is a type of cancer. Being told you have cancer can be scary, and you may have many questions. But you have people on your healthcare team to help.

Coping with fear

It's normal to feel afraid. Learning about your cancer and about the treatment choices you have can make you feel less afraid. This also helps you work with your healthcare team and make the best choices for your treatment. You can also ask to speak with a counselor.

Working with your healthcare team

Your healthcare team may include:

- **A surgeon.** This is a healthcare provider who can remove cancer growths on and inside the body with surgery.
- **A dermatologist.** This is a healthcare provider who treats skin problems.
- **A radiation oncologist.** This is a healthcare provider who specializes in treating cancer with radiation.
- **A medical oncologist.** This is a healthcare provider who specializes in treating cancer with medicines.
- **An oncology nurse.** This is a nurse who has training in caring for patients with cancer.

You may have other experts on your team as well. They will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

Learning about treatment choices

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about your cancer. This may involve getting some tests and working with more than one healthcare provider. And you may decide that you want to get a second opinion to help you choose a treatment.

Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also visit support groups to talk with other people coping with cancer. Ask your healthcare team about local or online support groups.

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