**Find the best doctor**

Cancer is a very complex disease that requires a treating physician to have specialized training. As you look for a specialized physician, remember that you are your best advocate. No one else knows your body and your abilities better than you. As your own advocate you owe it to yourself to seek out the best doctor available to meet YOUR needs. Consider the following points when making this important decision regarding your medical care.

* Ask your primary physician for a recommendation and/or referral. Listen closely to what he/she recommends regarding your treatment.
* Contact your insurance company. Many companies require their clients to utilize specific physicians and by following your insurance guidelines, you may be able to save money on your treatment. Some insurance companies also have cancer specialists who will guide you through your treatment, providing you with additional support.
* Talk to family and friends for recommendations. Most people have known someone who has received cancer treatment. Ask what they liked about the physician/clinic and if they had any concerns about the staff or the treatment they received.
* Think about what is important to you in a treatment provider. Do you want them to be an expert in their field? Is it important to you that they have specific certifications? Would you be more comfortable with a male or female? Do you prefer a small practice or a cancer center? How far are you willing to travel for treatment?
* Do your own research into available practitioners. Go online and read reviews of physicians and facilities. Use your internet search engine to explore local physicians. Type in Cancer treatment and your zip code for a list of treatment options. As you read through the provider list, keep in mind your preferences in a treatment provider. Many communities have local reviews online for local providers, including physicians.
* Interview the potential physician. This person will be instrumental in your health care and you need to feel comfortable with him/her. Make an appointment and let the staff know that you would like to take a few minutes to meet with the physician prior to making a commitment to them as your treatment provider. If possible, take someone with you to the initial appointment. Remember that a physician is also a person and do not be intimidated by their title.
* Prior to making a decision, look over your initial list of requirements in your physician. Ask yourself if this potential care provider meets your requirements. Overall, the physician must instill trust in you as you put your health into their care.