



Finding your Dream Doctor

The guide is designed to help you find an oncologist to guide the conventional portion of your strategy.

MOJO Health believes there are 6 toolboxes to use in your healing journey:

- 1) Pharmaceuticals (including chemo, endocrine therapy, immunotherapy, etc.)
- 2) Vitamins & Supplements (including botanicals & nutraceuticals)
- 3) Nutrition (diet & eating habits)
- 4) Lifestyle (exercise, stress management, sleep, etc.),
- 5) Environment (spending time outside, toxin free, EMF's, etc.),
- 6) Healing Team (traditional facilitated therapists, e.g., chiropractor, reflexologist, acupuncturist, surgeon etc.).

Your oncologist will help guide the pharmaceutical (aka conventional) portion of your journey - but you will need to find experts in the other areas to round out your strategy.

Your oncologist is one of the few parts of your journey that is covered by insurance. To select the best oncologist, we suggest you listen to this [podcast with my nurse practitioner](#) on how to select a doctor, this [podcast with a 20 year veteran oncologist](#) who explains the actual training and job of an oncologist, and [read MOJO Healing](#) to help you understand your full role in healing.

MOJO has also written a [blog to explain what we think is most critical to look for in a doctor](#).

Our suggestion is to use your community (or social media) to ask questions about good doctors in your area who will work collaboratively with your other doctors and traditional healing team. Gather a short list of physicians to consider and look for data online (although realize most happy patients don't leave reviews) to learn more about them. I would suggest you care less about where they went to school - because they all had to pass the same exams to become a doctor - and care more about how they treat you as a patient and their approach to health.

Before you meet with your doctor, make a list of what is most important to you to learn from your doctor, and some questions you want to ask. Only you can decide how to rate their answers, and the following are ideas for questions to help you unlock some of the information you need to make the best care team decisions possible.

Why do you work in oncology?

Look for why they say they love their job and what they do - if they struggle to come up with an answer, take note.

What makes you different from other oncologists?

Why do you work at *this* facility/practice/hospital?

How do you stay up to date on the latest developments in ___ cancer?

do they take classes, part of an organization, etc.?

How many patients have you treated with ___ cancer?

Do you work across many cancers or only this location of cancer?

Unless you have a rare disease, I would look for a doctor who isn't focused on only one area because oftentimes discoveries can be made in other parts of the body that can be meaningful.

What do you know about the 5 other toolboxes besides Rx's? (Vitamins & Supplements, Lifestyle, Nutrition, Environment, and Traditional Healing Approaches)?

ask for honest expertise and how they would rank what they know - dig in to understand how they learned more than was taught in medical school - pharmaceuticals

How do you decide what CEUs to take? (Continuing Education - all doctors are required to do some annually - but the number varies by state. To see what your state requires:

<https://edhub.ama-assn.org/state-cme>)

What data do you use to *predict* what treatment will work?

e.g. I used genomic data - and by seeing I had a KRAS tumor I knew a platinum based chemo wouldn't likely work

How do you measure treatment efficacy?

e.g. extended overall survival, quality of life of the patient, or just tumor shrinkage?

What data do you use to predict if a treatment is working & How often do you re-check this?

Here's a list of commonly used tumor markers -

www.cancer.gov/about-cancer/diagnosis-staging/diagnosis/tumor-markers-list

Please note: even though my first oncologist told me that "wasn't how it was done"- this \$30 blood test (CA19-9) was the difference in me doing chemotherapy for fun vs pivoting to the medicine that worked.

How often do you recommend something that *isn't* the standard of care?

I want a doctor who understands when to challenge assumptions and break rules for better outcomes

How long have you worked at this office? Who is the leader?

When was the last time you had a nurse turnover in the office? Why??

Have you been called before the medical board? Were you fined? What reason?

Personally, I wouldn't be scared if they had - I would want to know why and if it was for challenging something for a patient to have better outcomes, I would consider adding them to my team immediately. I want a maverick who isn't afraid of trying things outside of the box coaching me, not someone who will just follow what everyone else will do.

Give an example of how you collaborate with doctors & healers outside your practice?

Then ask for another example. See if anyone is not a conventional doctor. I would give bonus points if they are open to traditional healing approaches.

Will you help me dig in to gather data to understand the root causes of disease?

We believe in gathering as much data as we can about the health of the host (you, the patient), the cancer, and the environment.

How will you coach me?

What happens if I don't do what you suggest?

How will we handle conflict?

How do we communicate? How quickly do you typically respond?

my oncologist gave me his cell phone number - if you have to go through a nurse, I would challenge the commitment to your health and mental wellness.

How can you help me outmaneuver side effects or make this suck as little as possible?

What would you tell your sister/brother/best friend/mother to do?

Last but not least:

Would you do this treatment? What else would you do?

We hope this guide will help you understand some of the expectations and questions you can have for your doctor. We wish you the best on your healing journey. May you live long and lucky!