



# After a Mesothelioma Diagnosis



Mesothelioma is a type of cancer that starts in cells in the linings of certain parts of the body. It most commonly starts in the lining of the chest or abdomen (belly). If you have been told you have mesothelioma, you've probably already had blood tests, a chest x-ray and scans, and a biopsy (a test that takes some tissue to check for cancer). Other tests might have been done on the cancer cells to check for certain proteins and gene changes called biomarkers. You might also have other procedures to find out if the cancer has spread. These tests help your doctor know what type of mesothelioma you have, what stage it is, and what treatment might help.

## Treatment for mesothelioma

Your treatment will depend on the type and stage of your mesothelioma. Your treatment options will also depend on the results of tests on the cancer cells, your health, and your personal preferences.

Several types of treatment can be used for mesothelioma. Treatment can include surgery, radiation, chemotherapy (chemo), immunotherapy, and targeted therapy. Often, more than one type of treatment is used. Your doctor will help you decide which treatments are best for you.

## Be sure to ask:

- What type of mesothelioma do I have?
- Where is the cancer in my body?
- What stage is the mesothelioma, and what does that mean?
- Will I need more tests?
- What treatment do you think is best for me?
- What is the goal of treatment?
- Will treatment include surgery? Can all of the cancer be removed?
- Will I need other types of treatment, too?

## What to expect before and during treatment

Your cancer care team will explain your treatment plan to you. This team may include different doctors, nurses, and other health care workers, depending on the type of treatment you need. For example, if you need chemo, you will go through cycles of treatment, with tests and checkups in between. Your cancer care team will help you understand what to expect before, during, and after treatment. They will explain how it is given and help you get ready for it. They will also keep track of how you're doing and help you with any side effects. You might also get blood tests, scans, or other tests at certain times to see how well your treatment is working.

Not everyone going through treatment for mesothelioma will have the same side effects. For example, the side effects of chemo are different from the side effects of surgery, radiation, immunotherapy, and targeted therapy. And people getting the same treatment might have different side effects.

## Be sure to ask:

- What side effects might I have, and what can I do about them?
- How will we know if the treatment is working?
- How often will I get treatment? What will it be like? How long will it last?
- Where will I go to get treatment? Can I drive myself?
- How will treatment affect my daily life?
- Will treatment change the way my body looks and works?
- Do I need to change what I eat during treatment?
- Are there any clinical trials that might be right for me?

## What to expect after treatment

After treatment, ask your cancer doctor for a treatment summary and follow-up plan. This is called a survivorship care plan. Your cancer doctor will work with your family or primary care doctor to help manage side effects from treatment and check your general health. You will have regular tests to check if your cancer has come back or if a new cancer has started in a different part of your body.

For some people, the cancer might not go away completely. They might continue to get treatment, and tests will still be needed to see how well it's working.

People who have had mesothelioma are at risk of having it again or getting other types of cancer. Even if you feel fine after treatment, it's important to ask your cancer care team about a regular schedule for follow-up tests to check if your mesothelioma has come back.

### Be sure to ask:

- Where do I get a copy of my treatment summary and follow-up plan?
- How often do I need to see my cancer care team?
- When and how should I contact them?
- Will I need tests to see if my cancer has come back, or to check for problems from my treatment?
- Do I need any screening tests, like a mammogram or a colonoscopy, to find other cancers early?
- Are there late or long-term side effects from treatment that I should watch for?
- Where can I find my medical records after treatment?

## Staying healthy

Be sure to tell your doctor or cancer care team if any treatment side effects don't go away or if you have any new symptoms.

There are things you can do to keep yourself healthy during and after treatment. Not smoking may help reduce your chances of mesothelioma. Avoiding exposure to asbestos in your home and at work is also important. Getting to and staying at a healthy weight, eating well, being active, and avoiding alcohol can also help you stay healthy and may lower your risk of getting a new mesothelioma or other cancers.

## Dealing with your feelings

Having mesothelioma might make you feel scared, sad, or nervous. It's normal to have these feelings, and there are ways to help you cope with them.

- Don't try to deal with your feelings by yourself. Talk about them, no matter what they are.
- It's OK to feel sad or down once in a while, but let your cancer care team know if you have these feelings for more than a few days.
- If your doctor says it's OK, continue doing things you enjoy like spending time outdoors, going to a movie or sporting event, or going out to dinner.
- Get help with tasks like cooking and cleaning.

You might want to reach out to friends, family, or religious leaders or groups. Counseling can also help. Some people find it helpful to talk with others who've been through the same things. A support group can offer that. Tell your cancer care team how you're feeling. They can help you find the right support.



For more information and support, visit the American Cancer Society website at [cancer.org/mesothelioma](https://cancer.org/mesothelioma) or call us at **1-800-227-2345**. We're here when you need us.