



## **INTAKE CHECKLIST for People Who Have Cancer**

The following is the list of medical records needed before you schedule an appointment:

- Pathology (Biopsy) Report – These reports usually come as an addendum or supplemental page following a biopsy from your oncologist. The biopsy is absolutely essential because this indicates the type of cancer and the stage/grade of the cancer. To use breast cancer as an example, there are reports that are needed that indicate your estrogen receptor status and your progesterone receptor status. This is sometimes denoted as ER PR status. There are different receptors for different types of cancers, as well as many other types of tumour growth indicators that are available by lab report. Please obtain as much information as possible.
  - If you have not had these tests done before, then it is recommended that the tests are done prior to, or are at least scheduled, before coming for an appointment. Please mail or fax them in advance of your appointment to allow us to review your case and be adequately prepared.
2. Radiology or Imaging Reports – These are reports for any of the scans that you have done. Only the ones relevant to the cancer are needed. If you have not had any scans done or they were done more than 3 months ago, our doctors suggest that a new scan be done to update your records so that they can get a better understanding of your current condition. Here are some examples of the records we would need. Please only send copies of reports for the tests were done.
- CT Scan
  - MRI
  - Bone Scan
  - X-Ray
  - PET Scan
  - Mammogram, Digital regular
  - Thermography
3. Recent Laboratory Reports– New blood work should be done within a month of the appointment. The results can be faxed to our clinic once they are ready upon your request of the testing facility. These tests may be repeated to monitor your status. The following lab work is needed prior to your 1<sup>st</sup> visit:
- Complete Blood Count (CBC) with a white blood cell differential, liver enzyme and kidney function tests.
  - Plasma lipid peroxide, EFA analysis, LDL, hsCRP
  - Relevant tumor markers: Ca 19-9, 15-3, 125, CEA, AFP, NMP-22, etc.
  - Urinalysis results
  - Plasma VEGF, platelet derived growth factor, insulin growth factor
  - Serum EGFR, Serum amylase A
  - IL-6, IL-8, alpha-1-acid glycoprotein, CRP.



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info@armstrongclinic.com / www.armstrongclinic.com

4. History and Physical Reports – This report gives our doctors a general overview of your illness so far. This is usually done when a patient goes to the doctor for a general check up. There is a section that goes over the history of your illness. The second part of the report is usually a written version of a physical exam. The report is sometimes called a consultation report or a progress note.
5. Surgery Report – If you have had surgery for the cancer, this report will be needed as well.
6. Summary of Previous Treatment – If you had any treatment (such as chemotherapy, radiation, etc.) prior to coming to our clinic, please detail what kind of therapies you have undergone. This should include the drugs used, the dosage, and the start and stop time for that particular treatment regimen. Also, please include side effects and prescriptions for those side effects.

These are the medical records that will be needed if you decide to schedule an appointment. To fax your results please send them via fax: 519.426.4596. If you have any other questions, please don't hesitate to call. We will be happy to assist you.

The Armstrong Clinic