A second opinion is when a doctor other than your primary one gives you a diagnosis and treatment recommendation. A second doctor’s opinion may be the same as your primary or it may incorporate a different approach or include additional pieces. They might have an alternate explanation for your health problems and they may offer you a different treatment plan. Below are a few reasons why you should consider seeking a second opinion before making any treatment plan decisions.

Feel Empowered and Take Control

By seeking a second opinion, you will become more informed about all of your available treatment options and even have a better sense of possible side effects of each. Learning more about your condition and your treatment will help you feel more in control of your health and ensure that you are making the best decision for you.
Second Opinion Fears
You may be concerned that your primary doctor will be offended if you decide to seek a second opinion.

A good doctor will understand that you will want to seek a second opinion and will encourage you to do so in order for you to feel comfortable and assured before starting treatment. Keep in mind that they would do so if they were in your position as a patient.

Honesty is important in your doctor/patient relationship, so it is important that you keep your doctor informed of your final choices of how to move forward with care.

Remember, a doctor that is insulted by your choice to get another opinion or pressures you in any way may not be the best choice to engage with in the future. Additional emotional stress between doctors and patients has been shown to keep patients from healing as fast as they could otherwise.

"Today, a second opinion is very common and encouraged by doctors."