



Second Opinions: Two Heads are Better Than One



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.

It Matters Empowerment Pathways



Confidence and Peace of Mind

A second opinion can help you feel more confident that you are choosing the right treatment plan and if the doctors agree, you will feel extra confident.



You Have Been Told There is No Hope

If one doctor has said that your condition won't respond to treatment, or your choices are extremely limited, another doctor might be familiar with additional options unknown to the first and explore them with you. You have nothing to lose and everything to gain by seeking a second opinion.



Find a Doctor You Really Like

Most doctors understand that patients have the right to a second opinion and often encourage it. You are under no obligation to be treated by the first doctor who you see if you feel that another doctor better meets your needs. When meeting with a new doctor, take note of the nurses and the office staff to make sure that you choose the best team for your treatment.



Discover Alternate Treatment Options

Not all hospitals and doctors have access to the same treatment options. A second opinion could lead you to a more advanced treatment or to one more tailored to your individual needs.

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.*

