

How to Talk to Family about Your Mesothelioma Diagnosis



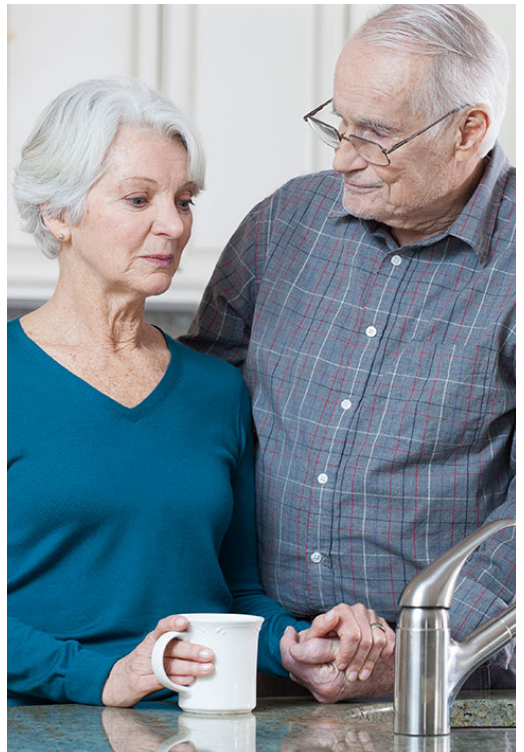
Dealing with Your Mesothelioma Diagnosis

When you or someone you love is diagnosed with mesothelioma, it can be devastating. Dealing with a terminal illness takes a physical, emotional, and financial toll on everyone in the family. In the weeks and months to come, you will need to make many important decisions. We hope this information will help you through those difficult conversations and make decisions a little easier for your family.

FAMILY MATTERS

When a family member is or becomes terminally ill, most people have their own way of coping with the sadness, fear, stress and other emotions that accompany trying to care for someone you love who is suffering. Some people withdraw. Others get angry. Some try to control every aspect of the situation. Facing the death of a loved one is never easy. It is absolutely normal for conflicts to arise over the simplest decisions. The key to getting past conflicts is to talk to one another openly, honestly, and respectfully.

Often times loved ones are unsure how to lend support during this difficult time. It may be helpful to suggest a specific task you need assistance with such as picking up medications, preparing a meal, or caring for a pet while you are traveling.



Call Sokolove Law toll-free today at **866-469-6274** to receive a FREE, no-obligation legal consultation.



It's common for families to have trouble talking about sensitive subjects like end of life care, financial matters, or funeral arrangements. If this is true for your family, the following tips might help:

10 TIPS FOR FAMILY CONVERSATIONS

1. Give people time to process their feelings and come to terms with the mesothelioma diagnosis.
2. Make a list of the topics you need to discuss and the decisions that have to be made.
3. Agree on who should be included in the conversations.
4. Schedule time to talk together. If some family members live too far away to meet face to face, set up a call or video chat if you are able.
5. Keep an open mind. Don't try to predict what family members will say, think, or do.
6. Be straightforward about the challenges you and your family will face.
7. Allow people the space to get angry or upset, but stay calm. Remember, you all want what's best for your loved one.
8. Don't try to decide everything all at once. Leave the door open for future conversations.
9. Make sure that everyone's voice is heard. If some family members are shy about speaking up, ask their opinions.
10. Always end the conversation on a positive note and celebrate the opportunity to come together as a family.

Don't be afraid to ask for help

- Ask your doctor to discuss the prognosis and treatment options with you and your family. Having an "expert" opinion can often diffuse potential arguments over the best course of action.
- If you belong to a faith community, ask a clergy member to help your family talk through some of the more difficult issues.
- Find a local support group at www.cancer.org so you can talk to people who may understand your situation first hand.
- If you are considering a legal claim, Sokolove Law and our team of experienced mesothelioma attorneys can help advise you about the right course of action.



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TALKING ABOUT MEDICAL CARE

Mesothelioma is an aggressive form of cancer. It can be treated with surgery, radiation and chemotherapy. Most mesothelioma treatments focus on managing the symptoms. The “right” treatment choice will be different for each patient — and each family. Choosing the best option for you and your family may require several conversations.



It can be hard for family members to talk about painful or unpleasant things like the symptoms of mesothelioma or the side effects of treatment impacting a loved one. Fear of the unknown can make it even more difficult. It helps to learn as much as you can about the disease. Your doctor can be a helpful resource to answer your questions, so don't be afraid to ask.

Your doctor may also be of help facilitating group conversations with family members about treatment options. Decide who you'd like to be present, schedule the meeting, and have all of your questions and concerns written down in advance.

Again, be sensitive to the difficult emotions some family members may face.

Additionally, the doctor who made the diagnosis may refer you to a mesothelioma specialist who can help you better understand the pros and cons of available treatments, even the newest options. Depending on where you live, you may need to think about traveling to get the best care.

Dealing with a serious medical condition can be time-consuming and exhausting. There are so many things to think about, from making doctor's appointments and scheduling medical treatments, to filling prescriptions and timing when to take which medications. If you add traveling to get treatment on top of that, it can seem overwhelming.

Fortunately, more and more hospitals have “patient navigators” who can guide you and your loved ones through the health care system. Be sure to ask your doctor if your treatment facility offers this service to patients.

DISCUSSING MONEY MATTERS

A mesothelioma diagnosis also forces you and your family to talk about your financial health. The financial impact of a terminal illness can be staggering, even if you have health insurance. The cost of copays and prescriptions adds up quickly. If you have a high-deductible plan, you may have to pay out thousands of dollars before your coverage kicks in. Even then, you'll have to pay coinsurance until you hit your annual maximum. If you're traveling to see your doctors, insurance likely won't cover your travel costs.



Money is often a sensitive topic for families, especially if you're worried about not having enough. If you happen to have long-term disability insurance, a sizable life insurance policy, or years of savings, it may help to lessen the financial burden of medical expenses. No matter the current status of your finances, it's important to be as frank and honest as you can when discussing your financial situation with your family. It's also good to be open to exploring ways to get some help with your medical costs.

One option is to file a legal claim to get the money you need to help pay for your medical care. Because exposure to asbestos is the only known cause of mesothelioma, you may be eligible for financial compensation. Why? For decades, manufacturers of asbestos-containing products knew about the dangers of asbestos and hid the truth from the public. The courts forced those companies to set aside money to compensate mesothelioma victims and their families. You may be able to pursue a legal claim and receive financial compensation for you and your family.

To find out if you and your family are eligible, call Sokolove Law for a free legal consultation. Our mesothelioma paralegals can help determine if you may be able to pursue a claim. We can't take away your pain and suffering, but we might be able to help ensure a more secure future for your family.

For over 30 years Sokolove Law has been helping mesothelioma victims and their families get the compensation they deserve. We've recovered over \$3 Billion in mesothelioma settlements — and we work hard to make the claims process as easy as possible.

Call Sokolove Law today, toll-free, at **866-469-6274** to receive a **FREE**, no-obligation legal consultation with one of our knowledgeable mesothelioma paralegals.