

5 Self-Advocacy Tips for Overcoming Medical Gaslighting

Patients & Experts Share



1. Ask for documentation

"It's perfectly okay for you to say, 'If you're not going to follow up on this, then I would like you to document that.'" -*Dr. Jennifer Kilkus, a clinical health psychologist at Yale School of Medicine*

2. Bring support

"Have somebody go to appointments with you or somebody to be there for you [to] take notes because you can't get everything. I automatically take notes because that's what I do, but not everybody does that. You can even take notes on your phone. There has to be a level of self-advocacy in this space that will serve you well." -*Marsha C., caregiver to her husband with multiple myeloma*



3. Ask questions

Doctors did not like how many questions I had, but I asked them anyway because they were critical. I'm a human being and I get to ask all my questions. Take up space. It's your life. It's not their life. They're not the ones going through the chemotherapy. They know a lot of things, but they're not the one. You know your body." -*Arielle R. PMBCL Non-Hodgkin's Lymphoma Story*

4. Find a new doctor

"If you're not comfortable with any doctor then I think it's upon you to make the decision to change doctors. I know we don't like to. We're creatures of habit, and we like comfort, but sometimes you have to change a doctor to get the help that you need." -*Maurissa M. Stage 3 Low-Grade Serous Carcinoma Ovarian Cancer*



5. Get a second opinion

"I think it's always important to be an advocate for your own health and to get second opinions and to find somebody who you trust, who can give you guidance, and who isn't necessarily just trying to preserve their own medical career." -*Rick Henrikson, Seminoma Testicular Cancer*



The Patient Story