Questions to Ask

ANA Volunteers

ABOUT THE PEER MENTOR PROGRAM

The ANA Peer Mentor Program is a resource for support, information, education and networking. Connecting with our vetted, trained mentors provides the opportunity to ask questions about the unique acoustic neuroma experience. Peer mentors offer social-emotional support and share their experiences with diagnosis, treatment, and care.

The advice and shared experience of others should never take the place of professional medical advice. A listing of medical resources is available on the ANA website.

GETTING STARTED

We recommend that you visit the ANA website to learn more about acoustic neuroma and treatment options, so that you can be more informed.

If you are newly diagnosed or connecting with ANA volunteers for the first time, these questions and talking points can help you organize your thoughts and navigate next steps.

Review these questions and add your own questions to this list. Decide what questions are most important to you and what information would be the most helpful for you at this time.

If you call a volunteer and they are not available, please leave a message and state the best time to reach you. When sending an email, please provide relevant information so that volunteers can respond appropriately.

Please note that ANA volunteers are not able to answer complex medical questions or offer medical advice.

If you need assistance finding a peer match, connect with the ANA at mentors@anausa.org or call 678.331.5369.

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Can you tell me about your experience when you were first diagnosed?

What resources did you find helpful in learning about acoustic neuroma and treatment options?

What information did you find most useful in decision making?

Walk me through your decision-making process.

Questions to Ask

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How did you decide on a treatment?

How did you decide on a healthcare team?

How did you prepare for your treatment? Was there anything you found helpful?

How much time did you take off from work for treatment and recovery?

Questions to Ask

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What was your aftercare plan, and how much help did you need?

Were there therapies that you found helpful pre- or post-treatment?

How did you manage your symptoms or side effects (be specific).

Do you have suggestions on how to cope with this diagnosis?

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Looking back on your experience, what tips or advice would be helpful for me?

Add any other additional questions here.