

Consider Your Treatment Goals and Options

Once you have explored and defined your personal status, some patients find it useful to formulate “goals” that help guide them through treatment options and decisions. These goals may change over time depending on the course of your disease and other factors in your life.

Personal Goals

Possible overall goals to consider	Treatment with curative intent
	On-Going management of residual disease

Some patients, particularly those dealing with later stage metastasis or recurrence may find this deliberate consideration of goals helpful. Determining your overall goal may be difficult until you fully explore various treatment options available to people with your personal ACC status. The following table summarizes many treatment options to explore with your doctor. This listing is not inclusive of all treatment options as some ACC patients are pursuing experimental treatments not listed that are emerging continuously. Some treatment options are not necessarily backed by scientific evidence.

Treatment Options

Treatment Options to Explore as You Consider Your Goals:	Surgery (Invasive, Less Invasive)
	Radiotherapy (Photon, Proton, Neutron, Carbon Ion, Stereotactic, Brachytherapy, Organ sparing Chemo-radiotherapy)
	Interventional Local Therapies - primarily for metastasis. (Radio Frequency Ablation, Cryo-Ablation, Laser, Photodynamic Therapy, Brachytherapy)
	Systemic Therapy-primarily for progressive metastatic disease where other treatment options have failed to control. (Chemotherapy, Targeted Therapies)
	Watchful Waiting (Monitoring with imaging such as MRI, CT, XRAY)
	Complementary and Alternative Medicine (Nutrition, Herbs, Mind/Body Techniques, Lifestyle Changes)