



PEOPLE JUST LIKE YOU

NAME: Kylie **AGE:** 34

Reason for Best Doctors consultation:
struggling to decide between two highly
invasive surgeries

BEST DOCTORS EXPERT:

Specialty: gynaecological oncologist

Doctors gave two different opinions about surgery

Thirty four years old and pregnant with her third child, Kylie had been relieved to hear that a cystic tumour that had been detected in her left ovary had disappeared at 19 weeks. When it came time for her baby to be born, however, the labour wouldn't progress, and emergency scans revealed that the tumour not only had not disappeared but was so large that it was blocking the birth canal. Thankfully, Kylie was able to give birth to a healthy baby boy via C-section.

Kylie then had surgery to remove the tumour, which she was informed was likely benign. Her doctors, however, advised her to undergo an appendectomy, as a precaution. One week after the operation, she was told that she actually had pseudomyxoma peritonei (PMP), an uncommon type of cancer which can spread through the lining of the peritoneum, or abdominal cavity. Kylie was referred to a specialist, who said that there was evidence that the disease had spread to her diaphragm and that she would need to undergo a highly invasive operation known as cytoreductive surgery, followed by chemotherapy.

Distraught by the news, Kylie decided to consult a second specialist who provided a completely different diagnosis. He was of the view that she did not have PMP but

ovarian cancer, and recommended a full hysterectomy and removal of the right ovary and fallopian tube.

At a time when she should have been overjoyed by the safe delivery of her child and focusing her strength and efforts on her family, Kylie's world was suddenly turned upside down. In addition to the news that she had cancer and that it had spread, she was struggling to choose between two completely different treatments, both highly invasive and each with its own complications and risks. Frightened and confused, Kylie reached out to Best Doctors, which was provided as part of her MLC Insurance policy.

"I was given two different diagnoses, and I felt so confused."

The expertise of a doctor with experience in Kylie's rare condition was essential, and Best Doctors decided to have the case reviewed by a leading specialist in gynaecological oncology. After an exhaustive review of her imaging and test results, the expert came to a dramatically different conclusion: while he did agree with the PMP diagnosis, he did not feel that any treatment other than regular monitoring was necessary, and that it was highly unlikely that the disease would progress any further. Only when and if the cancer began to spread would treatment be needed, and the expert provided Kylie with

information on how she could then confirm the best possible procedures and therapy options for her.

"The expert report answered all of my questions and confirmed the right diagnosis."

For Kylie, the Best Doctors expert report could not have given greater relief and peace of mind. Not only was her cancer completely contained, but she did not require any operation and could easily manage and monitor her condition. Indeed, three months later, she is feeling great. Having shared the report with her specialist, who agreed with its findings and recommendations, she has no need to return for a check-up until next year and can finally enjoy life to the fullest with her new baby and family.

"My treating doctors really appreciated the report. I have a rare condition and the more expert knowledge I have, the better."

Outcome:

cancer not spreading and unnecessary surgery avoided

Estimated medical cost savings:

\$34,000

Estimated lost work days avoided:

up to 6 months

Kylie was diagnosed with cancer during pregnancy.

This is a real Best Doctors case. A second medical opinion is not intended to substitute professional medical advice or provide a medical diagnosis or therapeutic recommendations on its own and the outcome does not represent or guarantee that anyone will obtain a similar result, as the case will vary depending, among other circumstances, on the information provided to Best Doctors. It is prohibited to copy, use or publish the content or parts of the content of this case story without the express permission of Best Doctors. Best Doctors and the star-in-cross logo are trademarks of Best Doctors, Inc., in the United States and in other countries, and are used under license. All rights reserved © 2014.