

GET INVOLVED. MANAGE YOUR GIST CARE. BUILD YOUR TEAM.

<h3>Choose a Patient Champion</h3>	<p>Your patient champion could be a spouse, child, parent, or anyone with whom you share a close relationship. This person will help support you not only emotionally, but also will help in talking with doctors, finding medical resources, and will act as a patient advocate.</p>
<h3>Find a GIST Specialist</h3>	<p>When seeking a new oncologist, ask the scheduling coordinator if the doctor under consideration treats GIST patients regularly.</p> <ul style="list-style-type: none"> • Do they treat both Adult and Wildtype GIST? It is important for you to see a doctor who has experience treating your specific GIST classification. <ul style="list-style-type: none"> - Adult GIST: Mutations detected in the KIT or PDGFRA gene. - If mutations are not detected in the KIT or PDGFRA gene, then it is considered Wildtype or Pediatric GIST. • For help finding a specialist, please visit: https://lifteraftgroup.org/gist-specialists/
<h3>Find a Dietician</h3>	<p>After starting a new treatment or having surgery, it is recommended to monitor your dietary intake and ensure you are absorbing and retaining enough vitamins and nutrients.</p> <ul style="list-style-type: none"> • Record all post-operative meal intake, treatments, and side effects to identify any patterns. • Contact your insurance provider and speak with your doctor about coordinating an appointment to a Registered Dietician in your network.
<h3>Connect with other GIST patients</h3>	<p>Connecting with fellow patients and caregivers will provide emotional support and other resources to support GIST management.</p> <ul style="list-style-type: none"> • Inquire about your physician's GIST patient network. • Connect with others through the LRG's online ListServ, an e-mail community with patient and caregiver participants. • Please see our membership application to begin the process: https://lifteraftgroup.org/life-raft-group-membership-application-form/
<h3>Organize Reports</h3>	<p>Organize and maintain a detailed list of medication, dosages, side effects, and treatment and evaluation dates.</p> <ul style="list-style-type: none"> • Request a copy of every exam (bloodwork, CT, PET, MRI) and organize in a binder chronologically. • Join the LRG Patient Registry: A database with specific features to keep a comprehensive record of all medical evaluations and treatment beginning with GIST diagnosis. For more information, please contact the Patient Registry Department at (973) 837-9092 Ext 133 or 114 or email lifteraft@lifteraftgroup.org.
<h3>Become an Expert GIST Patient</h3>	<p>Enroll in our free online certification program developed by the LRG for patients and caregivers with content including: GIST Biology and Mutations, Risk of Recurrence, Treatments, Managing Side Effects, and more. Simply select "GIST Training" on our membership application to receive more information.</p>