



Rob's story

Rob's* life was turned upside down after testing revealed cancerous cells in his prostate gland. A urologist subsequently diagnosed him with prostate cancer and told him his biopsy results placed him in a higher risk category.

The urologist said he had a Gleason score of 7, suggesting an intermediate risk for aggressive cancer. This was significant, as a score of 6 or less indicates the cancer is likely to grow slowly, placing the patient in a lower risk category where active monitoring is recommended. In Rob's case, the score of 7 meant treatment—either radiation or surgery—was recommended.

Rob said the urologist provided little additional information.

"He gave me a pamphlet and told me to be on my way," he said. "I was left thinking, what do I do now?"

That's when Rob reached out to Best Doctors by Teladoc, which he has access to through his insurance policy with Johnston Group.** The Best Doctors review of his pathology not only placed him in a lower risk category, altering the approach to his treatment, but also gave Rob peace of mind that he was making the best decision for his health.

"If I wouldn't have had Best Doctors, I wouldn't have had all that good information to educate myself," Rob said. "I avoided radiation therapy or another treatment that I didn't need."

A surgeon Rob consulted at his provincial cancer agency decided to get a third opinion by sending the pathology to a U.S.-based facility, which confirmed the Best Doctors assessment that Rob was below the high-risk threshold.

Based on the Best Doctors recommendation, Rob then underwent a special targeted biopsy, which further confirmed his Gleason score of 6 instead of 7. Rob's surgeon at the cancer agency said there was no immediate need for treatment. Instead, he recommended active monitoring.

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*Name changed upon request.

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