

Questions to Ask Your Healthcare Provider for early-stage and metastatic breast cancer patients



Topic: Reducing Risk of Recurrence

Questions to ask your doctor:

What else can I do to reduce my risk of recurrence?

- Are there medications I can take to help reduce the risk that my breast cancer will recur?
- Are there medication options for me after treatment to help prevent recurrence?

Questions to ask your doctor:

Given my age, cancer stage, hormone receptor status, lymph node involvement, and response to prior therapies (as applicable), what is the risk that my breast cancer will recur?

What could we do to help reduce the risk that my cancer will recur?

- Treatment: what other treatments are available that provide additional recurrence prevention?
- Lifestyle
- Diet/exercise



Topic: What Does Medication Mean for Me?

Questions to ask your doctor:

What are my medication options?

Are there any medications and supplements I should stop or avoid taking?

Are there any foods, drinks, or activities I should avoid when taking my medications?

Are there any side-effects to my medications?

Are there any generic versions to my medications?

While on these medications, is there any feedback or tracking of information that would be helpful?




Topic: What Treatment Options Are Available?

Questions to ask your doctor:

What are my treatment options?

Is chemotherapy, hormonal therapy, radiation, immunotherapy right for me?

How will each treatment option benefit me?
What are the risks?

What is the course of treatment and how long should I expect to be on this treatment, before it's completed?

Is there a waiting period before I can have any specific recommended treatment?

What can I do to get ready for these treatments?

What are the potential side effects of each treatment?

Will I lose my hair, and can I do anything to prevent hair loss?

What can be done to ease side effects?




Topic: What Surgical Options Are Available?

Questions to ask your doctor:

What are my surgical options?

Can I have a pathologist examine the tissue to learn more about my cancer?

What are the possible complications for this type of surgery? How will I know if there is a problem?

How long will it take me to recover after surgery?

When can I return to work and my other daily activities?

Will I have stitches, staples, and/or bandages?

Will there be permanent effects from the surgery?




Topic: Are Clinical Trials Right For Me?

Questions to ask your doctor:

How do I sign up for a clinical trial?

What are the possible risks of joining a clinical trial?

How will I know if the treatment is working?

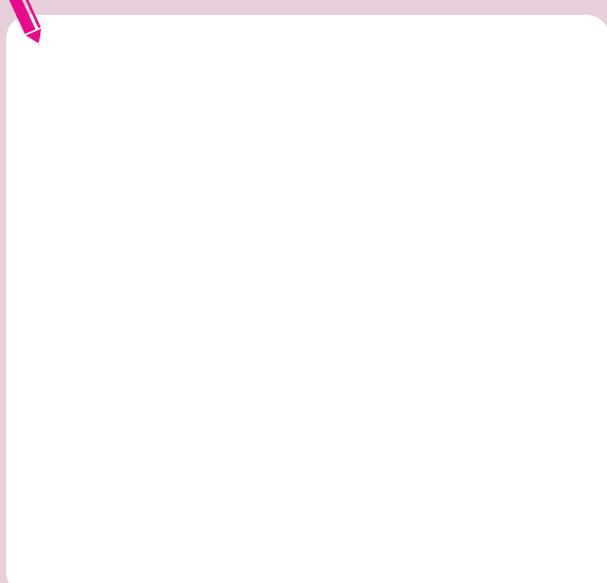
Will I have to change my daily activities or my diet?

Who will be in charge of my care?

What type of long-term follow-up care is part of this study?

Who will pay for treatment? What costs will my health insurance cover?

Will I have to travel long distances?

Topic: Future Family Planning With Cancer

Questions to ask your doctor:

Will this treatment affect my ability to have children?

What are the options based on my treatment plan?

Can I become pregnant while receiving chemotherapy or radiation therapy?

What happens if I become pregnant during treatment?

Is there a risk of birth defects and/or harm to the fetus and/or to me?

Should I talk with a fertility specialist before treatment begins?

Are there other treatments available that do not pose as high a risk to my fertility but are equally effective?

What are the costs involved with my options to preserve fertility? What is covered by my insurance?



Topic: Are there Community Support and Services available for me?

Questions to ask your doctor:

What community cancer support groups are available in my area?

What patient services are available in my area?

Do you know of any community resources that would be helpful to me?

Based on my cancer and treatment plan, are there recommendations you have to support my mental and physical well being post-treatment?

Does my insurance cover counselling or supplemental mental health supports?
Are there any financial services for this?

