



The Confident Patient:

A Doctor Discussion Guide for Navigating Cancer Care

Processing a new diagnosis

- What specific tests will be used to monitor my cancer and how often will they be performed?
- What should we look for in the test results?
- What treatment options should I consider right now?
- What is the goal of this treatment? Are we trying to eliminate the cancer or slow its growth?

Exploring treatment options

- How do we decide whether it's time to change my current treatment?
- Are there logistical challenges, such as travel or scheduling, for the treatments that I should consider?
- How long does the treatment take and is it administered at home or at a clinic?
- If we switch treatments, what is the expected timeline for assessing its effectiveness?

Managing your care and symptoms

- What signs and symptoms should I report and when should I call?
- What early signs might indicate things are changing?
- What non-medication options, such as physical therapy or diet changes, could help me manage symptoms?
- What symptoms should I track at home that would be helpful for our next appointment?

What's changed ?

- New or increased fatigue
- Persistent pain
- Changes in your weight
- Unexplained skin changes
- Frequent fevers or night sweats
- Changes in bowel or bladder habits
- Unexplained bleeding or discharge
- Changes to respiratory health

Notes: