

# BE EMPOWERED in your BREAST CANCER CARE

Being involved in your cancer treatment can help you and your care team make the choices and decisions that are right for you. When people are involved in their own care, they are more likely to stick to their treatment plan and have better results.



Here are some steps you can take to help you take an active role in your care:



1

## Get To Know Your Care Team

Each member of your care team has different skills and expertise that can help you make decisions about your treatment and care. They can answer your questions and help you get the information you need to make decisions that are right for you.



2

## Decide How Much You Want to Know

Some people want all the facts about their treatment, while others prefer to know less. Some people want small bits of information at a time, while others want to have all the information right away.

All of these are OK! Don't be afraid to let your team know how you want to get information. Even if you don't want to know every detail, understanding your treatment can help you take better care of yourself.



3

## Learn About Your Treatment Options

Your team will explain your treatment choices and work with you to choose the best option. Your medication will depend on the type of breast cancer you have, your current health, and other things, like how easy it is for you to get your appointments. Let your team know what is important to you.



4

## Ask Questions!

*"Can you explain that again?"*

As you learn more about your treatment options, you'll probably have questions. It may help to write down your questions as you think of them, instead of trying to remember them during your appointment. One question you should never be afraid to ask is, *"Can you explain that again?"* Breast cancer treatment can be complicated, and your team is here to help.

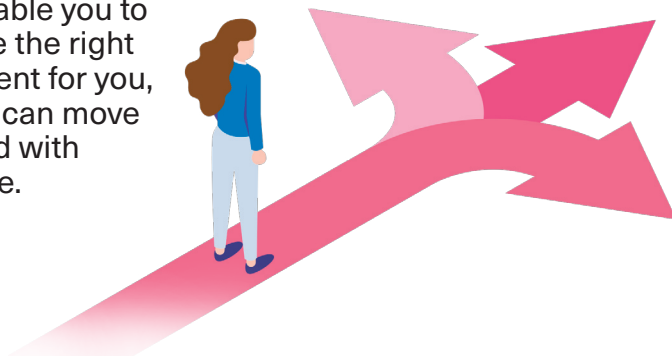


# QUESTIONS TO ASK

about your

# BREAST CANCER TREATMENT

Deciding on your long-term treatment is a big decision, and it can all feel overwhelming. Being informed about your options will enable you to choose the right treatment for you, so you can move forward with your life.



Here are some questions you can ask to help your care team find the best possible treatment for you

## Before Treatment

- What are my treatment options and what are their benefits and risks?
- Is there one treatment that works better than the others?
- What treatment(s) do you recommend and why?
- How long do I need to take my treatment?
- How will we know if my treatment is working?
- Should I consider participating in a clinical trial? If so, what is available?
- Will my treatment affect my fertility?
- Will my treatment affect my appearance?
- How will my treatment affect my family? What do they need to know?
- Who do I contact for financial assistance?

## During Treatment

- How am I responding to my current treatment?
- Would another kind of treatment work better?
- If I'm feeling well, does this mean I'm in remission?
- How should I be taking my medications?
- What will happen if I don't take my treatment?
- What should I do if I miss a dose?

## Side Effects

- What side effects should I expect from my treatment?
- Are there any serious side effects that I should know about?
- Should I report any side effects I am experiencing to a particular person/team?
- Who do I call if I need after hours help with side effects?
- Are there medications available to prevent side effects, or keep them from getting worse?
- Besides taking medications, what else can I do to relieve side effects?

## MY QUESTIONS

*A little planning ahead can save you a lot of time. Write down your questions and bring this sheet with you to your next appointment.*

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