

# TAKE CHARGE

of Your Cancer Care

It starts with a conversation

## KNOW YOURSELF



**Please fill out this worksheet** to help you get ready for your doctor's visit. You can use it to talk about your wishes with your doctor and your family

**MY HOPES** ▶ Through treatment, I hope for (examples: cure, control, comfort) ▼

**MILESTONES AND GOALS** ▶ Milestones and goals that are important to me are (examples: graduations, weddings, retirement, trips) ▼

**QUALITY OF LIFE** ▶ During treatment, I want to be able to ▼

When I finish my cancer treatments, I want to be able to... ▼

**SIDE EFFECTS** ▶ Side effects I am afraid of during treatment ▼

Side effects I am afraid of after treatment ▼

**CONCERNS** ▶ Other concerns I have about my cancer and treatment (examples: body image, fertility, emotional health, sexuality): ▼

**SUPPORT** ▶ Does my family agree with and support my wishes?  
▶ Do I need help communicating my wishes? ▼

The support I need from my family and caregivers is (examples: help on the day of treatment, managing side effects, cooking meals) ▼

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### Information I Need from My Doctor

People often have questions and concerns for their doctor, but may feel nervous about bringing them up. We want you to feel comfortable talking to your doctor about whatever matters to you. 🗨️

### DISCUSSION QUESTIONS

Indicate the questions you'd like to discuss and write down any other questions you have in the space provided.

- What kind of illness do I have?
- Will it get worse or spread?
- What are my treatment choices? Do they have side effects?
- How long will it be before I know if the treatment is working?
- What are my options, if treatment does not work?
- What are the chances of completely curing my illness?
- What are the survival rates? How long might someone with this illness live?
- What are the costs of treatment? How much will I have to pay?
- What will I be able to do on a daily basis?
- What are the best and worst days going to be like?
- What happens after treatment?
- Are there services to help me or my family cope with this illness?

### ADDITIONAL QUESTIONS:

The questions below may or may not apply to you. We know that many patients and their doctors often have a hard time talking about them. If you are worried about any of these issues, please check the boxes below:

- How long am I likely to live?
- Who can I talk to about the kind of medical care I want if there comes a time when I am no longer able to speak for myself? Who can speak for my wishes and me if I cannot?
- How do I get my affairs in order and write a will?
- Is it possible for me to die at home and in comfort?