



1. CONTACT INFORMATION:

-How to reach my healthcare team: _____

-How my healthcare team can reach me: _____



2. WHAT:

-I have a diagnosis of _____



3. WHERE:

-My cancer is located _____

-This is known as Stage _____



4. TREATMENT GOAL:

-The goal of my treatment(s) is _____

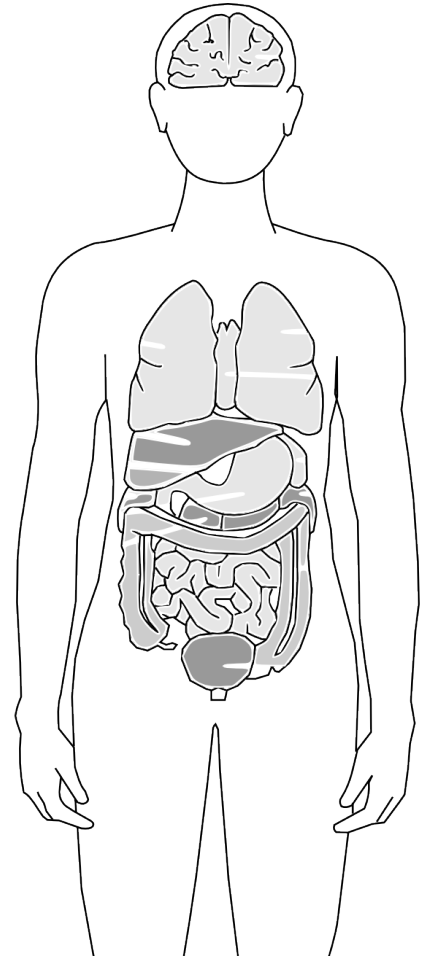
-Curative treatment aims to “cure the cancer,” meaning it is intended to eliminate all cancerous cells, resulting in what doctors can sometimes refer to as “complete remission.” The majority of patients receiving treatment with the goal of cure are receiving treatment as well as surgery or radiation.

-If the cancer can't be cured, palliative treatment is used to 1) slow cancer growth 2) prolong life 3) reduce symptoms and 4) maintain quality of life. Palliative treatment is often given to patients with advanced cancer in hopes of making patients more comfortable with the goal of controlling the cancer for a period of time. It is sometimes given in combination with other cancer treatments.



5. PATIENT GOALS:

Use this space to think about your own goals that you hope to achieve with treatment; what is important and meaningful to you? (e.g. to improve physical activity, to better manage cancer symptoms, to not have the cancer come back etc.)





6. NEXT STEPS:

Use this space to discuss potential treatment options (and potential side effects) and to better understand how/where you will spend your time receiving cancer care. This would be a good time to discuss barriers to care (such as insurance coverage) and to think about what additional tests might be needed before starting treatment.



7. SUPPORT SYSTEM:

Use this space to think about a network of people that can support you during your diagnosis. Think about how to discuss your diagnosis with family and friends. Consider asking for help and continuing to reach out for support. Consider connecting with fellow patients and other caregivers. Consider connecting with other support services such as Cancer Support Community, Cancer Care, American Cancer Society etc.



PATIENT TIPS:

-Develop an organization system (example: purchasing a folder or binder) to keep physical copies of test results, handouts, and all printed information that relate to your cancer, treatments and healthcare team

-Have a "questions sheet" in your folder to write down questions that you might want to discuss with your healthcare team. Consider keeping track of side effects, sleep patterns, nutrition intake or anything else you want to discuss with your care team.

-Keep an updated copy of all medications that you are taking (names and doses) to share with your care team.

-Ask your care team permission to record audio from your appointment to revisit at a later point in time



NOTES: