GW Cancer Center

PREPARING FOR YOUR DOCTOR'S VISIT

A Worksheet for People Who Have Finished Cancer Treatment

You may not see your cancer treatment team as often now that you have finished treatment. But, talking with your doctor about your health needs is important. Take 10 minutes to fill out this worksheet before your next doctor's visit. Bring it with you and share with your doctor.

In the last three months, how often have you worried about your:

		Never	Rarely	Sometimes	Often	Always
HEALTH	Health					
	Side effects from cancer					
	Sexual relationships					
QUALITY OF LIFE	Ability to do things you enjoy					
	Cancer coming back					
	Emotions (such as being sad, angry or anxious)					
	Outlook on life					
	Relationship with spouse/partner					
	Relationships with family and friends					
PRACTICAL	Health care team not addressing concerns					
	Insurance					
	Paying for medical care (such as doctor's visits, drugs, counseling)					
	Follow-up care (getting tests, referrals to other doctors for help)					
	Job					
	Finances (e.g. bills, health care costs or household expenses)					

Other things I am worried about:

The development of this resource was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award (EADI #12744).

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QUESTIONS FOR MY DOCTOR

A Worksheet for People Who Have Finished Cancer Treatment

Below are some suggested questions to ask your doctor about your care. It can also help to write down your questions. Bring this list to your visit and share with your doctor.

Suggested Questions to Ask Your Doctor

- Who am I supposed to see for my follow-up care?
- How often do I need to receive follow-up care?
- What type of follow-up care do I need?
- Will my cancer come back?
- What kind of symptoms should I be sure to tell you about if they occur?
- What kind of cancer screening do I need?
- What are my possible late and long-term side effects?
- What medical records should I keep?
- What changes can I make to help me feel better?
- Are there resources that can help me?
- What support groups are available for me?
- Who should I talk to if I need other support services?

Questions I want to ask my doctor:

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Helpful Resources

Resource	Description	Web Link	Contact Information
American Cancer Society	Patient services and cancer-related education	cancer.org	Phone: 800-227-2345 Live chat available
Cancer and Careers	Workplace advice, interactive tools and educational events	cancerandcareers.org	Phone: 646-929-8032 Email: cancerandcareers@cew.org
Cancer*Care*	Professional support services and cancer information	cancercare.org	Phone: 800-813-4673 Email: info@cancercare.org
Cancer Support Community	Offers social and emotional support for people impacted by cancer	cancersupportcommunity.org	Phone: 1-888-793-9355 Live chat available
National Cancer Institute Office of Cancer Survivorship	Resources for survivors, providers and caregivers	cancercontrol.cancer.gov/ocs	Phone: 1-800-422-6327 Email: NCIinfo@nih.gov Live chat available
National LGBT Cancer Network	Provides online support groups and educational resources for survivors	cancer-network.org	Phone: 212-675-2633 Email: info@cancer-network.org
Patient Advocate Foundation	Provides professional case management services to resolve to access care and financial obstacles	patientadvocate.org	Phone: 800-532-5274 Email: help@patientadvocate.org

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