

**The following are to assist you in getting the most out of your care.
Check those that are most important to you and review with your medical team.**

Diagnosis

- What stage is my cancer?
- Can you tell if this is a fast-growing type of cancer, or a slow-growing type?

Tests

- What tests will I have?
- When should I expect the results from these tests?
- What will these tests tell me about my cancer?
- How long after I have these tests will I know the results?
- Who will call me with the results of these tests? Or, whom should I call to get the results?
- If I need to get copies of my records, scans, X-rays, whom do I contact?
- Do I have to do anything special to prepare for the tests?
- Do these tests have any side effects?

Doctors

- How many doctors will be involved in my care? Who are they? What are their roles?
- Who will be the doctor in charge of coordinating my care and the rest of the doctors?
- What other health care professionals can I expect to be involved in my care?

Treatment

- What is the standard treatment for my type of cancer?
- How many patients have you treated with this treatment? What have been the results?
- How does this compare to other institutions?
- What is the future outlook (prognosis) for my type of cancer with standard treatment?
- Are there any other treatments that might be appropriate for my type of cancer?
- What treatment do you recommend? On what do you base your recommendation?
- What are the risks or benefits of the treatment you are recommending?
- Who would you recommend that I talk to for a second opinion?
- What percentage of patients usually responds to this treatment?
- How long does each treatment last?
- How long is the entire course of therapy?
- How often will I be treated?
- What type of results should I expect to see with the treatment?
- Will there be tests during my treatment to determine if it is working?
- What will it feel like to get treated?
- Can someone accompany me to my treatment?
- Can I drive to and from my appointments? Is parking available?

Treatment (Cont.)

- Will I have to be in the hospital to receive my treatments?
- Who will administer my treatments?
- How often, during treatment, will I see a doctor? The nurse?
- Will a reduction in or delay of the recommended therapy reduce my chances of being cured?
- Are there foods or medications or activities that I should avoid while I am going through treatment?
- How soon after treatment can I go back to work?

Clinical Trials

- Are there any clinical trials or research being done on my type of cancer?
- Are there any clinical trials that you particularly recommend?
- Am I a candidate for any of the clinical trials that you recommend?
- Where can I find related research information?
- Is there anyone else in the area that is involved in research that I might contact to discuss my cancer?
- How much time do I have to make a decision about my treatment options?

Support

- Where can I get literature about my illness?
- Are you willing to speak to my spouse or other family members about my illness and my treatments?
- Where can I find out about support groups?
- Can I speak to someone who has undergone this type of treatment?
- Is there a social worker that I could talk with?
- Is there a dietitian on staff if I have nutritional concerns or difficulties?
- Do I need to be on a special diet?
- Are there any lifestyle changes you would recommend?
- Who do I call if I have an emergency medical situation during my treatment, or shortly afterwards?
- What are the telephone numbers I should have in order to reach you? The nurse? The hospital?

Side Effects

- Should I watch for any particular symptoms?
- How likely are they to occur?
- What should I do if I have side effects?
- Who should I call if I experience severe side effects?
- What can be done to prevent these side effects or reduce their severity?
- When might these side effects occur?
- Could these side effects be life threatening?
- How long will the side effects last?
- What treatments are available to manage these side effects?

Patient and Family Cancer Support Center

Mission Bay & Mount Zion Campuses
San Francisco, CA

More Information:

For additional information or resources, please visit:
<https://cancer.ucsf.edu/support-services>

Or call: **415-885-3693**