

# I'VE BEEN DIAGNOSED WITH CRC: QUESTIONS TO ASK MY DOCTOR

IT IS IMPORTANT TO HAVE HONEST, OPEN DISCUSSIONS WITH YOUR DOCTOR TO MAKE THE MOST INFORMED DECISIONS ABOUT YOUR TREATMENT.

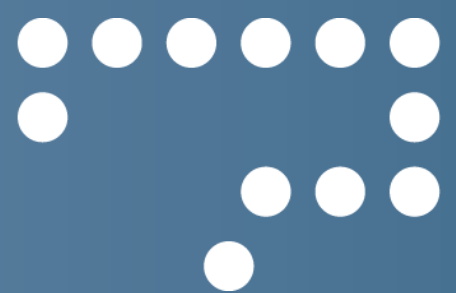
BELOW IS A LIST OF QUESTIONS THAT MAY HELP YOU DISCUSS YOUR DIAGNOSIS AND TREATMENT AS YOU BEGIN YOUR CANCER JOURNEY. DO NOT HESITATE TO ASK QUESTIONS EVEN IF THEY SEEM MINOR - NOW IS THE TIME TO ASK!

## BUT FIRST, A FEW QUESTIONS TO ASK YOURSELF:

- WHO WOULD I LIKE TO ACCOMPANY ME AT DOCTOR'S APPOINTMENTS AND HELP ME WITH MY TREATMENT DECISIONS?
- WHO CAN HELP ME WITH PRACTICAL SUPPORT, SUCH AS FIGURING OUR WORK LEAVE, ORGANIZING MEALS, FAMILY CARE, DRIVING, OR COST OF CARE QUESTIONS?
- ARE THERE OTHER PEOPLE IN MY LIFE SUCH AS MY CAREGIVERS WHO WILL ALSO NEED HELP? WHO CAN HELP THEM?

## QUESTIONS TO ASK WHEN YOU'VE BEEN DIAGNOSED WITH COLORECTAL CANCER:

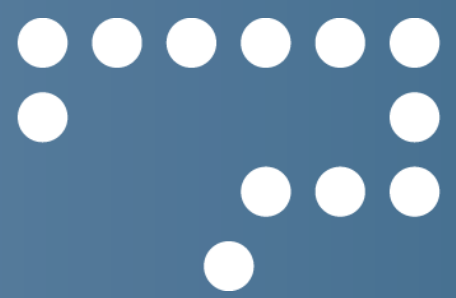
- WHERE IS THE CANCER LOCATED?
- WHAT STAGE IS MY CANCER AND WHAT DOES THAT MEAN?
- HAS MY CANCER SPREAD TO OTHER PARTS OF MY BODY? WHAT EFFECTS WILL THIS HAVE FOR ME?
- WHAT KIND OF SCAN (CT, PET, MRI) WILL I GET TO SEE IF MY CANCER HAS SPREAD?
- WILL I NEED OTHER TESTS BEFORE WE CAN DECIDE ON TREATMENT?
- IS THERE A SOCIAL WORKER THAT COULD HELP ME NAVIGATE MY CANCER JOURNEY?
- CAN YOU CONNECT ME WITH ANY LOCAL SUPPORT GROUPS?



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## QUESTIONS TO ASK WHEN DECIDING ON A TREATMENT PLAN:

- WHAT ARE MY OPTIONS FOR TREATMENT? WILL I GET ONE TREATMENT OR A COMBINATION OF TREATMENTS?
- SHOULD I GET A SECOND OPINION? HOW DO I DO THAT? CAN YOU RECOMMEND SOMEONE?
- WHAT ARE BIOMARKERS? DO I NEED TO GET TESTED FOR THEM BEFORE BEGINNING TREATMENT?
- HOW MUCH TIME DO I HAVE TO MAKE A DECISION ABOUT TREATMENT?
- WILL I NEED TO HAVE SURGERY? IF SO, WILL AN OSTOMY BE NECESSARY? WILL IT BE TEMPORARY OR PERMANENT?
- HOW WILL TREATMENT IMPACT MY QUALITY OF LIFE?
- WHAT ARE THE GOALS OF MY TREATMENT?
- WHAT OUTCOMES ARE POSSIBLE WITH TREATMENT?
- HAVE YOU TREATED OTHER PATIENTS WITH MY TYPE AND STAGE OF CANCER?
- WHAT WOULD MY OPTIONS BE IF THE TREATMENT DOESN'T WORK OR IF THE CANCER COMES BACK (RECURS) AFTER TREATMENT?
- HOW WILL I RECEIVE MY TREATMENTS? WHERE WILL I GO AND HOW OFTEN?
- HOW CAN I BEST PREPARE MYSELF FOR TREATMENT?
- IS MY TREATMENT COVERED BY HEALTH INSURANCE?
- WILL TREATMENT IMPACT MY ABILITY TO WORK?
- WILL TREATMENT IMPACT MY ABILITY FOR INTIMACY? WILL MY FERTILITY BE AFFECTED? IF SO, ARE THERE OPTIONS FOR ME TO PRESERVE IT?
- ARE THERE ANY CLINICAL TRIALS THAT I SHOULD CONSIDER PARTICIPATING IN? HOW DO I LEARN MORE ABOUT THEM?
- WOULD IT BE POSSIBLE TO TALK TO SOMEONE WHO HAS UNDERGONE/IS UNDERGOING THE SAME TREATMENT AS ME?
- HOW WILL MY TREATMENT IMPACT MY FAMILY? ARE THERE RESOURCES AVAILABLE TO SUPPORT ?
- CAN I COMBINE NATURAL AND HOLISTIC MEDICINE WHILE ON TREATMENT?



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## QUESTIONS TO ASK DURING TREATMENT:

- WHAT SIDE EFFECTS SHOULD I EXPECT DURING TREATMENT?
- HOW AM I RESPONDING TO TREATMENT?
- IF I DON'T HAVE SYMPTOMS, DOES THAT MEAN THAT MY CANCER IS UNDER CONTROL?
- IS IT POSSIBLE TO POSTPONE A SPECIFIC TREATMENT, FOR EXAMPLE, TO BE ABLE TO ATTEND AN IMPORTANT FAMILY EVENT?
- WHAT SYMPTOMS OR SIDE EFFECTS SHOULD I TELL YOU ABOUT RIGHT AWAY?
- DO THE SIDE EFFECTS I EXPERIENCE TELL ME ANYTHING ABOUT HOW WELL THE TREATMENT IS WORKING?
- IF MY SIDE EFFECTS GET REALLY BAD, HOW DO WE DECIDE WHEN TO STOP OR TAKE A BREAK FROM TREATMENT?
- HOW CAN I REACH YOU ON NIGHTS, HOLIDAYS, OR WEEKENDS?
- DO I NEED TO CHANGE WHAT I EAT DURING TREATMENT?
- ARE THERE ANY LIMITS ON WHAT I CAN DO OR WHAT I CAN EAT?
- CAN I EXERCISE DURING TREATMENT? IF SO, WHAT KIND AND HOW OFTEN?
- IF I START TO FEEL OVERWHELMED, DEPRESSED, OR DISTRESSED, CAN YOU SUGGEST A MENTAL HEALTH PROFESSIONAL I COULD SEE?
- IF I NEED SOCIAL SUPPORT DURING TREATMENT, WHO CAN I TALK TO?

