

NAVIGATING COLORECTAL CANCER

WHAT'S NEXT?



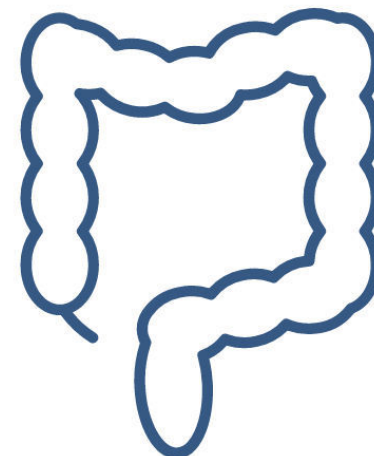
Use this sheet to help you become a more active participant in your healthcare decisions.

Diagnosis

Stage

Notes

Important Phone Numbers



Where is my tumour located?

WHERE AM I IN MY CARE PATH?

DIAGNOSIS & STAGING

- Imaging tests
- Biopsies
- Biomarker/molecular profiling (KRAS, NRAS, BRAF, MSI-H, MSS, HER2, TMB, CEA, NTRK, PIK3CA, DPYD, etc.)
- Lab tests
- Staging

TREATMENT

- Surgery
- Chemotherapy
- Radiation therapy
- Targeted therapy
- Immunotherapy
- Combination therapy
- Clinical trials

SURVEILLANCE

- Symptom management
- Side effect management
- Repeat biopsy
- Follow-up testing (see Diagnosis & Staging)

Looking for more information, resources, one-on-one or group support?

Visit www.colorectalcancercanada.com

email support@colorectalcancercanada.com or call 1-877-50-COLON (26566)

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WHAT'S NEXT?



QUESTIONS TO ASK MYSELF:

- Do I need to work while undergoing treatment?
- Do I have someone who can help me get to and from treatment?
- Do I have someone who can help around the house?
- Do I have someone who can help care for my children?
- What does “quality of life” mean to me?
- Are there major life events that I would like to attend?

QUESTIONS TO ASK MY HEALTHCARE PROVIDER:

About Diagnosis

- Should I get a second opinion and how do I do that?
- Will I do biomarker testing?

About General Lifestyle

- How will the treatment affect my daily activities?
- Will I be able to work during treatment?
- Will I be able to travel during treatment?

About Clinical Trials

- What are clinical trials?
- Would a clinical trial be an appropriate option for me?
- Where can I find more information about clinical trials?

About Finances

- Is my treatment covered by my provincial healthcare? Are there any costs I will have to pay out of pocket?
- Where can I find information about financial assistance?

ABOUT TREATMENT:

- What is the goal of my treatment?
- What are my treatment choices/recommendations?
- Who can I talk to? Will I have a nurse navigator?
- What risks and side effects should I expect from my treatment?
- What can I do to reduce the side effects of the treatment?
- Who do I call if I experience uncontrolled adverse effects after hours?
- If my treatment doesn't work or if the cancer comes back, what is the plan?
- Will I need an ostomy?
- Will I need pain management?
- What is palliative care, and how can I learn about services that may help me during and/or after my treatment?

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