

The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at www.LLS.org.

Visit www.LLS.org/WhatToAsk for the full Communicating With Your Healthcare Team series and printable question guides.



LEUKEMIA &
LYMPHOMA
SOCIETY®

COMMUNICATING WITH YOUR HEALTHCARE TEAM: NEEDING ADDITIONAL TREATMENT

PRIMARY CONTACT AT DOCTOR'S OFFICE

Name _____

Phone _____

Email _____

24-HOUR EMERGENCY CONTACT AT DOCTOR'S OFFICE

Name _____

Phone _____

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

The reasons you may need additional treatment can include: the cancer returns after a successful course of treatment (relapse); the cancer does not respond to treatment (refractory); or signs of disease remain after treatment even if treatment did offer overall improvement.

- Consider all of your treatment options carefully and talk through each option with your healthcare team.
- Keep a list of your questions in a designated notebook and take it with you to all appointments.
- Take notes during appointments so you can think through your options at home.
- Ask a loved one to go with you to appointments for a second set of ears.
- Reach out to your healthcare team if you feel like a question cannot wait until your next appointment or if you are feeling anxious about a concern.
- Tell your healthcare team about any changes in your well-being and any new or worsening symptoms or side effects.
- Talk with your healthcare team about your goals for treatment.
- Create or update your advanced directives (legal documents that outline your healthcare wishes). Everyone should have advance directives in place in case of an emergency.
- Feel free to get a second opinion if you are unhappy with your hematologist/oncologist or if you just want to be reevaluated by a second doctor.
- Consider clinical trials to broaden the number of treatment options available to you. Clinical trials could be an option at any time during treatment.

QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- What signs or symptoms indicate that I need additional treatment?
- What is the goal of treatment?
- Am I eligible for a clinical trial? Would a clinical trial be a good choice for me?
- What are the potential side effects of each available treatment?
- Can I be referred to palliative care (or supportive care) for symptom management?
- How long do I have to make a decision about treatment?
- I had a good response to my initial treatment. Can this treatment be repeated?
- How will this treatment and my disease be monitored?
- If this treatment is unsuccessful, what are my treatment options?
- If I choose to forego treatment, what will happen?