



NEEDING ADDITIONAL TREATMENT

Talking Through Options for the Best Care

The time may come when you need to consider different treatment options. The reasons you may need additional treatment include:

- The disease relapses, meaning the cancer returns after a successful course of treatment
- The disease is refractory, meaning the cancer does not respond to treatment
- Signs of disease remain after treatment even if treatment did offer overall improvement

Many factors can affect a treatment choice including the type of prior therapy, the number of previous therapies, the aggressiveness of the relapse, and overall health. Weigh your treatment options carefully and talk through each option with your healthcare team.

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

- Keep a list of your questions in a designated notebook and take it with you to appointments.
- Reach out to your healthcare team if you feel like a question cannot wait until your next appointment or a concern causes you anxiety.
- Take notes during appointments so you can think through your options at home.
- Tell your healthcare team about any new or worsening symptoms or side effects.
- Ask your caregiver or a loved one to go with you to appointments for a second set of ears.
- Get a second opinion. Find a different hematologist-oncologist who specializes in your diagnosis.
- Ask about clinical trials. Clinical trials can broaden the number of treatment options available to you. Clinical trials could be an option at any time during treatment.
- Update your healthcare team about any changes to your health insurance or contact information; all medications, including vitamins, supplements and over-the-counter medications; any complementary or alternative medicine (CAM) therapies you have received or are receiving; pregnancy or future plans to become pregnant; alcohol, smoking or recreational drug use.
- Do not start or stop taking any new medications, vitamins or supplements without consulting your doctor.

PRIMARY CONTACT AT DOCTOR'S OFFICE

Name _____
 Phone _____
 Email _____

EMERGENCY CONTACT AT DOCTOR'S OFFICE

Name _____
 Phone _____

All of your questions are important. Do not feel embarrassed to ask them.
You deserve to have your concerns addressed.

QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- What signs or symptoms indicate that I need additional treatment?
- What is the goal of treatment?
- What are my treatment options?
- 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?

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

Discuss Your Treatment Goals with Your Healthcare Team

The goal of treatment for many patients is to achieve remission. However, other important goals include quality of life and future plans, and these goals may be different for each patient. Take some time to think over your goals for treatment beyond “curing” the cancer.

It is important to create or update your advance directives. Advance directives are legal documents that outline your healthcare wishes in the event that you are unable to communicate. Every person, not just cancer patients, should have advance directives in place in case of an emergency.

GET SUPPORT. REACH OUT TO OUR INFORMATION SPECIALISTS

Contact us at **800.955.4572** or
www.LLS.org/InformationSpecialists.