

## Learning What You Need to Know

### *When You Have Been Diagnosed with Breast Cancer*

If you recently learned you have breast cancer, you may want to find out everything there is to know about breast cancer. You may also feel overwhelmed with all of the information available. For most people, it is safe to take a little time after diagnosis to learn about your condition, consider treatment options and request support from those close to you.

#### **You've been diagnosed with breast cancer. Now what?**

- **Make a consultation appointment** with your doctor to discuss all of your questions.
- **Bring a list of questions** you would like to ask your doctor about your diagnosis and treatment. Start with the list below and write down additional questions that will help you in making treatment decisions.
- **Bring a supportive friend** or a tape recorder to your appointment to help you recall the information later.

#### **Questions to Ask Your Doctor about Breast Cancer**

- What is cancer staging? What stage is my cancer at right now?
- Has my cancer spread (metastasized) to other parts of my body?
- What treatment options are available?
- What are the advantages and disadvantages (risks and side effects) of the different treatment options?
- What are the success rates for each treatment option?
- What can be done to minimize the side effects of treatment?
- What is the role of a primary care physician (PCP) versus a general surgeon versus a plastic surgeon versus an oncologist versus a radiation oncologist in my care?
- After my initial treatment, who should provide my ongoing checkups, and for how long?
- My specific questions: \_\_\_\_\_

---

---

---

---

#### **Making Decisions about Treatment**

Visit our **Breast Cancer Online Health Center** at [www.HillPhysicians.com](http://www.HillPhysicians.com) to find information, resources and tools to help you make treatment decisions. Discuss your options with your physician and, if you feel that you need some time to make treatment decisions, let him/her know.

Stay up-to-date on this and other health topics by registering for **Hill HealthE-news**. Start your free subscription at [www.HillPhysicians.com/Subscribe](http://www.HillPhysicians.com/Subscribe).