1. What type of cancer do I have? Where is the cancer located?

2. What is the stage of the cancer? What does this mean? How is staging used to help decide the best type of cancer treatment?

3. Has the cancer spread to my lymph nodes or any other parts of my body?

4. What does my pathology report tell us about the cancer? How can I get a copy of my pathology report?

5. Will I need other tests or procedures before we can decide on treatment? What will we learn from these tests?

6. What preparation is needed for these tests, if any? Where do I need to go for these tests?

7. When and how will I receive test results?

8. Should I think about genetic or genomic testing? Will my cancer be tested for biomarkers or genomic alterations and how will this affect my treatment plan?

9. What resources do you recommend so that I can learn more about my cancer and next steps?

1. What are my treatment options? What are the risks and benefits of each option? (You can use the Understanding My Treatment Options template in the myToolBox section to help you map out the different options available.)

2. Am I eligible for any targeted cancer therapies?

3. Which treatments or combination of treatments do you recommend for me and why? What is the goal of this treatment?
4. What are the short and long-term side effects of this treatment? How are these side effects treated? Is there anything I can do to be proactive and prevent or manage the side effects?

5. Will I lose my hair? Will the treatment hurt? Will I have any scars? Do I have an option for placement of the scar?

6. Where will treatment be done? Hospital? Outpatient clinic? Place near my home?

7. What is the expected timeline for my treatment plan? How long do I have to make a decision before I begin treatment?

8. Do I need a family member or friend to come with me to treatment sessions?

9. How will this treatment affect my daily life? Will I be able to work? Exercise? Perform my usual activities?

10. Could this treatment affect my ability to become pregnant or have children? If so, can you recommend a fertility specialist or reproductive endocrinologist before starting treatment? (You can find a list of additional questions to ask about fertility at the end of this chapter.)

11. How much will I have to pay for treatment? What will my insurance cover? Who can I speak to about costs of care and insurance concerns?

12. What clinical trials am I eligible for? Where are they located? (For a complete overview of clinical trials and additional questions, please refer to the Clinical Trials chapter.)

13. I am interested in getting a second opinion. Can you provide a recommendation?

14. Is this type of cancer caused by genetic factors? Are other members of my family at risk?

During Treatment

1. How will we know if the treatment is working?

2. Will I need additional tests and follow up during my treatment? How often?
Follow-up Care

3. If I start to feel overwhelmed or depressed, can you suggest a health care professional I can speak to?

1. What is the chance that the cancer will come back? What specific signs or symptoms should I watch for?

2. How long will it take for me to get better and feel more like myself?

3. What long-term side effects or health issues are possible based on the cancer treatment I received?

4. What follow-up tests will I need? How often will I need them?

5. Are there any lifestyle changes I should make to be healthy after treatment?

1. What support services do you recommend for me? My family? Can you recommend a social worker to help locate support services?

2. Can you recommend a support group where I can talk to another cancer patient or thriver?

4. Who should I call with questions or concerns during non-business hours?

5. Are there any lifestyle changes I should make during treatment?

6. Do I need to change what I eat during treatment? Is there anything I should stay away from?

7. What kind of exercises can I do? How often? Are there any limitations?
1. What kind of exercise should I do now? Are there any limits on what I can do?
2. Are there other effective treatments that might not cause fertility issues?
3. What will fertility preservation options cost? Would you recommend for me?
4. Will any of the fertility preservation options delay the start of treatment or make my cancer treatment less effective? If yes, could this affect my recovery or prognosis?
5. Do I need to abstain from sex during cancer treatment? How long will I need to prevent pregnancy during cancer treatment (e.g. birth control)?
6. Can you recommend support for me and/or my partner to help us cope with fertility issues?
7. Can I get a treatment summary and survivorship care plan for my personal records?
8. Who will be managing my follow-up care? Are there other doctors I should see for follow-up care?
9. How long will I need to continue pregnancy during cancer treatment (e.g. birth control)?
10. How do I get a treatment summary and survivorship care plan for my personal records?

Cancer treatments may affect sexual and reproductive function, which can affect your ability to have children in the future. If you have any concerns talk to your doctor BEFORE you undergo treatment to understand your options. They may recommend a fertility specialist or reproductive endocrinologist who can talk to you about fertility preservation options such as freezing sperm, eggs or ovarian tissue prior to treatment. Additional options may include surrogacy, adoption, etc. Here are a few questions you might want to consider:

1. What is the risk of temporary or permanent infertility as a result of treatments?