



Your healthcare providers want you to **communicate openly** with them so they can make sure you are getting the best care at all points in your journey.

Consider telling your healthcare team about any care preferences you feel are relevant, including:

- Your culture, education, and medical knowledge level
- Your spiritual and other beliefs
- Your social life, important activities, and priorities
- Your care partner's role, or the absence of care partners
- Your work considerations
- Your financial situation
- Your living conditions or family obligations
- Your role as a care partner to someone else
- Your hopes and worries
- Your top priority: quality of life or duration
- Your thoughts on palliative care

IF YOU HAVE A QUESTION, DON'T HOLD BACK, ASK!

Consider asking your healthcare team the following:

- 01** Are there support services, such as nurse navigators or social workers, available?
- 02** What are the other options to the treatment you've suggested?
 - What are the benefits and risks for each option?
- 03** Has my cancer been checked for genetic changes that could help us choose my treatment?
- 04** Are there written materials that I can take home or websites I should visit for more information?
- 05** Do I need to see any other doctors or health professionals?
- 06** When should I see you again?
- 07** Who is the best person to contact with questions or concerns that might come up before my next appointment and what's the best way to reach them?

These tips for effective communication can be especially helpful when the topic is difficult:



01

Have a family member or friend with you during your appointment, if possible



02

Pause: silence helps to reset the power balance



03

Speak slowly and calmly



04

Restate your question, statement, or objection



05

Ask them to slow down and explain something again, using an I statement: "I'm sorry but I didn't understand" as opposed to "You're not making sense"



06

Repeat back to your healthcare practitioner what you think they've just said to ensure you're on the same page



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