

Cancer: Preparing for your Care after Diagnosis

A diagnosis of cancer can be very difficult. It is important to have the support and the information you need so that you can make decisions about treatments that are right for you.



What questions can I ask my health care team?

To learn more about what to expect in your care, think about asking the following questions to your doctor or any member of the health care team (for example, your nurse or social worker). Please keep in mind that every person treated for cancer is different. Your own circumstances will guide the decisions that you and your doctors make.

You may find it helpful to keep a journal where you can write down your questions and keep a record of the discussions you have with your health care team. You may also want to bring a relative or a friend when you meet with the doctor or health care team.

Questions to your health care team may include:

TREATMENT & SIDE EFFECTS

- How often do I need to come to the hospital?
- How will I know if the treatment is working?
- What can I expect when I first come to the clinic for treatment?
- What are the types of systemic treatments?
- Why do I need these types of treatments?
- What is radiation?
- Why do I need radiation?
- What are the side effects to the treatments?
- How do I cope with the side effects?

EMOTIONAL NEEDS

- I feel scared and uncertain. Whom can I talk to about my feelings?
- How do I tell my family or friends about what is happening to me?
- How do I tell my children about what is happening to me?
- How do I help my children cope with the news?
- Will I need birth control during my treatments?
- Can I continue to have sex?

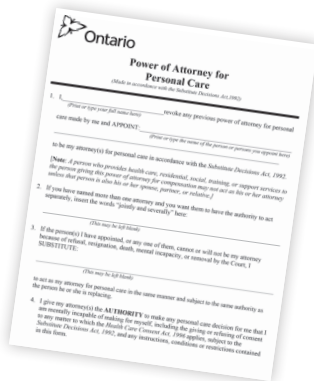
PRACTICAL NEEDS

- Can I keep working?
- How do I get Employment Insurance (unemployment)?
- Do I apply for Disability Benefits?
- Will I still go to my family doctor?

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- Will my family doctor know about my cancer treatments?
- Will I need help at home? Who will help me?
- Will I have pain?
- Is there anything to help with pain?
- Will I be able to look after my children when I have treatments?
- Will I need someone to help me make decisions? Do I need a Power of Attorney or Advanced Directives (a Living Will)?



MY QUESTIONS:



If you would like more information about resources and services in the community related to cancer care, please contact:

**Patient & Family Resource Centre, Level 0
Humber River Hospital**

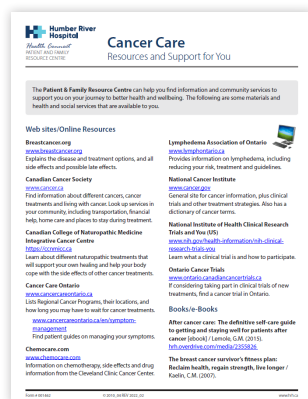
<https://www.hrh.ca/resources/patient-family-resource-centre>

Tel: (416) 242-1000 ext. 81200

You can also read:

Cancer Care: Resources and Support for you

http://hrcatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/001462_cancer%20care%20resources.pdf



The information provided in this handout is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.

English: This information is important! If you have trouble reading this, ask someone to help you. **Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno. **Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.