

Making cancer treatment decision can be overwhelming for many people. Important decisions need to be made to treat new/recurrent cancer or end treatment. These decisions impact your loved one's life. Sometimes it is hard to know what to ask the doctor. One proven strategy for getting the most out of your appointment is to be prepared. It can be helpful to have a written list of questions. This list can make you feel more comfortable asking questions and making decisions.

You and your loved one can consider the treatment options with the health care team. You will need to know what to expect with each treatment. Talk with the doctor to better understand the type and stage of cancer. You can also discuss what the doctor feels is the best goal of treatment for your loved one. A goal of treatment may be to cure, slowing tumor growth, or maintain quality of life. Some cancer treatments are designed to control pain and other symptoms when a cure is not possible. Surgery, chemotherapy, and radiation can have difficult side effects. It's important to weigh the benefits and challenges. You should work together to make a decision that is best for them. Cancer treatments today have come a long way from years ago. There are medications that reduce side effects and make it possible to keep up with your usual activities.

TIPS FOR TREATMENT DECISION MAKING

- Ask your loved one's doctor if a decision needs to be made immediately. You may have some time to become more informed and weigh your options.
- Try to learn as much as possible about your loved one's cancer and treatment options before making a decision. Check out the back page of this booklet for reliable websites.
- Consider getting a second opinion from another doctor or cancer center. Getting another opinion doesn't mean that they must be treated at that center. It may help you and your loved one to feel more confident about your choices.
- Consider asking your doctor if there is a clinical trial that is right for your loved one. Clinical trials are often an excellent way to access the newest treatment options. Visit www.CancerSupportCommunity.org/ClinicalTrials for more information on clinical trials.



www.CancerSupportCommunity.org
1-888-793-9355



- Check with your loved one's insurance company. Talk with a financial counselor at the cancer center or doctor's office about treatment options.
- Talk about your loved one's decision with someone you trust. It can be helpful to talk through ideas and concerns with family, friends, clergy, or a professional. Many find support groups to be a useful place to gather information and suggestions from others.

General Cancer Information, Survivorship & Support

Cancer Support Community • 888-793-9355 • www.CancerSupportCommunity.org

American Cancer Society • 800-227-2345 • www.cancer.org

CancerCare • 800-813-4673 • www.cancercare.org

Cancer.net • 888-651-3038 • www.cancer.net

Caregiver Action Network • 855-227-3640 • www.caregiveraction.org

Healthcare.gov • www.healthcare.gov

Livestrong Foundation • 866-673-7205 • www.livestrong.org

National Cancer Institute • 800-422-6237 • www.cancer.gov

National Center for Complementary and Alternative Medicine • 888-644-6226 • www.nccam.nih.gov

Patient Advocate Foundation • 800-532-5274 • www.patientadvocate.org

Cancer Support Community Resources

Cancer Support Community's (CSC) resources and programs are available free of charge. Call 888-793-9355 or visit www.CancerSupportCommunity.org for more info.

Cancer Support Helpline® — Have questions, concerns or looking for resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355), available in 200 languages Mon–Fri, 9 am–9 pm ET.

Open to Options® — Preparing for your next appointment? Our trained specialists can help you create a list of questions to share with your doctor. Make an appointment by calling 888-793-9355 or by contacting your local CSC or Gilda's Club.

Frankly Speaking About Cancer® — Trusted information for cancer patients and their loved ones is available through publications, online, and in-person programs. www.CancerSupportCommunity.org/FranklySpeakingAboutCancer.

Services at Local CSCs and Gilda's Clubs — With the help of 170 locations, CSC and Gilda's Club affiliates provide services free of charge to people touched by cancer. Attend support groups, educational sessions, wellness programs, and more at a location near you. www.CancerSupportCommunity.org/FindLocation.

MyLifeLine — CSC's private, online community allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Connect with other caregivers by joining the Caregiver Support online discussion board. Sign up at www.MyLifeLine.org.

Grassroots Network — Make sure your voice is heard by federal and state policy makers on issues affecting cancer patients and survivors by joining our Network at www.CancerSupportCommunity.org/become-advocate.

Cancer Experience Registry® — Help others by sharing your cancer patient or cancer caregiver experience via survey at www.CancerExperienceRegistry.org.

The Cancer Support Community provides this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

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