

## Bring this to every visit.

Print one sheet per appointment. Fill in the top, ask the questions, write down the answers. The questions are the spine; the answers are yours to keep.

DATE

PROVIDER

TYPE OF VISIT

Initial consult    Treatment review    Follow-up    Imaging review    Second opinion

PERSON WITH ME

## SECTION 1 — BEFORE THE APPOINTMENT

- Brought my Home Binder (diagnosis summary, current meds, recent labs, imaging discs)
- Wrote down my top 3 questions on the lines below
- Logged any new symptoms, side effects, or medication changes in the past 2 weeks
- Confirmed someone is with me (or arranged to record the visit, with permission)

MY TOP 3 QUESTIONS FOR TODAY

1.

2.

3.

## SECTION 2 — QUESTIONS TO ASK ABOUT MY DIAGNOSIS & PLAN

- What is the exact name and stage of my cancer? Can you write it down?
- What is the goal of this treatment — cure, control, or comfort?
- What are the alternatives to the recommended treatment?
- What clinical trials might I be eligible for?
- What is the realistic timeline — and what milestones should I expect?
- What side effects are most likely, and which ones should I call about immediately?
- Who do I call after hours? Who do I call on weekends?
- Is a second opinion something you would recommend? Where?

## SECTION 3 — NUMBERS TO ASK ABOUT

Tumor markers and lab values are most useful as **trends over time**, not single readings. Ask about the trend.

Marker / Lab	Today's Value	Trend (↑ ↓ →)	What does it mean?

Common markers: CA-125, CEA, PSA, CA 19-9, AFP, CA 15-3 / CA 27-29, IgG / IgA / IgM, Beta-2 Microglobulin, LDH, CRP. See Chapter 6 of *Breathe & Bloom* for what each one tracks.

## SECTION 4 — QUESTIONS ABOUT LIFESTYLE & SUPPORTIVE CARE

- Is there a registered dietitian or integrative oncology specialist on your team?
- Are there any supplements I should **avoid** during this phase of treatment?
- Can I exercise during treatment? Are there limits I should respect?
- If insomnia is a problem, can we discuss CBT-I before sleep medications?
- Should I be on a referral list for psychosocial support, palliative care, or counseling?
- What financial assistance programs do you know about for my situation?

## SECTION 5 — BEFORE I LEAVE

- I know what each new medication is for, how to take it, and what to watch for
- I have a written summary of next steps (or have repeated them back to confirm)
- I know when my next scan, lab, or appointment is
- I know who to call if a side effect feels alarming
- I have asked anything I came in needing to ask

## SECTION 6 — NOTES & NEW INSTRUCTIONS

**Use this every time.** The single most consistent finding in caregiver research is that patients who arrive prepared, leave informed. You do not have to remember everything — you have to write it down. Bring this sheet. Use it. Keep the completed copies in your Cancer Binder. — From Chapter 5 and Chapter 6 of *Breathe & Bloom*.