

The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at www.LLS.org.

Visit www.LLS.org/WhatToAsk for the full Communicating With Your Healthcare Team series and printable question guides. To collect all the information you need throughout diagnosis, treatment, follow-up care and long-term management of a blood cancer, visit www.LLS.org/SurvivorshipWorkbook to view *Navigating Life During and After a Blood Cancer Diagnosis*. There is a version of the workbook for adults, young adults and children/adolescents.



LEUKEMIA &
LYMPHOMA
SOCIETY®

COMMUNICATING WITH YOUR HEALTHCARE TEAM: NEWLY DIAGNOSED

PRIMARY CONTACT AT DOCTOR'S OFFICE

Name _____

Phone _____

Email _____

24-HOUR EMERGENCY CONTACT AT DOCTOR'S OFFICE

Name _____

Phone _____

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

Be prepared and organized.

- Keep a list of your questions in a designated notebook and take it with you to all appointments.
- Take notes during appointments.
- Collect contact information and business cards from all of your healthcare providers.
- Sign the appropriate papers to allow your providers to speak with your caregiver.
- Keep your healthcare team informed and up-to-date.
- Share your medical records and lab results with all of your providers.
- Always tell your healthcare team about any new or worsening symptoms.
- Give your healthcare team a list of all medications, vitamins and supplements you take.
- Update your healthcare team if your insurance coverage or contact information changes.
- Do not be afraid or embarrassed to ask for more information or clarification.
- Ask the doctor to slow down or explain things in another way.
- Request written information about your diagnosis, treatment plan, and possible side effects.
- Take a caregiver or loved one with you to appointments as an extra set of ears.
- Know who to contact if you have questions between appointments.

QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- What is my diagnosis and subtype?
- What is the goal of the treatment? What is my prognosis?
- What are my treatment options, including clinical trials?
- How will I receive treatment?
- What are the short-term and long-term side effects of treatment? Who can help me manage side effects?
- What side effects or symptoms require a trip to the emergency room?
- What can I do to prepare for treatment? How can I keep myself as healthy as possible during treatment?
- Will my fertility (ability to have biological children) be affected by treatment? If so, what are my options to preserve fertility?
- What kind of testing will be done to monitor my disease and treatment?
- How long do I have to make treatment decisions?
- Where can I find more information about my diagnosis and treatment?
- Where can I turn to for help with financial or practical questions?
- Where can I learn more about creating or updating my advance directives?
- Is there an online portal where I can access and view my medical information?