



## **Questions to Ask Your Care Team**

*You don't have to remember everything in the moment. Use this list as a gentle guide and add your own questions as they come.*

### **Before Treatment Begins:**

Be sure to know all you need to know specifically about the cancer you have, why treatment is relevant to you and all YOUR medical stats so you can watch for any weird changes to your body.

1. *What type of breast cancer do I have?*
2. *What stage is it, and what does that mean for me?*
3. *What is the goal of this treatment (cure, control, or comfort)?*
4. *What treatment(s) are you recommending for me and why?*

### **About the Treatment Plan**

1. *How often will I receive treatment, and for how long?*
2. *Where will treatment take place, and how long does each visit usually last?*
3. *Are there other options I should know about?*
4. *How will we know if the treatment is working?*

### **Side Effects & Safety**

1. *What common side effects should I expect?*
2. *Which side effects are urgent and mean I should call right away or go to the ER?*
3. *What can I do at home to manage nausea, fatigue, or pain safely?*
4. *Will this treatment affect my fertility, hormones, or menstrual cycle?*
5. *Medications & Other Health Conditions*
6. *How will this treatment interact with my current medications or supplements?*
7. *Are there medicines I should stop or avoid while on this treatment?*
8. *Is it safe to take over-the-counter pain relievers or cold medicines?*
9. *Should I change anything about my diet or vitamins?*

### **Daily Life & Practical Concerns**

1. *Will I be able to work, drive, or care for my family during treatment?*
2. *Are there activities I should limit or avoid (exercise, lifting, crowds, etc.)?*
3. *What can I do to reduce my risk of infection?*
4. *Are there tips for managing hair loss, skin changes, or weight changes?*
5. *Emotional & Spiritual Support*
6. *Is there someone on your team I can talk to about my fears or anxiety (social worker, counselor, chaplain)?*
7. *Are there support groups or classes you recommend—online or in person?*

### **Money & Logistics**

1. *Who can help me with questions about insurance, billing, or payment plans?*

2. *Are there local or national programs that help with rides, lodging, or financial support?*

**Follow-Up & Communication**

1. *Who should I contact if I have questions between appointments, and how?*
2. *What's the best way to reach you after hours or on weekends?*
3. *How often will I have follow-up visits or scans?*