



Possible topics to cover with your care team

Questions to ask when newly diagnosed

1

Doctor's experience

- Have you treated other people with the same metastatic breast cancer subtype as me?

2

Your cancer details

- How does this cancer type impact treatment decisions?
- Can you tell me more about how this diagnosis will impact my life?

Questions to ask about treatment

3

Early treatment

- What treatments do I need?
- How likely is it that these treatments will decrease the size and/or spread of my cancer?
- What are best-case and worst-case scenarios of time I can expect to be on these treatments?
- How will the treatments impact my daily life?
- What are the side effects of the treatments?
- Are there ways to prevent, lessen or manage side effects?
- Are there any complementary therapies you can recommend?

4

Continued treatment

- What other treatments can I try?
- What can I expect from the treatments in terms of managing the size and/or spread of cancer?
- What are the best and worse-case scenarios of time I can expect to be on these treatments?
- How will the treatments impact my quality of life?
- What are the side effects of treatment?
- Are there ways to prevent, lessen or manage side effects?
- Are there any complementary therapies you can recommend?
- Can you tell me if there are clinical trials that I may be able to join?

Questions to ask about support

5

Palliative care/symptoms management

- What methods are available to help address side effects of treatment and symptoms of the disease?
- Can you refer me to palliative care specialist to help me plan for managing any side effects of treatment?
- What can I expect to be able to do in the future?

6

Emotional support

- Do you know of support groups dedicated to MBC?
- Could you connect me to therapists who have experience with MBC patients?
- What resources are available to deal with the fear and anxiety of progression between scans?
- Where can I find integrative support like massage, yoga, meditation, acupuncture and therapeutic art to help my emotional wellbeing?
- How can I make sure others involved in my care know my wishes?