breast cancer fitness

Questions for my appointment

Tick the questions you want to ask, and write the answers below. Take someone with you if you can, and ask if you can record the conversation.

About my diagnosis

- ☐ **What type of breast cancer do I have, and what stage and grade is it?**
- ☐ **Is it hormone receptor positive? Is it HER2-positive?**
- ☐ **Can I have a copy of my pathology report?**

About my treatment

- ☐ **What treatment do you recommend, and in what order?**
- ☐ **What are the aims, benefits and risks of each treatment?**
- ☐ **When will treatment start, and how long will it take?**

Getting ready (prehab)

- ☐ **Is there a prehabilitation programme I can join?**
- ☐ **What exercise is safe for me before and during treatment?**
- ☐ **Should I see a physiotherapist or dietitian before treatment?**

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Questions for my appointment

Continued.

Side effects and safety

- [ ] What side effects should I look out for?

- [ ] Who do I call if I feel unwell, and is there a 24-hour number?

Support

- [ ] Who is my main contact (breast care nurse)?

- [ ] Can I have a Holistic Needs Assessment?

- [ ] What support is there for work, money and my family?

MY CONTACTS

Breast care nurse	
24-hour treatment helpline	
Consultant	
GP	

Free support: Breast Cancer Now helpline 0808 800 6000 · Macmillan Support Line 0808 808 00 00. In an emergency, call 999.