

Talking about cancer

When you find out you have cancer, you might feel shocked and scared. It can be hard to think of what you want to ask your doctor when everything is happening so fast.

You might want to ask the questions below. You don't have to ask all of them – just use this list as a guide.

If your doctor or nurse gives you an answer that you don't understand, ask them to explain it in a different way. Sometimes doctors use technical or medical words that can be confusing.

You might want to take notes or bring a friend or family member to your appointment to do this or provide support.

Questions to ask your doctor or nurse

- ⦿ What kind of cancer do I have?
- ⦿ Has it spread?
- ⦿ Can you tell me more about cancer?
- ⦿ What are the treatments?
- ⦿ What are the risks of each treatment?
- ⦿ What are the side effects of treatment?
- ⦿ What kind of treatment do you think I should have? Why?
- ⦿ What will happen if I don't have treatment?



If you don't understand,
ask again

- ⦿ Where will I have treatment?
Will I have to stay in hospital?
- ⦿ How much will treatment cost?
- ⦿ Are there any new treatments (clinical trials) I can try?
- ⦿ When do I have to come in to see you for a checkup?
- ⦿ Is there an Aboriginal hospital health worker or social worker who can talk to me about how cancer will affect my life and my family?
- ⦿ Can you help me talk to my family about cancer?
- ⦿ Is it okay to use other remedies, like bush medicine?

More information

⦿ **Cancer Council Helpline**
13 11 20
www.cancerCouncil.com.au

⦿ **Your local Aboriginal health service**