

Question checklist for living well after cancer

This checklist includes the kinds of questions you may want to ask your doctors about living well after cancer treatment.

Fear of cancer coming back

- Am I at risk of getting a different type of cancer or another serious health problem due to the cancer or its treatment?
- How can I manage the fear of the cancer coming back?
- What can I do to reduce the chance of the cancer returning?
- How likely is it that my cancer will come back?
- If the cancer returns, how will I know?
- What are the signs I should look for?
- Could I join any clinical trials or research studies about managing the emotional impact of cancer?

Follow-up care

- · Will you give me a survivorship care plan?
- Can I have a copy of my cancer treatment summary?
- Who should I go to for my follow-up appointments?
- How long will I receive follow-up care?
- What tests do I need to have? What will the test results tell us?
- Can I attend follow-up appointments using telehealth or have tests close to home?
- Why do I need check-ups?
- What will happen during my check-ups?
- How often do I need check-ups?
- What symptoms/problems should I watch out for?
- Who should I contact if I develop new symptoms?
- What happens if there are signs the cancer has come back?
- Can I have the flu, COVID-19 or other vaccines?

Family and friends

- Where can my family get help and advice?
- Are my children at risk of getting my type of cancer?

Treatment side effects

- How long will it be before I feel better?
- Am I at risk of developing late effects? What might these be?
- What can I do to prevent late effects? Do I need any tests to monitor this?
- Am I likely to have long-term problems with pain?
- How can I control any pain?
- What can I do to stop feeling so tired all the time?
- Are there things I can do to help me sleep better?
- Where can I get help for dealing with how I am feeling? Can you refer me to a psychologist or counsellor?

- Would a Mental Health Treatment Plan be of help?
- What sexual changes are likely to be short term and what changes are likely to be long term? Who can I speak to about this?
- Did the cancer and treatment affect my fertility?
- Is there someone I can see about ongoing side effects?
- Can you tell me how a GP Management Plan or Team Care Arrangement can help me manage any ongoing side effects?

Looking after yourself

- Is there anything I can do to improve my health?
- Should I follow a special diet now that treatment has finished?
- Who can give me advice about eating a healthy diet?
- What exercises would you recommend? Can you refer me to a physiotherapist or exercise physiologist?
- Are there any complementary therapies that might help me?
- What advice do you have about returning to work?
- Who can I talk to about my finances, legal matters and other practical concerns?
- Are there any support services you can refer me to?
- How can I connect with other cancer survivors?
- Are there any apps, podcasts or online programs that might be helpful?

My questions		