

## Question checklist for living well after cancer

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

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### 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?
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### 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?
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### Family and friends

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