

ABOUT **D@M**N TIME



Questions to bring to your next breast cancer appointment

A simple guide for talking
about hormone therapy
(endocrine therapy) and daily life

Whether you are currently going through surgery, chemotherapy, and/or radiation — or have already finished — thinking about what comes next can feel overwhelming.

Depending on your type of breast cancer, your care team may recommend long-term hormone therapy.

Use this guide to confidently discuss long-term treatment, ask the questions that matter to you most, and partner with your care team to build a plan that fits your life.

Before your visit

WRITE DOWN



Any changes you have noticed in your physical and/or mental health, when those changes happen, and how they impact your daily life



All medicines, vitamins, and supplements you take



A record of your past cancer treatments



What matters most to you right now — such as protecting fertility, staying active, working, caring for family, sleeping better, or staying independent



Any practical concerns, such as cost, transportation, appointments, or fitting treatment into your routine



Not sure
how to bring
up daily life?

Try:

“I want to learn about what to expect in this next phase of my breast cancer journey. I also want to understand how treatment may affect my daily life. Can we talk about both?”

Questions for my care team

→ Circle the 3 questions you most want answered

- 1 What are my long-term breast cancer therapy options?

Notes:

- 2 Why are you recommending this specific treatment option for me?

Notes:

- 3 How effective is it at treating my breast cancer?

Notes:

- 4 How long will I need to be on this treatment and when would we know if it is working?

Notes:

- 5 What side effects could occur on this treatment? What should I keep track of?

Notes:

- 6 How could this long-term phase impact the important parts of my life?

(Things to consider: periods, menopause, fertility, intimacy, sleep, mood, work, parenting, caregiving, movement, living on my own)

Notes:

- 7 What other health conditions, medicines, vitamins, or supplements should we think about when making my plan?

Notes:

BEFORE YOU LEAVE, ASK:



"What are the next steps, and who should I call if I have questions before my next visit?"

Notes:



Your treatment plan is personal. This guide is provided for educational purposes and does not replace medical advice. Talk with your healthcare team before starting, stopping, or changing any treatment.