

I'VE BEEN DIAGNOSED WITH BREAST CANCER...

now what?

Use this useful checklist to guide your treatment journey



✓	General Information	Notes
	Determine your type of breast cancer and dna sequencing	
	Determine grade of tumor	
	Determine stage of tumor	
	Create a village of family and friends that can help	
<p><i>A village of family and friends can help with meals, carpooling of children, trips to appointments, grocery shopping, etc.. CaringBridge or text messaging groups can be used to keep everyone updated. Identify someone that will send out messages should you not feel up to it.</i></p>		
	Other	

✓	Choose Oncologist	Notes
	Initial meeting date: _____/_____/_____	
	Determine years of experience with your type of breast cancer	
	Prognosis for your type of breast cancer	
	Determine whether additional dna testing is needed	
	Discuss whether chemo is recommended for your type of breast cancer	
	Discuss whether immunotherapy is recommended for your type of breast cancer	
	Discuss whether radiation is recommended for your type of breast cancer or whether that discussion will take place after surgery and final pathology is determined	
	If determined necessary – discuss types and duration of treatment with chemotherapy, and/or immunotherapy, and/or radiation	
	Consider second oncologist opinion if needed	
	Other	



✓	Chemo and/or Immunotherapy (If determined necessary)	Notes
	Have oncologist schedule surgery for port (needed for chemotherapy/immunotherapy) as soon as possible	
	Ask for Rx nausea drugs	
	Obtain from drug store: stool softener	
	Other	

✓	Choose Breast Surgeon and Reconstructive Surgeon (This will consist of two different surgeons and they work as a team)	Notes
	Initial meeting date: _____/_____/_____	
	Determine year of experience as a breast surgeon	
	Determine number of breast surgeries performed	
	Discuss different types of breast surgery (lumpectomy, mastectomy, etc.)	
	Discuss pros/cons of different breast surgery types	
	Will reconstruction take place at the same time as the mastectomy or later?	
	Discuss length of surgery	
	Discuss risks of surgery	
	Discuss length of stay in the hospital	
	Determine years of experience as a reconstructive surgeon	
	Determine number of reconstructive breast surgeries performed	
	Discuss pros/cons of different breast reconstruction types	



✓	After Surgery	notes
	Discuss with breast surgeon and oncologist whether lymph nodes were positive or negative	
	Discuss with breast surgeon and oncology final pathology of tumor	

✓	Choose Radiation Oncologist (If determined necessary)	Notes
	Initial meeting date: _____/_____/_____	
	Determine year of experience as a radiation oncologist	
	Discuss pros/cons of recommended type of radiation	
	Discuss length and dosage of radiation	
	Other	

✓	Resources	Notes
	Breast cancer facebook groups	
	Cancer center will give you folder with information about various cancer organizations	
	Seek out social worker at cancer center for a list of additional resources	

✓	Items You May Find Soothing or Comforting	Notes
	Calming teas	
	Warm baths	
	Relaxing music	
	Massage (if oncologist approves)	
	Coconut oil or other lotions (skin will become very dry if you get chemo and/or radiation)	
	Seamless bras and loose tops	



Names/Addresses/Contact Information For Each Medical Provider	Notes

