Discussion Guide for Newly Diagnosed Patients

Making the most out of your medical visit

MYELOMA CANADA
MAKING MYELOMA MATTER

This Discussion Guide has been created specifically to help you make the most of your healthcare appointments, have meaningful conversations with your healthcare team, and learn about your treatment options. What follows are some common questions that will help spark discussion and get answers. This working guide is meant to be used as a companion that can evolve over time or as your situation changes.

You'll also find a space for any other questions you may have, as well as share information about yourself that you feel is important in helping you decide on your treatment plan. Be sure to take this Guide with you to your next appointment.

Questions for my healthcare team

Early treatment options

- What are the current goals of my treatment?
- What are my treatment options?
- Are there any clinical trials available in this centre or others that I should consider?
- When do you recommend I start treatment and why?
- What treatment do you recommend and why?
- How long will treatment last? What will it be like? Where will it be done?
- What kind of exams or follow-up tests will I need to do while I'm on treatment?
- What are the known side effects of the treatment you are recommending?
- How might treatment affect me on a day-to-day basis?
- What if the treatment doesn't work for me?
- How will this treatment affect the accessibility of future treatments?
- Will I be able to travel?
- What is the difference between active treatment and maintenance treatment, and is maintenance recommended for me?
- Are the drug doses different for maintenance therapy?
- What are my treatment options for maintenance therapy and how long will treatment continue?

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Questions during treatment

- How will we know if my treatment is working?
- Are there any signs or symptoms I should be watching for? When should I contact my healthcare team?
- What should I do if I experience side effects?
- How can side effects be managed?
- Who should I talk to with questions about my treatment? With questions about how I'm feeling?
- What reasons would there be to switch to a different treatment?
- What is your suggested treatment plan and what should I do to prepare?
- What should I do if a proposed treatment is not covered by the public healthcare plan?
- Do I need a special diet while I'm on treatment?
- Are there any limits on what I can do?
- Can I continue to work full time?
- Can I continue to exercise regularly?
- Are there other things I should do to help with my treatment?
- What is symptom management, or palliative care? Do you recommend this for me?
- Are there support groups in my area or online?

Share some information about yourself that you feel is important in deciding your treatment plan. Write down your own questions as you think about them. Bring this to your next appointment with your healthcare team.

Every question is a good question! Your healthcare team is ready to help with the answers you need.