Discussion Guide for Patients Experiencing a Relapse

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

Questions during treatment

- How will we decide on the next treatment for me?
- What goals do I have for my next line of treatment?
- What are my treatment options?
- Are there any clinical trials available in this centre or others that I should consider?
- What are your recommendations?
- What is your suggested treatment plan and what should I do to prepare?
- What if a proposed treatment is not covered by the public healthcare plan?
- How will this treatment affect the accessibility of future treatments?
- How long might I be on this treatment?
- How will we know if this new treatment is working?
- Are there any signs or symptoms I should be watching for? When should I contact my healthcare team?
- What kind of exams or follow-up tests will I need to do while I'm on treatment?
- 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? Or questions about how I'm feeling?
- What reasons would there be to switch to a different treatment?
- Do I need a special diet while I'm on treatment?

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- 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?

- Will I be able to travel?

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.