

Working with Your Gynecologic Cancer Care Team: Take an active role in your treatment choices!



This guide aims to help you talk about important topics with your doctors and others providing your care. You will want to share your personal goals for treatment. And you'll want to know about the latest treatments and biomarker tests.

What Matters Most in Your Gynecologic Cancer Care Choices

Your Decision-Making Style

Circle the option that best describes how you like to make treatment decisions:

- I want to make the final choice about my treatment.
- I want to make the final choice after hearing my doctor's opinion.
- I want my doctor and me to decide together.
- I want my doctor to decide, but consider my opinion.
- I want my doctor to make all the decisions about my treatment.

By sharing your preferences with your healthcare team, you can make informed decisions about your care together.

Information You Need

How much detailed medical information do you want to know about your cancer? (circle all that apply)

- All the details, including prognosis
- All the details, but not prognosis
- Just enough to decide on treatment
- Other: _____

Is spirituality part of your healthcare decisions? (circle your answer)

- Yes
- No

Involving Your Support System

How do you like to include family and friends in your care decisions? (circle all that apply)

- Decide mostly on my own
- Get their advice, then decide
- Decide together
- Let them decide

Who are the most important people in your life that help you with treatment decisions? (circle all that apply)

- My spouse or partner
- My child/children
- My parent(s)
- My friend(s)
- My spiritual or religious advisor
- Other: _____

Understanding Your Gynecologic Cancer Experience

Your Knowledge About Your Cancer

Important questions to ask:

- What type and stage of cancer do I have?
- What are molecular or genetic tests? Are there any I should consider?
- How will these test results affect my treatment options?
- When will I get the results?
- Will I need regular imaging tests?

Cancer Details:

- Type: _____
- Stage: _____
- Grade: _____

Your Biomarker Status:

- MMR/MSI Status (if endometrial): _____
- HRD Testing (if ovarian): _____
- BRCA1/2 (if ovarian): _____
- Other relevant markers: _____

Top Goals for Your Treatment

The goals of my therapy are to (circle all that apply):

- Help me live longer
- Try to make me feel better
- Get rid of all my cancer
- Other: _____

What are your priorities when making treatment decisions?

(number in order with 1 being the highest concern and 12 being the lowest concern)

- ___ Physical side effects (hair loss, neuropathy, nausea, fatigue)
- ___ Emotional/mental side effects (sadness, anxiety, memory)
- ___ Ability to work
- ___ Personal responsibilities (childcare, caregiving, household)
- ___ Logistics and convenience
- ___ Sexual concerns
- ___ Fertility considerations
- ___ Out-of-pocket expenses
- ___ Impact on daily activities
- ___ Burden on family/friends
- ___ Access to clinical trials/new treatments
- ___ Important events or goals

What practical concerns do you have? (circle all that apply):

- Transportation to appointments
- Support at home
- Work schedule flexibility
- Insurance coverage
- Childcare needs
- Caregiving responsibilities
- Financial concerns
- Special events/timing

Remember:

Your preferences may change over time, and you can revisit this discussion at any point in your care journey.

Exploring Your Gynecologic Treatment Options

Considering Treatment Option 1

Important questions to ask:

- What are my treatment options based on current guidelines?
- What are all my treatment options?
- What are the pros and cons of each option?
- How will each option affect my daily life?
- What are the expected side effects?

Treatment option 1:

Benefits:

1.

2.

3.

Risks/Side Effects

1.

2.

3.

Impact on Your Priorities: (How does this option align with your highest-rated concerns?)

Considering Treatment Option 2

Treatment option 2:

Benefits:

1.

2.

3.

Risks/Side Effects

1.

2.

3.

Impact on Your Priorities: (How does this option align with your highest-rated concerns?)

Considering Clinical Trials

Important question to ask:

- Are there clinical trials I should consider?

Trials to consider:

1.

2.

3.

Planning Your Next Steps

Creating Your Action Plan

Additional testing needed:

1. _____
2. _____
3. _____

Referrals needed:

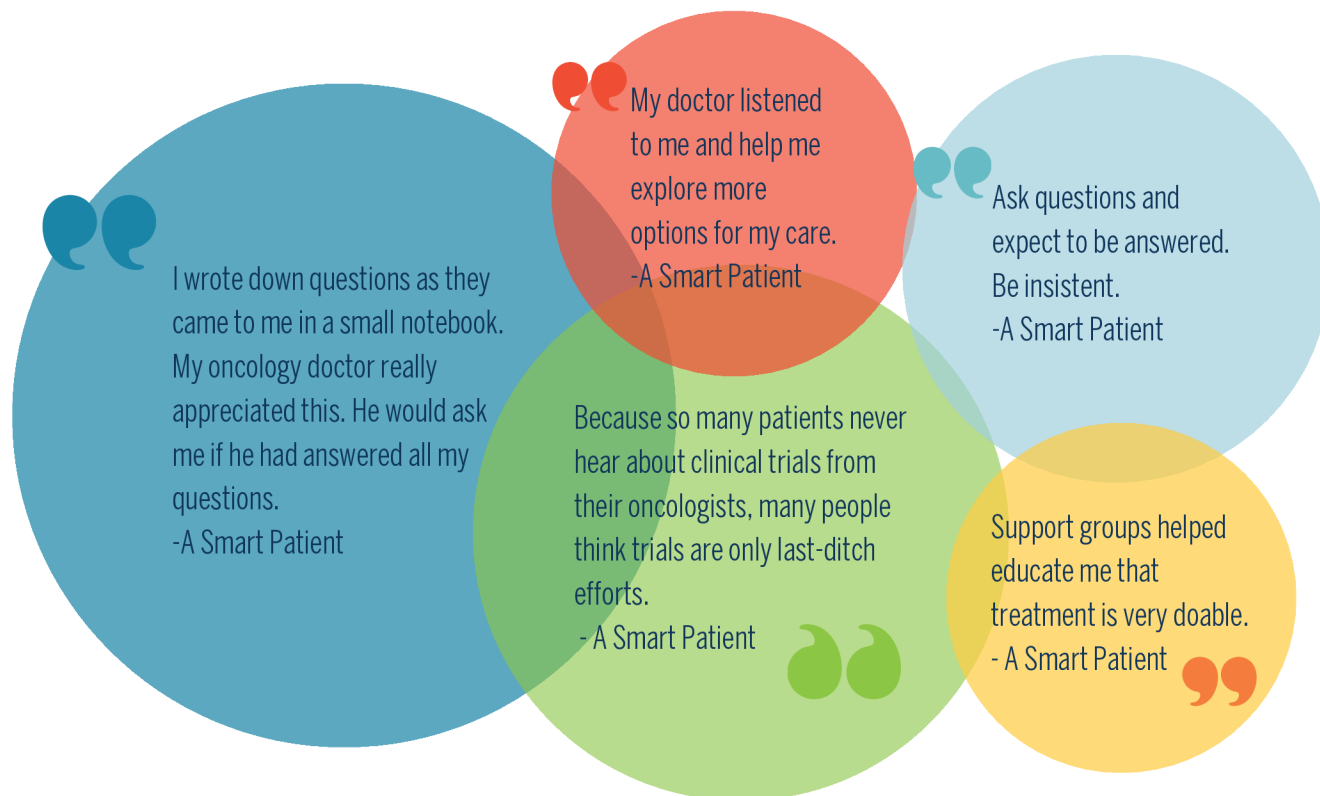
1. _____
2. _____
3. _____

Support services to contact:

Important questions to ask:

- **What support services are available?**
- **Are there patient support groups?**
- **What financial resources are available?**
- **Who should I contact with questions?**

Quotes from the Smart Patients Gynecologic Community



This patient resource, created with input from the Smart Patients Gynecologic Cancer Community and in partnership with Clinical Care Options, is designed to support better treatment conversations in gynecologic cancer care. It also includes information adapted from research by Rocque and colleagues (Oncologist, 2019).



Smart Patients



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