

Preparing for Your Doctor's Visit

A Worksheet for People with Small Cell Lung Cancer

If you have Small Cell Lung Cancer, complete this worksheet to help you talk with your health care team about symptoms, treatment options, side effects, and getting the emotional and practical support you need. You are not alone.

WHAT IS SMALL CELL LUNG CANCER?

Small cell lung cancer (SCLC) is one of two types of lung cancer. As the name suggests, small cell lung cancer is defined by the smaller size of the cancer cells. After undergoing testing, your care team will be able to tell you the stage of your cancer.

If you have non-small cell lung cancer, visit www.CancerSupportCommunity.org/lung for information that is right for you.

TIPS FOR TAKING CONTROL

- Before each doctor's visit, write down your questions. Keep a journal and take notes during your visit.
- Understanding your care is important. Ask questions until you understand what is said. Ask for information in the language you understand. You can ask your doctor to draw a picture or compare it to something you know.
- Take someone with you to appointments for support and to help listen to the information. If someone can't be there with you, see if someone can be on the phone or if you can record the visit.
- Consider getting a second opinion. You can get a second opinion any time.

Below are some of the things people with SCLC may experience as shared by members of our Cancer Experience Registry. Think about how often they affect you.

	Rarely	Sometimes	All the Time
Fatigue or weakness			
Joint pain, muscle aches, or cramps			
Difficulty thinking clearly or remembering			
Feeling anxious, overwhelmed, or depressed			
Nausea, diarrhea, vomiting, or mouth sores			
Weight loss or gain			
Loss of sexual desire or problems with intimacy			
Other:			

How often are cancer or treatment side effects interfering with your life?	Rarely	Sometimes	All the Time
Unable to work/go to school/do daily tasks			
Unable to do activities I normally enjoy			
Confidence/self-image			
Sleep			
Social relationships			
Eating and/or exercise			
Other			

THINK ABOUT YOUR TREATMENT & PERSONAL GOALS

Make sure to discuss your goals with your care team so that you can make the best possible treatment decisions. Possible goals may be to live as long and as well as possible or to go to a special event or milestone. Remember, your goals may change over time, so continue to have this conversation with your health care team.

Physical Health and Well-being	<i>What is most important for you to be able to do?</i>
Family and Social Relationships	<i>What's going on in your life and the lives of others that is important to you?</i>
Work/School	<i>Do you want or need to continue working? Can you adjust your schedule or responsibilities?</i>
Community/Involvement	<i>Are you getting the support you need from your community? Are you able to stay active/involved in your community?</i>
Other	<i>What else is important to you?</i>

PREPARING FOR YOUR NEXT HEALTH CARE VISIT

Write down your questions before each doctor’s visit. Bring the questions to your appointment. Below are some suggested questions and discussion points. Concentrate on the issues that are most important to you.

- Can you explain my test results to me?
- Are there any other tests that I should be having at this time?
- What treatments are available to me? Can you explain why those are the treatments available?
- Is there a clinical trial that is right for me?
- Would biomarker testing help identify treatment options?
- Are any of the treatments available the best to help me reach my goals?
- I am feeling _____ about the cost of treatment. Are there treatments or drugs that work as well but would cost me less?
- What side effects can I expect to have with treatment? How can I prepare for them?
- What side effects are important for me to let you know about immediately?
- How can we manage my symptoms and/or side effects?
- What is the best way to reach you during clinic hours and after hours/on weekends?

GETTING SUPPORT

People diagnosed with lung cancer are at a higher risk of experiencing poor physical and mental health. It is important to get support for yourself. Think about people in your life who can help (your spouse or partner, friends, family, faith community, support group, or coworkers).

- Make a list of things you need (childcare, meal prep, laundry, etc.) and who can help with each task. Use MyLifeLine.org to help you stay organized and let friends know what you need.
- Ask your health care team about resources available to you and your family for social, emotional, and practical support.
- If you search for information online, make sure that you use trusted websites, like the ones on the last page. You can talk about trusted resources with your primary care physician.

Fill out this chart with people, activities, places, and resources that can support you with different parts of your care. For example, for emotional support, you may list your support as talking to a friend, watching your favorite movie, your support group.

Area of Need	Support #1	Support #2	Support #3
Emotional Care			
Physical Care			
Financial Care			
Spiritual Care			
Other			

Small Cell Lung Cancer Information & Support

American Lung Association — 800-586-4872 • www.lung.org

GO₂ Foundation For Lung Cancer — 800-298-2436 • www.go2foundation.org

Lung Cancer Research Foundation — 844-835-4325 • www.LCRF.org

LUNgevity Foundation — 888-360-5864 • www.lungevity.org

Financial Support Resources

Cancer Financial Assistance Coalition — www.cancerfac.org

CancerCare — 800-813-4673 • www.cancercare.org/financial_assistance

HealthWell Foundation — 800-675-8416 • www.healthwellfoundation.org

Patient Advocate Foundation — 800-532-5274 • www.patientadvocate.org/help

Cancer Support Community Resources

The Cancer Support Community's (CSC) resources and programs are available free of charge. To access any of these resources below, call 888-793-9355 or visit www.CancerSupportCommunity.org.

Cancer Support Helpline[®] — Whether you are newly diagnosed with cancer, a long-time cancer survivor, caring for someone with cancer, or a health care professional looking for resources, CSC's toll-free Cancer Support Helpline (888-793-9355) is staffed by licensed CSC Helpline Counselors available to assist you Mon-Fri 9 am - 9 pm ET.

Open to Options[®] — If you are facing a cancer treatment decision, this research-proven program can help you. In less than an hour, our trained specialists can help you create a written list of specific questions about your concerns for your doctor. Appointments can be made by calling 888-793-9355, visiting www.CancerSupportCommunity.org, or by contacting your local CSC or Gilda's Club providing this service.

Services at Local CSCs and Gilda's Clubs — Almost 50 locations plus 120 satellite locations around the country offer on-site support groups, educational workshops, and healthy lifestyle programs specifically designed for people affected by cancer at no cost to the member.

MyLifeLine — CSC's private, online community allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Sign up at www.MyLifeLine.org.

Grassroots Network — CSC's Cancer Policy Institute provides updates on policy issues that impact the health and well-being of cancer patients and survivors. Join the Network to make your voices heard with federal and state policy makers. www.CancerSupportCommunity.org/join-our-movement.

Cancer Experience Registry[®] — The Registry is a community of people touched by cancer. The primary focus of the Registry is on collecting, analyzing, and sharing information about the experience and needs of patients and their families. To join, go to www.CancerExperienceRegistry.org.

FRANKLY SPEAKING ABOUT CANCER: LUNG CANCER PROGRAM PARTNERS



THIS PUBLICATION WAS MADE POSSIBLE THROUGH GENEROUS SUPPORT FROM:



For more information and resources, please visit the CSC Lung Cancer page at www.CancerSupportCommunity.org/Lung.

Share your experience and make your voice heard. Join the Cancer Experience Registry and participate in the special community of people facing ovarian cancer at www.CancerExperienceRegistry.org.

The Cancer Support Community and its partners provide this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

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