



# The Confident Patient:

## A Doctor Discussion Guide for MBC Care

### Where you are today

- Can we go over my recent scans or bloodwork together?
- Has anything changed in the areas where the cancer has spread?
- Should we repeat any tests – like hormone receptor or HER2 testing – to see if anything has changed?
- Are there specific signs you're watching closely right now?

### Treatment

- What are the goals of treatment at this stage?
- How do we evaluate whether my cancer is responding to treatment?
- What kinds of tests or scans will we use – and how often?
- How will I know when it's time to consider switching treatments?
- If this treatment stops being effective, what options would we consider next?
- How might different treatments affect my day-to-day independence or comfort?
- Are there clinical trials or other approaches I should know about?

### Notes:

### Additional support

- Could palliative care help me manage symptoms?
- Are there lifestyle changes you would recommend?
- Are there any limits on activity that I should follow?
- Where can I find a counselor or support group?
- What support is available for my family or caregivers?

### Symptom check-in

- New or worsening pain
- Joint pain or cramps
- Shortness of breath
- Nausea, diarrhea, or vomiting
- Trouble sleeping
- Increased fatigue or weakness
- Weight loss or gain
- Difficulty concentrating
- Feelings of anxiety, sadness, or irritability