

## After A Head or Neck Cancer Diagnosis: Questions To Ask Your Doctor

# A diagnosis of head or neck cancer can be overwhelming. This fact sheet will tell you:

- How to prepare for your appointments
- What the impact of your hormone receptor status might be
- What questions will help you learn more about your diagnosis



#### The Importance of Communicating With Your Health Care Team

Your team of doctors, nurses and social workers are there to help. Here are some tips for your appointments.

- **Bring a list of questions.** This will help you remember important things to ask. Write down or record the responses so that you do not forget them.
- **Consider bringing a loved one with you.** A friend or a family member can help ask questions and provide emotional support.
- Ask questions about costs. Knowing how much your treatment and medications might cost can help you plan ahead and focus more attention on getting better.

If your doctors and nurses do not know every answer, they may be able to guide you to those who do.



### What About My Diet and Dental Health?

A healthy diet is important during cancer treatment. Your doctor can refer you to a registered dietitian (RD) to help manage treatment side effects.

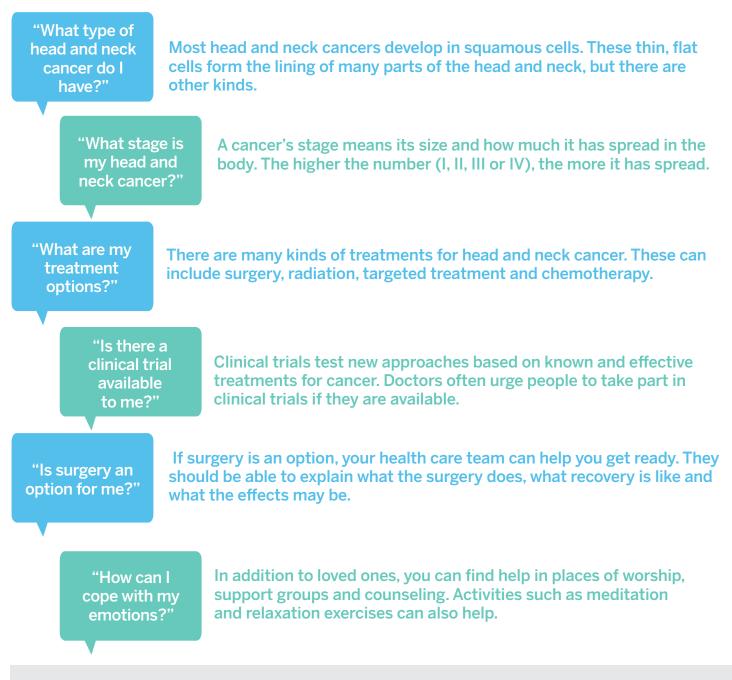
You should also talk with your doctor about your dental health. A dentist can make sure that your mouth is as healthy as possible before you begin treatment and can provide important information to the rest of your health care team.





#### **Questions That You May Want to Ask Your Health Care Team**

The following questions should help you learn key information about your diagnosis and situation.



#### CancerCare® Can Help

Founded in 1944, Cancer*Care* is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All Cancer*Care* services are provided by master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit www.cancercare.org or call 800-813-HOPE (4673).



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