

Things you might like to discuss with your doctor

**WE ARE
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CANCER SUPPORT**

Treatment plan

Do you know all you want to know about your illness and its treatment?

Is there anything you wish to know about the tests you have had?

Do you have any questions about the drugs or other treatments you are having and their possible side effects?

Psychological state / mood

This simply means how your spirits are. Do you think they are good or not so good?

If they are not good, is there any way in which they can be improved?

Social situation

Do you feel your friends and relatives understand your illness and how it affects you?

Do you think they are managing to cope well enough?

Does anything need to be done to improve things?

Are you receiving all the benefits you are entitled to?

Physical well-being

Pain – Are you suffering any pain?

Bowels – Are your bowels working well?

Breathing – Are you managing to breathe comfortably?

Sleep – Are you getting enough sleep?

Others – For instance diet, smoking and so on. Do you have any other concerns about your physical health?

Plans for the future

You may like to discuss holiday plans, pursuing hobbies, going back to work etc.

It is important to realise that this discussion document is only a guide and should be regarded by both you and your doctor as a flexible aid in your consultations together.

Contacts and information

Lead GP

Telephone

Other

Hospital specialist

Telephone

Other

Hospital nurse support

Telephone

Other

Community nurse support

Telephone

Other

Macmillan Cancer Support

General Advice **0808 808 2020** (freephone)

Benefits Advice **0800 500 800** (freephone)

Email: cancerline@macmillan.org.uk

Cancerbackup

Free information leaflets

0808 800 1234 (freephone)

Website: www.cancerbackup.org.uk

Patient support organisation

Hospice

Social services

Further information from Macmillan Cancer Support

The cancer guide: giving you the information you need	MAC5775 CGW/05 (Welsh) (also available in Braille)
Don't let cancer worries keep you awake at night: CancerLine promotional leaflet	MAC4504
Money Worries? How we can help	MAC4603
Help with the Cost of Cancer: A guide to benefits and financial help for people affected by cancer	HCOC/07 HCOC/NI/06 (Northern Ireland)
Talking to children when an adult has cancer	TALKC/04
Hello and how are you? For carers of people affected by cancer	HHRU/04

The above resources can be ordered free of charge by both people affected by cancer and professionals by calling the Macmillan Resource line on **0800 500 800**, or from our resources website www.be.macmillan.org.uk. You will need to register first but once registered, re-ordering should be easy.