

HER HEALTH FIRST CANCER CARE DOCTOR DISCUSSION GUIDE



An estimated 10 million deaths, or one in six deaths, is caused by cancer globally. By 2040, the estimated global burden is estimated to grow to 27.5 million new cancer cases and 16.3 million cancer deaths due to the growth and aging of the population. It is important to talk to your doctor about cancer risk and address when to start screening for cancer. It is normal to not know how or when to start talking to your doctor about cancer care, especially if you have no family history. Below is a list of questions to help start the conversation with your health care provider.

QUESTIONS TO ASK YOUR DOCTOR

1. I am a [age] [race] women with [insert known risk factors], what types of cancers should I be concerned about?
2. What are the risk factors for developing cancer?
 - a. Are there specific risk factors linked to family history?
 - b. Are there specific risk factors linked to my lifestyle?
 - c. Are there specific cancer linked to the environment I live in?
3. Is there anything I can do to lower my risk of receiving a cancer diagnosis?
4. At my age, what types of cancer do I need to be screened for?
5. Are there any types of genetic testing I should do that screen for cancer causing genes?
6. Addressing family history:
 - Option A) I have a family history of cancer, what measures can I take to help mitigate my cancer risk?
 - Option B) I do not have a family history of cancer, but I still want to take precautionary measures, do you have any recommendations for me?
 - Option C) I am not sure if I have a family history of cancer, but I still want to take precautionary measures, do you have any recommendations for me?
7. Are all cancer screenings covered by insurance?
8. What happens if cancer is found during the screening?

RISKS	RECOMMENDED SCREENING /AGE OF SCREENING	GENERAL NOTES