



This Is Your Conversation



Make It More Than Just Small Talk

It's common to have your doctor make what seems like “just small talk” with you at the beginning of an appointment. But as you know, how you respond may make a big difference in what you discuss. **Being open and specific in your responses to what may seem like simple questions can help your doctor know what you really need.**

Talking tip: Try starting the conversation with what you'd like to focus on.

For example: Since our last appointment, I've been feeling . . .

Get a Clear Understanding

It's not unusual to feel confused about new medical information from your doctor—especially when it comes to treatment. And you know that getting what you need from your doctor through effective communication can make a big difference, especially once you get home and it's time to start your treatment.

That's all the more reason to ask questions and have your doctor clarify anything you need explained.

Talking tip: Try asking your doctor to repeat any confusing information so you can ask questions.

For example: I want to be sure I understand. Would you say that again?



Partner With Your Doctor

Managing cancer is tough. Managing other aspects of your health on top of that can add another layer of stress. You may be tempted to avoid a lecture from your doctor or a conversation about lifestyle changes you don't feel ready for. **Your doctor wants to help you with all your health and wellness goals, so think about how you can partner with your doctor to make improvements that matter to you.**

Talking tip: Try thinking of ways you can partner with your doctor to get the information and resources you need.

For example: Let's work together on a plan to help me reach my goals . . .

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