These questions can help you learn more about your diagnosis and treatment options. Circle or highlight the ones you want to ask your health care team.

**Understanding Your Diagnosis**
- What stage is my cancer? What does that mean?
- What do the hormone receptor tests show? Were any other tests done? What did they show?
- Has my cancer spread outside the breast (metastasized)? If so, to where?
- What are the chances of surviving my cancer?
- Is my family at risk? Should I talk with a genetic counselor?
- Should I get a second opinion? Where can I get a second opinion? Will I need a referral?
- Who can help me and my family cope with feelings of anxiety, stress, or fear?

**Understanding Your Treatment Options**
- What type of treatment do you recommend? Why?
- What are the risks or side effects of this treatment?
- Am I a candidate for breast-conserving surgery? If not, what are my reconstruction options?
- Will my lymph nodes need to be removed? What is a sentinel lymph node biopsy, and is it an option for me? What are the risks and side effects of lymph node removal?
- Are there any other treatment options for my cancer? How do these options differ? What will these treatments do?
- Will I need more than one type of treatment?
- How often will my treatments occur? How long will they last?
- How soon will I need to start treatment? What will happen if I postpone or decide not to have it?
- Will I need to stay in the hospital? If so, for how long?
- Are there clinical trials in which I can participate? If so, how do I enroll?

**What to Expect During and After Treatment**
- How should I expect to feel during and after treatment? What can I do to feel better?
- What side effects should I expect?
- Are there any side effects I should tell my health care team about immediately?
- Will I need to change any of my work or daily activities?
- How will cancer and its treatments affect my sex life?
- Will cancer and its treatments impact my ability to have children?
- Is there any special diet I should follow before, during, or after treatment?
- If I am in pain or have other concerns after hours, whom should I call for help?
- What kind of follow-up will I need after my treatment is finished?