

Communicating with Your Healthcare Team



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GET TO KNOW SHARSHERET

Sharsheret supports Jewish women and families facing breast cancer and ovarian cancer at every stage — before, during, and after diagnosis.

Our name, Sharsheret, means “chain” in Hebrew and represents the strong, nurturing connections we build to support Jewish women and their families at every stage of breast cancer and ovarian cancer. We help women and families connect to our community in the way that feels most comfortable, taking into consideration their stage of life, diagnosis, or treatment, as well as their connection to Judaism. We also provide educational resources and create programs for women and families to improve their quality of life.

We understand that young Jewish women have unique concerns when it comes to breast cancer and ovarian cancer, and we are the only organization that specializes in serving them. Our programs are easy to access. From Boston to Burbank, Milwaukee to Miami, Sharsheret is wherever you are.

Sharsheret is a growing community of women and families. Together, we are creating a chain of strong links that reaches across the country so that no woman or family of Jewish descent needs to face the challenges of breast cancer or ovarian cancer alone.

Visit [sharsheret.org](https://www.sharsheret.org) or call us at **866.474.2774** to participate in our programs and to become a link in the Sharsheret chain. All inquiries are confidential and answered by qualified staff who can help.

OUR PROGRAMS

The Link Program®

- **The Ruth and Sidney Vine Peer Support Network**, connecting women newly diagnosed or at high risk of developing breast cancer or ovarian cancer one-on-one with others who share similar diagnoses and experiences
- **The Margot Rosenberg Pulitzer and Sheri Rosenberg Embrace™ Program**, supporting women living with advanced breast cancer or recurrent ovarian cancer
- **Genetics for Life®**, addressing hereditary breast cancer and ovarian cancer
- **Busy Box®**, for parents facing breast cancer or ovarian cancer while raising children or teens
- **The Bella Chachky Diamond and Sylvia Diamond Geller Best Face Forward Program®**, addressing the cosmetic side effects of treatment
- **Best Face Forward 2.0**, providing services and financial subsidies to enhance women's quality of life
- **The Florence & Laurence Spungen Family Foundation Family Focus® Program**, providing resources and support for caregivers and family members
- **Ovarian Cancer Program**, tailored resources and support for young Jewish women and families facing ovarian cancer
- **Sharsheret Community Partners™**, developing local support groups and programs
- **Thriving Again®**, providing individualized support, education, and survivorship plans for young breast cancer survivors

Education and Outreach Programs

- **Health Care Webinars**, on issues unique to younger women and Jewish women facing breast cancer and ovarian cancer
- **Beatrice Milberg Campus Program™**, outreach and education to students on campus
- **Florence and Joseph Appleman Educational Booklet Series**, culturally relevant publications for Jewish women, their families, and health care professionals

INTRODUCTION

Learning about your cancer diagnosis can often be difficult and confusing. You may have a lot of questions or not know where to begin. At Sharsheret, we understand how important it is to talk to your healthcare team to help you understand your diagnosis, treatment and care plan, in order to make informed decisions.

In this booklet you will find resources to help you understand who may be on your treatment team and questions to ask your doctor to help you learn more about your cancer care and treatment plan.

To help understand your diagnosis and the impacts it has on your treatment, view our Breast Cancer Navigation Flowchart that includes information about your pathology report, diagnosis, and treatment options. Use this Flowchart as a springboard for conversation with your health care team to explore all of the options that are available to you.

Scan here to view our Breast
Cancer Navigation Flowchart.



HEALTHCARE COMMUNICATION

Communication Tips

Improved communication will enable you and your treatment team to work collaboratively regarding your care. These tips can prepare you to improve your communication with your treatment team.

Bring a friend or family member to appointments who can:

- Discuss your visit goals
- Help ask questions
- Remind you of previously expressed concerns
- Take notes during the visit

List and prioritize your concerns:

- Prepare a list before your visit
- Keep your questions specific
- Prioritize your questions and focus on your main concerns

Get visual aids:

- Ask for diagnosis and treatment information written or drawn if that will help you understand
- Request educational materials from your doctor to help you better understand your diagnosis or treatment

Take notes (on your phone or a notebook):

- Taking notes will allow you to easily refer to the information later
- Have the person who accompanies you take notes if you are unable to while the doctor is talking
- Write down main points, the answers to your questions, and other advice and instructions

Audio record your visit so you can:

- Listen to specific information again
- Share information with family members and friends

Ask questions:

- Seek further explanation when needed, as medical terms can be confusing
- Ask questions as they come up instead of putting off concerns until the end of your appointment
- Ask Sharsheret for a list of questions to ask

Be assertive:

- Let your healthcare provider know if they are not communicating well

- Ask them to go slower or explain another way
- Communicate clearly and politely using “I” statements
- Inform the doctor if you feel rushed, worried, or uncomfortable
- Try to voice your feelings in a positive way

Ask for clarification:

- Repeat what you think the doctor means in your own words and ask, “Is this correct?” to confirm understanding
- If you don’t understand the answers, keep asking questions until you do

Discuss follow up instructions:

- Find out how you can reach your doctor outside of office hours
- Confirm if you should use phone or email for questions that come up
- Ask how long you should wait to hear a response before following up

Include other members of your treatment team:

- Nurses, social workers and others from your team are often skilled at speaking in everyday language, answering treatment questions, and making suggestions about how to deal with side effects

- Other members of your treatment team may be able to spend more time with you than the doctor

Discuss unique cultural questions and concerns:

- Tell your doctor about your religious background and needs
- Speak to your rabbi or religious leader about your questions related to the role religious observance may have in your treatment
- Contact Sharsheret for culturally-relevant support, information, and resources



QUESTIONS TO ASK YOUR DOCTOR

Questions to consider when choosing your treatment team

QUESTIONS TO ASK YOURSELF

- Do I feel at ease and comfortable with this doctor?
- Do I feel heard and understood?
- Were my concerns, feelings and questions validated, taken seriously and addressed?
- Was the commute to the hospital or clinic and the parking doable?
- What's the office staff like, and how easy is it to make or change an appointment?
- Am I comfortable being treated at the hospital that they are affiliated with?
- Did the team take my caregivers' wellbeing into account?

QUESTIONS TO ASK YOUR MEDICAL TEAM

- What's the procedure for an after-hours emergency or if you are away on a scheduled vacation?
- In an emergency, what's the likelihood of being seen the day of, or having a call returned by you promptly?
- Who else can I be in contact with if you are not available?

- Who else on your team can help me navigate next steps?
- Will you be in communication with the other doctors who are treating me?
- How would you feel if I wanted to get a second opinion?
- Do you keep up to date on clinical trials and advances?
- Do you offer any additional services during surgery recovery or while undergoing treatment (e.g. acupuncture, yoga, counseling, alternative therapies, cold caps)?
- It's really important that I still be able to _____ after treatment.
- Will you be able to help me accomplish that?
- What haven't I asked? What is important for me to know?

MY PERSONAL QUESTIONS

Please add any additional questions you would like to ask here (or create a note in your phone so you'll have room to write down the answers):

WHO'S WHO ON YOUR TREATMENT TEAM AND QUESTIONS TO ASK

Medical Oncologist

A medical oncologist is one of the healthcare providers treating someone diagnosed with cancer. The medical oncologist is generally responsible for coordinating a patient's treatment by using chemotherapy, biologic therapies, or other cancer-fighting drugs. They also provide supportive care to the patient.

Questions to ask your Medical Oncologist:

- What is the stage of my cancer?
- How does the stage of my cancer affect my treatment options?
- What treatment do you recommend and why?
- Will I need chemotherapy?
- What is scalp-cooling (cold caps) and am I a candidate?
- What should I be doing differently while undergoing treatment?
- What is the goal of my treatment?
- Has the cancer spread beyond where it started?
- Will I benefit from testing of the tumor cells?
- What's my plan for after chemotherapy, surgery, and/or treatment?
- Are there signs and symptoms I should be aware of?
- If cancer is only found in one of my breasts, should I consider prophylactic options? If yes, what are they?
- Should I see a doctor who specializes in treatment of ovarian cancer? If so, who do you recommend?
- Are there other treatment options or clinical trials that I may qualify for?
- What are possible risks and benefits of joining a clinical trial, compared to my regular treatment plan?
- If I join a clinical trial, who is in charge of my care?
- Are there any financial considerations before joining a clinical trial?
- What is step therapy and how might it impact my treatment choices? Is there any way around it?
- What is a biosimilar and how do I know if I am receiving one?
- Will using a biosimilar impact my treatment and/or outcome?

Breast Surgeon

A breast surgeon is a general surgeon who is specifically trained and skilled in operating on the breast. Whether you are having prophylactic surgery or a tumor removed, a breast surgeon will perform the surgery.

Questions to ask your Breast Surgeon:

- How do I prepare for breast surgery?
- What happens before, during and after my surgery?
- When can I go back to work and resume normal activities?
- What is the difference between a mastectomy and lumpectomy? What are my options?
- Is breast reconstruction surgery an option if I want it?
- What does breast reconstruction surgery involve?
- Can breast reconstruction be done at the same time as the mastectomy?
- Will you be removing lymph nodes as part of my surgery? How many?
- What impact will that have?
- If I am high risk, is a mastectomy my only option for breast cancer risk reduction?

- Do I have to decide what type of surgery I am going to have right away?
- Will I be able to do micropigmentation (3D nipple tattooing and areola) after surgery? How should I prepare for it before my initial surgery?

Gynecologic Oncologist

A gynecologic oncologist specializes in diagnosing and treating cancers that are located in a woman's reproductive organs. They are usually surgeons, and may also give chemotherapy.

Questions to ask your Gynecologic Oncologist:

- What treatment options do you normally recommend for people with my type and stage of cancer?
- What are the anticipated results of this treatment?
- Would you recommend additional tests and, if so, what additional information would the tests provide?
- How will this treatment and surgery affect my ability to have children?
- What is my plan for follow up after chemotherapy, surgery, and/or treatment? Are there signs and symptoms I should be aware of?
- What are the recommendations regarding salpingectomy vs. oophorectomy vs. hysterectomy?

- If I am high risk, when should I consider getting a prophylactic oophorectomy or hysterectomy?
- Are there other treatment options or clinical trials that I may qualify for?
- What are possible risks and benefits of joining a clinical trial, compared to my regular treatment plan?
- If I join a clinical trial, who is in charge of my care?
- Are there any financial considerations before joining a clinical trial? Who should I speak to?
- What is step therapy and how might it impact my treatment choices? Is there any way around it?
- Will my reconstructed breast match my other breast?
- Will breast reconstruction surgery interfere with my chemotherapy or radiation therapy?
- What are my options for reconstruction if I am doing a prophylactic mastectomy?
- Will I be able to do micropigmentation (3D nipple tattooing and areola) after surgery?
- How should I prepare for it before my initial surgery?
- What possible side effects from my implants should I look out for?
- What risks could be associated with my choice of implants?
- Am I a candidate for resensation surgery?

Reconstructive Plastic Surgeon

A reconstructive plastic surgeon reconstructs the breast after cancer surgery. Breast reconstruction is a surgical procedure that restores shape to the breast after a mastectomy or lumpectomy for cancer or after prophylactic surgery to reduce your cancer risk.

Questions to ask your Reconstructive Plastic Surgeon:

- How do I know which type of reconstruction is best for me?
- What are the pros and cons of getting reconstructive plastic surgery at the same time as my breast surgery versus waiting?

Radiation Oncologist

A radiation oncologist is a doctor who has specialized training in using radiation therapy to treat or reduce the symptoms of cancer.

Questions to ask your Radiation Oncologist:

- What do you expect to be the outcome of radiation therapy?

- How many treatments are involved in the process?
- How long does each session last?
- What side effects should I expect to experience?
- Will any other parts of my body also be affected by the radiation?
- Do you have a full-time dosimetrist (a dosimetrist is a member of the radiation oncology team who coordinates and plans the radiation dosage and area) on staff and will they be the one mapping my radiation?
- How often is the radiation equipment checked?
- Are you (the doctor) on site to review my scans? How many health care professionals will be present during my radiation treatment?
- Am I required to get tattooed for my radiation or is it optional?

Radiologist

A radiologist is a doctor who prepares and interprets mammograms, ultrasounds, and MRIs, to find or track the progress of cancer and/or benign growths. Radiologists do biopsies to help determine the treatment recommendation.

Questions to ask your Radiologist:

- What will my breast imaging show?
- How long will it take to receive my mammogram results?

- What happens next if the screening shows something that looks abnormal?
- Are there different options of types of mammograms or screenings that can be done?
- How often should I come in for a screening?

Pathologist

A pathologist studies cells in order to identify and stage cancer based on the appearance of the cells and tissue. Pathologists also perform biologic tests on the tumor to help characterize its cells in order to determine the necessary treatment. Some biologic tests can be done in the hospital and others are sent to outside laboratories.

Questions to ask your Pathologist:

- What types of tests will be done on the specimen?
- How is the tissue for the test obtained?
- How long does it take to receive my pathology report?
- What information does the pathology report contain?
- If I am having prophylactic surgery, will I get a pathology report?

Primary Care Doctor

A primary care doctor tracks your overall health but does not specialize in cancer treatment. However, they can be a valuable resource and will provide referrals to those who do specialize in cancer treatment.

Questions to ask your Primary Care Doctor:

- Is there anything I should be doing differently while undergoing cancer treatment?
- Do I need to make any changes to my regular, not cancer related medications?
- Can you provide referrals for my cancer treatment team?
- If I know that I am at high risk for breast and/or ovarian cancer, at what point should I consider prophylactic surgery?
- If I am at high risk for breast and/or ovarian cancer and do not want to do surgery, what are my options for monitoring my health?

Fertility Specialist

A fertility specialist or a fertility doctor is a reproductive endocrinologist, which is a sub-specialty of obstetrics and gynecology. Their focus is on infertility and fertility treatments in both men and women and they can assist in explaining fertility options both before and after cancer treatment or prophylactic surgery.

Questions to ask your Fertility Specialist:

- How may my cancer treatment affect my fertility?
- If I am doing prophylactic surgery, will this affect my fertility? How?

- Can I postpone my prophylactic surgery so that I can try to conceive?
- Can I preserve my fertility prior to treatment and/or prophylactic surgery? How?
- How long can embryos, eggs, and tissue be frozen for? Is this an option that I should consider?
- Can I postpone treatment to allow more time for ovulation stimulation?
- Should I consider taking drugs to suppress my ovarian function during treatment? What are the pros and cons?
- How long does it typically take for fertility to return after treatment?
- Is pregnancy safe for me after cancer and/or prophylactic surgery? If yes, how long should I wait?
- How long should I wait before not getting pregnant to see a fertility specialist?
- I am a carrier for a gene mutation that puts me at higher risk for developing breast and ovarian cancer, is there a way to avoid passing this on to my future children?

Oncology Nurse

An oncology nurse gives direct patient and family care and supervises staff caring for patients and families. They also teach patients, families, and staff about cancer, treatment, and its various side effects.

Questions to ask your Oncology Nurse:

- What is your specific role in my treatment process?
- Who is my main point person throughout my cancer process?
- Can I ask you questions if my doctor is not available?
- What do I do if I do not feel comfortable with my doctor?
- My doctor hasn't called me back with my results, what should I do?
- Will you be following my case or will there be different nurses each time I get treated?
- If I need treatment, will it be administered by you or by the doctor?

Oncology Social Worker

An oncology social worker offers counseling and practical assistance to women facing breast or ovarian cancer. They help children cope with their parent's illness, ease communication with family and friends, and teach stress reduction techniques. They also provide community resources and help patients adjust to medical treatment.

Questions to ask your Oncology

Social Worker:

- How will you help me and my loved ones?
- How can you identify and connect me to the specific resources I need?
- At which point along my cancer journey will contacting you be helpful?
- Can you help me speak with my children about my cancer?
- How can you help me find financial assistance?
- I will need a home nursing aid; will you be able to help me find one?

Genetic Counselor

A genetic counselor helps patients understand certain genetic risks and whether genetic testing is recommended. If one chooses to get tested, a genetic counselor can interpret the results of the genetic screening tests and discuss the relevant next steps.

Questions to ask your

Genetic Counselor:

- What are the benefits of genetic counseling and testing?
- What specifically are genetic tests looking for?
- What happens if the test results prove that I am a carrier for a certain gene mutation?

- What information about my family history should I find out before my appointment?
- If I am a carrier of the BRCA mutation and at higher risk to develop breast and/or ovarian cancer, what are the chances that I will pass the gene mutation on to my child? Can it be avoided?

Physical Therapist

Physical therapists (PT) are movement experts who can help increase quality of life through exercise, hands on care, and patient education. A PT can help both before and after your breast surgeries to help improve possible side effects, optimize motor function and may reduce your risk of lymphedema.

Questions to ask your Physical Therapist:

- Are there specific exercises I can do before surgery to help the outcome of my surgery?
- How soon after my surgery (ie: prophylactic, mastectomy, lumpectomy, reconstruction) can I start physical therapy?
- Can you help me make a post-surgery exercise plan?
- Are there specific exercises that can reduce the risk of lymphedema?
- Will physical therapy be painful? If so, what can I do for the pain?

Insurance Case Manager

An insurance case manager, telephonic case manager, a nurse case manager, or a patient navigator, is someone who can help you navigate your insurance coverage and answer individual questions. It is important to note that the title may vary based on your insurance carrier. For additional personal questions about navigating your health insurance, please contact Sharsheret's clinical team.

Questions to ask your Insurance Case Manager:

- Is my health care provider in-network or out-of-network?
- Do I have an out-of-network benefit?
- If my health care provider is out-of-network, what is my co-payment and co-insurance cost?
- Do I need prior authorization for treatment?
- If my claim is denied, what is the appeal process?
- Are the medications prescribed to me covered or are they a part of the step therapy program? Is there a list of formulary medications available?
- If there are access barriers preventing me from getting my medication, is my health care provider able to appeal and what is that process?

OUR VOICES

Effectively Communicating With Your Medical Team

By Laura Lee, Sharsheret caller

As a cancer patient, I learned that cancer treatment is a difficult and challenging process. I also saw things from a different perspective and learned just how challenging it can be for the medical team who administer treatments as well. It became clear that effective communication and kindness play crucial roles in creating positive and supportive environments for both patients and medical teams.

“By being direct, open, and kind, I was able to establish a trusting and understanding relationship with my team...”

Specifically, I learned how essential it is to be clear and concise when communicating concerns or posing questions. Your medical team is there to provide the best possible care, so it's important to be honest and open about any issues or concerns that arise. They are there to listen and help. I quickly learned that I was not “being difficult” or “a bother” when I asked questions or shared concerns about my symptoms; actually, I was helping my team to help me! By being direct, open, and kind, I was able to establish a trusting and understanding relationship with my team and I believe

that can only help lead to better care and even treatment outcomes.

Also, I discovered that it was really important to express gratitude to the health care professionals for their hard work and dedication. In fact, showing appreciation was something that actually helped me through this very difficult time. Small acts of kindness can come in many forms – a simple thank you, a heartfelt note, baked goods, or a small gift. These can go a long way in boosting morale and showing that your loved ones and you recognize the important roles that your medical team members play. Even when I hated being at treatments and when I wasn't my best self, they showered me with kindness and I left a better person because of them. I got much joy out of sharing simple gestures of gratitude to my medical team.

Kindness creates a ripple effect like tossing a rock in a pond. Your small acts of gratitude might just be that extra boost your medical team needs to motivate them to pass a smile on to their next patient on a hard day. Since finishing treatment, I have remained in touch with some of the nurses, and I continue to feel their kindness. To this day, they share how my small gestures of thanks to them meant so much.

Genetic Testing Communication Tips

**By Peggy Cottrell, Sharsheret
Genetics Program Manager**

Questions for your doctor when you are thinking about having genetic testing.

- What factors help me determine if I should have genetic testing?
- What will genetic testing cost, and will I be informed of the costs in advance?
- Will there be a genetic counselor involved in my testing?

Once you have spoken to your family members about your family history and or personal diagnosis, the next step is talking with your physician about what you have discovered. You should talk about all of the factors involved in determining if you need genetic testing.

Tell your physician about all of the cancer in the family, your own diagnoses as well as the family members. Your physician will want to know if anyone was diagnosed with cancer at a young age, had cancer more than once, or died of cancer. It is also important to share with your doctor if you have Ashkenazi ancestry.

“Be sure to let your physician know how you feel about testing... If you feel strongly, don’t let your physician tell you that you don’t need [it].”

Be sure to let your physician know how you feel about testing. It may be

something you would like done, whether it is covered by insurance or not. If you feel strongly, don’t let your physician tell you that you don’t need testing. There are opportunities to get the testing for a relatively low cash price.

Many individuals decide to have testing done at their physician’s office without the guidance of a genetic counselor. If you decide to do that, there are some additional questions you should ask. It’s important that whoever is ordering your test checks off the box on the requisition that you don’t want the test to run until you are informed of your out of pocket costs. If your physician doesn’t know about this, you may want to use a genetic counselor to order testing. Also, ask your doctor if you will be referred to a genetic counselor if your results are positive or uncertain. Genetic counselors are uniquely able to discuss the implications of positive or uncertain results. If you have an uncertain result, it is important to know if your provider will contact you if the interpretation of the result changes.

Questions for your doctor when your genetic testing results are positive:

- What specialists do I need to see if I have positive results?
- How can I find out about research related to my positive results?
- What impact will the results have on my fertility?
- How do I decide if prophylactic surgery is right for me?

If you have positive results, you need to speak with your physician about next steps. You will probably think about seeing other specialists along the way. Who you decide to see and in what order depends a lot on your age and circumstances. And if you test positively after a diagnosis of cancer, your results may change the treatment plan.

You may want to find out about research studies that are being done related to either your diagnosis with cancer or your genetic findings. You can ask your physician about studies in which you might be eligible to participate.

If you plan to have children in the future, you may want to talk to a fertility specialist. Some cancer treatments may interfere with your ability to have children, and you will need to address this before you start treatment. Some people with hereditary cancer suffer from reduced fertility, or they may want to use IVF and embryo screening to avoid passing the mutation to the next generation.

If you are diagnosed with breast cancer, you will likely need to have surgery, and will need to get a referral to a breast surgeon. If you are at increased risk for breast cancer, a referral to a breast surgeon will also make sense. He/she will help with an additional breast exam, and will have

more experience at ordering and interpreting the necessary imaging.

If you have been diagnosed with ovarian or uterine cancer, the gynecologic oncologist may perform your surgery, and may also order chemotherapy. A gynecologic oncologist is also the specialist who will discuss the timing for the removal of the fallopian tubes, ovaries, and sometimes the uterus for those at increased risk to develop uterine or ovarian cancer.

For those with an increased risk to develop pancreatic cancer, screening may be offered after the age of 50. Screening is best accomplished by enrolling in a pancreatic cancer screening study with providers who have a specialization in detecting pancreatic cancer. Those with an increased risk to develop stomach, intestinal, or colon cancer will need to see a gastroenterologist to provide the appropriate screening. Others might need to have a regular skin exam by a dermatologist.

You may not be sure about how to prioritize these issues. Sharsheret is here to help you. Our genetic counselor can discuss your case individually and explain how national guidelines may impact your choices. We are able to help connect you to research, if you are interested. We can also help in the decision making related to prophylactic removal of the breasts or ovaries. We can connect you to a peer supporter who has gone through it already, or connect you with a private Facebook group.

Asking For a Second Opinion

**By Dr. Deanna Gerber,
Gynecologic Oncologist, NYU**

Choosing a surgeon or oncologist is a big decision. Trust me, as both a doctor and a cancer survivor myself, I get it. Often, you will meet with one doctor and know they are the right fit for you. But sometimes, you may want more information. When making any life changing decision, most people mull it over and seek out the opinion of several trusted friends and family members. Choosing your medical team should be no different. There are times when choosing a doctor or treatment that is the right fit for you requires a second opinion.

If the thought of asking or telling your doctor you are seeking a second opinion makes you uncomfortable, you are definitely not alone. A lot of people are concerned at damaging the relationship with their current doctor and fear this may negatively affect their care.

“...it is standard practice to receive a second opinion... Your doctor should be more than happy to respect your wishes and may even be able to help you find another physician to consult.”

With my doctor hat on, I'm here to tell you, this shouldn't be the case! In fact, it is standard medical practice to receive a second opinion. This is especially true when it comes to rarer diagnoses and treatments. Your doctor should be more than

happy to respect your wishes and may even be able to help you find another physician to consult.

As someone who has experienced both sides of these interactions, knowing how to best communicate with your team through this can be helpful. When asking for a second opinion, it is best to let your doctor know as early as possible. The second opinion will likely request your medical records and you may need your doctor's help in getting your imaging and pathology reports to the second doctor. Also, some health insurance plans require that the second opinion is requested by your doctor, rather than by you.

Another thing to consider is to let your doctor know as early as possible so that they do not schedule you for treatment or surgery.

For example, if you are scheduled for a surgery and then cancel it last minute, the surgical spot may go empty. Take into account that the surgical spot or chair in the chemotherapy infusion center could have gone to someone who may be in a similar position and anxiously awaiting treatment.

Ultimately, your medical team wants you to feel confident with the care they are providing you. If seeking out a second opinion is what will make you feel comfortable, then they should encourage and support you through it!

Breast Cancer Navigation Flowchart

Understanding Your Pathology Report And Treatment Options



SCAN THE QR CODE BELOW TO
ACCESS OUR BREAST CANCER
NAVIGATION FLOWCHART.



Sharsheret's Breast Cancer Navigation Flowchart includes information about your pathology report, diagnosis and treatment options. Use this Flowchart as a springboard for conversation with your health care team to explore all of the options that are available to you.

HOW CAN SHARSHERET HELP ME?

If you are at risk or have been diagnosed with breast cancer or ovarian cancer, we can help.

- Connect with others who share your experience in The Ruth and Sidney Vine Peer Support Network.
- Discuss genetic concerns related to your family history and cancer risk with our support staff.
- Let us help you help your children through your cancer journey with parenting resources.
- Create a survivorship plan tailored to your unique needs.
- Join our program for women living with advanced breast cancer or recurrent ovarian cancer.
- Learn how to address the cosmetic side effects of cancer treatment.
- Call us for resources and with questions from family members, caregivers, and friends.
- Keep informed by experts in the cancer community on our national teleconferences and webinars.
- We offer transcripts of Sharsheret's helpful symposia online at sharsheret.org, covering topics such as Ask and Advocate: Creating a Positive Relationship with Your Treatment Team, Biomarkers and Treatment Decisions and Clinical Trials: New Options and Opportunities. Check our website for the continually updated list of relevant transcript topics. If you do not have access to the internet, you can call our office to request copies and learn about other relevant transcripts available to you.

For more information about Sharsheret's programs, please contact us toll-free at **866.474.2774** or at info@sharsheret.org. Sharsheret's programs are free and are open to all women and men. All inquiries are confidential.

**Remember, wherever you are,
Sharsheret is, and we will be there
for as long as you need us.**

RESOURCE DIRECTORY

Breast Cancer Organizations

Breastcancer.org

610.642.6550

www.breastcancer.org

Dr. Susan Love Research Foundation

310.828.0060

www.drSusanLoveResearch.org

Living Beyond Breast Cancer

855.807.6386

888.753.5222 (Helpline)

www.lbbc.org

SHARE: Self-Help for Women with Breast or Ovarian Cancer

866.ASK.SHARE

www.sharecancersupport.org

Susan G. Komen Breast Cancer Foundation

877.456.6636

www.komen.org

Triple Negative Breast Cancer Foundation

877.880.TNBC

www.tnbcfoundation.org

Cancer Organizations

American Cancer Society

800.ACS.2345

www.cancer.org

Cancer101

646.638.2202

www.cancer101.org

CancerCare

800.813.HOPE

www.cancer.org

Cancer Hope Network

877.HOPE.NET

800.552.4366 (Helpline)

www.cancerhopenetwork.org

Cancer.Net

888.651.3038

www.cancer.net

Cancer Support Community

888.793.9355

www.cancersupportcommunity.org

Imerman Angels

866.IMERMAN

www.imermanangels.org

National Cancer Institute

800.4.CANCER

www.cancer.gov

Ovarian Cancer Organizations

Camp Māk-A-Dream-Adult Retreats

406.549.5987

www.campdream.org

FORCE (Facing our Risk of Cancer Empowerment)

866.288.RISK

www.facingourrisk.org

Foundation for Women's Cancer

312.578.1439

www.foundationforwomenscancer.org

HERA Ovarian Cancer Foundation

www.herafoundation.org

Inspire

www.inspire.com

National Ovarian Cancer Coalition

888.OVARIAN

www.ovarian.org

Ovarian Cancer Research Alliance

202.331.1332

866.399.6262

www.ocrahope.org

Sandy Rollman Ovarian Cancer Foundation

610.446.2272

www.sandyovarian.org

SHARE: Self Help for Women with Breast or Ovarian Cancer

844.ASK.SHARE

www.sharecancersupport.org

Physician Referral Services

ECHO Institute for Health

845.425.9750

718.859.9800

Ezra LeMarpe

718.435.9788

www.ezra-lemarpe.org/en

Jewish Health Organization

617.431.1700

www.jho.org

Relief

718.432.9501

www.reliefhelp.org

Rofeh Cholim Cancer Society

718.722.2002

www.rccscancer.org

Scan the QR code below for our full list of resources



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Hereditary Breast Cancer
and Ovarian Cancer

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Facing Breast Cancer as
a Jewish Woman

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Facing Cancer as a Frum Woman

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Facing Ovarian Cancer as
a Jewish Woman

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Breast Cancer and the Ritual Bath:
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Jewish Breast Cancer Survivors

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Advanced Cancer

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