

# Doctor Visit Checklist



## How To Get The Most Out Of Your Doctor Visit

### Condition: Breast Cancer

#### Symptoms I am experiencing:

*Circle all that apply*

- Discomfort in breast
- Nipple or breast tenderness
- Change in skin texture or size of pores
- A lump in breast
- Unexplained change in size of nipple or breast
- Dimpling in breast
- Inverted nipple
- Scaly, red, or swollen skin of the breast or nipple
- Clear or bloody nipple discharge

#### Frequency Of Symptoms

*Write symptom + frequency you experience it*

#### I have treated/managed symptoms

*Explain any medications you have used, lifestyle treatments, natural remedies*

#### Family History

*List any family members/relatives who have breast cancer/any other cancer types*

***Other Medications I Am Currently Taken Not Related To Symptoms***

*List them here*

**Questions I Have For The Doctor:**

Question, Notes

- What are your initial thoughts regarding my symptoms?
- What conditions might cause the symptoms I have?
- What test might you recommend I take in response to my symptoms?
- How concerned should I be regarding my symptoms?
- What stage is my cancer?
- Is my cancer invasive?
- What is my lymph node status?
- How large is my tumor?
- How quickly is my cancer growing?
- How likely is my cancer to recur?
- Is there a way to determine the likelihood that I will benefit from chemotherapy?
- What other treatments are available?

## **Possible Diagnostic Tests**

Tests doctor may want to run

- Biopsy
- Breast MRI (Magnetic Resonance Imaging)
- Breast physical exam
- Blood tests
- Chest x-ray
- Mammogram
- Thermography
- Ultrasound