

CHECKLISTS FOR THE PATIENT

**Be involved.
Your life depends on it.**

When Your Diagnosis is Cancer

- Talk to a breast specialist
- Ask questions
- Understand your pathology report
- Research your options
- Gather information/internet
- Get a second opinion
- Consider clinical trials
- Find a support group
- Decide on a treatment plan
- Stay Involved in your Treatment

Know Your Pathology Report

- Histopathology grade I,II, or III
- Cell differentiation
- Ductal architecture
- Hormone receptors +/-
- Oncogene/Her2neu +/-
- Margins clear/not clear
- Lymph node involvement +/-
- Other factors

Know Your Cancer

- In situ ductal (DCIS)
- Paget's disease
- Infiltrating (invasive) ductal
- Infiltrating (Invasive) lobular
- Medullary
- Mucinous/colloid
- Paget's disease
- Tubular
- Papillary
- Inflammatory
- Adenocystic
- Carcinosarcoma

Know Your Staging

- Stage 0
- Stage 1
- Stage 2a
- Stage 2b
- Stage 3a
- Stage 3b
- Stage 3c
- Stage 4

Know Your Adjuvant Therapy Options

- Radiation
- Chemotherapy
- Hormonal antagonists (Tamoxifen)
- Oncogene antagonists

Know Your Surgical Options

- Lumpectomy
- Sentinel node biopsy
- Axillary node dissection
- Lumpectomy w/:
 - Sentinel node biopsy
 - Axillary node dissection
- Mastectomy (*Simple/Total*) w/
 - Sentinel node biopsy
 - Axillary node dissection
- Re-excisions for clear margins
- Quadrectomies/partial mastectomy
- Radical mastectomy

Know About Complimentary Therapies

- Vitamins & minerals
- Herbology
- Naturapathy
- Positive affirmations
- Meditations
- Group support
- Play