



Breast Cancer

Treatment Handbook

Patient Navigation Guide for Physicians and Navigators

The *Breast Cancer Treatment Handbook* is a comprehensive guide designed to navigate breast cancer patients throughout the continuum of a breast cancer diagnosis and prepare them for survivorship. The book is written in chronological order of events and decisions that the patient will encounter during treatment. Tear-out worksheets, located in the back of the book, serve as a personal decision-making guide for breast cancer patients, which empowers them to participate in their healthcare decisions.

Some patients will not need all information contained in the book due to their diagnosis, treatment or age. Your guidance in selecting suggested chapters and worksheets keeps the patient focused on their recovery track and eliminates time reading chapters that do not pertain to their case. Check the box beside the appropriate chapter titles or worksheets and give it to the patient as a reading guide to prepare them, educationally and emotionally, for decisions along the continuum of patient care. A copy of this sheet may be placed in the patient's file as a record of education provided.

Emotional and Social Issues:

- Chapter 1: The Emotional Impact of Breast Cancer
 - Chapter 2: Relationship with Your Partner
 - Chapter 3: Telling Your Children
 - Chapter 4: Calming Your Fears
- Tear-Out Worksheets:*
- W-2: Cancer Can't Rob Me
 - W-3: Managing My Fears

Breast Cancer Education:

- Chapter 5: What Is Breast Cancer?

Surgical Treatment:

- Chapter 6: Surgical Treatment Decisions
- Tear-Out Worksheets:*
- W-5: Surgery Questions
 - W-7: Tumor Location and Size
 - W-8: Appearance After Surgery
 - W-9: Surgical Decision Evaluation
- Chapter 7: Reconstructive Surgery
- Tear-Out Worksheets:*
- W-10: Reconstructive Decision Evaluation
 - W-11: Reconstructive Surgery Questions
 - W-12: Reconstructive Surgery Options
- Chapter 8: The Surgical Experience
- Tear-Out Worksheets:*
- W-13: Surgical Discharge Questions
 - W-14: Surgical Discharge Notes
 - W-15: Drain Blub Record
- Chapter 17: Future Fertility (premenopausal women)

Treatment Decisions:

- Chapter 9: Understanding Your Pathology Report
 - Chapter 10: Understanding Chemotherapy Treatments
- Tear-Out Worksheets:*
- W-18: Medical Oncologist Questions
 - W-19: Medical Oncologist Consultation Notes
- Chapter 11: Radiation Therapy
- Tear-Out Worksheets:*
- W-20: Radiation Oncologist Questions
 - W-21: Radiation Oncologist Consultation Notes
- Chapter 12: Complementary Therapies

Survivorship Issues:

- Chapter 13: Prosthesis Selection
 - Chapter 14: Monitoring Your Emotional Recovery
 - Chapter 15: Sexuality Issues
 - Chapter 16: Single Woman and Future Intimacy
 - Chapter 18: Care of the Surgical Arm
 - Chapter 19: Health Insurance and Employment Issues
 - Chapter 20: Monitoring Your Health After Breast Cancer
 - Chapter 21: Diet and Exercise
 - Chapter 22: Monitoring Your Breasts after Surgery
- Tear-Out Worksheets:*
- W-21: Personal Healthcare Provider Record
 - W-23: Personal Treatment Record
 - W-25: Patient Appointment Record
 - W-27: Healthcare Symptoms Record

Survivorship Education

- Chapter 23: Monitoring Your Future Health for Recurrence
 - Chapter 24: Facing the Future After Breast Cancer
- Tear-Out Worksheets:*
- W-29: Personal Plan for Recovery