



# Breast Cancer *Treatment Handbook*

## Patient Navigation Guide

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**HealthCare Provider:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

The *Breast Cancer Treatment Handbook* is a comprehensive guide designed to help you understand breast cancer treatment and work with us, your healthcare team, in making decisions that are best-suited to you. Tear-out worksheets, located in the back of the book, help you customize the book for your treatment needs. When filled in with your personal information, the worksheets serve as a personal decision-making guide and a future recordkeeping reference for your permanent healthcare file.

The book can be read as you desire, however, the following checked chapters and worksheets will prepare you for the decisions that you will soon be making. A complete glossary in the back of the book will assist you in understanding new words and terms used in your care. Please contact us if you have questions.

### 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