

# Head & Neck Cancer

## My Cancer Diagnosis Explained

A personalised summary for me to keep

Please affix patient ID label here

### My key hospital contact is:

Name:

Phone:

To be completed by clinician upon diagnosis:

Clinician name:

Role:

Date completed:

### What is my diagnosis?



#### Stage:

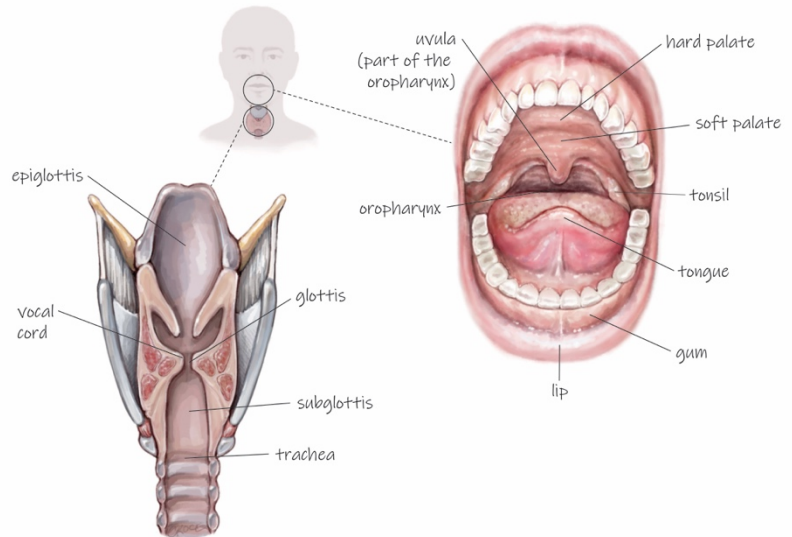
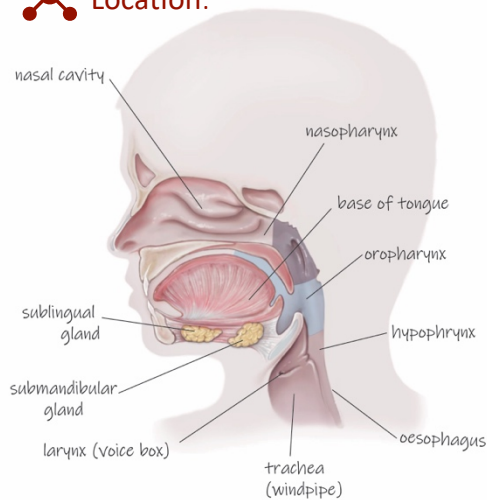
Stage tells me if/how much my cancer has spread. (It helps doctors to work out the best treatment options.)

Early Cancer: Stage 1 or 2 cancers are small (less than 4cm in size) that have not spread.

Advanced Cancer: Stage 3 or 4 cancers are bigger (more than 4cm), and have grown into nearby tissue, spread to lymph nodes, or spread to other parts of the body.



#### Location:



#### What happens next?

I may need the following test(s) and/or scan(s): \_\_\_\_\_

I may see one or more specialists below to discuss my test results and treatment options, the possible side effects and risks and benefits of treatment.

*These are some key clinicians who together make up my Multidisciplinary Team*

#### Medical Oncologist

*treats cancer using drug therapies such as, chemotherapy, targeted therapy or immunotherapy*

#### Radiation Oncologist

*treats cancer using radiotherapy*

#### Surgeon

*removes the cancer and nearby tissue during surgery*

#### Cancer Nurse

*helps to navigate appointments, and provides care and follow-up*

#### Palliative Care Consultant

*helps people with cancer gain good quality of life*

#### Other

### Top 3 points we discussed today:

- 1.
- 2.
- 3.

### My to-do list:

clinician to use teach back

## Where can I find more information?

### General Practitioner (GP):

GPs can be a helpful source of support and advice and can refer to other support services if required, such as:

- Dentist/ Prosthodontist
- Palliative Care
- Physiotherapist
- Speech Pathologist
- Social Work
- Audiology
- Dietitian
- Exercise Physiologist
- Psychology
- Occupational Therapist

### Online information:

[www.beyondfive.org.au](http://www.beyondfive.org.au)  
[www.wecan.org.au](http://www.wecan.org.au)  
[www.cancerpathways.org.au](http://www.cancerpathways.org.au)

### Information and support:

Cancer Council nurses can answer any questions about the effects of cancer and provide information on local support and other community resources. Call a Cancer Council nurse on 13 11 20 or visit [www.cancer.org.au](http://www.cancer.org.au)

### Cost consideration:

When going to hospital, there are different costs for treatment. Even with private health insurance, there may be out of pocket costs for medical appointments, tests, medications, accommodation, travel, and parking. I can discuss these costs with my GP, clinician, or private health insurer to understand what will be covered. Visit [www.canceraustralia.gov.au](http://www.canceraustralia.gov.au) for more information.

## Questions I may want to ask:

Asking questions can sometimes help in understanding and making decisions about health

### About my cancer:

- Is my cancer slow or fast growing?
- How serious is my cancer?
- Is it possible to cure or control my cancer?

### About scans and other tests:

- What will this test involve?
- What are the benefits and risks to me in having this test?
- Will the test results make any difference to the decision on what type of treatment I have?
- What are the costs of scans and tests?

### About my treatments:

- What treatments are available to me?
- What difference will this treatment make to my quality of life (eg. can I work)?
- How much will treatment cost? How can the cost be reduced?
- What are the possible side-effects of treatment?
- Are side-effects of treatment temporary or permanent?
- Can they be prevented or controlled?
- What if this treatment does not work?
- I would like some time to make a decision. Will that make any difference?
- Who are the members of my treatment team?
- Can I get a second opinion?
- Are there any clinical trials suitable for me?

My notes: (e.g. what I need to do between appointments, next appointment etc.)