



Shared decision-making is an approach to care in which you and your doctor work together to determine the best care plan for you based on available treatment options and your personal preferences.

The right treatment plan should work with your personal preference and lifestyle, including:

- Your culture and background
- Your health literacy level
- Your spiritual and personal beliefs
- Your social life, important activities, and priorities
- Your care partner's role, or the absence of care partners
- Your work considerations
- Your financial situation
- Your living conditions or family obligations
- Your role as a care partner to someone else
- Your hopes and worries
- Your top priority: quality of life or duration
- Your thoughts on palliative care

IF YOU HAVE A QUESTION, DON'T HOLD BACK, ASK!

Consider asking your healthcare team the following:

- 01** What are the other treatment options?
 - Including the risks and benefits of each option, as well as cancer progression
- 02** Has my cancer been checked for genetic changes that could help in choosing the right treatment for me?
- 03** Are there nurse navigators available to provide additional support during my treatment journey?
- 04** Do I need to see any other doctors or health professionals?
- 05** Are there written materials that I can take home or websites I should visit for more information?
- 06** When should I see you again?
- 07** Who can I contact if I have any questions or concerns that come up before my next appointment and how can I reach them?

Use these tips to help improve shared decision-making conversations:



01

Have a family member or friend with you during your appointment, if possible



02

Be sure that you or your caregiver take notes



03

Speak slowly and calmly



04

Restate your question, statement, or objection



05

Ask them to slow down and explain something again, using an I statement: "I'm sorry but I didn't understand" as opposed to "You're not making sense"



06

Repeat back to your healthcare practitioner what you think they've just said to ensure you're on the same page