



Together, beyond diagnosis, every day.



Q | Patient-
S | Centric
V | Solutions

SPEAK UP

BE YOUR OWN ADVOCATE

Andrea Suarez V, CPC, CDWS, ELI-MP

**Know Yourself.
Know what you need.
Ask for help.**



We are all cancer advocates – ourselves, our families, friends, health care professionals, and caregivers.

Effective communication between you and your loved ones, caregivers and your healthcare team is essential to improve your wellbeing and quality of life.

**Good
communication
in cancer care is
about building
trusting
relationships.**

Express your needs and desires in a clear, direct, and accurate way:

- Speak openly and honestly.
- Ask questions.
- Don't be afraid to speak up if you don't think you are being understood.

1.ASK FOR HELP

“Sometimes our first and greatest dare is asking for support”.

–B. Brown

- What help or support do I need?
- What difference will be having help or support make to me?
- How can I go about getting this help or support?
- Who haven't I thought of yet that will be able to help me?
- What does my caregiver(s), support team need to know to ensure that I get what I most need from them?

2.TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

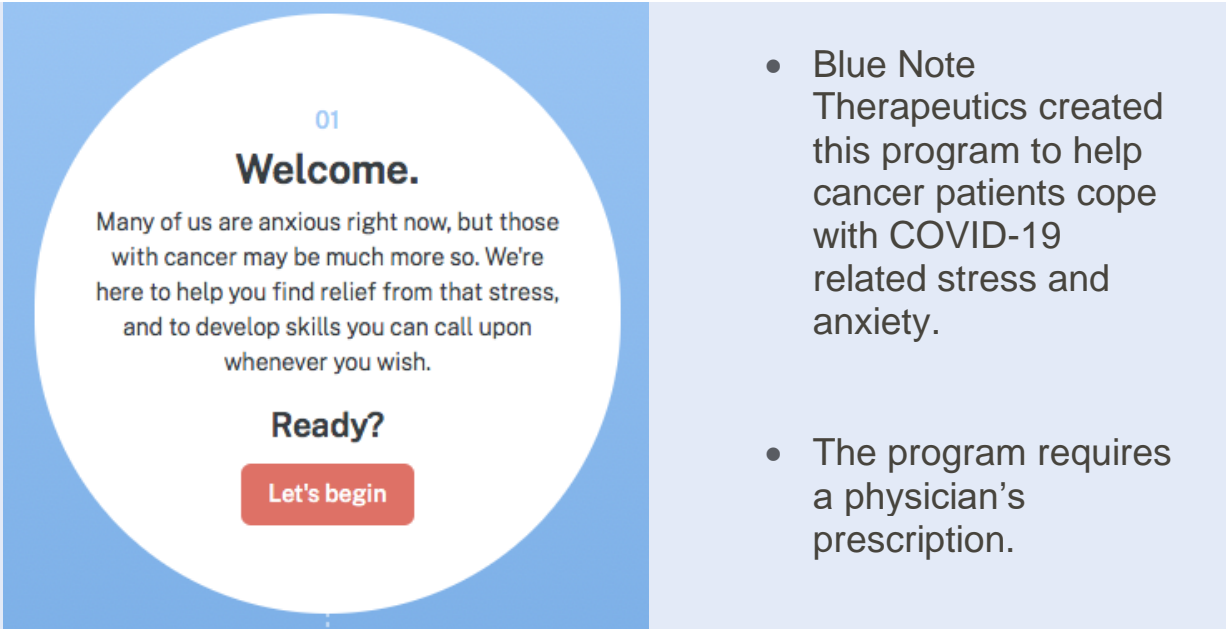
SHARING WITH MY DOCTOR WHAT IT'S IMPORTANT TO ME	
<input type="checkbox"/>	How much do I want to know about the treatment options, including side effects in the short and long term?
<input type="checkbox"/>	My fears and concerns.
<input type="checkbox"/>	The person I choose to help me communicate my needs.
<input type="checkbox"/>	Who's in my support system.
<input type="checkbox"/>	My cultural beliefs.
<input type="checkbox"/>	If I may wish to have children in the future, discuss my fertility options before treatment.
<input type="checkbox"/>	The nature of my job: degree of physical work and mental stress required.
<input type="checkbox"/>	My quality of life goals during and after treatment
<input type="checkbox"/>	My hobbies, sports I do.
<input type="checkbox"/>	Discussing if I'm interested in alternate or complimentary medicine.
<input type="checkbox"/>	Getting a second or third opinion.
<input type="checkbox"/>	Discussing my emotional or psychological concern (anxiety, depression, others).
<input type="checkbox"/> GETTING ORGANIZED	
<input type="checkbox"/>	I have an advocate- a family member, friend or other trusted person – who can help me to get and stay organized.
<input type="checkbox"/>	I collect the contact information from my doctors, nurses, social workers and health insurance provider(s).
<input type="checkbox"/>	I make sure all my doctors talk with each other.

<input type="checkbox"/>	I ask my advocate to go with me to the medical appointments.
<input type="checkbox"/>	I make a list of questions, in order of importance, ahead of time, to get the most of my time with the doctor.
<input type="checkbox"/>	I take notes during the visit.
<input type="checkbox"/>	I ask in advance my doctor I want to record the session.
<input type="checkbox"/>	I ask my doctor to slow down or explaining things in another way.
<input type="checkbox"/>	I ask for help: emotional, sexual, relationship issues, financial support.
<input type="checkbox"/>	I keep a health calendar to keep track of my medical appointments and information about side effects.
<input type="checkbox"/>	I ask if I will need someone to drive me to the treatment and ask for help if transportation is an issue

3.CANCER & CORONAVIRUS RESOURCES

Here are some resources to help you cope with this double challenge.

- **COVID Cancer Program**



- Blue Note Therapeutics created this program to help cancer patients cope with COVID-19 related stress and anxiety.
- The program requires a physician's prescription.

The program is available at www.covidcancercare.com

- **Coronavirus and COVID-19: What People with Cancer Need to Know**

[Cancer.Net blog](#): This post is reviewed and updated every day.

ACCESS YOUR FREE WEBINAR & GET A CHANCE TO WIN AN ELI ASSESSMENT

On October 12th, I will be leading a 45-min free Webinar where you can learn:

- How to identify your stress triggers and,
- How stress triggers show up

[REGISTER NOW](#)

Join me and enter to win one *Energy Leadership™ Index (ELI Assessment) package that includes:

A Personalized Energy Leadership Report Including:

- Your energetic Profile
- Your energetic stress Reaction
- Your personal average resonating level of energy (ARL)
- A 90 minutes Debriefing session to explain your results, what they mean.
- Action steps to help you implement what you've learned from the assessment in your professional and personal life.

The ELI assessment is normally \$500.00

[REGISTER NOW](#)

*The ELI Assessment is an attitudinal assessment tool that captures how you currently perceive and approach work and life. It's not about your strengths, weaknesses or personality traits. It uncovers how you show up to the world—under normal circumstances and when you're under stress.