

You know yourself best

No one knows more about your body than you. You know about the changes in your body and any problems you're having. This is important information. Share it with your doctor. Open and honest communication between you and your doctor is one of the best ways to make sure you're getting the **care** you need.

Related online resources:

- [Complementary and Integrative Therapies](#)
- [Follow-up after Breast Cancer Treatment](#)
- [Support After a Breast Cancer Diagnosis](#)
- [Talking with your Children](#)
- [Talking with your Partner](#)
- [Telehealth Appointment Checklist](#)
- [Treatment Overview for Breast Cancer](#)
- [What's Happening to Me](#)



It really is all about you

While you may be overwhelmed, it's still important to get the most out of each doctor's visit. Try these tips:

1. Do your research. Learn all you can from credible websites, including the [About Breast Cancer](#) section of [komen.org](#) or the National Cancer Institute ([cancer.gov](#)). The more you know, the more comfortable you'll be [talking with your doctor](#).

2. Organize your questions. Preparing a list of questions ahead of time can help you remember what you want to ask and keep the discussion focused on what's most important to you. It's a good idea to keep a running list of questions as they come up. You may want to ask someone, such as your partner, family member, friend or a social worker for help with preparing your questions.

To help you get started, Susan G. Komen® has a series of [Questions to Ask Your Doctor](#) resources. You can download and type directly onto them or you can print them to take with you to appointments.

3. Share your story. When your doctor comes in, ask if you can take a few minutes to talk about how you've been doing. It may help you to keep notes about how you're feeling in between appointments. Be as specific as you can. Then ask your doctor your questions.

4. Have someone with you. If you can, you may want to have someone with you in person or by phone to take notes, ask questions and discuss what you heard. Or you may want to record your conversation (with your doctor's permission) so you can listen to it later. You'll likely be given a lot of new information at a time when you may feel overwhelmed.

5. Give feedback. If your doctor's responses were helpful, let them know. Or, if you're confused and don't understand, please speak up. Your doctor wants to help and will provide more explanations, if asked. This kind of feedback will help them understand what you need and encourage open communication.

This fact sheet is intended to be a brief overview. For more information, visit [komen.org](#) or call Susan G. Komen's Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 a.m. to 10 p.m. ET, or email at helpline@komen.org. Se habla español.

Resources

Susan G. Komen®

1-877 GO KOMEN
(1-877-465-6636)
[komen.org](https://www.komen.org)

Komen Facebook Groups

Komen's [Breast Cancer Facebook Group](#) and [Metastatic Breast Cancer Facebook Group](#) provide places where those with a connection to breast cancer can share their experiences and build strong relationships with each other.

American Board of Medical Specialties

[Abms.org](https://www.abms.org)

American Medical Association – Doctor Finder

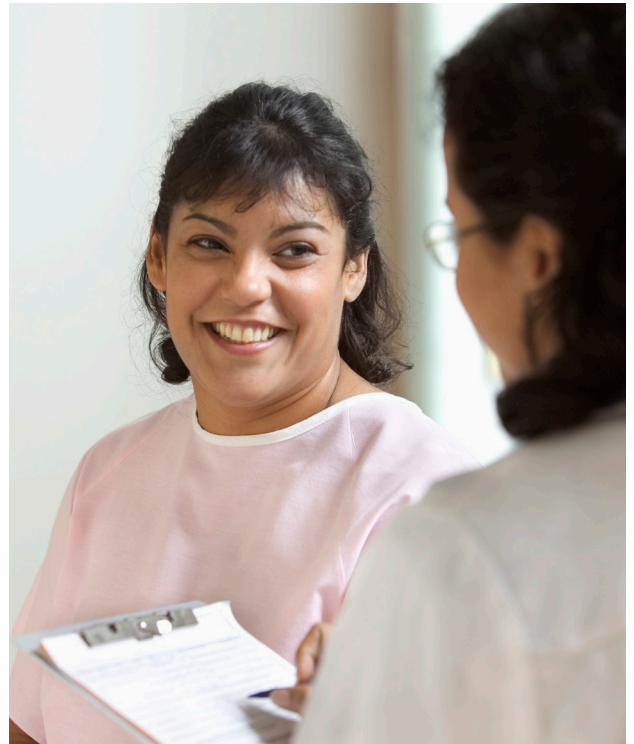
[find-doctor.ama-assn.org](https://www.find-doctor.ama-assn.org)

Stay in control

If you've just been diagnosed with breast cancer, it's likely your doctor will talk with you about [treatment](#) options. Each treatment option has risks and benefits to consider along with your values and lifestyle. Talk with your doctor about both. Take time to study your treatment options and make a thoughtful informed decision that's best for you. If you need more time at any point to process information, ask your doctor for it.

Breast cancer is complex. It's a good idea for everyone diagnosed with breast cancer to consider getting a [second opinion](#) as it could:

- Give you confidence in the first doctor by confirming the diagnosis or course of treatment
- Offer a different insight into your diagnosis and treatment
- Increase your options for care
- Give you a chance to meet with another doctor who may be better suited to treat your cancer or meet your needs



Communication

Doctors are just like anyone else; they want to do their job well. That means doing whatever they can to help you get better. While doctors may know a great deal about breast cancer, they may not understand or be aware of what you're going through. Share your feelings and concerns with your doctor so they can help you.

This content provided by Susan G. Komen® is designed for educational purposes only and is not exhaustive. Please consult with your personal physician.