

Treatment Decision-Making Worksheet

Step 1: Understand Your Diagnosis

Write down the type and stage of your breast cancer, and any other important notes your doctor has shared.

Step 2: List Your Treatment Options

List all potential treatment options (surgery, chemotherapy, radiation, hormone therapy, clinical trials, etc.) as provided by your doctor.

Step 3: Benefits and Risks

For each treatment option, note down possible benefits and risks. Discuss these with your healthcare provider.

Step 4: Questions for Your Doctor

Use this space to write questions you want to ask at your next appointment.

Step 5: Personal Considerations

Think about your personal goals, lifestyle, and support systems. How will each option affect your daily life, work, and emotional well-being?

Step 6: Make a Decision

Based on what you've learned and discussed, jot down the treatment option you're leaning toward and why.