

PATH TO EMPOWERMENT

HELPING PATIENTS FIND THEIR VOICE AT EVERY STEP OF THE JOURNEY

Not everyone's experience with cancer is the same. While there are commonalities, people tend to approach cancer in different ways, face different struggles, and find different ways of coping. PEN's resources can help every patient become an empowered patient.

NEWLY DIAGNOSED

PAIN POINTS

- Feeling betrayed by my body
- How do I tell people?
- Should I seek a second opinion?
- How do I connect with an expert and make them part of my care team?



GAINS

- Have a plan to move forward
- Assemble my care team
- Know what questions to ask my doctor

TESTING

PAIN POINTS

- What tests should I get for my disease?
- When to test and when to re-test?
- How does testing help me get the right diagnosis and treatment?



GAINS

- Understand my lab tests
- Know what my results mean for treatment options

TREATMENT & CLINICAL TRIALS

PAIN POINTS

- What treatment is right for me?
- Is treatment working?
- Anxiety about side effects
- Is there a clinical trial for me?
- When should I consider a clinical trial?



GAINS

- Understand my treatment goals
- Explore clinical trial opportunities
- Have a plan for managing side effects

ACCESS & AFFORDABILITY

PAIN POINTS

- Will my insurance cover this?
- How and will my insurance cover seeing an expert?
- Staggeringly expensive cost of treatment and medication



GAINS

- Know where I can find financial support
- Add an expert to my care team

WHOLE PATIENT SUPPORT

PAIN POINTS

- Who can I talk to?
- How do I find/create a support system?
- Depression, anxiety, and social isolation



GAINS

- Assemble my support system
- Know where to go for support
- Know when to ask for help
- Emotional, nutritional, wellness, and spiritual support

WHAT'S NEXT

PAIN POINTS

- Is it going to come back?
- Living with cancer
- Going back to work or school
- End of life planning



GAINS

- Learn to live well with my disease
- Cancer doesn't define me
- Palliative care