My partner, friend, or family member was recently diagnosed

**First Office Visit Planner**

**Questions to Ask the Doctor**

- What stage and type of head and neck cancer has been diagnosed?
- Are there other diagnostic or biomarker tests that would be beneficial?
- What are common symptoms associated with head and neck cancer?
- Are there complications of that I should be aware of?
- What are the goals of treatment? How do we decide which treatment is best?
- Are there any dietary changes that would be beneficial?
- Are there activities that my partner should avoid? What can they continue to do?
- What is the best way to reach you or your staff if I have questions?

**My Visit Checklist**

- Can you record the audio of the visit?
- Bring supplies to take notes
- Confirm access to patient portal
- Discuss the visit on the way home
- Pamphlets or other printed disease info

Note symptoms or side effects for discussion (issues with appetite, sleep, etc.)

Additional questions/comments/concerns: