

# 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.

## NEWLY DIAGNOSED



### CRISIS

- 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?

### ACTION

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

## TESTING



### UNINFORMED

- 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?

### INFORMED

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

## TREATMENT & CLINICAL TRIALS



### NOT ENGAGED

- 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?

### ACTIVELY ENGAGED

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

## ACCESS & AFFORDABILITY



### INDECIPHERABLE

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

### CLEAR WAY FORWARD

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

## WHOLE PATIENT SUPPORT



### NOT EMPOWERED

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

### EMPOWERED

- Assemble my support system
- Nutritional, wellness, and spiritual support
- Know when to ask for help

## WHAT'S NEXT



### HOPELESSNESS

- Is it going to come back?
- Going back to work or school
- End of life planning
- How will my family cope if I die?

### REFOCUSED HOPE

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