



Making the Most of Your Medical Appointments

With every appointment, you have the opportunity to sit with your healthcare provider and get answers to the questions that are on your mind. In the moment, it can sometimes be difficult to remember all the questions that may come up between visits. By taking some time ahead of your appointment to write down your questions, you can make the most of your time together and leave the appointment with the information that you need.

Before diving into conversation with your healthcare provider, consider the following:

MAKE USE OF TIME. Appointment time with your healthcare provider is generally limited, so set the stage for a productive conversation by clearly communicating your goals for the visit. Try starting the conversation off with:

- “Today I’d like to learn about treatment options...”
- “Today I’d like to talk about lifestyle changes I need to make...”
- “Today I’d like to discuss some side effects I’m experiencing...”
- “Today I’d like to understand what my recent scans showed...”

ASK FOR CLARIFICATION. Medical jargon or terminology can sometimes be confusing. If your provider says something you don’t understand, don’t hesitate to ask him or her to explain it.

BRING YOUR SUPPORT SYSTEM. Medical visits can be overwhelming, so consider bringing a loved one(s) with you to the appointment or have them join by phone if they can’t be there in person. This way you have someone there to listen and even take notes so that you can focus on the conversation with your healthcare provider.

Below is a list of starter questions tailored to three different points along your journey with ES:

When You Have Just Been Diagnosed

Your ES Care Team may have already discussed some of these questions with you, so you can select questions that have not yet been answered.

1. What is my prognosis? What stage is my disease?
2. What are my treatment choices? How should I think about which treatment option is right for me?
3. What is my life expectancy with this diagnosis?
4. When will I start treatment? How long will treatment last?
5. What are the side effects associated with treatment? When should I tell you how I’m feeling on treatment?
6. How long will it take for you to be able to determine if the treatment is working?
7. Will I need more tests before treatment begins?
8. Are there specific lifestyle changes I will need to make?

NOTES:

When You are Undergoing Treatment

1. What do I need to know about my current treatment?
2. What are the possible side effects of these treatments? Who do I call if I have a concern about a side effect I am experiencing?
3. If a current treatment isn't working, what are my other options?
4. Are there any clinical trials we should be considering?

NOTES:

When You are Finishing Treatment

1. What kind of follow-up care will I need after my treatment?
2. What tests do I need now that treatment is over? How often?
3. Are there any lifestyle changes I need to make now that I've finished treatment?
4. What is the chance that ES will come back? How will you monitor for that?

NOTES:

Visit ESsentialsforES.com for more epithelioid sarcoma information and resources.

This document is intended for educational purposes only. Treatment advice should be provided by your doctor. Please direct questions to your doctor or healthcare professional.

©2019 Epizyme, Inc. All rights reserved.