



Tips For Managing Your Diagnosis



STAY ORGANISED

A new diagnosis comes with a lot of information. Consider keeping track of your medical records by storing them a folder/binder, or make digital copies by scanning or taking a photo of them and uploading to your phone, tablet, or computer. Make physical or digital copies of everything you receive and create a list of all your doctors and their contact information.



WRITE THINGS DOWN

All the information a new diagnosis brings can be overwhelming. Help yourself remember questions, concerns, and what your healthcare team shares with you by writing things down.



TALK WITH YOUR DOCTOR

Get the most out of your conversations with your healthcare team by asking about your treatment options and how a potential treatment will affect your everyday life. It's also important to have your voice heard and share in the decision making process with your healthcare team.



SEEK THE LATEST INFORMATION AND RESOURCES

Following a diagnosis, it is important to do your own research from reputable sites in order to learn more about the disease and stay updated on the treatment.



ESTABLISH YOUR SUPPORT NETWORK

- Coping with a new diagnosis doesn't have to be done alone. Don't be afraid to talk with your family and friends about any fears and concerns you may be feeling.
- Consider having a loved one join you at your doctor appointments. This person may be able to help you remember what is discussed.
- Join a support group to connect with patients who understand exactly what you're going through.

