



# 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 in 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.

