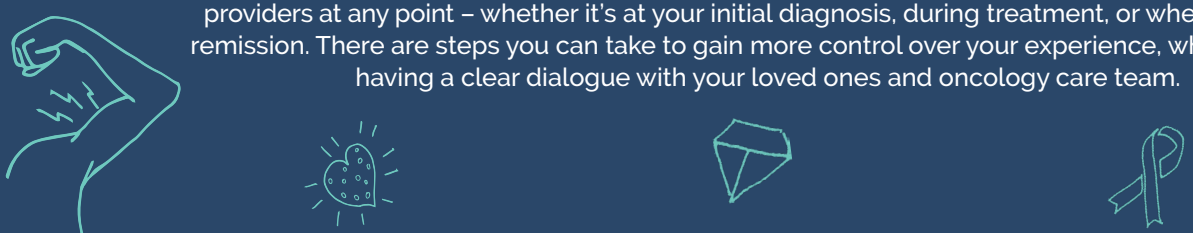




OVARIAN CANCER: ENCOURAGING INFORMED CONVERSATIONS WITH YOUR HEALTHCARE PROVIDER

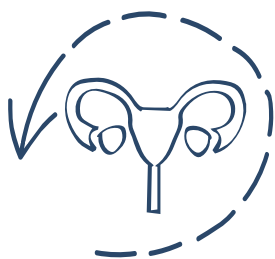


As a person living with ovarian cancer, you and your loved ones may have questions for your healthcare providers at any point – whether it's at your initial diagnosis, during treatment, or when you are in remission. There are steps you can take to gain more control over your experience, which includes having a clear dialogue with your loved ones and oncology care team.



20,000 PEOPLE ARE DIAGNOSED WITH OVARIAN CANCER IN THE US ANNUALLY

OVARIAN CANCER IS OFTEN DIAGNOSED IN LATER STAGES AS SYMPTOMS ARE HARD TO RECOGNIZE AND OFTEN CONFUSED FOR COMMON HEALTH CONDITIONS



85% OF PEOPLE WITH OVARIAN CANCER WILL EXPERIENCE A RECURRENCE



COMMUNICATION BETWEEN YOU AND YOUR OVARIAN CANCER CARE TEAM IS IMPORTANT

Below are questions to help prepare you and your loved ones for meaningful conversations with your ovarian cancer care team during the course of your treatment.

BEFORE YOUR APPOINTMENT

Prepare a list of specific questions for your doctor and prioritize based on your needs at that moment – and the questions that may come up before your next visit.

We have provided potential questions below that may be relevant to you.

Consider if you want a family member or close friend to come with you to the appointment for support and to take notes.

Bring this discussion guide, extra paper and a pen to write down key points from your conversation.

CONVERSATION CUES

The following prompts may help to kick-off a meaningful discussion with your doctor to ensure you leave the appointment feeling that your questions were answered.

For all patients:

What is your preferred method of contact for additional questions? Email? Phone? How long will it take for you or your staff to get back to me?

If you are newly diagnosed:

What do I need to know about my treatment plan? How do my treatments work?

Should I consider testing for *BRCA* and *HRd*?

- Do I need those results before I start treatment?
 - What are my options once I get the results back?
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What side effects should I expect?

- How will this impact my life?
 - What do I need to know about ongoing monitoring?
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Are my treatments covered by my health insurance?

What else do I need to do to take care of myself? Why is it important that I do it?

What happens after I finish treatment?

- What are my chances of recurrence?
 - What are my options if my cancer recurs?
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Are there any support groups or online resources I can look into to be better informed and get peer-to-peer support?

If your treatment is ongoing:

Do I have new test results since my last appointment?

- What do the results mean? What will happen next?
 - What treatment options are available at each stage throughout my treatment experience?
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Is my current treatment plan still the best option for me?

- How do I know if my treatment is working?
 - Are there other treatment options I should consider?
-

If new options are suggested:

- Why do I need this new option?
 - What do I need to know about this treatment? How does it work? How is it administered?
 - What side effects should I expect? How will this impact my life? What do I need to know about ongoing monitoring?
 - Is this treatment covered by my health insurance?
 - What else do I need to do? Why is it important that I do it?
-

Should I consider a clinical trial?



If you are in remission:

How frequently should I come in for check-in visits to monitor my disease?

Do you have any recommendations, tips, or approaches to help me minimize or manage any anxiety I may feel during this time when my disease is in remission, but we are monitoring the cancer's growth?

What are my chances of recurrence?

What symptoms should I look for that would signal a recurrence?

Why would my ovarian cancer recur?

What do I do if my cancer recurs?

I've heard the term "watch and wait" used - what does it mean?

- If I am not on treatment now, does it mean I get a "vacation" from my treatment? What side effects and impact on my lifestyle should I expect?
-

What is maintenance therapy?

Should I consider a maintenance therapy during remission?

- What are my options for maintenance therapy?
 - How will maintenance therapy impact my daily routine and lifestyle?
 - How are maintenance therapies administered?
 - Are there oral therapy options available? How frequently would I have to take it?
 - What side effects should I be aware of with maintenance therapy?
 - Do I need to know my BRCA mutation status to be prescribed a maintenance therapy?
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Who can I reach out to for extra support during this time?

If you have recurred:

What are my treatment options now that my cancer has returned?

Now that my cancer has returned, is there a recurrence pattern that I can expect?

AFTER YOUR APPOINTMENT

Even with the best preparation, you may think of new or different questions following your appointments. Remember to write in your journal any thoughts, questions or concerns to ensure you ask at your next appointment. Or, if your oncology care team offers an online communication system, secure the contact information and/or email addresses in order to reach out between visits.

Notes:

OUR way F>>RWARD

About Our Way Forward

Our Way Forward is a call-to-action that encourages people living with gynecologic cancers, such as ovarian and endometrial cancer, their loved ones, and healthcare providers to rethink how they talk about these cancers. The program provides ways to learn from each other's cancer experiences and to help navigate the physical and emotional challenges that these diseases bring. For more information, visit ourwayforward.com, and follow us on Instagram (@ourwayforward.gsk).

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