

Ovarian Cancer

My Cancer Diagnosis Explained

A personalised summary for me to keep

Please affix patient ID label here

My key hospital contact is:

Name:

Phone:

To be completed by clinician upon diagnosis:

Clinician name:

Role:

Date completed:

What is my diagnosis? _____



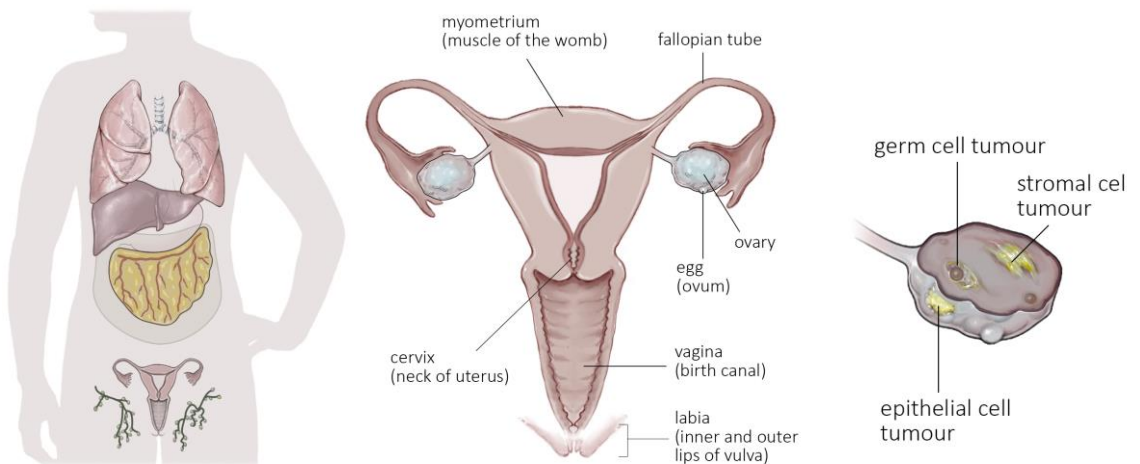
Stage:

Stage tells me if/how much my cancer has spread. (It helps doctors to work out the best treatment options.)

- Stage 1:** The cancer is only in your tube/s, ovary, or ovaries, or just on the surface.
- Stage 2:** The cancer has spread outside your tube/s, ovary, or ovaries into your pelvic organs.
- Stage 3:** The cancer has spread from your pelvis into your abdominal cavity or to your lymph nodes.
- Stage 4:** The cancer has spread to other organs.



Location:



What happens next?

I may need the following test(s) and/or scan(s): _____

I may see one or more specialists below to discuss my test results and treatment options, the possible side effects and risks and benefits of treatment.

These are some key clinicians who together make up my Multidisciplinary Team

- Gynaecological oncologist/surgeon**
removes the cancer and nearby tissue during surgery
- Medical Oncologist**
treats cancer using drug therapies such as, chemotherapy, targeted therapy, or immunotherapy
- Palliative Care Consultant**
helps people with cancer gain good quality of life
- Radiation Oncologist**
treats cancer using radiotherapy
- Cancer Nurse**
helps to navigate appointments, and provides care and follow-up
- Other (pelvic floor, psychology, fertility, familial cancer)**

Top 3 points we discussed today:

- 1.
- 2.
- 3.

My to-do list:

clinician to use teach back

Where can I find more information?

General Practitioner (GP):

GPs can be a helpful source of support and advice and can refer to other support services if required, such as:

- Physiotherapist
- Exercise Physiologist
- Social Work
- Psychology
- Dietitian
- Genetic counsellor
- Occupational Therapist

Online information:

www.eviq.org.au/medical-oncology/gynaecological
www.anzgog.org
www.wecan.org.au

Ovarian Cancer Australia provides a helpline, support groups, individualised support from ovarian cancer nurses via telehealth and written resources for women with ovarian cancer and their families.

www.ovariancancer.net.au

Information and support:

Cancer Council nurses can answer any questions about the effects of cancer and provide information on local support and other community resources. Call a Cancer Council nurse on 13 11 20 or visit www.cancervic.org.au

Ovarian Cancer Australia can be reached during business hours on 1300 660 334 or via their website ovariancancer.net.au

Cost consideration:

When going to hospital, there are different costs for treatment. Even with private health insurance, there may be out of pocket costs for medical appointments, tests, medications, accommodation, travel, and parking. I can discuss these costs with my GP, clinician, or private health insurer to understand what will be covered. Visit www.canceraustralia.gov.au for more information.

Questions I may want to ask:

Asking questions can sometimes help in understanding and making decisions about health

About my cancer:

- Is my cancer slow or fast growing?
- How serious is my cancer?
- Is it possible to cure or control my cancer?
- Should I be worried about my children?

About scans and other tests:

- What will this test involve?
- What are the benefits and risks to me in having this test?
- Will the test results make any difference to the decision on what type of treatment I have?
- What are the costs of scans and tests?

About my treatments:

- What treatments are available to me?
- What difference will this treatment make to my quality of life (e.g. can I work)?
- How much will treatment cost? How can the cost be reduced?
- What are the possible side-effects of treatment?
- Are side-effects of treatment temporary or permanent?
- Can they be prevented or controlled?
- What if this treatment does not work?
- I would like some time to make a decision. Will that make any difference?
- Who are the members of my treatment team?
- Can I get a second opinion?
- Are there any clinical trials suitable for me?

My notes: (e.g. what I need to do between appointments, next appointment etc.)