

Questions you can ask your doctor about Precision Oncology:

- Has any precision oncology testing been done on me or my tumour samples so far?
 - If yes, what has been done? (examples: genetic screening, genomic panels, sequencing or other biomarker testing)
 - If not, what precision oncology testing is available for me and my cancer and when is the best time to get this done?
- Who can help me understand my results?
- Can the results lead to new targeted treatment options for me?
- If there are no new treatment options for me, what else can we learn about my cancer from precision oncology testing?

Remember to ask these questions regularly. Available testing and treatment options change all the time!

Helpful Tips for your Appointment(s)...

- **Write down your questions** for your medical team before you go and prioritize the most important ones.
- **Bring a notebook** to write things down or ask your doctor's permission to record your consultation.
- **Bring a trusted support person with you**, if possible, and share your list of questions with them before your appointment (ask them to bring a notebook too).
- **Find out who is on your clinical care team** and what their roles are. Know who you can reach out to if you have any questions or concerns after your appointment.
- **Shape the direction of your care:** Don't be afraid to ask questions and let your team know your preferences and needs. Decide how much information you want and at what level of detail. Your questions and level of detail wanted may change throughout your journey.

WORDS OF ENCOURAGEMENT FROM PEOPLE WHO'VE BEEN THERE...

For caregivers and support people: Take time to rest and recharge. You can't help your loved one if your own energy is depleted.

For those living with cancer: Remember that you are not alone.

- **It's okay to not be okay.** Each day is different. Listen to yourself, allow yourself to feel and take time to rest and recharge.
- **Courage and strength can be hard to gather.** Lean on your support people and ask for help when you need it. Ask your care team what support services are available for you.
- **You will learn as you go.** Understanding things may take time and it's okay to change your mind. Ask your medical team for reliable sources of information if you want to learn more.