

4. If you have pain, describe it. Can you use an image or an example? Is it sharp, dull, shooting, or aching?

5. Is there anything you can no longer do or is difficult to do because of how you feel?

6. Is there anything that makes you feel worse or better?



Be open. Be honest. Get well.

You might feel like you don't want to bother your healthcare team with the little concern you've noticed after your treatment or after starting your new medication, but no detail is too small to share. **If it matters to you, it will matter to your healthcare team.**

Although you might feel embarrassed about some changes, it's up to you to say something. For instance, mention changes to your bowel movements (e.g., constipation, bloody stools); changes in getting to the bathroom on time; and so on. Medical professionals deal with the human body every day and they live in human bodies of their own – so there's no need to be shy, hesitant, or embarrassed.

**Healthcare team refers to patients, their caregivers, and healthcare providers that come together to plan and coordinate a person's care.*