

# Navigating your cancer care



A guide to help you stay organized and feel more in control

Being diagnosed with cancer can feel overwhelming, but keeping track of important details can help you focus on what matters most — your health. Use this organizer to stay on top of appointments, treatments, and key information.



## Track your appointments

Write down important details, questions, and notes so you can make the most of your visits.

| Doctor's name and specialty | Date and time of appointment | Location | Reason for visit |
|-----------------------------|------------------------------|----------|------------------|
|                             |                              |          |                  |
|                             |                              |          |                  |
|                             |                              |          |                  |



## Log your tests and diagnoses

Understanding your test results can help you and your care team make the best decisions.

| Date of test | Type of test | Prescribing doctor | Results received on |
|--------------|--------------|--------------------|---------------------|
|              |              |                    |                     |
|              |              |                    |                     |
|              |              |                    |                     |



## List your treatments and medications

Tracking your treatment plan can help you stay on schedule and manage side effects.

| Type of treatment/medication | Start date | How often/how long |
|------------------------------|------------|--------------------|
|                              |            |                    |
|                              |            |                    |
|                              |            |                    |



## Record your symptoms and side effects

Some helpful questions to ask your doctor: Is this a common side effect of my treatment? Are there ways to manage it or make it easier? Could this mean my treatment needs to be adjusted?

| Symptom/side effect | Start date | How often it happens |
|---------------------|------------|----------------------|
|                     |            |                      |
|                     |            |                      |
|                     |            |                      |



## Support and resources

You don't have to do this alone. Use this section to write down helpful contacts and support options.

Primary care team contact: \_\_\_\_\_

Nurse navigator or case manager: \_\_\_\_\_

Support groups: \_\_\_\_\_

Financial assistance resources: \_\_\_\_\_

Mental health and counseling contacts: \_\_\_\_\_



## Notes and next steps

Things to discuss at my next visit: \_\_\_\_\_

Questions about treatment or side effects: \_\_\_\_\_

Other reminders: \_\_\_\_\_

Staying organized can help you feel more prepared, but remember — your care team is here to support you every step of the way.



**The American Cancer Society has a 24/7 cancer support hotline at 1-800-227-2345.**

You can also visit <https://www.cancer.org/about-us/local> to find resources near you.