

The checklist is designed to help you get the most out of your conversation.

# Become the manager of your disease

## Prepare yourself well for the conversation

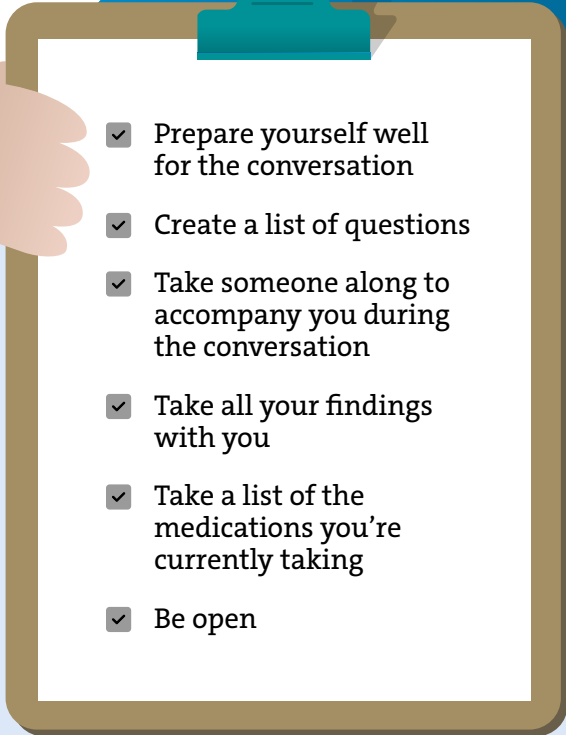
Prepare yourself well for the conversation with your physician. Sometimes, the time available for a conversation with the person treating you is tight. When in a rush or in an emotionally sensitive situation, we forget to talk about certain things or struggle to take in what is said. The checklist below is designed to help you get the most out of your conversation. It was created in collaboration with the Global MPN Scientific Foundation and with professor Haifa Kathrin Al-Ali, Internist at the University Hospital Halle (Saale) and Director of the Krukenberg Cancer Center Halle.

## Create a list of questions

- Ahead of time, write down all the questions you have about the nature of the disease, the therapy options and the further procedure. Remember: There are no “stupid” questions.
- Make a note of the answers.
- Cross out answered questions to help you keep an overview.

## Take someone along to accompany you during the conversation

This person can support you if you're confronted with stressful information. What's more, they're usually capable of taking in information that you might not be able to absorb under stress.

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- Prepare yourself well for the conversation
  - Create a list of questions
  - Take someone along to accompany you during the conversation
  - Take all your findings with you
  - Take a list of the medications you're currently taking
  - Be open

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"stupid" questions.



### Take all your findings with you

In order for your physician to get a comprehensive picture, all available information such as lab and imaging findings, your medical history, discharge reports and doctor's letters are helpful.

### Take a list of the medications you're currently taking

It's important for your physician to know what medications you're taking, including non-prescription drugs or dietary supplements. In some cases, interactions between medications can occur, or one substance may restrict the effect of another.

### Be open

Feel free to speak openly – all of your questions are important. No question is too "stupid". Ask follow-up questions if you don't understand something or the physician is using too many technical terms. The emotional situation in which you find yourself and the technical jargon with which you're confronted can make it hard to follow the content of the conversation. Repeat your question until you have understood everything – you have a right to do so.

Keep in mind that this should be a conversation on an equal footing. While your physician is an expert in the therapy and treatment, you are an expert in your life and your body. So you are allowed to and should get involved.

*For more information, get in touch  
with your physician or pharmacist.*

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