PATIENT INFORMATION PACKAGE

Cutaneous Lymphoma

Questions to Ask Your Care Team

Cutaneous lymphomas are cancers of lymphocytes (a type of white blood cell) that primarily involve the skin. They are sometimes called skin lymphomas, however cutaneous lymphomas are different from skin cancers, which develop from other non-lymphoid cells.

This document can help initiate proactive discussions between patients and their health team about cutaneous lymphoma. Communication between patients and healthcare providers – including haematologists, dermatologists, other doctors, nurses and allied healthcare professionals – can have an important impact on a patient's well-being.

PREPARING

Before meeting with your healthcare provider about cutaneous lymphoma, there are several ways to prepare to make sure your questions are answered, and the information provided is retained:

- Write down your list of questions before the appointment. Also, prioritise the most important questions in case you run out of time during the appointment.
- Make sure you have a way to record the answers. Write them down in a notebook, take notes on a tablet or consider asking the healthcare professional if you can record the conversation to reference it later.
- Bring a family member or friend to the appointment so there is another person there for the conversation. They can help ask questions, record the answers, and will also provide support during the discussion.
- You will need to speak openly with your doctor about your questions, concerns, and needs. Do not feel embarrassed to ask your doctor to repeat or further explain something.

Thank you to the Cutaneous Lymphoma Foundation for their partnership in developing the CL Patient Information Package.
www.clfoundation.org

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Cutaneous Lymphoma

QUESTIONS TO ASK

Use this list of questions as a guide as you prepare for your discussion about cutaneous lymphoma.

1. What is cutaneous lymphoma?
2. What subtype of cutaneous lymphoma do I have? Can you tell me about it?
3. What stage is my cutaneous lymphoma? What does that mean?
4. What are the symptoms of my subtype of cutaneous lymphoma? What should I expect?
5. What will my treatment be?
6. What tests and / or scans will I need to have?
7. What side effects are expected? How can they be managed?
8. Will the treatment affect my fertility?
9. Who will treat me / be part of my healthcare team? Will my family physician play a role?
10. Can cutaneous lymphoma be cured? Will I have this for the rest of my life?
11. Are there specific changes I should watch for? When should I talk to my doctor or healthcare provider?
12. Are there home remedies that will help?
13. Are there any other activities I can do that can help? Or activities I should avoid?
14. Is it genetic? Should my family be tested?
15. Am I eligible for a clinical trial?
16. Can I work while I have cutaneous lymphoma?
17. What can caregivers, friends or family do to help?
18. Are there programs at this hospital / cancer centre specific for patients with cutaneous lymphoma?
19. Is there a patient organisation / support group for people with cutaneous lymphoma?
20. How can I reach you if I have more questions?

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